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by NCR Staff

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March 9, 2018

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A quote from Pope Francis:

"They are three requests that express our fundamental needs: bread, forgiveness and help in facing temptation. The bread that Jesus has us ask for is that which is necessary, not superfluous. It is the bread of pilgrims, the just, a bread that neither accumulates nor goes to waste, that does not weigh us down on our journey. Forgiveness is first of all that which we receive from God: only an awareness of being sinners forgiven by infinite divine mercy can make us capable of making concrete gestures of fraternal reconciliation. The final request, 'lead us not into temptation,' expresses awareness of our condition, always vulnerable to the snares of evil and corruption."

-- Angelus, July 24, 2017

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