

“Lord, teach us to pray . . .”



FIFTH SUNDAY OF LENT 2024  
IN THE WORLDWIDE YEAR OF PRAYER 2024 AND  
CELEBRATING 150 YEARS OF THE DIOCESE OF SANDHURST.

## From the Readings

**Deep within them** I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. *Jeremiah 31:33*

**During his life on earth**, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering, but having been made perfect, he became for all who obey him the source of eternal salvation. *Hebrews 5:7-9*

**Jesus replied to them; ‘Now the hour has come for the Son of Man to be glorified.** I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; But if it dies, it yields a rich harvest. Anyone who loves his life loses it; anyone who hates his life in this world will keep it for the eternal life. *John 12:23-25*

**Now my soul is troubled.** What shall I say; Father, save me from this hour? But it was for this very reason that I have come to this hour....‘Now sentence is being passed on this world; now the prince of this world is to be overthrown. And when I am lifted up from the earth, I shall draw all men to myself.’ By these words he indicated the kind of death he would die. *John 12:27,32-33*

## Teach us to Pray

### *I: PRAYING WITH A MANTRA, RESTING IN SCRIPTURE*

**A MANTRA** is a phrase or a series of sounds that is repeated in a reflective way to enable us to move into contemplative prayer. Mantras may be of many kinds but the following way of forming and praying a mantra may be of help. Reflect on what it is you most want to ask of God. Stay with the reflection until this becomes clear for you. ... Some examples are: Fill me with your love, O God. Let your wisdom light my path. Jesus, Saviour, be my guide. Holy Sacred Spirit come. You will find the repetition of this mantra easy, as it will echo in your mind as you walk, as you climb stairs, or engage in any routine activity. With repeated use it will become part of your thinking and being, and spring to your mind in time of need. *Dwyer, Margaret, Praying Personally, 48.*

**Resting in scripture:** When you are relaxed and at peace, select a word or image from a psalm or any part of scripture that is in keeping with your relationship with God at that moment. One example might be to take the phrase: ‘The Lord waits to be gracious to you.’ (*Isaiah 30:18*) Let the words of scripture unfold for you. Allow the image to emerge, of God,

Creator, the Source of all Being, waiting for you. Do not analyze the thoughts occurring to you. Just accept them and allow images to arise from them. Imagine the stillness, the silence of God, waiting. What is God waiting for? To be gracious! God is waiting to pour out graciousness on you. ... Let your heart turn to God, acknowledging God's great patience and graciousness with you. Words may not be necessary; just let your heart speak to your God ... Dwyer, Margaret, *Praying Personally*, 63.

## II: THE OUR FATHER – THE PRAYER THAT JESUS TAUGHT US

- **And forgive us our trespasses as we forgive those who trespass against us:** There is just one condition, however, without which no one can ever forgive. You will be able to forgive if you have had the grace of feeling forgiven. Only the person who feels forgiven is capable of forgiving. I forgive because, first, I have been forgiven. Pope Francis, *Our Father*, 82.
- **Training for giving and for forgiveness:** The family is a big training gym for the mutual giving and forgiveness without which no love can last for long. Without giving of oneself and without forgiving one another, love does not last; it does not endure. In the prayer that he himself has taught us – the Our Father – Jesus has us ask the Father, “Forgive us our trespasses, as we forgive those who trespass against us.” And in the end he comments: “for if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses’ (Mt 6:14-15). Pope Francis, *Our Father*, 89.
- **Every day we do wrong to one another.** We have to take stock of these mistakes, due to our frailty and our selfishness. But what is asked of us is to heal right away the wounds that we cause, to repair immediately the threads that we break in the family. If we wait too long it becomes too difficult. ... If we learn to apologise right away and to forgive one another, then wounds heal, marriage becomes stronger, and the family becomes an even more solid house, one that withstands the impacts of our wrongdoings large and small... If we learn to live like this in the family, we will do the same outside of it, wherever we find ourselves. Pope Francis, *Our Father*, 89.

## FOR THINKING AND TALKING

- What words or phrases stand out for you in the readings and insights on prayer?
- What insights might you take with you on your own journey?

# Let Us 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. Amen.



Prepared for Lent 2024 (Year B) for the Sandhurst Diocese, PO Box 201 Bendigo, Vic. 3552

Email: [adultfaith@sandhurst.catholic.org.au](mailto:adultfaith@sandhurst.catholic.org.au). **Acknowledgements:** Pope Francis, *Our Father: Reflections on the Lord's Prayer*, London, Sydney, Auckland, Johannesburg: Rider, 2018, Kindle Ed.; Dwyer, Margaret, *Praying Personally*, Strathfield, NSW: St Paul's, 1998.