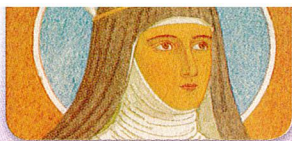


Looking Ahead

In this chapter, the Holy Spirit invites you to ►



EXPLORE the prayer lives of Saints who inspire hope in God.



DISCOVER that the Lord's Prayer is the prayer of all Christians.



DECIDE how you can proclaim your faith, hope, and love for God.

CHAPTER

24



The Summary of the Gospel

? What do you anticipate for your future? What do you hope for?

Here is how the psalmist prayed with hope in his heart:

*Our soul waits for the LORD,
who is our help and shield.
For in God our hearts rejoice;
in your holy name we trust.
May your kindness, LORD, be upon us;
we have put our hope in you.* PSALM 33:20-22

? What do you think the psalmist means when he says our souls wait for God? In what ways do you put your hope in God?

Disciple Power

Hope

This is one of the three Theological Virtues by which we desire and trust that God will fulfill all his promises, especially the promise of eternal happiness. Because of the Resurrection, Christianity is a religion of hope.

Saint Hildegard of Bingen

The history of the Church is filled with examples of people of hope. They turn to God in prayer. Some are called Saints, like Hildegard of Bingen, who exhibited the virtue of hope. Catholics pray for advice and direction from her and other Saints to keep hope alive in their hearts.

Hildegard of Bingen (1098–1179) was blessed with a sense of God’s closeness to her, placing hope in her heart. She had a great love of creation as God’s great gift to us. At the age of thirty-eight, she was elected abbess, or leader, of a group of women who lived together in a religious community. They had joined together to live their lives according to the Rule of Saint Benedict. They ordered their priorities in life by placing God above all else.

Hildegard kept prayer at the heart and center of her life. Through her example, she continues to inspire people today. She taught that through prayer, we deepen our friendship with God, in whom we trust and have hope. The Church honors Saint Hildegard of Bingen on her feast day, September 17.



Activity What can you do to make prayer a regular part of your day? How can this prayer habit give you hope?

Being with God

Prayer strengthens our faith, hope, and love for God. The Holy Spirit teaches us to pray through the Tradition of the Church. There is no secret to praying. Christians respond to the Holy Spirit by expressing our prayers in three basic ways. They are vocal prayer, meditation, and contemplation. They all share one thing in common—all prayer flows from our hearts.

Vocal Prayer

How natural it is for us to use words when we pray. Vocal prayer is prayer that uses words. Vocal prayers are prayed aloud or silently. They are prayed alone or with others. **Adoration** is a form of prayer in which our words praise God as the source of all.

The words we speak in our prayers express our thoughts and emotions. They enable us to share with God our joys and sorrow, our achievements and dreams. They give us the power to share with God everything about ourselves.

Meditation

God is a loving Father who every moment is an active part of our lives. In a prayer of **meditation**, we connect our lives more closely with God. We use our imaginations, minds, and desires to live the new life in Christ, which we have received in Baptism. We seek not only to know about Christ but also to grow in our love and friendship with him. We spend time with God the Father and give him all our attention. We listen as the Holy Spirit shows us how to live as children of God and disciples of Jesus.

Contemplation

Remember, words are not necessary. God knows our innermost thoughts. He knows what we want to say before we put it into words.

Saint Teresa of Jesus (Saint Teresa of Ávila, 1535–1582), doctor of the Church and Spanish mystic, describes the prayer of **contemplation** as “nothing less than a close sharing between friends; it means taking time frequently to be alone with him who we know loves us.” This is what we call communion with God the Father, in Christ, through the power of the Holy Spirit.

? Which form of prayer do you use the most?
Which one would you like to try?

FAITH FOCUS

What are some ways in which you pray?

