

## LORD, TEACH US TO PRAY

*Last Sunday, we received the invitation through the Word of God to dedicate time to what is truly important, that is, listening to God; listening to what He has to say to us.*

*The Word of God this Sunday, particularly the first reading and the Gospel, help us understand the importance of prayer, the encounter with God.*

*The Book of Genesis presents Abraham interceding in prayer for the righteous of Sodom and Gomorrah, so that God would not send a punishment upon them.*

*And we hear through the Gospel of Saint Luke that Jesus is in a moment of deep prayer, and this caught the attention of his disciples; and one of them makes this request: Lord, teach us to pray.*

*Now we might ask ourselves, but what is prayer, or what should I take into account? Is prayer limited to reciting a few words or formulas, already written, or speaking about what worries us or our needs?*

*Prayer is more than that; it is preparing our hearts to encounter the God of love, speaking to Him with confidence, but also being silent to listen to what He has to say.*

*Jesus teaches his disciples to pray with confidence, with the prayer we know today as the Lord's Prayer; but what is new about this prayer?*

*In the Old Testament, the Israelites could not pronounce God's name; it was unthinkable. In fact, in some texts, they changed God's name to Adonai, which means Lord.*

*But Jesus invites us to experience ourselves as children of our heavenly Father and brothers among us.*

*What prayer will please Jesus more than the one his own Son uttered?*

*In the Lord's Prayer, we find seven petitions, three of them addressed to God and four on our behalf.*

*Therefore, the prayer to which Jesus invites us is the prayer of petition, asking with confidence, not trying to convince God, but rather, our prayer will help us prepare our interior to receive what God wants to give us.*

*The psalm helps us remember that God always hears our prayers and takes pleasure in the humble, in those who trust in Him.*

*We are invited to discover that God always hears us and answers our prayers; what is up to us is to accept the answer He communicates to us in His will.*

*Let's ask the Virgin Mary to help us to persevere in prayer trusting that God always hear our prayers. AMEN*