

# IN SPIRIT AND TRUTH: THE MASS

## Our Father

This is article 15 of 21 of the Mass series

We have just finished singing the “Amen” and we all stand to pray the Our Father. When we say the Our Father, that prayer that everyone knows since before they can remember, a temptation to boredom might creep in. Here are three ideas to keep the praying of this prayer fresh, as if you are saying it for the first time.

### 1) It comes from God Himself!

Christ taught His disciples and us the Our Father in Matthew 6:9-13. If there is anyone who knows how to speak to God, it is Christ, the beloved Son of the Father. Have you ever felt like you wanted to pray but did not know where to start? Start with the prayer Christ gave us! You share in the sonship of Christ. You are a child of God and the Father loves you more tenderly than the best of parents.

### 2) It prepares us for Holy Communion

From the first centuries of the Church, many theologians have written that the Our Father prepares our hearts for receiving Holy Communion. As Christ is present on the altar in the Holy Eucharist, we as Christians share in His prayer and offering to the Father. The Eucharist is the “daily bread” we pray for and we purify our hearts by saying “forgive us our trespasses.” Christ taught us to approach the altar without holding resentment (see Matthew 5:23-24), which is why we say, “as we forgive those who trespass against us.” Praying this prayer makes us more like the One we are about to receive in Holy Communion.

### 3) It joins us to Christians of all times.

Bl. Pope Paul VI reminded us that in the early days of Christianity, the Our Father was said three times a day (see *Laudis Canticum*, 8). The Our Father has played an important part in Christian prayer since the very beginning. Whenever you say it, you join the voices of brothers and sisters throughout the centuries.

For a rich meditation on the beauty of the Lord’s Prayer, check out Part Four of the *Catechism of the Catholic Church*

This week’s *In Spirit and Truth* is written by Fr. Matthew