FAITH VOCABULARY

adoration

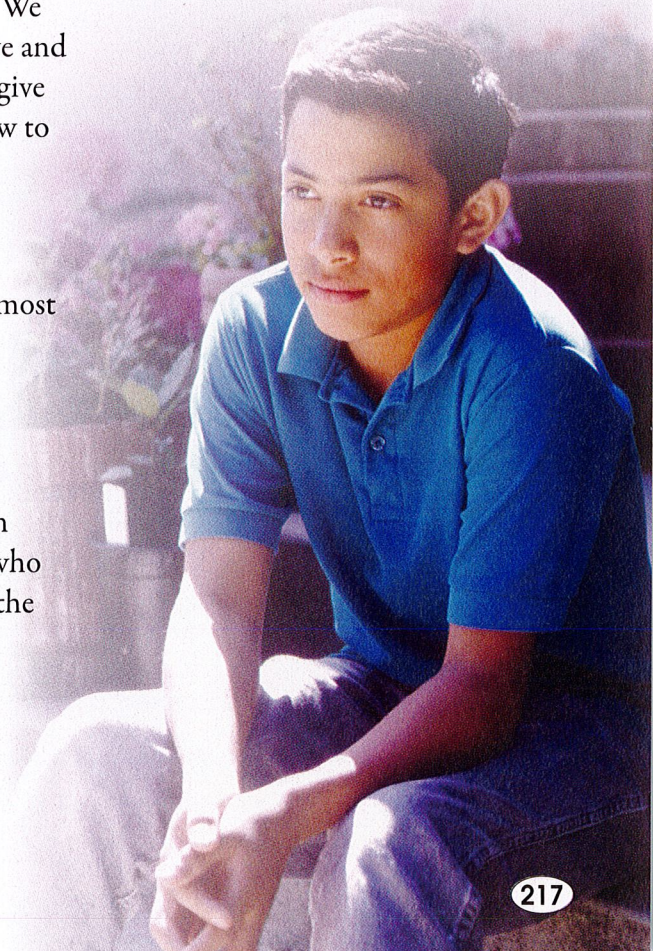
A form of prayer that declares God is the source of all. We acknowledge God is Almighty Creator, on whom we depend for everything.

contemplation

A form of prayer without using words, in which we focus our minds and hearts on God alone

meditation

A form of silent prayer in which we listen to God through our thoughts and imagination, using Scripture, art, and music





Faith-Filled People

Sarah

Sarah was the wife of Abraham. The Church honors Abraham as our "Father in Faith." Sarah had great faith herself; she left home and family to stay with her husband. She traveled across the desert in search of a new home in a new country that God promised her and Abraham. Her prayers to God for a son were answered, and she gave birth to Isaac. From Sarah and Abraham's faith in God, the People of God are born.

The Lord's Prayer

The Lord's Prayer, or the Our Father, is the prayer of all Christians. It is truly a summary of the whole Gospel. In the Gospels, it has been handed on to the Church in two different forms. A shorter form is found in the Gospel of Luke (see Luke 11:2-4). The longer, more traditional form is found in the Gospel of Matthew. This version is the form the Church prays today. Both versions address God by name, honor God, and finally ask God to respond to our needs.

In Matthew's Gospel, the Lord's Prayer is part of the Sermon on the Mount. Jesus had just finished warning his disciples about doing good deeds so that everyone would praise them. Then, while teaching his disciples about prayer, he said:

"This is how you are to pray:

*Our Father in heaven,
hallowed by your name,
your kingdom come,
your will be done,
on earth as in heaven.*

*Give us today our daily bread;
and forgive us our debts,
as we forgive our debtors;
and do not subject us to the final test,
but deliver us from the evil one."*

MATTHEW 6:9-13

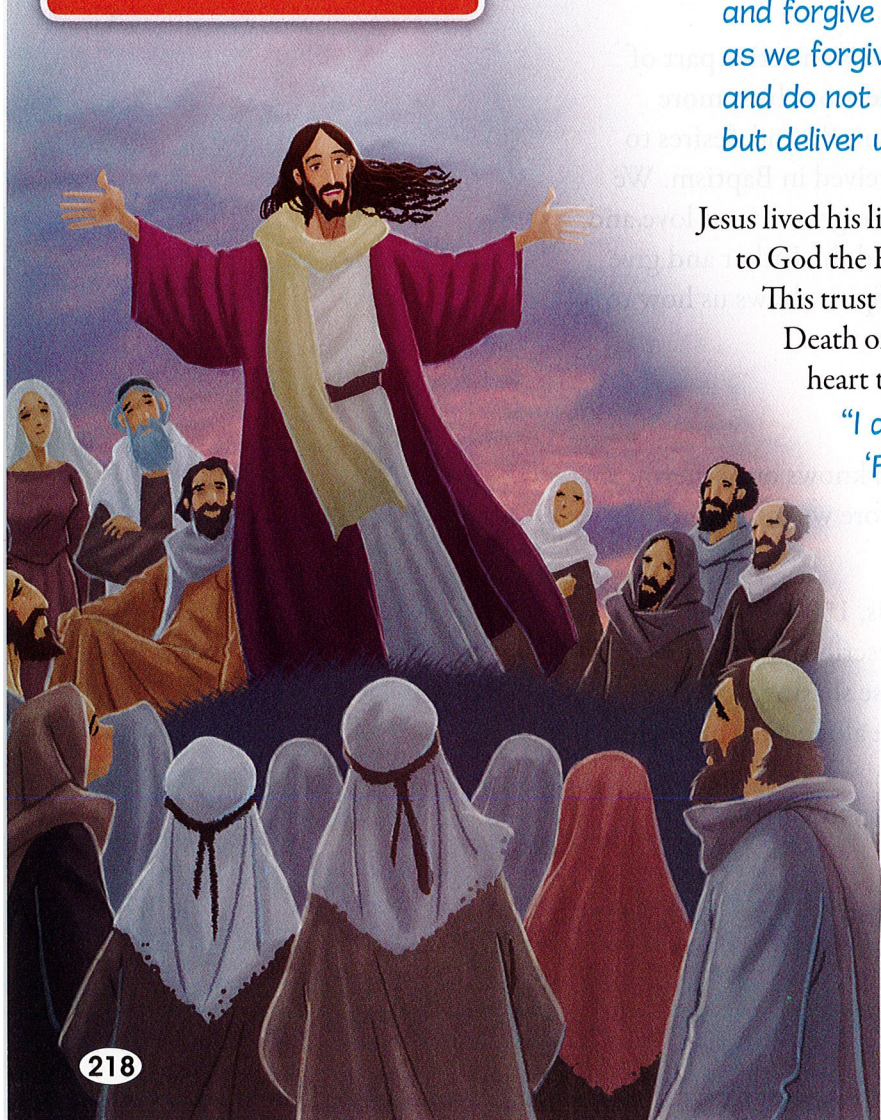
Jesus lived his life as a prayer to the Father. His life gave praise to God the Father, and he placed total trust in the Father. This trust was especially clear as Jesus approached his Death on the Cross. Facing his Death, Jesus opened his heart to his Father, saying:

