



Encountering the Light of Faith

Lumen Fidei Online Retreat: Day 5

Retreat Guide



Day 5 Theme:

Prayer: Faith is seeing and hearing

Think back to the day when Jorge Bergoglio was elected Pope Francis. What was the first thing he asked of his children in faith? That we pray. That we pray for him, for each other and for the universal Church.

Faith is associated with both hearing and seeing because God enters into a relationship of love with man and speaks his word to him. Pope Francis also points to the fact that our human desire, once we have heard God's word, is accompanied by the desire to see his face. But how do the seeing and hearing come together? "The synthesis between hearing and seeing becomes possible through the person of Jesus Christ himself, who can be seen and heard." (*Lumen Fidei*, 30)

Through the gift of faith we have received in baptism, we have become children of God and are able to pray and to call God "Our Father".

Because we are given responsibility for our relationship with God and one another, we must nurture and take care of our relationships. Everyone wants to be told "I love you" including God, our Father. It is precisely through prayer that we listen to God and tell him that we love him.

Pope Francis states that, "the Lord's Prayer, the 'Our Father' is where Christians learn to share in Christ's own spiritual experience and to see all things through his eyes. From him who is light from light, the only-begotten Son of the Father, we come to know God and can thus kindle in others the desire to draw near to him." (LF, 46)

The Lord's Prayer

Our Father who art in heaven, hallowed be thy name.

Thy Kingdom come. Thy will be done on earth, as it is in heaven.

Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Day 5:

Space for Reflection

1. How do you pray?

2. If you don't already pray on a regular basis, use this space to set a time each day to pray. When you wake up before your feet hit the floor say thank you to God for the new day. When you go to bed after your feet leave the floor say thank you to God for the day. 3:00pm, the Hour of Mercy, is a wonderful option to remember the gift of God's mercy each day.

3. The gift of having God as a Father means that we can speak to him any time we want. We can speak to him all day long like we speak to a friend, only God knows us better than we know ourselves. Do you have conversations with God? If not, what's keeping you from responding to his invitation?

4. How can praying the "Our Father", help you see with the eyes of Jesus?

5. How does prayer help us to kindle the light of faith in others?