

Tending to your Prayer Life

First plant three rows of peas:

- Peas of mind.
- Peas of Heart.
- Peas of Soul.



Next plant four rows of Squash:

- Squash gossip.
- Squash indifference.
- Squash grumbling.
- Squash selfishness.



Then plant three rows of lettuce:

- Lettuce be faithful.
- Lettuce be patient.
- Lettuce love one another.



Finish by planting Thyme:

- Thyme for each other.
- Thyme for family.
- Thyme for friends.
- Thyme for prayer.



Father,

may **your** name be held **Holy,**

your **Kingdom** come;

give **us** each day our daily **bread,**

and **forgive** us our sins,

for we **ourselves** forgive

each one who is in debt to us.

And do not **put us** to the **test.**



“The Kingdom of Heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches”

(Mt 13.31-32)