

“Lord, teach us to pray ...”



THREE DAYS OF EASTER (THE 'EASTER TRIDUUM') 2024
IN THE WORLDWIDE YEAR OF PRAYER 2024 AND
CELEBRATING 150 YEARS OF THE DIOCESE OF SANDHURST.

From the Readings

HOLY THURSDAY It was before the festival of Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was ... he poured water into a basin and began to wash the disciples' feet ... 'Do you understand', he said, 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.' *John 13:1,5,12-15*

GOOD FRIDAY And yet ours were the sufferings he bore, ours the sorrows he carried ... Yet he was pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed ... By his sufferings shall my servant justify many, taking their faults on himself. *Isaiah 53:4-5, 11*

EASTER VIGIL AND EASTER SUNDAY When we were baptised in Christ Jesus, we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might have new life. ... But we believe that having died with Christ we shall return to life with him. Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus. *Romans 6:3-4,8-11*

Brothers and sisters ... For you have died, and your life is hidden with Christ in God. When Christ your life appears, then you too will appear with him in glory. *2 Colossians 3:3-4*

... Now the life you have is hidden in Christ in God. But when Christ is revealed – and he is your life – you too will be revealed in all your glory with him. *2 Colossians 3:3-4*

Mary Magdalene, Mary, the mother of James, and Salome bought spices so that they might go and anoint him ... On entering the tomb they saw a young man ... He said to them, "Do not be amazed! You seek Jesus of Nazareth, the crucified. He has been raised; he is not here." *Mark 16:1-7*

Teach us to Pray

WORK AND PRAYER, CONTEMPLATION

WHEN I PRAY THE GOSPELS, it is crystal clear that Jesus had a rhythm of prayer in his life ... We see him withdrawing from the apostles and from his crowds of followers. He takes time for solitude at critical moments in his life. He goes away at significant times of the day – dawn ... spends the whole night in prayer. He seeks out lonely places where he can be silent and in communion with God. Often he slips away at crucial times of strife or moments when decisions need to be made, yet he always returns to his ministry of compassion and love among the people. *Wiederkehr, Macrina, Seven Sacred Pauses, 3.*

By dying as he did, Christ shows that he loves us in such a way that he can descend into our private hells. His love is so empathetic and compassionate that it can penetrate all barriers that we construct out of hurt and fear, in order to enter right into our despair and hopelessness. ... That image – Christ going through locked doors – is perhaps the most consoling image within our entire faith. Put simply, it means God can help us even when we cannot help ourselves. God can empower us even when we are too weak and despairing to even, minimally, open the door to let him in. ..There is no hell – no private hell of wound, depression, fear, sickness, or even bitterness – that God’s love cannot and will not descend into. Once there, it will breathe out the peace of the Holy Spirit. *Rolheiser, Ronald, Prayer: Our Deepest Longing, 62.*

“For those of us who are called to live an active life “in the world” ... God works in all the ups and downs, the trials of our active life.”

Green, Thomas J., S.J., When the Well Runs Dry, 172.

‘WORK AND PRAYER’ – St Benedict: Any repetitive or mundane task has the potential to elicit, or become, prayer. Whether praying under one’s breath as the job is being done, or by offering yourself and the task for God’s greater glory one can begin to live out the words of St Paul and his desire to see Christians pray always. *Archdiocese of Birmingham, “Suggestions for Personal Prayer”.*

CONTEMPLATION – Resting with God: One of the aims of contemplation is to simply be in the presence of God, as one might with a friend. It is often accompanied by a conscious stilling of the mind and body, which can help us to become aware of God’s quiet presence. The repetition of a particular word or phrase (see “The Jesus Prayer”), or concentrating our posture and breathing, can help to remove distractions so that we can focus solely on Him.

Archdiocese of Birmingham, “Suggestions for Personal Prayer”.

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

Email: adultfaith@sandhurst.catholic.org.au. **Acknowledgements:** Pope Francis, *Our Father: Reflections on the Lord's Prayer*, London, Sydney, Auckland, Johannesburg: Rider, 2018, Kindle Ed.; Archdiocese of Birmingham, *"Suggestions for Personal Prayer"* <https://www.vocations.org.uk/year-of-prayer-2024>; Rolheiser, Ronald, *Prayer: Our Deepest Longing*, Cincinnati, Ohio: Franciscan Media, 2013; Dwyer,

Margaret, *Praying Personally*, Strathfield, NSW: St Paul's, 1998; Green, Thomas J., S.J., *When the Well Runs Dry: Prayer Beyond the Beginnings*, Notre Dame, Indiana: Ave Maria Press, 1979. Wiederkehr, Macrina, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, Notre Dame, Indiana: Sorin Books, 2008