

**JESUS TAUGHT US HOW  
TO PRAY: FOCUSED  
THROUGH WORSHIP  
AND  
A DESIRE TO FOLLOW  
GOD'S WILL**

**From the Sermon  
on the Mount**

In praying, do not babble like pagans, who think that they will be heard because of their many words.

Do not be like them.

Your Father knows what you need before you ask him.

This is how you are to pray: Our

Father in heaven,  
Hallowed be your name.  
Your kingdom come,  
Your will be done,  
On earth as it is in heaven. Give  
us this day our daily bread;  
And forgive us our debts, As  
we forgive our debtors;  
And do not subject us To  
the final test,  
But deliver us from the evil one.

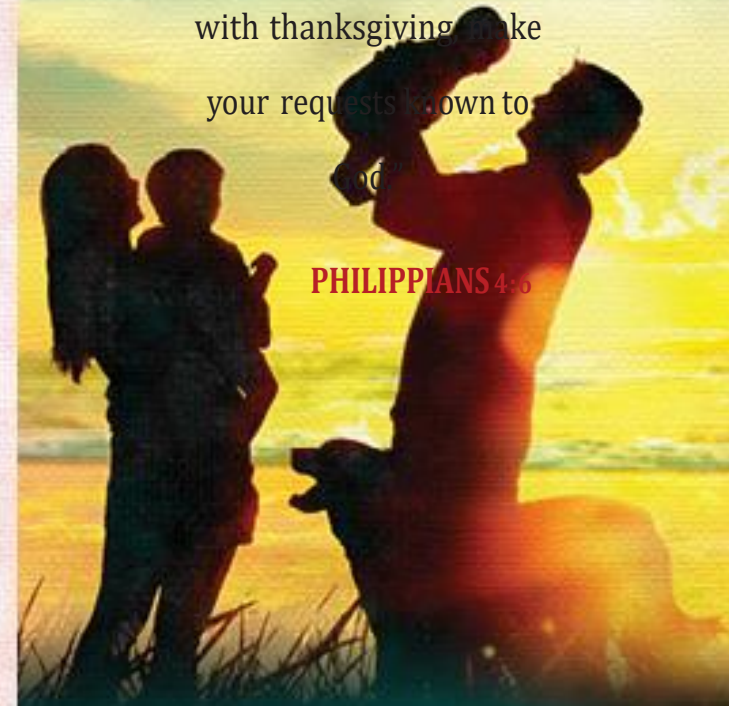
**MATTHEW 6:7-13**

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PARISH NAME  
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**A FUTURE  
FULL  
of HOPE**  
"Have no anxiety at all, but  
in everything,  
by prayer and petition,

with thanksgiving, make  
your requests known to

**PHILIPPIANS 4:6**



"I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope."

**JEREMIAH 29:11**

29:11





"For this reason,  
I kneel before  
the Father, from  
whom every family  
in heaven and on  
earth is named."

EPHESIANS 3:14-15

Among Our Most Purposeful Prayers  
Are Those We Offer for Others.  
Their Needs Are Often Spiritual.

St. Paul loved the people of Ephesus, a community he served directly for years. We needn't be surprised that he prayed that God would meet their needs, but we pause when we realize his primary concern was their spiritual health.

Be refreshed by putting yourself in their place, encouraged by someone whose greatest concern is your spiritual good: I pray that God *"may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self"* (v. 16).

*"That Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth (of God's love), and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God"* (vv. 17-19).

THE GOD OF THE UNIVERSE  
CALLS TO US. IN HOPEFUL CONFIDENCE,  
WE PRAY.

Courageous in service, St. Paul was bold in compelling God's blessing on behalf of others. *"We have boldness of speech and confidence of access through faith in God, who created all things."* To what end? *"That the manifold wisdom of God might be made known through the church"* (vv. 12, 9, 10).

WE INVITE GOD TO BLESS OTHERS.  
TRUSTING IN GOD'S GOODNESS,  
WE PRAY.

Those he ministered to understood that God called Paul to serve them, and the soul of Tarsus knew it too. *"You have heard of the stewardship of God's grace that was given to me for your benefit"* (3: 2). He established their church, taught them to pray and minister in the power of the Spirit, and led them in the faith.

RIISING FROM OUR PRAYERS,  
WE SERVE. STRENGTHENED  
IN HEART, WE MINISTER.

*"I became a minister by the gift of God's grace,"* Paul wrote the Ephesians, *"to preach the inscrutable riches of Christ"* (From 3:7-8). Humbly strengthened from a posture of prayer, the Apostle rose to call others to Christ, a missional voice and an evangelistic servant. All of it began with prayer.

DETACH COMMITMENT FORM AND KEEP  
IN A PLACE WHERE YOU AND YOUR FAMILY CAN REVIEW IT  
PERIODICALLY DURING THE YEAR.

BELIEVING GOD HEARS US,  
OUR PRAYERS ARE  
SEASONED WITH HOPE.

Our good and gracious God hears our prayers, ever listening to his children, just as any loving parent is attuned to the cry of his or her own. We pray with expectation, believing God has plans for us, granting us A FUTURE FULL OF HOPE. Whether alone, with family, or in a sanctuary full of fellow parishioners, we trust *"God knows our needs before we even ask."*

When you pray, then, please remember that God is listening, ready to answer your personal requests and your prayers on behalf of others. Perhaps you might choose from the options listed below, or write a personal prayer commitment in your own words. Invite God to answer and to bless, as you seek the Lord's will.

Please make a personal commitment to pray regularly during this STEWARDSHIP OF PRAYER and encourage others, especially members of your family, to do so as well. Check the options that best represent your prayer intentions, or use the added space to write out your commitment in your own words.

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|--|---|
| <input type="checkbox"/> Read and Appreciate Printed Prayers     | <input type="checkbox"/> Scripture Readings                   |
| <input type="checkbox"/> Five Minutes a Day Commitment to Prayer | <input type="checkbox"/> Way of the Cross                     |
| <input type="checkbox"/> Attend Sunday Mass Regularly            | <input type="checkbox"/> Prayer Before and After Meals        |
| <input type="checkbox"/> Attend Daily Mass                       | <input type="checkbox"/> Meditation                           |
| <input type="checkbox"/> Daily Rosary                            | <input type="checkbox"/> Novena                               |
| <input type="checkbox"/> Shared Prayer with Family               | <input type="checkbox"/> Attend a Spiritual Retreat This Year |
| <input type="checkbox"/> Morning/Night Prayer                    | <input type="checkbox"/> Reconciliation (Confession)          |

YOUR OWN METHOD OF PRAYER:

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