

MARCH 3, 2020
Tuesday of the 1st Week of Lent
Matthew 6: 7-15

PUT INTO PRACTICE WHAT HE TAUGHT US

Today, our gospel talks about the prayer taught by Jesus, the common prayer we recited everyday: when we leave the house, when we are tempted by the devil, when we have problems and difficulties, even when we attend mass everyday. But why Jesus taught us this prayer? By this prayer, He taught us how to conduct ourselves like sons and daughters of God and how to talk to the Father with humility, confidence and trust. God will always listen to us because He is Our Father. And when we pray to Him, it is not because we need to inform Him of our needs but to ask Him for all we need today, everyday. And when we talk to Him, the Lord warns us not to use lot of words because He knows what we need even before we ask Him.

How do we give life and live the prayer of Our Father? According to Pope Francis: “When we say ‘Our Father’, we are saying that every human being is part of us, and that, in the face of all the wrongs that offend our Father, we, as his sons and daughters, are called to react as brothers and sisters. We are called to be good guardians of our family, to overcome all indifference towards our brothers or sisters, towards any of our brothers or sisters. This includes the unborn, the older person who can no longer speak, the person we find hard to forgive, the poor and the outcast. This is what the Father asks us, indeed commands us, to do: to love one another from the heart, as sons and daughters in the midst of their brothers and sisters.”¹ When we pray, we are invited to be the brothers and sisters of others as we have only one Father. As we love, understand and care for by our Father we must also love, understand and take care of our brothers and sisters - the fruit of the prayer. Pope Francis also emphasized the importance of forgiveness as part

¹ zenit.org

of the prayer that we need to live everyday. He said “God never tires of forgiving our sins. For us, forgiveness is not easy – but that is what God expects, that we forgive others as He forgives us.”²

So, the prayer Our Father is reminding us that we need to treat one another like brothers and sisters as we are all sons and daughters of God the Father, and we must forgive one another as God always forgives us. Let us put this into practice this Lenten season and everyday of our lives.

² ibid