

In today's Gospel, we hear Jesus give the Lord's Prayer to the disciples.

The Catechism quotes St. Therese of Lisieux who said:

*prayer is a surge of the heart; it is a simple look turned toward heaven,
it is a cry of recognition and of love, embracing both trial and joy.*

The Catechism also outlines five types of prayer:

Adoration, Petition, Intercession, Thanksgiving, and Praise.

Prayer is part of our life, and should be a natural outgrowth of our relationship with God.

As we continue with the Mass, the supreme act of prayer, let us be mindful of God's presence now and throughout the day. And let us reach out to Him as He reaches out to us.