

Thought for the day - Friday 23rd February 2024

by Revd John Ohen

Prayer.

The parable of the persistent widow reminds us that we should pray without fail, more so in this time of Lent. Prayer is what we do when we talk to our heavenly father as our Lord did when he was here on earth. It doesn't have to be a long prayer and we should remember that one of the best prayers is our Lord's prayer. Our Lord's prayer teaches us everything we need to know about prayer. It is the perfect prayer and a summary of the whole gospel. Our Lord's prayer captures beautifully and successfully the two greatest commandments – to love God with all our hearts, mind, soul and strength and our neighbour as ourselves. (Matthew 22. 36 – 40).

Our Father is a kind of Creed, a proclamation of what we believe, and live our life and celebrate. This is why we pray "Our Father" and not "My Father". When we pray, we join in solidarity to the worldwide communion of believers. Whenever we sway our Father, we express our love for God and God's love for everyone.

Just because some of us have prayed our Father since birth, that is not a justification for us to take it for granted. Lent is a golden opportunity to renew our prayer life and experience the Our Father in a new and refreshing way, and pray Our Father with joy, hope and boldness in this lent.

Bible passage: Luke 11:1- 4

Prayer:

Father my soul thirst for you like a dry and weary land. You are the Father I seek. Holy is your name, glory, honour, and power are yours, your kingdom come.