"I am troubled now. Yet what should I say? 'Father, save me from this hour'? But it was for this purpose that I came to his hour, Father, glorify your name."

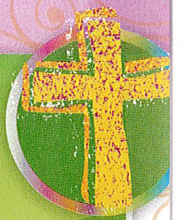
JOHN 12:27-28

All that Jesus did gave glory and honor to the Father. That is how we are to live.

? How might the words of the Lord's Prayer help you to live as a disciple of Jesus? What part of it has been the hardest for you to follow? Why?



Catholics Believe



Ecumenism

Jesus prayed that his followers would be one as he and the Father are one. The followers of Jesus are often divided, yet all Christians share in common the Lord's Prayer. Today, many churches exist because of division and differences. Ecumenism is the work of the Church striving to restore unity among all Christians. We celebrate Christian unity during a week in January.

The Meaning of the Lord's Prayer

The Lord's Prayer teaches us not only how to pray but also how to live a life of total trust and hope in God the Father, as Jesus the Son of God does.

Our Father. Through our Baptism, we are joined to Christ and become one with him and one another. The Holy Spirit is poured into our hearts, enabling us to call God, Abba (or Father), as Jesus did.

Who Art in Heaven. The word Heaven points to God's majesty and glory. The Church on Earth joins with the angels and Saints in Heaven in praising God.

Hallowed Be Thy Name. Glory and praise truly belong to God who creates, redeems, and sanctifies us.

Thy Kingdom Come. We pray that the kingdom announced by Jesus will come to completion when he comes again in glory at the end of time. We promise to prepare a way for the coming of that kingdom by being his disciples now and doing all we can to proclaim the kingdom.

Thy Will Be Done on Earth as It Is in Heaven. God's will is for all people to live in communion with him forever. When we pray, "thy will be done," we promise to live according to God's will and plan and to actively seek to do God's will in our lives.

Give Us This Day Our Daily Bread. Our daily bread is Christ himself, who said, "I am the living bread that came down from heaven" (John 6:51). We ask God to watch over our physical and spiritual needs and to keep us honest and attentive about what we really need in order to live a life in Christ.

And Forgive Us Our Trespasses as We Forgive Those Who Trespass Against Us. Forgiveness is a two-way street. Those who receive God's forgiveness and mercy must be willing to be as forgiving and merciful toward others as God is toward them.

And Lead Us Not into Temptation. Temptation tries to convince us that there is something better than God's will. We ask God for the courage to face temptation with strong faith, confident hope, and generous love.

But Deliver Us from Evil. Satan and forces of evil in the world try to lead us away from God's love. There is no one, no power, stronger than Jesus. We pray that God's victory in Jesus Christ will be our victory as well.

Activity

Living the Lord's Prayer

Write two headlines that tell about people living the Lord's Prayer.



I FOLLOW JESUS

Jesus gave the Church the Lord's Prayer. That means he gave it to you! The Holy Spirit gives you the power to call God Abba, Father. What a wonderful privilege! Stay in touch with God your Father each day by sharing your faith, hope, and love for God with others.

THE LORD'S PRAYER ONLINE

You have been given the job of Web master of a new Web site. Design a Web page to tell the world all about the hope that comes from the Lord's Prayer.

