

The Lord's Prayer

The Lord's Prayer is one of the most well-known and significant prayers in Christianity, taught by Jesus Christ Himself to His disciples. It is recorded in the Gospels of Matthew (6:9-13) and Luke (11:2-4) as part of Jesus' teachings on how to pray. The prayer serves as a model for believers, offering a perfect structure to communicate with God.

The Lord's Prayer begins with addressing God as "Our Father," emphasizing a personal and loving relationship with Him. The prayer continues with petitions that align with God's will, asking for His kingdom to come and His will to be done on earth as in heaven. It acknowledges human dependence on God for daily sustenance, forgiveness, and guidance away from temptation and evil.

This prayer is central to Christian faith because it reflects key principles of trust, humility, and alignment with God's purposes. By teaching it, Jesus highlighted the importance of sincere, humble prayer that seeks God's glory and acknowledges His authority, provision, and mercy.

Laura Berger, Liturgy Commission Member

The Sign of Peace

The Sign of Peace was originally referred to as the "Kiss of Peace" and is one of the earliest rituals found in the Eucharistic Celebration. The purpose of this sign is to reconcile with brothers and sisters and to profess unity before joining together in the Body of Christ at Communion. This sign is to be shared by all congregants to express the inward and outward unity of the hearts.

The peace we share is more than a sign of mutual affection connected with Matthew 5:23-24, but rather finds its origin in Christ Himself. The Pax we share is truly the peace of Christ, represented by the altar and by the crucifix, and really present, emanating from the consecrated host!

Did you know? Local bishops may offer directives determining how the sign of peace is offered and may modify or suspend this offering based on the local conditions such as illness. However, it is always an individual decision as to how each participant will implement the Sign of Peace (handshake, hug, nod or a smile as examples).

Good Practice: The Sign of Peace should be shared with those closest to you. It is recommended that each person stay in their area instead of moving throughout the church.

Pam Walcher, Liturgy Commission Member

You can read the entire Mass Series at mmotc.org/synod