

### ***One Prayer, Many Prayings: The Lord's Prayer***

Last week we considered the prayer of *Amen* that we pray many times throughout the Mass, even up to 30 different times. Another prayer that we pray many times throughout our days and weeks is the Lord's Prayer, the Our Father. If any prayer could be called the model Christian prayer, it would be this one. At Mass it comes at the end of the Eucharistic Prayer and the beginning of the Communion Rite, as part of our preparation for receiving Communion. When this prayer was first used at Mass it was commonly said *after* the breaking of the bread, rather than before as we do today. Near the beginning of the seventh century it was moved to its current position because of its close link to the Eucharistic Prayer, in the way it echoes the main themes of that prayer that God be praised, God's Kingdom come, and God's will be done on earth. There are several other things about the Lord's Prayer that make it particularly appropriate for this part of the Mass. For example, it prays for our daily bread, both nourishment and strength for our bodies and for our souls. It also speaks of the forgiveness so often needed in our relationships and communities, and is addressed to *Our Father*, which reminds us that we are one family in Christ as we come to share at the table of the Lord. Because the prayer is so familiar to us we run the risk of just saying it automatically and without much thought or attention. But it is such an important prayer that we would do well to make a conscious effort to pray it as carefully and attentively as possible. It is also a prayer that challenges us to work for the gifts we seek, to remember that we are one family, to keep God's name holy, to serve the spread of God's Kingdom, to make God's will our own, to share our daily bread, to forgive as we are forgiven, and to join the struggle against evil. It is a good prayer to give many prayings.

Please let us know what else about our faith tradition you'd like to find out more about. Contact our Council for Catechesis at [tkautza@saintmaryhc.org](mailto:tkautza@saintmaryhc.org).