

Notes from The “R” Father

14 Ways to Respond to the Lord’s Prayer

Mark Hart

Hart, Mark. *The “R” Father: 14 Ways to Respond to the Lord’s Prayer*. Ijamsville, MD: The Word Among Us Press, 2010.

Introduction

“In this prayer, spanning just a few verses of the gospel, Jesus teaches us how to pray by simultaneously teaching what to pray (for). This is not the Lord simply teaching us what to say or how to say it. This is our Savior teaching us how to think, how to love, and how to receive God's love. Jesus is offering us a heart transplant.”¹

“The Lord's Prayer is an invitation into a daily relationship. The fact is that if we go to bed underwhelmed by God's love, we weren't as present to him as he was to us that day. This prayer orders our priorities right from the beginning: God first, us second; worship before petition. If our prayer is only about petition (what we have to say), we lose the worship, the adoration, the thanksgiving, and the ability to discern what God is saying to us.”²

“And because the Lord's Prayer is so familiar to us, we risk reciting it instead of praying it.”³

*Chapter 1: Our (An Invitation into **Relationship**)*

“These words are about relationship: the relationship between Father and child, yes, but more specifically, between God and his children.”⁴

“Father, then we are all his children; we're all connected as brothers and sisters in the Lord's Prayer. The Our Father is not merely a private prayer between you and your God or between one child and his or her divine “Daddy.” This is the prayer of a family, a prayer between God the Father and every one of his children.”⁵

¹ Mark Hart, *The “R” Father: 14 Ways to Respond to the Lord’s Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 9.

² Mark Hart, *The “R” Father: 14 Ways to Respond to the Lord’s Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 11.

³ Mark Hart, *The “R” Father: 14 Ways to Respond to the Lord’s Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 11.

⁴ Mark Hart, *The “R” Father: 14 Ways to Respond to the Lord’s Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 14.

⁵ Mark Hart, *The “R” Father: 14 Ways to Respond to the Lord’s Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 15.

“God didn't just establish a relationship with us personally; he established and ordained us in relationships with one another.”⁶

“The Church is the primary sacrament from which all others flow (see Catechism of the Catholic Church, 774-76).”⁷

“It's in this Church, this body of believers, that grace and sin collide, that perfection kisses imperfection.”⁸

“Sunday worship knew no class system (Galatians 3:28); the only credentials necessary for admission were sin and an ardent desire for the new life available only in Christ (see Galatians 2:20; 2 Corinthians 5:15).”⁹

“Christ came not just to redeem us but to restore us to proper relationship with God and with one another. His healings of the leper (Matthew 8:2-4) or the woman with a hemorrhage (Mark 5:29-34) were not just about healing; they were about restoring the outcast to full community.”¹⁰

“If we fail to see God in our neighbor, much less love him, we have failed to love God himself (see 25:40).”¹¹

“Ponder that for a moment. God's love is not fickle; God's love is fatherly. God, as perfect unconditional Love, cannot put conditions on his love. God cannot pick a favorite son or daughter in his body (the body of Christ) any more than you can pick a favorite cell in your physical body.”¹²

“If we do not see the culture of "I" from which we need to break free, we'll never be a true Church, and the Mass (which is a liturgy, translated as a "public work") will continue to be the private prayer of hundreds of individuals who just so happen to be gathered in one place.”¹³

⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 15.

⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 16.

⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 16.

⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 16.

¹⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 17.

¹¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 17..

¹² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 20.

¹³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 20.

*Chapter 2: Father (A Title of Divine **Revelation**)*

“What Christ proposed in calling God “Abba” was revolutionary. His invitation to address God as Father required a complete rethinking of previously held and quite sacred concepts. Jesus is revealing the Father in terms never before thought possible, the most intimate and interpersonal terms ever uttered about the God the universe. Jesus Christ revealed to us that God’s love is measured not merely by the abundance of his generosity (although he is always overly generous) but by the intimacy he offers every one of his children, not just his “chosen people.”¹⁴

“This is the intimacy of the heavenly Father I am called to enjoy with my earthly children.”¹⁵

“Christ came to ensure that the people knew the Father as a true Father, not just a God who did fatherly type things.”¹⁶

“The phrase 'Abba' appears only three times in Sacred Scripture. You should look up these verses and pray through them on your own, as it is well worth your time: Mark 4:36; Romans 8:15; and Galatians 4:6”¹⁷

