**4**

**LORD TEACH US TO PRAY**

**Setting:** Place the Bible and a candle; all the members sit around. Bible is the book of prayer, a *way of life*, it contains all the ingredients for our life formation.

**MOTIVATION:** *Lord teach us to pray.* The disciples are looking for formation! Prayer is relationship with God. The disciples observe Jesus going off to be alone with his Father. They long to experience the same *intimacy* with Jesus’ Abba.

**SONG**

**WORD OF GOD: GOSPEL OF LUKE 11: 1-4** Jesus’ teaching on prayer

*One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.”*

*He said to them, “When you pray, say:*

*“Our Father,  
hallowed be your name,  
your kingdom come.  
Give us each day our daily bread.  
Forgive us our sins,*

*for we also forgive everyone who sins against us.  
And lead us not into temptation.”*

**PSALM**

*We keep silence for few minutes and allow God to speak to us.*

**Oblate Texts**

**Constitution 33**

33. The Eucharist, source and summit of the Church's life, is at the heart of our life and action. We will live such lives as to be able worthily to celebrate it every day. As we participate in its celebration with all our being, we offer ourselves with Jesus the Saviour; we are renewed in the mystery of our cooperation with him, drawing the bonds of our apostolic community ever closer and opening the horizons of our zeal to all the world. In gratitude for this great Eucharistic gift, we will seek the Lord often in his sacramental presence.

The Word of God nourishes our spiritual life and apostolate. We will not only study it diligently but also develop a listening heart, so that we may come to a deeper knowledge of the Saviour whom we love and wish to reveal to the world. This immersion in God's Word will enable us to understand better the events of history in the light of faith.

The Liturgy of the Hours is the prayer of the Church, the spouse of Christ. In it, we praise the Father for his wonderful works and invoke his blessing on our mission. Each community will ordinarily celebrate part of the Hours in common. Where possible, the faithful will be invited to join us in this public prayer of the Church.

In the prolonged silent prayer we make each day, we let ourselves be moulded by the Lord and find in him the inspiration of our conduct. Following our tradition, we devote an hour each day to mental prayer, part of which is spent together in the presence of the Blessed Sacrament.

Examination of conscience is important in helping us become aware of the ways in which the Lord calls and is present to us throughout the day. In this examen, we evaluate the faithfulness of our response to him. Charged with proclaiming the joy of God's pardon to the world and acknowledging our own sinfulness, we will have frequent recourse to the Sacrament of Reconciliation.

**Going Deeper into the Theme:**

Eugene experienced God’s love for himself in a very powerful way as he prayed before the cross on Good Friday in 1807. It was that experience of the cross and the love of Jesus as Saviour that shaped the rest of Eugene’s life. This moment held for the young man a fundamental insight into who God is and also a deep insight about himself, into who he was. He encountered a merciful God and he experienced himself as a sinful man, yet saved and loved by Jesus (Louis Lougen, OMI. **Thoughts on the *Spirituality* of St. Eugene De Mazenod. *Oblate World, 2011)***

**MOMENT OF SILENCE**

Jesus chose a group of disciples for Himself right at the beginning of his Galilean ministry (Mark 1:16). He never wanted to go about doing preaching and healing all alone. More often than not, Jesus accompanied them to wherever he went. In fact He called them His “friends” (John 15:15) specifically to reiterate how close He was to them. Here, Jesus not only prays *with* the disciples, He prays *for* them so that they also may be one as He and the Father are one. Is this not a confirmation that Jesus wants us also to be PRAYING COMMUNITIES who always strive to be ONE? Are we praying for and strengthening each other in their worries, struggles and celebrate their joys?

**SHARING OUR FAITH:**

The animator invites each Oblate present to share what has inspired him in the reflection and around the questions:

* How is prayer in my life? What is my relationship with God? Do I find prayer is the live wire of my life?
* Share something about where you sense God is leading you in what you are living in community in ministry; in retirement; in sickness; in aging.
* Do I have a regular Spiritual Director or confessor to animate my life in times of joys and sorrows?

**COMMITMENT:**

Prayer is the centre, the motivating force, the basic integrating value of our life as religious. Oblates are a community of prayer. Eucharist is the heart of our life and action (OMI C. 33). In the prolonged silent prayer we make each day, we let ourselves be moulded by the Lord and find in him the inspiration of our conduct.” (OMI C 33). Our life project is based on our faith in Jesus Christ. It is this faith in Jesus that brings us as Oblates "together in apostolic communities As much as possible we will be faithful to our daily hours of prayer, together as much as possible, including oraison.

For we as Oblates, Mary is presented to us as a model. What place does Mary have in your Oblate life at this time? What can we do concretely to promote Marian devotions? Together with the Church we can see Mary as a model of our faith. What specific devotion to Our Lady do we have? Why is this of importance to us at this time? How does reflection on Mary’s faith support us in times of ambiguity, doubt, fearfulness, tragedy?

Might we speak about a concrete gesture among us in relation to prayer: is our community doing Oraison every day? What could we do to have more significant celebrations of the Liturgy Hours or of the Eucharist among us? Could we commit ourselves to help one another in prayer? Could our prayer be shared more deeply among us?

**THANKSGIVING/ PRAYER OF INTENTIONS**

**FINAL PRAYER**

**SONG/BLESSING**