

June 19, 2025

Daily Reflections



PRAY IN THIS WAY ...

By Sister Jeanne Fallon, CSJ

Today's Gospel

Jesus said to his disciples: "In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

"This is how you are to 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.'

"If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions."

MATTHEW 6:7-15 NRSV



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Reflection

Today's Gospel is a continuation of the Sermon on the Mount. It begins: Pray in this way.... There is to be no ostentation, babbling or showing off to be seen by

others. Then we see Jesus giving us what we call **The Lord's Prayer**. Notice Jesus does not begin, "My Father" but "Our Father" -- gathering all of us brothers and sisters together to offer our common prayer. After a reverential opening, there are **three petitions**: May your name be hallowed, may your Kingdom come, may your will be done, *on earth as it is in heaven*. Each of these petitions is asking God to bring about the Reign of God. The phrase *on earth as it is in heaven* could be said after each petition: may your name be honored *on earth as it is in heaven*. May your Kingdom come *on earth as it is in heaven*. May your will be done *on earth as it is in heaven*.

Following the first three petitions, there are three more about what we need to live in this Reign of God: food of the heavenly banquet, forgiveness for our mistakes and sinfulness, and awareness of the Evil One. Six petitions: three giving God glory and three expressing our needs.

We have known this prayer since we were children. How many times do we rattle it off mindlessly? What if there were a way to pray the Lord's Prayer with deep awareness of the Holy One we are addressing? Let us ponder Jesus speaking in his native Aramaic language, giving us a poetic expression something like this...

Our Father

O Divine Parent of the Cosmos, flowing the blessing of your inmost being, breathing in all creation – *Breath stirring in the unknown circuits of our being, winding its way to every cell – Creator Spirit making new again.*

in heaven

The universe vibrates your oneness. *Energy pulsating in every fiber of our being. Body, mind and spirit attuned to your melody, caught up in your dance, echoing, re-sounding throughout the universe.*

May your name be holy

Space is cleared that your Divine Name, Light, Sound, Experience may be enshrined within. *Letting go of all that clutters and chokes, may we prepare a heart-shrine for your Sacred Name – our inner garden, Guest of Honor in our dwelling.*

May your kingdom come

Come, birth in us, with us, your dream, your vision. *Share with us your hope, shine in us your vision, that your desire for a new way of being may take flesh in us in co-creating partnership.*

May your will be done

May your heart-desire be done in us, taking shape in harmonious movement,

compassion for all creatures. *Heaven and earth form one cosmic dance, moving together in oneness of purpose, embracing all with loving-kindness.*

Give us our daily bread

We ask for what we need in our earthiness: bread and understanding. *That the bread of insight and wisdom may be generated from within; that we may hold only what we need to feed each other, honoring Mother Earth standing under us, supporting all.*

Forgive us

Untangle the knots of bondage our offenses have wrapped 'round us, as we let go of the twisted fibers of others' misdeeds. *Release the cords that bind us to the past, as we unravel the wrongly sewn threads of others.*

Do not let us enter temptation

Don't let us be seduced by outward attractions but keep us focused on our divine origin. *Don't let us enter diversions that cause us to vacillate in our commitment. Re-member us lest we move toward forgetfulness. Help us take appropriate action now.*

Yours the glory

You envision a world abundant, fertile with all possibility, unlimited creation... your compassionate reign breathing life force energy into every being. *Your cosmic song resounding, spiraling through our inner pathways, gathering every creature into your dance, into You, into One.*

Truly! May our lives flow from these words. Amen.

A meditation by Sister Jeanne Fallon on the Aramaic words of Jesus' Prayer (Matthew 6: 9-13) inspired by the translation and commentary of Neil Douglas-Klotz in *Prayers of the Cosmos*.

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