

The background of the image is a blue mosaic floor, likely from a swimming pool, with numerous bubbles of various sizes scattered across it. The text "Matthew 6:7-13" is centered in the middle of the image in a black, sans-serif font.

Matthew 6:7-13

Why Do We
Need to Ask?

Humbly asked God
to remove our shortcomings.

Step 7 of the Twelve Steps

⁷“When you are praying,
do not heap up empty phrases
as the Gentiles do;
for they think that they will be heard
because of their many words.

⁸Do not be like them,
for your Father knows what you need
before you ask him.

for your Father knows what you need
before you ask him.

⁹“Pray then in this way:

Our Father in heaven,
hallowed be your name.

¹⁰Your kingdom come.

Your will be done, on earth as it is in heaven.

¹¹Give us this day our daily bread.

¹²And forgive us our debts,
as we also have forgiven our debtors.

¹³And do not bring us to the time of trial,
but rescue us from the evil one.

Matthew 6:7-13

Your will be done, **on earth** as it is in heaven.

DUALISTIC
(either/or)
(all or nothing)
THINKING

Dualistic thinking is the well-practiced pattern of knowing most things by comparison. And for some reason, once you compare or label things (that is, judge), you almost always conclude that one is good and the other is less good or even bad.

Richard Rohr, *Falling Upward*

You will see that you will move almost automatically into a pattern of up or down, in or out, for me or against me, right or wrong, black or white, gay or straight, good or bad.

Richard Rohr, *Falling Upward*

It is the basic reason why the 'stinking thinking' of racism, sexism, classism, homophobia, religious imperialism, and prejudice of all kinds is so hard to overcome and has lasted so long – even among nice people!

Richard Rohr, *Falling Upward*



COMEDY C CENTRAL

WE ASK NOT TO CHANGE

~ G O O D ~

BUT TO CHANGE *OURSELVES*.

WE PRAY TO FORM

A LIVING RELATIONSHIP,

NOT TO GET THINGS DONE.

If you cried for the brother who bled out next to his fiancée, but you didn't cry this morning for those police officers, it's time to do a heart check.

Van Jones

If you cried for those police officers, but you have a hard time taking seriously all these videos that are coming out about African-Americans dying, it's time to do a heart check.

Van Jones

We are either going to come together or come apart.
There's enough pain on both sides...

Van Jones