

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 18th January 2024

The Year of Prayer



Gather Together

Pope Francis has declared that 2025 will be a Jubilee, a Holy Year, and the theme he has chosen is 'Pilgrims of Hope'. The Jubilee logo shows figures coming from the four corners of the earth. They embrace each other, showing the solidarity and fraternity which should unite us all. The leading figure holds a cross as a sign of Christian faith. The cross becomes an anchor, a symbol of hope, providing stability in the stormy waters we all experience on our pilgrimages through life.

In preparation for this great year of Jubilee Pope Francis has invited us all to participate in this Year of Prayer which began in Advent.

"Prayer unites us; it makes us brothers and sisters. It is in prayer that our hearts find the strength not to be cold and insensitive in the face of injustice. In prayer, God keeps calling us, opening our hearts to charity."

Pope Francis

Begin your prayer

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Scripture

Luke 11:1-11

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say: 'Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'"

Then he said to them, "Suppose one of you has a friend, and he goes to him at midnight and says, 'Friend, lend me three loaves of bread, because a friend of mine on a journey has come to me, and I have nothing to set before him.' Then the one inside answers, 'Don't bother me. The door is already locked, and my children are with me in bed. I can't get up and give you anything.' I tell you, though he will not get up and give him the bread because he is his friend, yet because of the man's boldness he will get up and give him as much as he needs.

"So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Which of you fathers, if your son asks for a fish, will give him a snake instead?"

Reflect

Where does real, true, authentic prayer start? Is it a technique that we can learn the right skills for, just hard work that we need to persevere at, or reserved for just a holy few who have some innate gift for it?

In Luke we are reminded where prayer really starts. "One day Jesus was praying." Real, true, authentic, prayer starts with Jesus. Prayer doesn't start with what we think of God, special techniques, hard work or holy huddles. It also doesn't begin with our desires and efforts. It starts with Jesus and he calls us to talk to God as our Father. Jesus is the God who came down not just to teach us how to pray, but to allow us to enter into the conversation that's been happening for all eternity.

The living God is a Father forever loving his Son in the unity of his Spirit. It shows that God is a God of relationship, a God of conversation, a God of prayer.

Jesus has been praying for all eternity, but now he invites his followers to enter into that conversation. To talk to his Father as our father.

Why not join the conversation today as Pope Francis asks us?

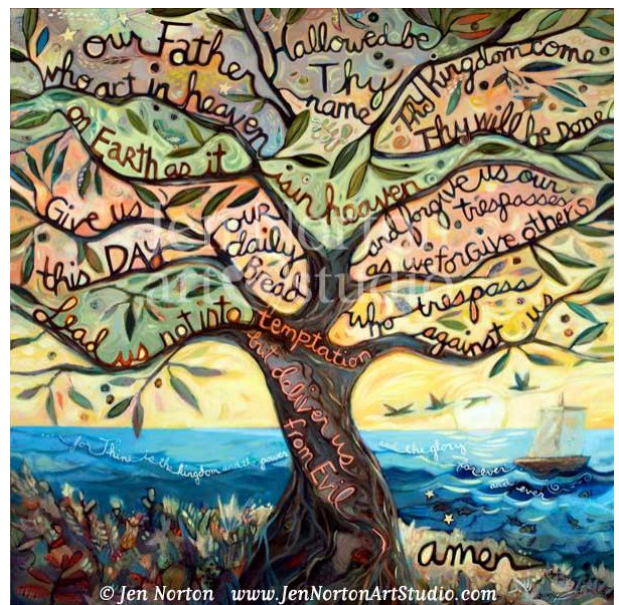
Pray together the prayer Jesus taught us:

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

Have a moment of quiet contemplation as you listen to the song:



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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