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 others their transgressions,
your heavenly Father will forgive you.
But if you do not forgive others,
neither will your Father forgive your transgressions."
There are two most important yet often overlooked points in today’s Gospel reading.

First, Unlike the Jews who saw God and prayed to Him, as the awesome Lord and Creator of all, a God Who was worshipped “out there”, “up there”, transcendent. Jesus, however, said God Almighty is “ABBA”, which means “Daddy”. This means that our relationship, thanks to Jesus, is to be characterized by intimacy.

Second, We are to humbly pray for our DAILY, not weekly, monthly or even annual Bread. Why? This is to help us remember that we are dependent on God for His goodness and mercy. Every good thing that we are given comes from Him. Our pray must, therefore, be rooted in humility and gratitude.

Food for your Journey

Todd Beamer said: "Jesus help me. I don't think we're going to get out of this thing. I'm going to have to go out on faith." It was the voice of Todd Beamer, the passenger - and Wheaton College graduate - who said "Let's roll" as he led the charge against the terrorists who had hijacked United Flight 93, the one, you will remember, that crashed in the Pennsylvania countryside. The whole world knows how brave Beamer and his fellow passengers were on September 11. But this week we learned more fully what buttressed that bravery: faith in Jesus Christ ....

We now know from the cockpit voice recorder that Beamer and other passengers wrestled with the hijackers and forced the plane to crash into the ground, killing themselves but foiling what was believed to have been the hijackers' plan to fly Flight 93 into the Capitol or the White House.

As Christians, we know that God can bring good out of evil. In Todd Beamer, the world witnesses a faith that held up in the extremity of fear. A faith that is even now comforting his widow and two young sons. Lisa Beamer told NBC's Dateline, "You know, in the Lord's Prayer, it asks us to forgive our trespasses as we forgive those who trespass against us." As Todd prayed this prayer in the last moments of his life, in a way, Lisa said, "He was forgiving those people for what they were doing, the most horrible thing you could ever do to someone."

A Prayer from the Heart

Dear God, Help me to believe and live the words of Your Son Jesus. You are my ABBA. May I love You accordingly and live my love by being a good and faithful disciple of Jesus. Amen