“Scripture reveals to us that St. Joseph’s love for Mary was outdone only by his love for the Father (Matthew 1:19). Only his obedience and belief in the sanctity of the law could lead him to divorce Mary, but his love for her could not allow for harm to come to her, even if he was disgraced in the process. It sounds a lot like the love of God the Father, doesn’t it?”¹⁸

“How heroic the love of God the Father as embodied in Christ’s earthly Abba, St. Joseph!”¹⁹

*Chapter 3: Who Art (The Art of **Response**)*

“Our response to God is a lack of presence; God’s response to us is a constant one. Our response to our Father “who art”--a Father who is constantly present to us and constantly responding to our needs --is a prayer of gratitude and praise. In this first section of the Lord’s Prayer, we are

¹⁴ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 27.

¹⁵ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 27.

¹⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 29.

¹⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 29.

¹⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 30.

¹⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 30.

uttering our thanksgiving to God, who is in constant relationship with us, constantly available to us, constantly revealing his love to us, and constantly ready, willing, able, and waiting to respond to our needs in accordance with his will.”²⁰

“Fatherhood is more about presence than presents.”²¹

“We need the love of God the Father even to comprehend what true love is and is not.”²²

“Our response to the God who is eternally present to us should do everything in our power to be more present to him. That’s the only response worthy of his love: We must be present to his presence.”²³

*Chapter 4: In Heaven (The Journey Toward Our **Reunion**)*

“One of the greatest challenges in Christianity is to live for the future while still being in the present. Being present to God takes prayer, a lot of prayer. Prayer can't just come off the shelf on Sundays, holidays, or when Grandma is diagnosed cancer. No, prayer has to begin and end our day. Prayer ultimately leads us to heaven because it constantly keeps us focused on our God. And if he is our ultimate goal, then we are headed for a reunion of grandiose proportions with him in heaven. St. Paul spoke of this yearning for a heavenly reunion with God.”²⁴

“We need to be reunited with God every moment of the day in prayer (1 Thessalonians 5:17), and in doing so, we will enjoy that reunion with our Father in heaven every time we call upon him until he calls us home.”²⁵

“Our salvation may cost us nothing, but true discipleship costs us everything.”²⁶

*Chapter 5: Hallowed Be Thy Name (The Invitation to **Reverence**)*

²⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 37.

²¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 38.

²² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 40.

²³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 42-43.

²⁴ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 46.

²⁵ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 42-43.

²⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 50.

“Reverence comes from the Latin *reverentia*, meaning “to stand in awe of.” *reverend* goes well beyond our speech. It has to do with our entire being, our posture, inside and out.”²⁷

“When Christ commissioned his apostles to baptize people into the name, he may as well have said “into the family” — the family of the Blessed Trinity. “In the name of the Father and of the Son and of the Holy Spirit” is more than the words said at the Sacrament of Baptism or for the Sign of the Cross. It is a call to bring people into family, a divine family of perfect love.”²⁸

“What and who we revere says as much about us as what and who we do not. If we are open to standing up — and thus standing out— in a culture of irreverence, refusing to profane the family name, as so much others do in speech or in conduct, we will assuredly be mocked too. If we are truly part of God’s family, through, we will understand that someone defaming his name is the same as someone defaming our name, because we are baptized into his name. God’s name is our name.”²⁹

*Chapter 6: Thy Kingdom Come (The Challenge of **Renouncement**)*

“When God’s kingdom came to earth—in the flesh—he made it known. Everyone from that moment on in history would be given a chance to encounter God in a new and incredible way. They would have an incredible choice to renounce their vision and version of an earthly kingdom in favor of one that would never fade.”³⁰

“When Jesus Christ spoke of the kingdom of God, he was not speaking merely of heaven or of judgement day. When Christ came, the kingdom of God came with him. For three very public years, that “kingdom” touched lepers, forgave adulterers, ate with tax collectors, and scandalized the pompous and prideful establishment of his day.”³¹

“And since the kingdom goes where he goes, we experience a taste of the kingdom when we encounter our Eucharistic Lord who is still with us (Matthew 28:20; 1 Corinthians 11:23-29).”³²

²⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 62.

²⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 65.

²⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 65.

³⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 70.

³¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 71.

³² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 71.

