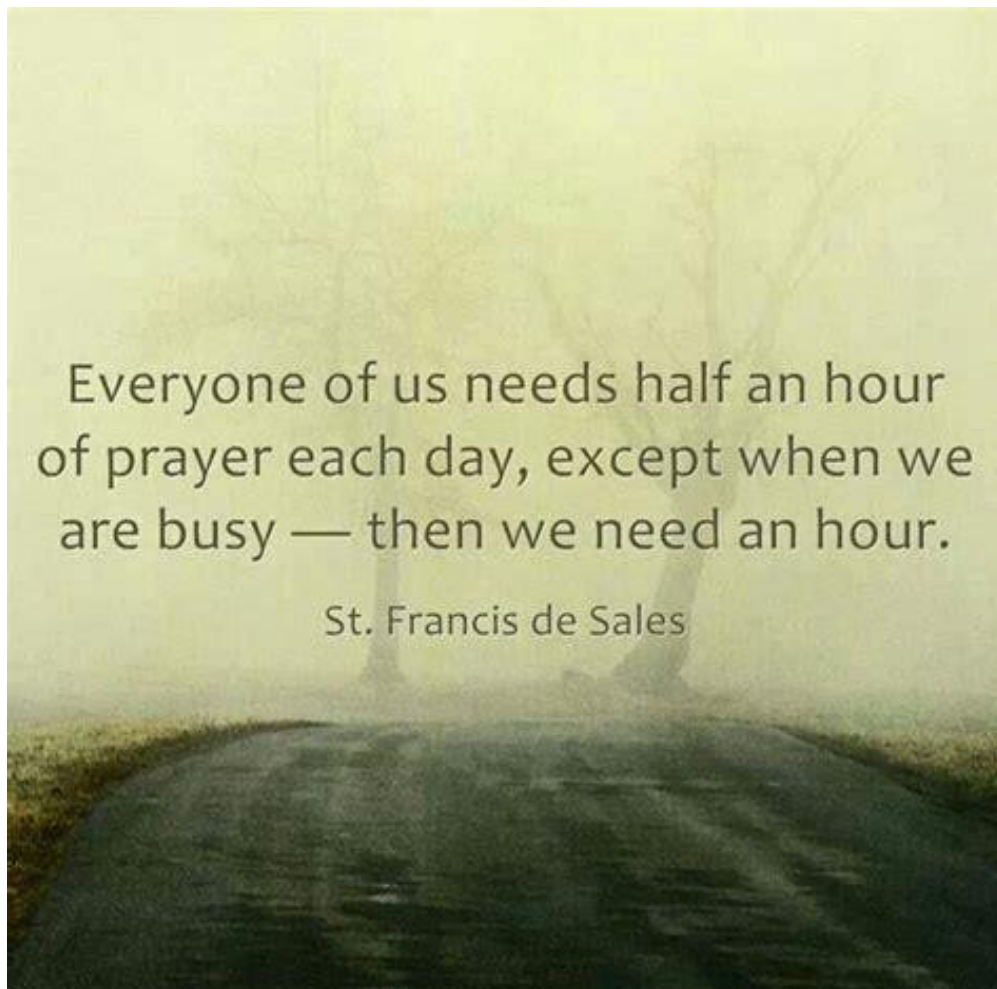


FROM FATHER JOHN: “Only in God is my soul at rest; from him comes my salvation. He only is my rock and my salvation, my stronghold; I shall not be disturbed at all. Only in God be at rest, my soul, for from him comes my hope. He only is my rock and my salvation, my stronghold; I shall not be disturbed. Trust in him at all times, O my people! Pour out your hearts before him; God is our refuge!” ~ Psalm 62

Lord, you give back to everyone according to his works!!!



One of the most important parts of our spiritual life, our life of faith and discipleship, is prayer. The goal of prayer is to grow closer to the Lord, to deepen our relationship with the Lord, to experience God’s love and to discover God’s will for us. But, it’s really more than just that, it’s really more than just discovering God’s will for our lives. The key movement in a life of prayer is to allow God’s will for us to become our will; it’s making God’s will our own.

Pope Benedict XVI, spoke of the importance that silence plays in creating a prayerful mindset and a prayerful environment in which we are able to pray to the Lord our God.

"In every age, men and women who have consecrated their lives to God in prayer – like monks and nuns – have established their communities in particularly beautiful places: in the countryside, on hilltops, in valleys, on the shores of lakes or the sea, or even on little islands. These places unite two elements which are very important for contemplative life: the beauty of creation, which recalls that of the Creator, and silence, which is guaranteed by living far from cities and the great means of communication. Silence is the environmental condition that most favors contemplation, listening to God and meditation. The very fact of experiencing silence and allowing ourselves to be "filled," so to speak, with silence, disposes us to prayer. The great prophet, Elijah, on Mount Horeb – that is, Sinai – experienced strong winds, then an earthquake, and finally flashes of fire, but he did not recognize the voice of God in them; instead, he recognized it in a light breeze (cfr. 1 Rev 19:11-13). God speaks in silence, but we need to know how to listen. This is why monasteries are oases in which God speaks to humanity; and there we find the courtyard, a symbolic place because it is a closed space, but open toward heaven....

The world is filled with these oases of the spirit: some very ancient, others are more recent, while still others have been restored by new communities. Looking at things from a spiritual perspective, these places of the spirit are a load-bearing structure of the world! It is no accident that many people, especially in times of rest, visit these places and stop there for some days. Even the soul, thanks be to God, has its needs!" (Pope Benedict XVI, General Audience, Castel Gandolfo, August 10, 2011)

St. Paul tells us to Pray all the time. This means that we must make a habit of prayer. It means praying before answering the door, before pumping gas, before eating, before going to bed, before turning on the TV, etc. What we are trying to do is develop a habitual awareness of God's presence in our lives and in the world. We listen, we watch and we notice God's presence in our lives and then we are able to share the God's love with others.

Psalm 95 says, "If today you hear his voice, harden not your hearts." There is a great necessity for trusting in the Lord when we pray. We need to trust that God will respond to our prayer and that the result of our prayer is that we will be transformed; that we will be changed for the better.

We must be faithful to how much time we spend in prayer in order to allow God to perfect our prayer and to fill our prayer with His life and love. Sometimes prayer involves simply showing up, praying as best we can and then waiting for the Lord to share His grace and love with us. The waiting can sometimes take months, or even years, as we remind ourselves that God will fill our prayer with His glory and His power in His own good time, not in our time and not on our schedule.

May God Bless you and all those who love the Lord.

