



LENT

Prayer

WORD OF THE WEEK

MATTHEW 6: 5-15

"AND WHENEVER YOU PRAY, DO NOT BE LIKE THE HYPOCRITES; FOR THEY LOVE TO STAND AND PRAY IN THE SYNAGOGUES AND AT THE STREET CORNERS, SO THAT THEY MAY BE SEEN BY OTHERS. TRULY I TELL YOU, THEY HAVE RECEIVED THEIR REWARD. BUT WHENEVER YOU PRAY, GO INTO YOUR ROOM AND SHUT THE DOOR AND PRAY TO YOUR FATHER WHO IS IN SECRET; AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU.

WHEN YOU ARE PRAYING, DO NOT HEAP UP EMPTY PHRASES AS THE GENTILES DO; FOR THEY THINK THAT THEY WILL BE HEARD BECAUSE OF THEIR MANY WORDS. DO NOT BE LIKE THEM, FOR YOUR FATHER KNOWS WHAT YOU NEED BEFORE YOU ASK HIM.

PRAY THEN IN THIS WAY:

OUR FATHER IN HEAVEN,
HALLOWED BE YOUR NAME.

YOUR KINGDOM COME.

YOUR WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.

GIVE US THIS DAY OUR DAILY BREAD.

AND FORGIVE US OUR DEBTS,
AS WE ALSO HAVE FORGIVEN OUR DEBTORS.
AND DO NOT BRING US TO THE TIME OF TRAIL
BUT RESCUE US FROM THE EVIL ONE.



FOR IF YOU FORGIVE OTHERS THEIR TRESPASSES, YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU; BUT IF YOU DO NOT FORGIVE OTHERS, NEITHER WILL YOUR FATHER FORGIVE YOUR TRESPASSES.

PRAYER FOR THE WEEK

FOR THIS WEEK'S PRAYER FOR THE WEEK WE ENCOURAGE YOU TO PRAY THE OUR FATHER TOGETHER EACH DAY. BUT INSTEAD OF JUST SAYING THE WORDS AND NOT REALLY THINKING ABOUT THEM, FOCUS ON THE WORDS OF THE PRAYER AND THINK ABOUT WHAT YOU ARE ACTUALLY PRAYING ABOUT.

TAKE SOME THIS WEEK TO LOOK AT THE OUR FATHER PRAYER AND DISCUSS AS A CLASS WHAT EACH LINE ACTUALLY MEANS. IF YOU ARE STRUGGLING TO UNDERSTAND WHAT IT ALL MEANS TAKE A LOOK AT THIS VIDEO WHICH EXPLAINS IT ALL.

[CLICK HERE!](#)

THREE PILLARS OF LENT



PRAYER



FASTING



ALMSGIVING

A lot of the time we think prayer is all about speaking but prayer is a conversation and any good conversation includes time to talk but importantly time to listen.

Take a moment of silence now, take a few deep breaths, try and calm the thoughts rushing through your head about the day ahead and listen. In the silence of our hearts what is God trying to tell us today? Is there a thought or feeling that God has planted in our minds today to help us, encourage us, or show us he is there?

SOMETHING TO LISTEN TO...

Music is a great way to pray.

St Augustine is known for saying that when we sing we are praying twice!

Listen to this version of the Our Father prayer by [clicking here](#).

Listen carefully to the words and think about what is being prayed.

SOMETHING TO DO...

This week why not make some time each day to talk to God. You can do this in any way you like. You could journal or write a letter, you could just talk, out loud or in your mind, to God about your day, things you are struggling with, need help with or are grateful for. Or you could sit in silence and see if you can hear the voice of God talking to you about situations in your life.



If you have never prayed before, Lent is a perfect time to start. Sometimes it takes a leap of faith and we might feel silly at first but it could also make a beautiful change to our lives and help you with situations you face every day.

Just remember God is there, waiting for us, ready to listen and to respond.

PRAYER IS ONE OF THE THREE PILLARS OF LENT. PRAYER IS SUCH AN IMPORTANT PART OF LENT AS IT HELPS US TO CONNECT WITH GOD AND GET TO KNOW HIM BETTER.

Here are some other beautiful prayful songs to listen to to help with your prayer this week. Take time to listen to one and listen carefully to the words allowing God to speak to you through the music and lyrics. What might God want to tell you today?



ONE HOPE PROJECT- RISE UP
[CLICK HERE](#)

MEREDITH ADREWS- CARRY THE WORLD
[CLICK HERE](#)

BETHEL- GREAT ARE YOU LORD
[CLICK HERE](#)

"You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray' you can be sure you've already begun."

St Josemaria Escriva

