

PRAYER ANTHOLOGY #61

Focus Point: Our Father, who art in heaven, hallowed be Thy name..... Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus..... Glory be to the Father and to the Son and to the Holy Spirit..... These are the first prayers that we all “learned”. They are words of praise, and rightfully so! It is our obligation to give praise to God, and a wonderful way of saying “thank you” for everything good in our lives. Are we reciting these words routinely or with focus and attention? If we were fortunate enough to be “brought up well” in our faith, we also learned to have a conversation with God, and to seek Him out in times of need. We tend to put our heart and soul into these prayers because we are “asking for God’s assistance”. These “prayers of petition” help us to develop a deeper relationship with God and that is SO important to our prayer life, because it helps us to truly love the Lord! And the more we Love God, the more we want to praise Him. It brings focus and intensity to our prayers of praise, and that is what our amazing God truly deserves! As Fr Joe explains it, “We should be purposeful in all prayer, not mechanical. We should never just rattle off a bunch of prayers. Effective prayers for any purpose require thought, honesty and emotion!”

Prayer for Attentive Prayer: Dear Lord, Thank you for the great gift of my Christian upbringing! I am so blessed to have learned, as a child, to pray. Help me to learn, as an adult, to pray better! Bring me into a deeper relationship with You, and help me to greatly enjoy my time with You during prayer by filling my heart with the warmth, intensity and encouragement of Your love! Remind me to pray daily with attention! Help me to love You SO much that I yearn to spend more time with You. Help me to internalize the mindset of paying attention to the words and meaning of the routine prayers that give You praise and honor. Through attentive prayer, may I become a better person. And may I attentively and effectively pass this concept on to the next generation! Amen