“Before we can announce “thy kingdom” that has come, we need to renounce my kingdom that has been—that has been existent in its pitiful lack of glory. Put simply, “Thy kingdom come” means “My kingdom go.”³³

“The sacraments are designed to destroy you. That’s right, the sacraments are designed to destroy you and leave only God within you.”³⁴

“We like our stuff. We get attached to our stuff. Jesus knew something we too quickly forget, namely, that our earthly possessions get in the way of our ultimate goal.”³⁵

“Christianity teaches us total surrender. It invites us to abandon everything of this world in favor of the next.”³⁶

“If our love for money outweighs our love for the kingdom, we’re working for the wrong master. If I am not willing to renounce all that I have, the kingdom I seek is mine, not thine.”³⁷

“The kingdom of God is at hand. Some are working for it; others are working for their own kingdom. Only you and God know which one you’re building every day, and only you and God will account for it on your final day. Renouncement is difficult but worth more than any wealth we can amass on earth.”³⁸

*Chapter 7: Thy Will Be Done (**Reaffirming** Whose Will We Seek)*

“While everyone’s story is different, the collective struggle is the same—namely, “Do I really trust God enough to put my wants, comforts, goals, desires, and plans aside in favor of his plan for me? Am I not only able but willing to drink from his cup.”³⁹

“Daily the Christian walk invites us to reexamine our goals, vows, priorities, and lifestyle. God invites us to new levels of sacrifice with the purpose of affirming and (for us) reaffirming his

³³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 72.

³⁴ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 73.

³⁵ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 76.

³⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 71.

³⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 78.

³⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 80.

³⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 86.

lordship over all creation. God's desire is not that we devalue ourselves. God's desire is that we view our worth through the lens of his love."⁴⁰

"If you pray this prayer every day with sincerity, your life will change."⁴¹

"The more you live it and pray it, the more you affirm it, both to yourself, to your God, and to the world."⁴²

"...for most of us, authentically discerning God's will takes more listening than talking. We seek answers from God but are seldom silent enough to hear anything. God gave you two ears and one mouth, use them proportionally."⁴³

"Our lives are supposed to reaffirm God's plan for us, not our own."⁴⁴

*Chapter 8: On Earth as It Is in Heaven (The Opportunity for **Remembrance**)*

"Every single Mass, he was offering to become one with me—to "re-member" me—as I received the Eucharist, to become one member, again and again, with him."⁴⁵

"...our entire understanding of the Mass needs to be transformed into one of a wedding liturgy."⁴⁶

"Each time my wife and I come together in the marital act, we renew our marital vows. Each time you receive the Eucharist, you are renewing your baptismal vows to God, pleading to forsake all other "lovers" and lusts of this world in favor of him and his undying love."⁴⁷

*Chapter 9: Give Us This Day Our Daily Bread (The Necessity of **Reliance**)*

⁴⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 87.

⁴¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 88.

⁴² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 88.

⁴³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 91.

⁴⁴ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 91.

⁴⁵ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 97.

⁴⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 104.

⁴⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 106.

“It’s at this point that we direct the desires of our hearts to God. We bless him by stating, publicly, our needs and our reliance on him. By doing so, we grow deeper into his image, pursuing the “crown of righteousness” that St. Paul talked about (2 Timothy 4:8).”⁴⁸

“Daily bread speaks to our needs, our hunger, and ultimately our reliance on God, physically and spiritually, every moment of the day.”⁴⁹

“Children are created with a natural reliance on their parents. When we do not establish the proper parent-child relationship at an early age, or if we rush them to self-reliance too soon, we inhibit their spiritual maturity down the road. While the world expects us to become increasingly self-reliant and responsible, heaven desires that we become increasingly dependent and childlike the older we get (Mark 10:13-16).”⁵⁰

“Part of trusting that God will not only fulfill but exceed our expectations, as he did beside the Sea of Galilee (John 6:1-4), is trusting that God the Father actually desires our joy, as Scripture assures us (John 10:10; 1 Peter 4:6; 1 John 4:9).”⁵¹

“The Creator uses created things (even us) to fulfill and generously exceed the needs of his creation (John 6:13). So this prayer is not that God would miraculously rain manna in thirdworld countries or fill the coffers of every soup kitchen from Cleveland to Calcutta. No, the prayer is that God would fulfill our needs, all that we rely on him for, in any way he sees fit, each and every day. We pray that the Holy Spirit would move in people’s hearts to donate and serve. We pray that the Holy Spirit would move in people’s hearts to ask for and humbly accept charity from their fellow human beings.”⁵²

“Possibly more than anything else, this request of our daily bread is a request for daily mercy. Our salvation relies solely on God’s mercy, even after we die and our physical, daily hungers finally cease.”⁵³

“God desires that we desire him for our own well-being.”⁵⁴

⁴⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 109.

