

June 22, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

THIS IS HOW YOU ARE TO PRAY

By Sr. Jane DeLisle, CSJ

An Excerpt From Today's Gospel

*"This is how you are to pray:
'Our **Father** who art in heaven,
hallowed be thy name,
thy Kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.'"*

MATTHEW 6:9-14

Reflection

I often start a retreat with a plea that God teach me how to pray. Of course, for as long as I can remember, I have been a student and a practitioner of prayer. My dear Mother taught me to pray. Each evening she would kneel with me beside my bed and model for me how to talk to God, or “Little Jesus” as she said. She wanted me to know Jesus personally. We would chat about the events of the day and the people for whom I wanted to pray. This remains a precious and tender memory.

Fascinated with Jesus and his ways, the apostles asked to be taught to pray as Jesus did. They recognized his closeness to God, whom he related to as Father. Thank God that they asked him! Thus, the Our Father has been handed down through the ages and generations. It is a treasured prayer that holds key attitudes of Christian faith and yet is universal.

Teresa of Avila advised purposeful pondering of the words and phrases of the Our Father as a means of meditative prayer and a deepening of one’s relationship with God in and through the words of Jesus. The truths expressed in the Our Father shape us in profound ways.

I offer a few key thoughts:

God is our Creator, Father, Holy One beyond all other names. God is not simply remote, out there in the heavens. God dwells within and among us here on earth and is as close as our breath. God’s “kingdom” is here among us as much as it is beyond us in heaven. You and I contribute to the building up of the Kingdom within ourselves and among the People of God.

We depend on God for our very breath and life. Our daily bread is symbolic of all our human needs and sustenance, friendship and relationships, our desire for love, joy, peace, health, and well-being. I ask myself: **how do I rely upon and call upon God’s abiding presence and grace in the ordinariness of each day?** Realizing God’s abiding presence in all things transforms the mundane into an extra-ordinary blessing of God’s loving companionship.

Our God, who is Love, is all forgiving, compassionate, and merciful. **When have I experienced such blessings?** I, too, as a one who is in a covenant relationship with God, am urged to forgive others, to be merciful toward those in any kind of need, and to live in the way of compassion toward all. In short, **how do I love like God loves?**

Life in all its richness and beauty also has its pitfalls where I fail, sin by action or omission. This is where I so need God’s loving and merciful attention to

discover courage and strength, and God's assistance to discern rightly my thoughts, words, and deeds in this life.

Jesus taught us well by his own commitment to the ways of God, learned in steadfast prayer. The assistance you and I might need is there for the asking. God is eager for you and me to be in personal and intimate relationship.

As was writing this reflection, I came upon a website that has St. Teresa's reflection on the Our Father. I hope you look at [this brief and poignant reflection](#).



Sacred Heart Retreat Chapel - Sedalia, CO
Photo by Sr. Jane DeLisle, CSJ

For Pondering

Reflect on each phrase or word of the Our Father and let God teach you to pray.

- How is God calling me to deeper relationship?
- For what do I pray today?

- Rest in God's abiding presence.

For Prayer

Pray the Our Father aloud, slowly letting each word find a home in you.

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

[Support Us Here](#)



[Visit Website](#)

[\(714\) 744-3172](#)

[Join Mailing List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 (714) 744-3175

[Unsubscribe knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent bythecsd@csjorange.org