

Reflection Friday Week 33 – 2021

Ronald Rolheiser writes about prayer: Prayer isn't easy because we're always tired, distracted, busy, bored, and caught up in many things that it's hard to find the time and energy to centre ourselves on God for a few moments. So, no matter what my day is like, no matter what's on my mind, no matter what my distractions and temptations, I am faithful to this: *Once a day I pray the Our Father as best I can from where I am at that moment.* Whatever else is happening I pray the *Our Father*, asking God to hear me. It's the best I can do, even the bare minimum of what I should do. I should concentrate harder but at least I do that. Sometimes it's all I can do, but I do it every day, as best I can. It's the prayer Jesus told us to pray.

So, at some time in the day (ideally at the Eucharist or while praying the Office of the Church but sometime) when you say the *Our Father*, pray it with as much sincerity and focus as you can muster at the moment (*"as best you can"*) and know that, no matter your distractions, it's what God asks from you. And it's enough.

The *Our Father* is deeply communitarian. Every petition in it is plural – "our", "we", "us" – there's no "I" in the *Our Father*. Moreover, all of us are priests from our baptism and inherent in the covenant we made, we are asked daily to pray for others, for the world. For those who cannot participate in the Eucharist daily or do not pray the Office of the Church, praying the *Our Father* is your Eucharistic prayer, your priestly prayer for others.

Many times, when we pray, we'll be beset with everything from tiredness, to boredom, to impatience, to planning tomorrow's agenda, to sorting through the hurts of the day, to stewing about who we're angry at. Our restless, distracted heart is also our existential heart and is the existential heart of the world. When we pray from there, we are *lifting mind and heart to God*. Try, each day, to pray one sincere *Our Father*! As best you can!