

The Lord's Prayer: The Perfect Prayer

Chapter 49 Summary

Chapter Learning Objectives

- The participants will explore the meaning underlying the greatness of the Lord's Prayer.
- The participants will discover or rediscover the meaning of God as Father and their own value as children of God.
- The participants will appreciate the Lord's Prayer as a great gift of Jesus to his Church.

Content Summary

1. Jesus' friends, the Apostles and disciples, asked him to teach them to pray. Jesus responded by teaching them his prayer to the Father. We call this prayer the Lord's Prayer or the Our Father.
2. The *Catechism of the Catholic Church* calls the Lord's Prayer the *quintessential*, or most perfect, prayer of the Church.
3. The reasons for this can be summarized in ten statements:
 - Jesus himself gave us the Lord's Prayer.
 - The Lord's Prayer teaches us to pray.
 - The Lord's Prayer is addressed to the Father.
 - The Lord's Prayer helps us to know who God is.
 - The Lord's Prayer helps us to know who we are.
 - The Lord's Prayer helps us to be more like God our Father.
 - The Lord's Prayer helps us to have loving and trusting hearts.
 - The Lord's Prayer is about "we," not "me."
 - The Lord's Prayer is *the* prayer of the Church.
 - The Lord's Prayer is truly a summary of the whole Gospel.

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