

7/27/25

Let us pray,

Remind us lord of our need for you. As life gets difficult, as your presence fades away, pull our hearts back to you.

Amen.

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Life is hard.

It is busy.

Everyday is another day that just never seems to end.

For Parents especially, who have their kids at home, I cannot imagine the daily grind of making sure everything in your household is taken care of.

There is band, sports, youth group, scouts, birthday parties, friend get togethers, holidays, school, church, finding out what everyone is willing to eat.

Then, if you are in a two parent household, there is finding time to maintain your relationship.

If you are a single parent household, you have to take care of everything, and possibly find time to date if there is a desire to do that.

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Finding a moment to just sit and be with God, can be a request that seems utterly impossible.

I get it, I really do, something has to give, and a prayer life can be one of the easier things to get rid of.

However, prayer is one of those things that is absolutely essential to health of not only our spirits, but our minds and our bodies.

When we don't take time or make time to pray, our lives become only about doing and consuming, and less about being.

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When prayer time ceases to exist, we quickly lose a part of us that makes us human.

Prayer, at least for me and the majority of spiritual people throughout human history, is less about asking for things, you know more things to happen or do,

and is more about giving thanks and learning how to trust in the midst of a world that is untrustworthy.

Petition prayer, like we do here on Sundays after the Creed, is certainly a type of prayer.

And I think it is good that we bring our concerns to God and tell God to intervene.

However, I find petition prayers to be less about our relationship with God and the health of our souls, and more about the desires of the flesh and the wants of the world.

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Today in our Gospel, we see Jesus give us the Lord's prayer, and its important to note that only one line out of the whole prayer is about giving us the needs of the body.

Its there, its important, but its not the sole purpose or the majority of the prayer.

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I personally like mantra's or prayers that you say over and over again.

Because to me, prayer is less about a laundry list of why my life sucks or a vending machine of desires, and is more about a restructuring and re-direction of priorities and desires.

Prayer, for me, is less about asking God to give me what I want, and more about asking God to make me want what God wants.

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I may want to live in a mansion and have millions of dollars.

But I don't think that is the life that God is calling me to live.

Well anyway, the prayer that I particularly like is the Jesus prayer.

"Jesus Christ, Son of God, have mercy on me, a sinner."

I like it because its short, simple and profoundly theological.

Who am I talking to, Jesus Christ.

What are the credentials of this Jesus, he is the Son of God.

What am I asking for, mercy.

Who am I, a sinner.

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I am not asking for safety, money, fame, power, or any other thing that us humans prioritize.

What I am asking for is mercy.

Because I know that I do not live the life that God desires me to live.

“Jesus Christ, Son of God, have mercy on me, a sinner.”

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I have found that the more times that I pray this, the longer I say it, the more I appreciate the mercy that I know that I have received.

And it has also softened my heart towards others as well.

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Anger comes easy to me.

Fighting is a knee jerk reaction for me.

I was not always this calm cool collected individual you find in front of you.

I said hurtful things, I did hurtful things, and I still do, from time to time, hurtful things.

But hopefully not as often as I did!

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And I credit the softening of my heart to this prayer.

“Jesus Christ, Son of God, have mercy on me, a sinner.”

It reminds me each and every day, that not only am I a sinner, but I am a sinner in need of mercy, and I am a sinner who has received mercy.

I am reminded that as I have received mercy, I must also give mercy.

I am reminded for whom I am indebted to and whom has forgiven my debt.

I am reminded as to what truly matters in this life.

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To live every day with the desire to live in accordance of God's will, and to accept and receive mercy when I inevitably don't.

Prayer, true heart felt prayer, reminds us that God is with us and that amongst all of our worries, stressors, anxieties, busyness, God is abounding with steadfast love and mercy.

It helps us take back control of our lives, by showing the world what we find truly important.

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Jesus, even amongst all of those requiring his attention, made them all wait, as he went and prayed with his Father in heaven. For Jesus, prayer was just as important as the wishes of those who needed him.

But as a human, he could only do one thing at a time, and he was not willing to neglect his prayer life for the needs of the masses.

Jesus teaches us that, Prayer is a necessary part of the human existence.

Please don't neglect it.

Even if you can spare 5 minutes of intentional uninterrupted time with God, if made a daily habit, I swear you will start to see the world differently.

God loves you, wants time with you, and wants you to see the world the way he sees the world.

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Slow down, relish the details, because in a blink of an eye, the world will have passed us by.

The world will keep spinning without us, there will be new people born and they will take our place.

So don't busy yourself though life if you can help it,

Live life, love life, and share life.

And above all, pray.

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Life is too short to run through it, it is too short to hate, too short to hold grudges, too short to withhold mercy.

May you love yourself, others and God's creation, as God loves you and them.

In the craziness of life, may we remember who we are and whose we are.

"Jesus Christ, Son of God, have mercy on me, a sinner."

Amen.