

The “Our Father” Prayer

Do I Really Mean What I Pray?

Mother Teresa of Calcutta once said, “Praying the Our Father and living it will lead us toward saintliness. The Our Father contains everything: God, ourselves, our neighbors...”

Examine how well you live what you pray as you meditate on the following:

I cannot say **OUR** if I keep my faith only to myself and never share it with others.

I cannot say **FATHER** if I do not trust in His loving and complete concern for me, forgetting that He always answers prayers how and when He knows best.

I cannot say **WHO ART IN HEAVEN** if I am so attached to the ways of this world that I neglect to see God in everything.

I cannot not say **HALLOWED BE THY NAME** if I am unwilling to let His holiness penetrate my life and help me grow in my own holiness.

I cannot say **THY KINGDOM COME** if I am not using my life to bring His love into the world.

I cannot say **THY WILL BE DONE** if I live by my own ideas of morality or choose to follow the world’s standards.

I cannot say **ON EARTH AS IT IS IN HEAVEN** if I am not devoting my life to serving Him here on earth.

I cannot say **GIVE US THIS DAY OUR DAILY BREAD** if I am not willing to be generous with whatever God gives me.

I cannot say **FORGIVE US OUR TRESPASSES** if I don’t want to put forth enough effort to change.

I cannot say **AS WE FORGIVE THOSE WHO TRESPASS AGAINST US** if I still hold a grudge, if I’m still angry or if I still insist other people change.

I cannot say **LEAD US NOT INTO TEMPTATION** if I deliberately or knowingly place myself in a position to be tempted.

I cannot say **DELIVER US FROM EVIL** if I am not actively fighting against evil through deeds of love and service for everyone in my life, especially those who cause problems.

I cannot say **AMEN** if I do not live what I pray.

Pray the OUR FATHER together