

Our Lenten practices of prayer, fasting, and almsgiving can often get hung up on looking for opportunities to community prayer, days of obligation for fasting or abstinence, and scheduled collections.

Yet there are other ways that we can embrace these three that can become our own.

The Church recommends reading Scripture. Yet often we may find ourselves lost in 73 Books and not know where to start or where to go.

The Gospels are a good place to go – since we hear Our Lord’s own words as recorded by His followers, and hear of His actions while in the flesh.

The Psalms, too, are a good place to go. There are only 150 of them ... some are long, some are short. Some are familiar, some maybe not. But the Church has held that all Scripture is inspired, and the words of the Psalm are held to be models for prayer.

In today’s Gospel we hear the Our Father given to the disciples. Our Lord’s own words summarized into seven petitions.

1. Hallowed be thy name.
2. Thy kingdom come.
3. Thy will be done on earth as it is in heaven.
4. Give us this day our daily bread.
5. Forgive us our trespasses, as we forgive those who trespass against us.
6. Lead us not into temptation.
7. Deliver us from evil.

So often our prayer can devolved into “give me” sort of petitions. Yet it isn’t until the fourth petition in the Our Father that any petition of that sort arises.

As a model of prayer, the Our Father can direct us into modes of prayer that we may not be familiar with – despite being familiar with the Our Father.

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray for a renewal in our own prayer life. May our pray move beyond “give me” into a spiritual communion with God: Father, Son, and Holy Spirit.