



# "OUR" FATHER

LITURGY BYTES *by Michele Hall*



Continuing with our reflections on parts of the Mass, we come upon a most popular and well-known prayer, the Our Father. I am sure, like me, you rattle off these words, not only at Mass, but perhaps as part of your daily prayer life. Let us take a look at what we are saying and the meaning behind those famous words.

**Our Father** – We begin this prayer professing that God is our heavenly Father. Where this appears in Scripture, Jesus instructs us to say "Our" Father, not "my" Father. This reminds us that we recognize those around us as children of God like us.

**Hallowed be thy name** – Hallowed is another word for holy. We are saying that we know God is holy, but we are asking that His name be recognized as the ultimate holy power that all will know as the one true God.

**Thy Kingdom come** – We are asking that God's kingdom of goodness, honesty and love surround us in our everyday life, and that we pray for the fulfillment of God's promise to return and grant us eternal life.

**Thy will be done, on earth, as it is in Heaven** – We pray that we do all things to please our Father, even what is difficult, even big things, as well as small things.

**Give us this day our daily bread** – We recognize that all things we need come from God. We are asking that God continue to give us not only nourishment, but also the Bread of Life in the Eucharist.

**And forgive us our trespasses, as we forgive those who trespass against us** – This is a difficult one! God in His wisdom teaches us that in order for Him to forgive our wrongdoings, we must first forgive those who have hurt us. He is teaching us that when there is bitterness and anger in our hearts, there is no room for His love to fill our hearts. And lead us not into temptation – temptation and sin go together. When we come face to face with temptation, it can be difficult to resist. This is why we ask God to lead us away from temptations.

**But deliver us from evil** – There is much evil in the world which is so unfortunate. We pray to God to protect us against all that is evil. Amen.