

The Our Father

- CCC **2759** Jesus “was praying at a certain place, and when he ceased, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.'" In response to this request the Lord entrusts to his disciples and to his Church the fundamental Christian prayer. St. Luke presents a brief text of five petitions, while St. Matthew gives a more developed version of seven petitions.”
- CCC **2761** The Lord's Prayer "is truly the summary of the whole gospel." "Since the Lord . . . after handing over the practice of prayer, said elsewhere, 'Ask and you will receive,' and since everyone has petitions which are peculiar to his circumstances, the regular and appropriate prayer [the Lord's Prayer] is said first, as the foundation of further desires."
- **Matthew 6**
 - Middle chapter on “Sermon On the Mount”
 - All about prayer
 - How to
 - How not to
 - What to pray for
 - How to align your priorities
 - **Matthew 6:21** (RSVCE) 21 For where your treasure is, there will your heart be also.
 - **Matthew 6:33** (RSVCE) 33 But seek first his kingdom and his righteousness, and all these things shall be yours as well.
- **Luke 11**
 - Lord teach us to pray...
 - Only 5 petitions instead of 7 in Matthew
 - Persevere in praying to the Father...
 - Seek and you shall find

- **Luke 11:9** (RSVCE) 9 And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.

- **The 7 Petitions:**

- CCC 2759 ...The liturgical tradition of the Church has retained St. Matthew's text
- First 3 directed toward God
 - Hallowed be **THY** name
 - **THY** Kingdom come
 - **THY** will be done
- The last 4 directed toward US
 - Give **US** this day, our daily bread
 - Forgive **US** our trespasses, as we forgive those who trespass against us
 - Lead **US** not into temptation
 - Deliver **US** from evil
- All the petitions FLOW one to the next and can be summarized in the final petition...

- **“Our Father”**

- CCC 2777 In the Roman liturgy, the Eucharistic assembly is invited to pray to our heavenly Father with filial boldness; the Eastern liturgies develop and use similar expressions: "dare in all confidence," "make us worthy of. . . ." From the burning bush Moses heard a voice saying to him, "Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground." Only Jesus could cross that threshold of the divine holiness, for "when he had made purification for sins," he brought us into the Father's presence: "Here am I, and the children God has given me."
 - Our awareness of our status as slaves would make us sink into the ground and our earthly condition would dissolve into dust, if the authority of our Father himself

and the Spirit of his Son had not impelled us to this cry . . . 'Abba, Father!' . . . When would a mortal dare call God 'Father,' if man's innermost being were not animated by power from on high?"

- St. Peter Chrysologus, Sermo 71, 3: PL 52, 401CD; cf. Gal 4:6

○ **The Son reveals the Father**

■ **Because there is a “Son”, we therefore have a “Father”... we become “adopted” as SONS of God...**

● **Romans 8:**

- [14] For all who are led by the Spirit of God are sons of God.
- [15] For **you did not receive the spirit of slavery to fall back into fear**, but you have received the spirit of sonship. When we cry, "Abba! Father!"
- [16] it is the Spirit himself bearing witness with our spirit that **we are children of God**,
- [17] **and if children, then heirs, heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.**

■ **John 6:44** (RSVCE) 44 No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day.

■ **John 14:6** (RSVCE) 6 Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father, but by me.

○ **What God does vs. Who God is...**

■ Gen. 1 - Elohim

- What God does... creator

■ Gen. 2 - Yahweh

- Who God IS... Father

■ The “Son” has brought us back to the Garden... to, once again, walk in communion with OUR Father...

