

JULY 24, 2016



SEVENTEENTH SUNDAY IN ORDINARY TIME



GENESIS 18:20–32

PSALM 138:1–2, 2–3, 6–7, 7–8

COLOSSIANS 2:12–14

LUKE 11:1–13

REFLECTION

Communication is key to any relationship. Usually when we become frustrated or our feelings are hurt it is because we feel misunderstood. Think about a situation involving another person in which you had these feelings. Did you try to tell the other person what you wanted? Probably not! While we love our friends and family, we don't always want to make waves and think that, by not speaking up, we are respecting them and keeping peace—this while frustration builds inside us like a storm. Sound at all familiar? I can think of quite a few times when I thought being quiet would best serve my friends or family. I also learned just how wrong I was! Today's Gospel gives great guidance on seeking help to calm our frustrations and find peace. Jesus teaches us how to pray—how to address God and ask for what we need. He gives us the Our Father. He teaches us that, if we just dare to ask something to the One who loves us completely how can we imagine that he wouldn't take care of our needs? It may not always seem like we get what we want, but Jesus teaches us, through this prayer, that God does give us what we need.



"AS IT IS IN HEAVEN"

MATT MAHER

<https://www.youtube.com/watch?v=BGAZVASoUv4>

ACTION

When you go to Mass this week, focus on the words of the Our Father. In fact, pray it every day. Think about each word while you pray. Make communication with God a key priority so God can get to know you and address all your needs.

JOURNALING QUESTIONS

- What does the Our Father say to you?