

## *Transformed by Christ to become more* **PRAYERFUL**

**Reader** A reading from St Matthew's Gospel.  
Listen with the ear of your heart

**All** **Our ears are open:  
our hearts are open.**

Jesus said to his disciples, "Whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. "Pray then in this way:

**All** **Our Father in heaven,  
hallowed be your name.  
Your kingdom come.  
Your will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And do not bring us to the time of trial,  
but rescue us from the evil one."** *Matthew 6.5-13*

*Silence for reflection*

**All** **Transform us O Christ,  
that, deeply rooted in prayer,  
we may be fully alive to you  
and your purposes for us and for all people.  
Amen**