

**Just a Minute**  
*can bring us closer to Jesus*  
**Everyday Comfort**

My youngest daughter has a sweatshirt that reads, “Life is Better in PJs.” We live in a time when we are always “ON,” so the thought of a day on the couch in our PJs with a box of Cheez-Its® in one hand and the remote in the other sounds pretty good. That’s what a lot of us mean when we say, “Ugh! I just need a day of nothing!” PJs are synonymous with comfort.

I think we drift between the comfortable and uncomfortable a little bit each day. I’m not talking about waking up warm and cozy in a nightgown and walking out of the house in dog-killer heels. I’m thinking more along the lines of: “Oh, just one more thing..., and while you’re at it..., and how am I going to be in three places at once...” the demands, uncertainties, impossibilities... When we live in a world that is always “ON,” a world in which we are forever being challenged with more, it can get pretty uncomfortable, overwhelming, even scary. We need help!

Jesus told the Apostles:

*“Your Father knows what you need before you ask him. This is how you are to pray:*

*‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread, and forgive us the wrong we have done as we forgive those who wrong us. Lead us not into temptation, but deliver us from the evil one.’” Matthew 6: 9-13.*

Yeah so, it’s the *Our Father*, right? We’re so used to saying it that we don’t really hear it anymore. If we really think about the words we’re praying, we are reminded that the *Our Father* truly is the perfect prayer. It embodies all that Jesus taught us: we acknowledge the holiness of God the Father, trust in his will and our mutual desire to be together with him now and forever, thank him for his generosity, emphasize his loving forgiveness, remember to forgive others (do unto others...), and ask for strength in the face of temptation (life’s constant battles). Essentially, when we pray the *Our Father* we are taking a deep breath and saying, “Father, I love you. Thank you for always being with me. I need your comfort right now. I trust in your perfect plan.”

So the next time we feel the overwhelming discomfort of life’s demands, we can find peace in knowing that our Father already knows what we need and thoughtfully pray the way Jesus taught us. I don’t know about you, but I’m going to pray it as if I’m putting on PJs--life might just be better that way.

*Blessings,  
Laura Gyawali,  
PSR Principal*