- Made in the Image & Likeness of God - Gen. 1:26&27
 - Restoring our dignity as sons & daughters
 - Making us into a Kingdom of Priests. Rev. 1:6
 - Leading us on a NEW exodus, from Sin and temptation...
 - bringing in all the nations
 - So we truly dare to say... Our Father because we are, once again, in Covenant communion!
 - Covenant vs. contract
 - **A father who keeps His promises...**
 - Cards for Prisoners...
 - Call no man father - Matthew 23:9

- **“Who art in Heaven”**
 - Is God distant from us?
 - Is heaven some far away place?
 - Is He more here and less there?
 - NO... God is majestic... he is transcendent!
 - CCC **2794** This biblical expression does not mean a place ("space"), but a way of being; it does not mean that God is distant, but majestic. Our Father is not "elsewhere": he transcends everything we can conceive of his holiness. It is precisely because he is thrice holy that he is so close to the humble and contrite heart.
 - "Our Father who art in heaven" is rightly understood to mean that God is in the hearts of the just, as in his holy temple. At the same time, it means that those who pray should desire the one they invoke to dwell in them.
 - St. Augustine
 - "Heaven" could also be those who bear the image of the heavenly world, and in whom God dwells and tarries.

- St. Cyril of Jerusalem
 - **Since Jesus is leading us, as a NEW & GREATER Moses, on a NEW Exodus from the slavery of Sin and temptations....**
 - Like the Israelites led out of Egypt to wander in the wilderness for 40 years before entering into the promised land... crossing the water of the Jordan...
 - We too are sojourners... through the wilderness of this life.... heading to the promised land which is BOTH now here & YET to Come!
 - We too enter the waters of the Jordan... through Baptism... to cross over into the Promised Land... Heaven!
 - **Heaven is where God dwells....**
 - Where we enter into perfect covenant communion with Him.
- **“Hallowed Be Thy Name”**
 - **2807** The term "to hallow" is to be understood here not primarily in its causative sense (only God hallows, makes holy), but above all in an evaluative sense: to recognize as holy, to treat in a holy way. And so, in adoration, this invocation is sometimes understood as praise and thanksgiving. But this petition is here taught to us by Jesus as an optative: a petition, a desire, and an expectation in which God and man are involved. Beginning with this first petition to our Father, we are immersed in the innermost mystery of his Godhead and the drama of the salvation of our humanity. Asking the Father that his name be made holy draws us into his plan of loving kindness for the fullness of time, "according to his purpose which he set forth in Christ," that we might "be holy and blameless before him in love."
 - **God’s NAME... will be Hallowed whether we pray for it or**

not!

- In a certain sense... by praying this... speaking it... we are softening our OWN hearts so that God's NAME will be made Holy... Hallowed... in US!
- We are also moving our hearts & souls to seek after God's NAME... His SHEM!
- **We are asking for God's JUSTICE to be made perfect among men...**
 - **Revelation 6:9–10** (RSVCE) 9 When he opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the witness they had borne; 10 they cried out with a loud voice, "O Sovereign Lord, holy and true, how long before thou wilt judge and avenge our blood on those who dwell upon the earth?"
- **The Our Father is taking on an eschatological dimension....**
 - The ultimate fulfilment of this petition, of all petitions, will be in the consummation of time when the OLD heavens and OLD earth passes away....
- **The SHEM of God & the 2 lines**
 - **Evil line of Cain... seeks its OWN Shem**
 - 7th gen. - Lamech - 2 wives, murder, boasting, pride
 - Become the folks who trust in themselves, fashion idols, etc....
 - **Good line of Shem... seeks the SHEM of God**
 - 7th gen. - Enoch - Righteous - 1 wife -
 - is TAKEN by God for his Righteousness
 - **Gen. 6 - Good line is corrupted with Bad line**
 - Sons of God marry the Daughters of Men.... as they chose... offspring become the Men of Renown... the men of SHEM (Name).