⁴⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 104.

⁵⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 110.

⁵¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 111.

⁵² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 112.

⁵³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 112.

⁵⁴ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 113.

“The Sabbath was a weekly and physical reminder of the need for our total reliance on God.”⁵⁵

“Without Christ we are unable to fulfill the vocation or purpose for which he each of designed us.”⁵⁶

“Thus, our reliance on him should serve to point others to rely on him.”⁵⁷

*Chapter 10: Forgive Us Our Trespasses (The Intimacy of **Reconciliation**)*

“I can justify almost any sin I commit. All it requires is my neck. I need only look to the right and left to find others who are “far worse than I am.”⁵⁸

“We are Adam and Eve, and the problem isn’t the “apple”—it’s our appetites. We want what we can’t have. We believe we’re entitled. We forsake everything else to gratify our desires, losing sight of the beauty and perfection we’ve been freely given.”⁵⁹

“Confession doesn’t just erase sin; it replaces sin with God’s divine life and power.”⁶⁰

*Chapter 11: As We Forgive Those Who Trespass Against Us (The Need for **Repentance**)*

“Our sins are not private. Even those sins we might blindly believe have no effect or bearing on anyone else, even those sins affect our ability to love and to receive love properly.”⁶¹

“We need to repent for our lack of mercy towards others. When it comes to forgiveness, do you hold others to a higher standard than you hold yourself?”⁶²

⁵⁵ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 114.

⁵⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 116.

⁵⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 117.

⁵⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 120.

⁵⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 122.

⁶⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 127.

⁶¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 136.

⁶² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 139.

“We aren’t measured by how well we love those who love us. We are measured by how well we love those who don’t love us. True and perfect love is difficult, not easy.”⁶³

“Pray with humility (the way we always ought to), and remember that you are the only sinner whose behavior you can control. This is the heart of repentance. This is the essence of this petition in the Lord’s Prayer. How far we are from God is rarely about physical distance but about spiritual openness. And we need that spiritual openness to stay close to the Lord in times of temptation.”⁶⁴

Chapter 12: Lead Us Not Into Temptation (Living In **Reality**)

“Regarding this line from the Lord’s Prayer, the Catechism reminds us that the Greek means both “do not allow us to enter temptation” and “do not let us yield to temptation” (2846; Matthew 26:41).”⁶⁵

“God does allow us to be tried and tested so as to refine us and help us grow in virtue.”⁶⁶

“So in this petition, we are acknowledging the reality of evil. But even more, we are relying on the Holy Spirit’s eternal presence to guide and protect us along each step of our daily faith walk.”⁶⁷

Chapter 13: Deliver Us from Evil (*The Children in Need of **Rescue***)

“How often is God, the Creator, taken out of the equation by the world? He’s the lifeguard, trying to rescue us at every turn, but we don’t even realize that we’re drowning.”⁶⁸

“This is the invitation to be rescued from ourselves.”⁶⁹

⁶³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 142.

⁶⁴ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 144.

⁶⁵ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 145.

⁶⁶ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 150.

⁶⁷ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 153.

⁶⁸ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 155.

⁶⁹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 157.

“When we are freed from our sin, however, and the evil one no longer has his claws around us, the rescue we are praying for in “Deliver us from evil” is underway. When freed from sin, we look to remain that way. Grace seeks grace. Purity seeks purity.”⁷⁰

*Chapter 14: Amen (Strengthening Our **Resolve**)*

“We’ve recalibrated our priorities and reprioritized our petitions.”⁷¹

“When we say “Amen,” we are proclaiming, “Yes, I believe that! I agree with that! I profess it to be so with my whole beings!”⁷²

“Prayer is the hinge pin that holds everything else together and keeps us moving forward. Without prayer, everything falls apart. Without prayer, we’re not living, we’re breathing. Prayer is the most primal, most basic, and most important thing we can do as Christians. Prayer is also the very first thing we should do when we get busy.”⁷³

⁷⁰ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 163.

⁷¹ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 171.

⁷² Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 171.

⁷³ Mark Hart, *The "R" Father: 14 Ways to Respond to the Lord's Prayer* (Ijamsville, MD: The Word Among Us Press, 2010), 174.