



### **Hope in the Future Reflection** **Second Sunday in Lent**

As we continue our Lenten journey, let us reflect on the importance of **Prayer**, one of the pillars of Lent. Prayer is a means of communicating with God and one of the most effective ways of deepening our relationship with Him.

There are times when we need to pray alone and talk to God in our own words to praise and thank Him, ask for things we want and need, repent and share our concerns and hopes. However, it is also important that we pray together as a community, sharing our faith which brings us closer together as God's family.

To help us to pray, Jesus taught us the **Our Father**, the prayer given to us by God Himself. The opening words, **Our Father**, emphasise the intimate relationship God wants to share with us as He invites us to address Him as 'Father'.

In this prayer we:

Give praise: *'Hallowed be thy name'*.

Ask: *'Give us this day our daily bread'*

Repent: *'Forgive us our trespasses and lead us not into temptation'*

During the most challenging and troubled times in his life, Jesus turned to God, his Father: for example, when he faced temptation in the desert and during the agony in the garden following the Last Supper. Jesus knew that his Father was always there for him, giving him strength to face the many challenges and fulfil his mission. In the same way, God is always there for us when we need Him: We only have to place our trust in this privileged relationship with God, our Father.'

Lent is a time to reach out to others in practical ways and also through prayer. During Lent, let us pray for others who need God's love and grace. Pope Francis tells us that:

**'The key that opens the door to the Faith is prayer.  
Prayer leads us forward in hope.'**

May we never underestimate the power of prayer as we ask,  
*Stay with us, Lord, on our journey.*