

VAIN REPETITIONS

“When you pray, do not use vain repetitions...”

Matthew 6:7

Have you ever wondered what “vain repetitions” mean? Does it sometimes seem as if our own prayers might just be repetition if we are mentally distracted while we repeat the Lord’s Prayer?

Use your encyclopedia or the internet to find out something about non-involved prayer in different cultures. How do Tibetans believe that prayer flags work? Or why do some eastern monks keep prayer wheels spinning? What do the beads of a rosary mean to a Catholic?

What do you think you need to do in your own prayer to avoid “vain repetition”? Discuss this with your parents or a friend, or write about it in a journal. You might be interested in reading a passage from the *Arcana Coelestia* (6476) in this month’s “From the Word” quotations to see how the Lord’s Prayer can become much more than “vain repetition”.