

12th October, Monday week 28 in ordinary time

Ps. 112 (113) Luke 11:29-32

*“Praise O servants of the Lord,
Praise the name of the Lord!”*

“Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” (St. Therese of Lisieux). Prayer is the bedrock of our faith; it is the communication between us and God who created us to be in communion with Him for all eternity. It is both the easiest, and most difficult aspect of our life of faith. If our prayer is just a shopping list of requests, then it's like the child who demands that their parent gives them everything that they want, whether it's good for them or not. However, if our prayer is a conversation between us God, who is Father like no earthly Father, then it becomes more than a shopping list, but a conversation. Sometimes a structure can help us to pray and one such structure is based on the mnemonic “**ACTS**”.

Adoration:

We begin by adoring and praising God, as today's Psalm does so beautifully. God does not need our praise, but when we praise and adore Him, *we* begin to change. We recognise who we are in relation to Him and that everything we have is ultimately from Him. We can say, “Father, you are goodness itself, I just want to praise you for your goodness and love.”

Contrition:

God the Son, Jesus Christ, gave everything so that we could be restored to communion with His Father, by the grace of the Holy Spirit, yet we sin; we do our own thing, and leave Him out of the picture. We can spend a moment in “recollection” and think about what we have done, or failed to do, that is not a part of the Father's amazing plan for us. We can say, “Father, I am sorry for.....”

Thanksgiving:

We give thanks to the Father for all that He has done for us and has given us. We thank Him for the good things that have happened and for answered prayers. It's not been an easy year, yet many of us have had time to do things that we have been putting off or have just had time to appreciate the world around us. “Father, thank you for....”

Supplication:

And now we come to our prayer requests. If our prayers are only about asking for this and that, (and who among us has not asked for an end of Covid-19?) then we are like the pharisees who only look for dramatic signs. Having praised and adored the triune God, repented of our sins, and thanked Him for His gifts to us, we can turn to Jesus who places our requests before His Father, who knows what we need. Maybe the answer will be “no” but then any wise parent says no to his or her child as well, for their own good.

Our loving Father knows what is good for us. “Heavenly Father, we ask you for...”

Carol Ann Harnett

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