

Read – Meditate - Do

This article was the basis for the sermons in our churches on Sunday 28th July 2019
In this weeks Gospel the disciples ask Jesus how to pray

Read:

- Luke Ch11v 1-13

Meditate:

- What word or phrase attracts you?
- How does this reading touch your life today?
- What do you believe God wants you to do today in response?

Do:

- This week take each phrase of the Lord's prayer and spend time with it.
- In response to each phrase you may wish to:
 - draw;
 - write some words or poetry;
 - ponder a phrase a day whilst on a walk.

As inspiration, here is St Francis of Assisi's response to the Lord's Prayer:

Our Father most holy:

Our Creator, Redeemer, Consoler, and Saviour

Who are in heaven:

In the angels and the saints,
enlightening them to know, for You, Lord, are light;
inflaming them to love, for You, Lord, are love;
dwelling in them and filling them with happiness,
for You, Lord, are Supreme Good, the Eternal Good,
from Whom all good comes
without Whom there is no good.

Holy be Your Name:

May knowledge of You become clearer in us
that we may know
the breadth of Your blessings,
the length of Your promises,
the height of Your majesty,
the depth of Your judgements.

Your kingdom come:

That You may rule in us through Your grace
and enable us to come to Your kingdom
where there is clear vision of You,
perfect love of You,
blessed companionship with You,
eternal enjoyment of You.

Your will be done on earth as in heaven:

That we may love You
with our whole heart by always thinking of You,
with our whole soul by always desiring You,
with our whole mind by always directing all our intentions to You,
and by seeking Your glory in everything
with all our whole strength
by exerting all our energies and affections of body and soul
in the service of Your love and of nothing else;
and we may love our neighbour as ourselves
by drawing them all to Your love with our whole strength,
by rejoicing in the good of others as in our own
by suffering with others at their misfortunes,
and by giving offence to no one.

Give us this day:

in remembrance, understanding and reverence
of that love which our Lord Jesus Christ had for us
and of those things that He said and did and suffered for us.

Our daily bread:

Your own beloved Son, our Lord Jesus Christ.

Forgive us our trespasses:

through Your ineffable mercy
through the power of the passion of Your beloved Son
and through the merits and intercession of the ever blessed Virgin
and all Your elect.

As we forgive those who trespass against us:

And what we do not completely forgive,
make us, Lord, forgive completely
that we may truly love our enemies because of You
and we may fervently intercede for them before You,
returning no one evil for evil
and we may strive to help everyone in You.

And lead us not into temptation:

hidden or obvious,
sudden or persistent.

But deliver us from evil:

past, present and to come.

Glory to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and will be forever.

Amen.

And...

**With who will you share what you discover?
(a friend, family, the Church family, God....)**