- They NOW are living in sin and seeking THEIR OWN NAME instead of God.
- God wipes them out... save 1 righteous family, Noah with his ONE wife, their 3 sons, with their ONE wife each.
- **A NEW Adam & Creation**
 - Noah is the new Adam on a New Mt.
 - His oldest is SHEM (Name)
 - Shem becomes Melchisedek in Gen. 14
 - King of Salem (Peace)/ King of Righteousness)
 - Priest of God Most High!
 - Passes on the blessing of the first born to Abram in a sacrifice of Bread & Wine.
 - Ham is Noah's 2nd son
 - looks upon the Nakedness of Noah
 - Tries to steal the leadership which belonged to Shem.
 - Seeks after his OWN SHEM
 - His descendants are pagan idol worshipers who build the tower of babel... seeking a SHEM for themselves.
 - They are cursed and spread to the 4 corners of the earth
- **Through the promised seed**
 - Moses asks God what his SHEM is in Ex. 3
 - Tell them I AM WHO AM sent you...
 - This is what earns Jesus the death penalty... claiming to be the I AM...
 - CCC **2812** Finally, in Jesus the name of the Holy God is revealed and given to us, in the flesh, as Savior, revealed by what he is, by

his word, and by his sacrifice. This is the heart of his priestly prayer: "Holy Father . . . for their sake I consecrate myself, that they also may be consecrated in truth." Because he "sanctifies" his own name, Jesus reveals to us the name of the Father. At the end of Christ's Passover, the Father gives him the name that is above all names: "Jesus Christ is Lord, to the glory of God the Father."

- **Thy Kingdom Come:**

- The most talked about subject by Jesus in the Gospels...
 - **Luke 17:21** (RSVCE) 21 nor will they say, 'Lo, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you."
 - **Matthew 16:19** (RSVCE) 19 I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven."
 - The parables on the Kingdom in Matthew 22 etc.
- CCC **2816** In the New Testament, the word *basileia* can be translated by "kingship" (abstract noun), "kingdom" (concrete noun) or "reign" (action noun). The Kingdom of God lies ahead of us. It is brought near in the Word incarnate, it is proclaimed throughout the whole Gospel, and it has come in Christ's death and Resurrection. **The Kingdom of God has been coming since the Last Supper and, in the Eucharist, it is in our midst. The kingdom will come in glory when Christ hands it over to his Father:**
 - It may even be . . . that **the Kingdom of God means Christ himself, whom we daily desire to come**, and whose coming we wish to be manifested quickly to us. For as he is our resurrection, since in him we rise, so he can also be understood as the Kingdom of God, for in

him we shall reign.

- St. Cyprian
- I grew up thinking this Kingdom was something completely **NEW... totally unlike the Old...**
 - I come NOT to abolish the law but to fulfill it... Matthew 5:17
 - 2 Sam 7 - David's Son would be BOTH the son of David & the Son of God! His son will sit on the throne forever!
 - Luke 1:28 & following
 - Jesus is BOTH the Son of God & the son of David!!!
 - The Kingdom Jesus speaks of was instituted under David, perfected in himself and FULLY revealed at the consummation of time!
 - **Under Solomon:**
 - 12 Princes over Israel to FEED the house of the King bread!
 - 1 Prime Minister - the Al-Ha-Bye-Eat with the Keys to the Kings palace... who is a Father figure to the people of the kingdom
 - 1 Queen Mother - the Gib-ee-raw who sat on a throne at the right hand of the king and intercede on behalf of the king's subjects to her SON the King!
 - **Under Jesus:**
 - 12 Princes, ordained as Priests, who FEED the house/Kingdom of the King with miraculous bread.... the body, blood, soul & divinity of Jesus, the King!
 - 1 Prime Minister - the Al-Ha-Bye-Eat - who bears the KEYS of the kingdom, & is a FATHER to the inhabitants of the Kingdom... a Pappa... a Pope!
 - 1 Queen Mother - the

kay-kare-toe-may-knee - who is crowned with 12 stars, robed in the glory of God's only begotten Son, and rules with the moon at her feet... perpetually interceding on behalf of the King's subjects to her Son the king!

