

REFLECTION ON THE *Our Father*



*Our Father who art in heaven,
hallowed be
thy name.*

Jesus referred to heaven more as a state of the heart than a particular place. This makes God present here and now. Pause to consider God's sacred presence in the world around you and in your own heart. How might you open yourself more fully to his love?

*Thy kingdom come, thy will be done,
on earth as it is
in heaven.*

Recall the many parables Jesus told about the Kingdom of God. It is like a mustard seed, a grain of yeast, a lost coin. While we often want grand gestures, the small things are likely to reveal God in our midst. Be on the lookout today for small wonders. What do they show you about God's generosity?



*Give us this day our daily bread, and forgive us our
trespasses as we forgive those
who trespass against us.*

When we get down to it, our needs—versus our wants—are often very basic. One of them is for peace of mind and heart. Jesus recognized how difficult this is to achieve when we are in conflict with others and ourselves. Look for ways to be merciful today, and to consider the ways God shows his mercy towards you.



*Lead us not into temptation,
but deliver us
from evil.*

The news has no shortage of accounts that tempt us towards despair, cynicism, and fear. The latter can draw us into self-righteousness that pits one against another, and generates animosity and violence. Jesus calls us to place our trust in God and our hope in love that conquers all evil. Watch for ways to counter fear with kindness and compassion as you move through your day.

