

Our Father | Episode 1: Our Father Who Art in Heaven

PREPARATION

How do you relate to your earthly father? Do you even know him? In the Lord's Prayer, Jesus invites us to call His Father, Our Father. Who is the Father of ours who art in heaven?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 1: Our Father Who Art in Heaven.
 - o <https://www.echocommunity.us/ctg1.html>

2. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:9-13
Luke 11:1-4
John 14:7-10
Hebrews 12:1-2

Matthew 4:4
Luke 15:11-32
Psalm 139
Psalm 103:1-5

3. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
 - o **2786** "Our" Father refers to God. The adjective, as used by us, does not express possession, but an entirely new relationship with God.
 - o **2789** When we pray to "our" Father, we personally address the Father of our Lord Jesus Christ. By doing so we do not divide the Godhead, since the Father is its "source and origin," but rather confess that the Son is eternally begotten by him and the Holy Spirit proceeds from him. We are not confusing the persons, for we confess that our communion is with the Father and his Son, Jesus Christ, in their one Holy Spirit. The *Holy Trinity* is consubstantial and indivisible. When we pray to the Father, we adore and glorify him together with the Son and the Holy Spirit.

PREPARATION CONT.

- **2797** Simple and faithful trust, humble and joyous assurance are the proper dispositions for one who prays the Our Father
- **2802** “Who art in heaven” does not refer to a place but to God’s majesty and his presence in the hearts of the just. Heaven, the Father’s house, is the true homeland toward which we are heading and to which, already, we belong.
- See Also: **2787, 2788, 2790-2796, 2798-2801**

“I invite you also, together with the whole Church, to turn towards God the Father and to listen with gratitude and wonder to the amazing revelation of Jesus: ‘The Father loves you!’” - **St. JP2**

“To pray the Our Father we have to have a heart at peace with our brothers. We don’t pray ‘my Father,’ but ‘our Father,’ because we are not an only child, none of us are.” - **Pope Francis**

SPIRITUAL FITNESS WORKOUT QUESTIONS

Warm-up Question:

What particular point(s) caught your attention the most in this episode?

Workout Questions:

1. How does the image of Jesus on the Cross reveal the Father’s love? (John 3:16, 1 John 4:9, Romans 5:9)

2. What can you learn from Jesus’ relationship with His Father? (Matthew 11:27, John 12:49-50, John 15:9)

3. Name some of the times in your life that God the Father has blessed you. (Psalm 103:1-5)

SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. How do you show God the Father your appreciation?

5. Danny mentioned that he chose the wrong road on many occasions that offended the Father. Share a particular occasion when you offended the Father through a poor decision.

6. Name at least one time where your earthly father has been a blessing to you. When has he been a disappointment to you?

7. Name at least one time when being a father has blessed you. If you are not a father, when have you been a blessing to someone else?

PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

I commit to becoming spiritually fit by

CLOSING PRAYER

Lord, I give myself to you now and always.
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.