MY FAITH CHOICE

Each morning this week, I will pray one petition of the Lord's Prayer. I will think about what it means that day and I will



Pray, "Heavenly Father, your name is holy. I trust and hope in you and that your will be done. Amen."

Chapter Review

Match the prayer terms in the word box with their descriptions.

1. vocal prayer

2. meditation

3. contemplation

_____ A prayer that uses words that we say aloud or quietly in our hearts.

_____ A prayer that is a close sharing between friends without words; being alone with God who we know loves us.

_____ A prayer that uses our imagination, mind, and desire to live as a faithful disciple of Christ.

TO HELP YOU REMEMBER

- 1.** The Lord's Prayer is the prayer of all Christians.
- 2.** The Lord's Prayer teaches us to make our whole life a prayer.
- 3.** The Lord's Prayer shows us how to live as people who place our faith, hope, and love of God above all else.

The Lord's Prayer

The Lord's Prayer is the prayer of all Christians. Take time every day to pray it with a sense of faith, hope, and love. Begin your prayer today in silence and a spirit of thanksgiving. Then pray together in the words that Jesus taught us:

Reader: Our Father, who art in heaven,
hallowed by thy name;

Group 1: thy kingdom come,
thy will be done
on earth as it is in heaven.

Group 2: Give us this day our daily bread,
and forgive us our trespasses,

Group 1: as we forgive those
who trespass against us;

Group 2: and lead us not into temptation
but deliver us from evil.

All: Amen.

With My Family

This Week ...

In Chapter 24, "The Summary of The Gospel," your child learned:

- ▶ The Church describes three main expressions of prayer: vocal prayer, meditation, and contemplation.
- ▶ Jesus' teaching of the Lord's Prayer is part of the Sermon on the Mount.
- ▶ The Lord's Prayer is the prayer of all Christians and is an expression of our faith, hope, and love for God.
- ▶ When we pray the Lord's Prayer, the Holy Spirit teaches us how to pray and to live the Gospel.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 2558–2865, and the *United States Catholic Catechism for Adults*, pages 461–495.

Sharing God's Word

The Christian family is the first place for education in prayer. Read as a family Matthew 6:9–13. Emphasize that Jesus lived his life as a prayer. Discuss how each family member can do likewise.

We Live as Disciples

The Christian home and family is a school of discipleship. Choose one of the following activities to do as a family, or design a similar activity of your own:

- ▶ Be sure every family member can recite from memory the Lord's Prayer. Emphasize that you pray from your heart.

- ▶ This week, use the Lord's Prayer for family prayer at least once a day.
- ▶ Purchase additional items to donate to your local food bank the next time you go grocery shopping for the family. Your parish can give you the location of the food bank.

Our Spiritual Journey

Saint Thomas Aquinas called the Lord's Prayer the "most perfect of prayers." He said, "This prayer not only teaches us to ask for things, but also in what order we should desire them." Reflect in prayer on how you can align your will with the will of God the Father this week.



For more ideas on ways that your family can live as disciples of Jesus, visit

www.BeMyDisciples.com

Unit 6 Review

Name _____

A. Choose the Best Word

Fill in the blanks to complete each of the sentences of the paragraph. Use the words from the word bank.

adoration communion contemplation
meditation prophets petition

The Christian tradition of prayer has its roots in the Old Testament. Abraham, King David, and the _____ are some of the Old Testament's models for Christians seeking a prayer life. The Old Testament also reveals that one of the five basic forms of prayer that Christians use is _____, which declares God as the source of all. We express our prayers in three ways: vocal prayers, prayers of _____, and prayers of _____.

B. Show What You Know

Read each question and circle the best answer.

- Which of the Ten Commandments focuses on our relationship with God?
A. First B. First and Second
C. First, Second, and Third D. First, Second, Third, and Fourth
- Which of the Ten Commandments teaches us not to cheat on a test?
A. Fifth B. Seventh
C. Eighth D. Tenth
- Which of the Ten Commandments teaches us to live chaste lives?
A. First B. Fifth
C. Seventh D. Sixth
- Which of the Ten Commandments teaches us to respect all human life as sacred?
A. First B. Fourth
C. Fifth D. Tenth

C. Connect with Scripture

Reread the Scripture passage on page 189.

What connection do you see between this passage and what you learned in this unit?

D. Be a Disciple

1. Review the four pages in this unit titled *The Church Follows Jesus*. What person or ministry of the Church on these pages will inspire you to be a better disciple of Jesus? Explain your answer.

2. Work with a group. Review the four Disciple Power virtues, or gifts, you have learned about in this unit. After jotting down your own ideas, share with the group practical ways that you will live these virtues day by day.
