October 9, 2019

Scripture

Luke 11:1–4
Jesus was praying in a certain place, and when he had finished, one of his disciples said to him, "Lord, teach us to pray just as John taught his disciples." He said to them, "When you pray, say:
Father, hallowed be your name,
your Kingdom come.
Give us each day our daily bread
and forgive us our sins
for we ourselves forgive everyone in debt to us,
and do not subject us to the final test."

Our Scripture Reflection

One aspect of Our Lord’s teaching on prayer that often gets overlooked is His focus on begging for our "daily" bread. Please note, He does not say we are to ask for our weekly or monthly or even our annual bread. No, He says we must beg for our bread each day. Why? To make us aware and remind us that we are totally dependent on our most gracious and generous Father in Heaven. In a country that is blessed with so much of everything yet has more than 60% of Her citizens ingesting anti-anxiety/anti-depressive medications, perhaps its way beyond time that we take these words on prayer to heart.

Food for your Journey

Tim Hansel, a gifted Christian writer, goes to the heart of the matter this way:
"Pain is inevitable, but misery is optional. We cannot avoid pain, but we can avoid joy. God has given us such immense freedom that he will allow us to be as miserable as we want to be.
"I know some people who spend their entire lives practicing being unhappy, diligently pursuing joylessness. They get more mileage from having people feel sorry for them than from choosing to live out their lives in the context of joy.

"Joy is simple (not to be confused with easy). At any moment in life, we have at least two options, and one of them is to choose an attitude of gratitude, a posture of grace, a commitment to joy."

--Willard Gaylin,
The Rage Within: Anger in Modern Life

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**A Prayer from the Heart**

Merciful Father, I get so busy living the gift of life that You have given me that I foolishly forget “which said my bread is buttered on”, as my Mother reminded me so often during my childhood. When I overlook or ignore how blessed I am, it is then that I feel sorry for myself, I feel needy and deprived. Please give me the Grace to become both humble and grateful. May I realize that I always have more than what I truly need and may I always remember that all that I have is because of You. Amen