- **“Thy will be done, on earth as it is in heaven”**
 - Heaven is where God's will is Done!
 - The son came to do the Will of the Father...
 - I came to do the will of the one who sent me...
 - Father, not my will but, THINE be done
 - We are called to our first mission.... as prophets....
 - Taking the Image of God into the wilderness and cultivating it into a garden... extending the boundaries of heaven further & further... transforming our culture for God's glory, the building up of His Kingdom, and the provision of Man....
 - We are called to make earth into Heaven...
 - Living in a state of grace
 - doing His will, keeping his commands
 - if YOU love ME.... you will keep my commandments
 - IF you abide in me.... THEN I will abide in you!
 - CCC **2822** Our Father "desires all men to be saved and to come to the knowledge of the truth." He "is forbearing toward you, not wishing that any should perish." His commandment is "that you love one another; even as I have loved you, that you also love one another." This commandment summarizes all the others and expresses his entire will.

- **“Give us this day, our daily bread”**
 - Live for today... not tomorrow

- Tomorrow has enough anxiety for itself... you don't even know if you will make it through today.
 - Trust in God for your needs!
 - Seek first the Kingdom of God.... then all else will be given you as well.
 - God lives in the NOW... so must we
 - How is our communion with God right NOW?
 - Trusting in God for our material needs & not trusting in ourselves...
 - Like a good FATHER he gives us what we need not so much what we want...
 - He knows what we need before we even ask
 - By praying... we are softening our hearts and disposing ourselves to the will of God for our needs...
- Our Daily Bread....
 - This should bring to mind another "Daily Bread"
 - The Manna in the Wilderness
 - God rained Manna every morning & Quail every night
 - They could not take more than 1 day's portion except on the day before the Sabaath.
 - This was a MIRACLE that lasted until they entered into the promised land...
 - They kept a portion of the Manna in a container made of Gold and placed it in the Ark in order that it may be taken out and Adored by future generations!
 - Jesus now gives us the NEW Manna... the even greater Miraculous bread come down from heaven...
 - **John 6:41** (RSVCE) 41 The Jews then murmured at him, because he said, "I am the bread which came down from heaven."
 - **John 6:48–51** (RSVCE) 48 I am the bread of life. 49 Your fathers ate the manna in the wilderness, and they died. 50 This is the bread which comes down from

heaven, that a man may eat of it and not die. 51 I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.”

- **John 6:52–58** (RSVCE) 52 The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” 53 So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; 54 he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. 55 For my flesh is food indeed, and my blood is drink indeed. 56 He who eats my flesh and drinks my blood abides in me, and I in him. 57 As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. 58 This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever.”
- This is the one thing necessary... the one thing that far outweighs the material needs of our bodies... the Holy Eucharist!
 - The FOOD for the journey through the wilderness to the promised land, heaven, in our NEW Exodus!
- CCC **2837** "Daily" (*epiousios*) occurs nowhere else in the New Testament. Taken in a temporal sense, this word is a pedagogical repetition of "this day," to confirm us in trust "without reservation." Taken in the qualitative sense, it signifies what is necessary for life, and more broadly every good thing sufficient for subsistence. Taken literally (*epi-ousios*: "super-essential"), it refers directly to the Bread of Life, the Body of Christ, the "medicine of immortality," without which we have no life within us. Finally in this connection, its heavenly meaning is evident: "this day" is the Day of the

Lord, the day of the feast of the kingdom, anticipated in the Eucharist that is already the foretaste of the kingdom to come. For this reason it is fitting for the Eucharistic liturgy to be celebrated each day.

- The Eucharist is our daily bread. The power belonging to this divine food makes it a bond of union. Its effect is then understood as unity, so that, gathered into his Body and made members of him, we may become what we receive. . . . This also is our daily bread: the readings you hear each day in church and the hymns you hear and sing. All these are necessities for our pilgrimage.
 - St. Augustine
 - The Father in heaven urges us, as children of heaven, to ask for the bread of heaven. [Christ] himself is the bread who, sown in the Virgin, raised up in the flesh, kneaded in the Passion, baked in the oven of the tomb, reserved in churches, brought to altars, furnishes the faithful each day with food from heaven.
 - St. Peter Chrysologus
- **“Forgive us our trespasses AS we forgive those who trespass against us”**
 - Our soul longs for communion with God....
 - **Romans 8:**
 - [37] No, in all these things we are more than conquerors through him who loved us.
 - [38] For I am sure that **neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,**
 - [39] **nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.**
 - **Note:** Notice... no sins listed... nothing WE can do... these are all things out of OUR control!

