

Here's a text if you've only a minute ...

On the day I called you answered me;
you increased the strength of my soul.

Psalm

When you pray, say:

'Father, hallowed be your name. Your Kingdom come. Give us each day
our daily bread, and forgive us our sins, for we ourselves forgive everyone
who is indebted to us. And lead us not into temptation.'

Gospel

God our Father,
open our eyes to see your hand at work
in the splendour of creation; in the beauty of human life.
Touched by your hand our world is holy.
Help us to cherish the gifts that surround us,
to share your blessings with our brothers and sisters
and to experience the joy of life in your presence.

Old Opening Prayer

This week's texts if you'd like to reflect further:
Genesis 18: 20–32; Psalm 137 (138); Colossians 2: 12–14; Luke 11: 1–13

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'Father,
Give us each day our daily bread ...'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

Seventeenth Sunday in Ordinary Time
Year C, 27th July 2025

'Lord, teach us to pray'

Prayer re-connects us to our true purpose in life: intimate communion with our loving Creator. The ministry of Jesus himself was rooted in prayer. It began after a prolonged period of prayerful solitude in the desert. It ended with a final loving prayer imploring forgiveness, not only for those who sought to end Jesus's life, but for all of us when we fail to acknowledge the graces we have been given.

Abraham (**First Reading**), demonstrating an almost cheekily confident relationship with God, calls on God's infinite mercy for his people.

The **Psalm** is a song of gratitude for God's loving mercy and forgiveness. Despite still facing trials, the psalmist feels full of life.

Paul reminds the Colossian community (**Second Reading**) that Christ has forgiven all of their (and our) trespasses. Through his forgiveness, we are made alive with him.

The disciples ask Jesus for guidance on prayer (**Gospel**). Jesus teaches them that God is not some distant, absent father-figure, but rather a loving Daddy: 'Abba'. When we ask for our 'daily bread', we are not praying to a grumpy, sleepy friend, but to one who is always ready to respond by pouring out the Holy Spirit for us, upon us, and in us. This abundant answer to our prayer is indeed all that we will ever need.

As **Pilgrims of Hope** in this Jubilee Year, let us pray for a spirit of forgiveness and reconciliation within ourselves, our families, our communities, and wherever there is conflict in the world.



Opening Prayer

O God, protector of those who hope in you,
without whom nothing has firm foundation, nothing is holy,
bestow in abundance your mercy upon us
and grant that, with you as our ruler and guide,
we may use the good things that pass
in such a way as to hold fast even now to those that ever endure.

Psalm 137 (138)

R/. On the day I called, you answered me, O Lord.

I thank you, Lord, with all my heart;
you have heard the words of my mouth.
In the presence of the angels I praise you.
I bow down towards your holy Temple.

I give thanks to your name
for your merciful love and your faithfulness.
For you have exalted over all,
your name and your promise.
On the day I called, you answered me;
you increased the strength of my soul.

The Lord is high, yet he looks on the lowly,
and the haughty he knows from afar.
You give me life though I walk amid affliction;
you stretch out your hand against the anger of my foes.

With your right hand you save me;
The Lord will accomplish this for me.
O Lord, your merciful love is eternal;
discard not the work of your hands.

As part of my preparations to pray, I look back over the last few days.
Where have I noticed God at work in my life? Is there anything that I need
to share with the Lord during this time of prayer? With these things in mind,
I gently adjust my posture so that I feel supported, open and alert to pray.
I then gradually settle my mind for prayer.
When I feel ready, I begin by slowly praying the psalm response.
I repeat this phrase over and over like a mantra or centring prayer.
I then read the whole psalm slowly, and as many times as I desire.
Perhaps I take each line of the psalm, repeating, pausing, listening to words
or phrases. There may be just a few words on which I am being drawn to
focus. With freedom, I allow that to become the centre of my prayer.
Jesus knew, loved and prayed the psalms. Perhaps they even shaped his
approach and teaching on prayer, which we hear about in today's Gospel.
This psalm sings of gratitude for being loved, saved and guarded over.
I share with Jesus as I would with a dear friend my own experience of
praying with these words. *Glory be ...*

Gospel Luke 11: 1–13

Jesus was praying in a certain place, and when he finished, one of his
disciples said to him, 'Lord, teach us to pray, as John taught his
disciples.' And Jesus said to them, 'When you pray, say:

"Father, hallowed be your name. Your Kingdom come. Give us each
day our daily bread, and forgive us our sins, for we ourselves forgive
everyone who is indebted to us. And lead us not into temptation."

And he said to them, 'Which of you who has a friend will go to him at
midnight and say to him, "Friend, lend me three loaves, for a friend of
mine has arrived on a journey and I have nothing to set before them";
and he will answer from within, "Do not bother me; the door is now
shut, and my children are with me in bed. I cannot get up and give you
anything"? I tell you though, he will not get up and give him anything
because he is his friend, yet because of his impudence he will rise and
give him whatever he needs. And I tell you, ask, and it will be given to
you; seek, and you will find; knock, and it will be opened to you.
For everyone who asks receives, and the one who seeks finds, and to the
one who knocks it will be opened. What father among you, if his son
asks for a fish, will instead of a fish give him a serpent; or if he asks for
an egg, will give him a scorpion? If you then, who are evil, know how to
give good gifts to your children, how much more will the heavenly
Father give the Holy Spirit to those who ask him!'

In my chosen time and place of prayer, I become still before the Lord in a way
that suits me best today. Once I feel ready, I slowly and repeatedly read the
Gospel text.

I may use my imagination to become an observer or participant in the scene.
What sort of place does Jesus choose for his prayer? What time of day is it?
Perhaps, like me, Jesus is praying with the Psalm opposite.
What do I notice about Jesus when he has finished his time of prayer?
Does he seem different in some way?

How do I feel when I take time to go to my own place of prayer?
Comforted ... challenged ... questioning ... empty? Or something else?

I listen again to Jesus's teaching on prayer.

What questions do I have for Jesus about my own experience of prayer?

Why is persistence in prayer important? What guidance do I seek from Jesus?

I wait, and I listen.

Then together with Jesus, we pray '*Our Father ...*'