

Jesus praying in the garden of Gethsemane



You may be told that Catholics violate scripture by repeating the same prayer over and over when praying the rosary or other prayers. They will cite Matthew 6:7:

“And when you pray, do not use vain repetitions as the heathen do for they think that they will be heard for their many words.”

To answer this objection we only need to continue reading Matthew 6:8-13 where Jesus says the following:

“Do not be like them, for your Father knows what you need before you ask him. This, then, is how you should 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 our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Clearly Jesus would not consider the prayer that He told us to pray a “vain” prayer. In fact, in giving us the Lord’s Prayer, Jesus gave us a prayer that is to be repeated over and over!

In the garden of Gethsemane, only hours before He was to die, Jesus prayed using repetition:

“My soul is very sorrowful, even to death; remain here and watch with me. And going a little farther he fell on his face and prayed, “My Father if it be possible, let this cup pass from me; nevertheless, not as I will but as thou wilt.”.....Again for the second time he went away and prayed, My Father if this cannot pass unless I drink it thy will be done.....so leaving them he went away and prayed for the third time, **saying the same words.**” (Matthew 26:44)

In the Book of Revelation we read about a vision of heavenly worship in which the inhabitants of heaven “....day and night did not stop exclaiming: “Holy,holy,holy is the Lord God almighty, who was, and who is, and who is to come.” Revelation 4:8

In Psalm 136, inspired by the Holy Spirit, the psalmist prays repetitively 26 times in 26 verses: “For his steadfast love endures forever.”

Psalm 136 is known in Judaism as the *Great Hallel* and is sung after the Passover meal. Psalm 136 is the hymn, with its 26 repetitions, that Jesus and the apostles sang after the meal on Holy Thursday.(Matthew 26:30)

Clearly Jesus did not condemn repetition but praying with vain and meaningless repetition.

Jesus is not condemning praying repetitively when it is done with a sincere heart and with the proper motivation.

Next Topic: Where did we get the Bible? Did the Bible come from the Catholic Church?