- Like our first parents who were excommunicated after their sin, breaking their covenant, their communion with God... yet God still loved them
 - Made animal skins for them...
- Like the Father in the Prodigal Son in Luke 15
 - He LONGS for us... waiting, watching for our return...
 - Running to meet us on the path
 - Restoring our dignity through clothing us with the clothes of the Father... righteousness!
- BUT... NOT unless we are willing to forgive others the sins they have against us!
 - **Matthew 6:14–15** (RSVCE) 14 For if you forgive men their trespasses, your heavenly Father also will forgive you; 15 but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.
- We are to be perfect.... as our Father is perfect...
 - **Matthew 5:43–48** (RSVCE) 43 “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ 44 But I say to you, Love your enemies and pray for those who persecute you, 45 so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. 46 For if you love those who love you, what reward have you? Do not even the tax collectors do the same? 47 And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? 48 You, therefore, must be perfect, as your heavenly Father is perfect.
 - **Matthew 5:**
 - [21] "You have heard that it was said to the men of old, `You shall not kill; and whoever kills shall be liable to judgment.'
 - [22] But I say to you that every one who is angry

with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, 'You fool!' shall be liable to the hell of fire.

- [23] So if you are offering your gift at the altar, and there remember that your brother has something against you,
 - [24] leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift.
 - [25] Make friends quickly with your accuser, while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison;
 - [26] **truly, I say to you, you will never get out till you have paid the last penny.**
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- **“Lead us not into temptation”**
 - CCC **2847** The Holy Spirit makes us *discern* between trials, which are necessary for the growth of the inner man, and temptation, which leads to sin and death. We must also discern between being tempted and consenting to temptation. Finally, discernment unmasks the lie of temptation, whose object appears to be good, a "delight to the eyes" and desirable, when in reality its fruit is death.
 - God does not want to impose the good, but wants free beings. . . . There is a certain usefulness to temptation. No one but God knows what our soul has received from him, not even we ourselves. But temptation reveals it in order to teach us to know ourselves, and in this way we discover our evil inclinations and are obliged to give thanks for the goods that temptation has revealed to us.
 - Origen
 - God does not “tempt” anyone.... however, he does allow us to

be tested!

- Ever ask why there was a Tree of the Knowledge of Good and Evil in the first place?
 - If God hadn't put that Tree there... we would not be in this mess!
- The Tree is the Guarantee of Freedom of Will, of Conscience...
 - God does NOT want slaves... he wants us to have the FREEdom to choose to Love him.
 - Without there being a way for them to disobey God... they would have been forced to obey.
 - God gave them everything they needed to be successful... they failed on their own account.
 - God sets us up for success!
- **The 3-fold Concupisance**
 - 1 John 2:15–17 (RSVCE) 15 Do not love the world or the things in the world. If anyone loves the world, love for the Father is not in him. 16 For all that is in the world, the **lust of the flesh** and the **lust of the eyes** and the **pride of life**, is not of the Father but is of the world. 17 And the world passes away, and the lust of it; but he **who does the will of God** abides for ever.
 - Adam & Eve were Tempted...
 - **Genesis 3:6** (RSVCE) 6 So when the woman saw that the tree was good for food (**lust of the flesh**), and that it was a delight to the eyes (**lust of the eyes**), and that the tree was to be desired to make one wise (**pride of life**), she took of its fruit and ate; and she also gave some to her husband, and he ate.
 - Duet. 17 What **KINGS** were NOT to do....
 - Do not multiply Horses (esp. from Egypt)
 - Pride of Life

