

# How does Jesus teach us to pray?



## PRAY

### My Lord and my God!

You opened to us the way to the origin of all things. Now heaven is open to us and there is nothing to prevent our flow to You and to our beloved Father from heart to heart. Amen.



## CONTEMPLATE

One person reads the Bible passage aloud. Short silence.

**Exchange:** *What particularly appealed to you?*



## STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



## DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



## CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** *Share your experience on Facebook or Instagram.*



## Mt 6:9

This is how you are to pray: Our Father in heaven, hallowed be your name.

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*How are we changed by the Our Father?*

**The Our Father allows us to discover joyfully that we are children of one Father. Our common vocation is to praise our Father and to live together as though “of one heart and soul” (Acts 4:32). [2787–2791, 2801]**

Because God the Father loves each of his children with the same exclusive love, as though we were the only object of his devotion, we too must get along together in a completely new way: peacefully, full of consideration and love, so that each one can be the awe-inspiring miracle that he actually is in God's sight.

1. A friend said once to Romano Guardini: “One cannot imagine God as human enough!” What does it mean to us if God “is our Father”?
2. How does your relationship to other people change when you realize they are without exception God's children too?
3. Which line in the “Our Father” is particularly special to you, and why?
4. What would you say about your Father in heaven to somebody who had a bad earthly father (or never had one)?

Go through your photos. Look for the most beautiful picture. Copy in the Our Father and show your picture (which you may hang in your room later) to your friends. Explain why you chose that exact picture for the Our Father.

Do you accept this challenge?

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