



“Lord, teach us to pray ...”



THIRD SUNDAY OF LENT 2024  
IN THE WORLDWIDE YEAR OF PRAYER 2024 AND  
CELEBRATING 150 YEARS OF THE DIOCESE OF SANDHURST.

## From the Readings

**God spoke all these words.** He said, 'I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery. You shall have no gods except me.' *Exodus 20:2-3*

**While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ ...** to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. *1 Corinthians 1:22-25*

**Since the Passover of the Jews was near, Jesus went up to Jerusalem.** He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves he said, "Take these out of here, and stop making my Father's house a marketplace." *John 2:13-16*

## Teach us to Pray

### *I: THE SPIRIT WHO LEADS US: PRAYING WITH SCRIPTURE: MEDITATION, LECTIO DIVINA*

**"THE SPIRIT WHO LIVES IN MY HEART** to draw me to the Father is also the Spirit present in all creation, who grows in the hearts of my brothers [and sisters] ...wishes to lead them ... and act through their hands." Laplace, Jean, S.J., *Prayer: According to the Scriptures*, 15.

**"The first stage through which the Holy Spirit leads us** in order to form us to prayer is that of the heart that repents or returns to God in conversion." Laplace, Jean, S.J., *Prayer: According to the Scriptures*, 17.

**"Only the person who knows from the experience of his own weakness** that it is God who does all things through the power of His word, resists the intoxication of success or the discouragement of failure. Only the one who has faced up to his sinfulness can know for himself and teach others from what evil God saves us ...To love each other as brothers in Christ, we must first know each other as equally saved in Him. Laplace, Jean, S.J., *Prayer: According to the Scriptures*, 22-23.

**Experiencing the unconditional love of God** is what prayer, in the end, is all about. Rolheiser, R., *Prayer: Our Deepest Longing*, 19.

**... A very precious way to pray is just through silence.** No thoughts or words, just wanting to be silent in the presence of God ... No need for thoughts – and words can get in the way. Cardinal Basil Hume in Brundell et.al., *Search and You Will Find*, 51.

**TRY TO PRAY THIS WAY.** Immerse yourself in deep silence and in God's presence. After begging for His grace, without moving – almost as if the slightest movement could distract an attention that is still very fragile – consider a Scripture passage that you love and know well. Say the words very slowly without worrying about finishing the chapter in the time given to prayer. Think in turn that the Holy Spirit says these words to you and that He draws them out of your heart. You will soon feel the benefit of such a way of proceeding, and, more precious a blessing than any imagined, it will free you from interior problems, situate you in God and assure you into the bargain, an unexpected result: the discovery of vocal prayer. God Himself puts the words into your mouth and makes them penetrate the heart. Laplace, Jean, S.J., *Prayer: According to the Scriptures*, 35.

**MEDITATION:** Meditation engages thought, imagination, emotion, and desire. CCC, 2708.

**Meditation:** this can involve placing oneself in an event from scripture by assuming the person of one of the characters. You experience the event in your imagination as if you were there, reacting to it as it happens. You then see how that experience might help you to understand what Jesus was teaching, or maybe God has spoken to you in a new way about a biblical story or parable. Archdiocese of Birmingham, "Suggestions for Personal Prayer".

**LECTIO DIVINA:** Choose a piece of scripture and read it slowly three times. Pick out the word, words or phrase that speaks to you the most and prayerfully repeat it, listening to what God might be saying to you through it. Allow the word or phrase to guide you in your prayer and think about how you might apply it to your own life in the day or week ahead. Archdiocese of Birmingham, "Suggestions for Personal Prayer".

## **II: THE OUR FATHER – THE PRAYER THAT JESUS TAUGHT US**

- **Thy will be done on earth as it is in heaven:** It's the little acts of God's will, the little acts. If we are sincere and open with the Lord, we will be able to do God's will, because God does not conceal his will; he makes it known to those who seek it. He does not force those who are not interested in his will, but he is waiting for them. He is always waiting. ... Yes, ours is precisely a God in waiting. That is why, when he realises that someone is lost, he leaves those who are not lost and goes in search of the wayward. Pope Francis, *Our Father: Reflections on the Lord's Prayer*, 64.
- **... God wants to visit us and is waiting for our "yes".** Let us keep in mind what "yes" we should say to God today. It will do us good to think and live this way. We will find within us the voice of the Lord, who is asking us for something, a step forward. We all need to say, "I believe in you, I hope in you, I love you; may your will for good be fulfilled in me." This is the "yes." With generosity and trust, like Mary, let us say today, each one of us, say "yes" to God. Pope Francis, *Our Father: Reflections on the Lord's Prayer*, 72.

## FOR THINKING AND TALKING

- What words or phrases stand out for you in the readings and insights on prayer?
- What insights might you take with you on your own journey?

## Let Us 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. Amen.



Prepared for Lent 2024 (Year B) for the Sandhurst Diocese, PO Box 201 Bendigo, Vic. 3552

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