- Do not multiply God
 - Lust of the eyes
- Do not multiply wives
 - Lust of the flesh...
- They **MUST** also write & keep a copy of the law...
ie. Deuteronomy.... they must **DO** the will of God!
- Solomon like his Father before him was tempted...
 - Multiplied Horses, esp. from Egypt, so many he had to build cities
 - Pride of Life
 - Collects 666 talents of Gold each ear
 - Lust of the eyes
 - Has 700 wives & 300 concubines
 - Lust of the flesh
 - Fails to keep the law... becomes a pagan at the end of his life!
- Jesus, after his baptism, goes out into the wilderness & is tempted by Satan!
 - Tempted with Bread **LUST OF THE FLESH**
 - Matthew 4:3–4 (RSVCE)
 - 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”
 - Tempted with a spectacle of power **PRIDE OF LIFE**
 - Matthew 4:5–7 (RSVCE)
 - 5 Then the devil took him to the holy city, and set him on the pinnacle of the temple, 6 and said to him, “If you are the Son of God, throw yourself down; for it is written,
 - ‘He will give his angels charge of you,’ and
 - ‘On their hands they will bear you up,
 - lest you strike your foot against a stone.’” 7 Jesus

said to him, “Again it is written, ‘You shall not tempt the Lord your God.’”

■ “Look at me with all my angels serving me....”

○ Tempted with Earthly power **LUST OF THE EYES**

■ Matthew 4:8–11 (RSVCE)

- 8 Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; 9 and he said to him, “All these I will give you, if you will fall down and worship me.” 10 Then Jesus said to him, “Begone, Satan! for it is written, You shall worship the Lord your God and him only shall you serve.” 11 Then the devil left him, and behold, angels came and ministered to him.

● **Each time Jesus responds... he’s quoting the LAW... the book of Deuteronomy!**

- Unlike both David & Solomon... he fulfils Deut. 17... keeping the law!

● **“But Deliver Us From Evil”**

- CCC **2851** In this petition, evil is not an abstraction, but refers to a person, Satan, the Evil One, the angel who opposes God. The devil (*dia-bolos*) is the one who "throws himself across" God's plan and his work of salvation accomplished in Christ.
- **1 John 3:1–10** (RSVCE) **1 See what love the Father has given us, that we should be called children of God; and so we are.** The reason why the world does not know us is that it did not know him. **2 Beloved, we are God’s children now;** it does not yet appear what we shall be, but we know that when he appears we shall be like him, for we shall see him as he is. **3** And every one who thus hopes in him purifies

himself as he is pure. 4 **Every one who commits sin is guilty of lawlessness; sin is lawlessness.** 5 You know that he appeared to take away sins, and in him there is no sin. 6 **No one who abides in him sins;** no one who sins has either seen him or known him. 7 Little children, let no one deceive you. **He who does right is righteous, as he is righteous.** 8 **He who commits sin is of the devil; for the devil has sinned from the beginning. The reason the Son of God appeared was to destroy the works of the devil.** 9 **No one born of God commits sin; for God's nature abides in him, and he cannot sin because he is born of God.** 10 By this it may be seen who are the children of God, and who are the children of the devil: whoever does not do right is not of God, nor he who does not love his brother.

- **We are now “son’s” of the Father...**
 - We pray to OUR Father
 - That HIS SHEM is hallowed in US
 - HIS Kingdom COME in full revelation!
 - He give us the grace we need to transform earth into heaven!
 - We place our TRUST in him... aligning our priorities
 - We become alter-christus... other Christs... who, like the Father, forgive even our enemies
 - We are tested and found faithful... keeping watch in the night for the Masters return!
 - We are washed clean in the baptism of Christ, dying and rising with him, partakers in His Kingdom... children of God and not slaves of sin and death!
 - This prayer is our thanksgiving to the father as we receive His divine life in the blessed sacrament... the food for the journey through our wilderness, as we head towards the promised land... heaven!
- **For we are no longer slaves....**
 - **Romans 6:6–11 (RSVCE)** 6 We know that our old self

was crucified with him so that the sinful body might be destroyed, and we might no longer be enslaved to sin. 7 For he who has died is freed from sin. 8 But if we have died with Christ, we believe that we shall also live with him. 9 For we know that Christ being raised from the dead will never die again; death no longer has dominion over him. 10 The death he died he died to sin, once for all, but the life he lives he lives to God. 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus.