Matthew 6: 7-15
Jesus said to his disciples:
"In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. "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. "If you forgive men their transgressions, your heavenly Father will forgive you. But if you do not forgive men, neither will your Father forgive your transgressions."
All of the rabbis taught their disciples how and what to pray as a part of a disciple’s training. But Jesus taught His disciples something radically different. When we pray, we are to call God “Abba”, a child-like word that means “Daddy”. Now think about this: As disciples of Jesus we are permitted to call God of all creation, God of the universe, God of the heavens and the earth, Daddy. Isn’t that mind boggling??!! Our relationship with Him is meant to be a most intimate relationship. After all, we are His children. May we always live like it.

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**Food for your Journey**

"The journey inward is the journey from the issues of this world toward God. It is a journey toward the mind of Christ, beyond feelings of expediency or fear of what people will say, to truth itself. It is followed by the journey outward, back from the depths where we meet God, to the issues facing us in our everyday life, a journey which we now undertake with a new sensitivity to the will of God in all things."

--John Dalrymple,

The Longest Journey: Notes on Christian Maturity


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**A Prayer from the Heart**

Dear God, What a privilege it is to be Your son or daughter. Help me this day to wake up to the truth of how much You love me. May I show my gratitude for the gift of Your love by striving to live like Jesus. Amen