Difficulties Encountered Silent Prayer

Fr. Marie-Pierre, o.c.d. Broussey 2015

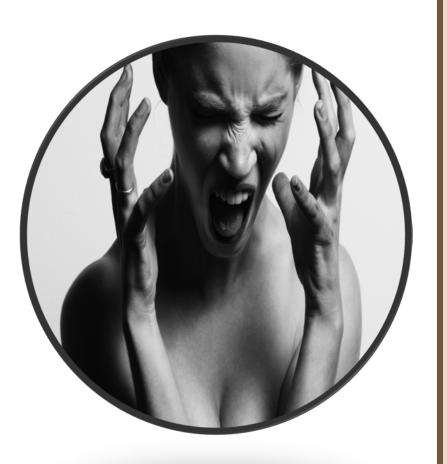
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Let's be truthful, it is difficult to pray and to persevere in prayer!

Let's not judge our own prayer; Let's not judge what is divine. Only God can judge our prayer.

If there is love, there is quality in prayer!
We can't base our prayer
on feelings or impressions



Dealing with Difficulities

- ❖ In a life of prayer, **distractions** seem to bother and discourage us the most.
- ❖ It is a return to the **surface**, a latching onto an idea or an image, a departure from our deepest self.
- ❖ It happens quickly –70 times in 10 minutes- because our intellect and imagination are in perpetual movement. We are very volatile!

So, what do we do now to return to this mysterious contact with Jesus?



Dealing with Distractions

* Repeat a phrase or a word to reconnect with Jesus: Jesus! I love you! Have pity on me!

Lord help me, come to my aid!

- Look at a beautiful picture, meditate, read Scripture, make an act of faith, say a prayer slowly.
- ❖ Use the distraction to reconnect with Jesus... Pray for the person who came to mind, intercede for him/her, entrust the person to Christ. It is the tactic of love!
- Simply come back slowly and gently, without forcing it, into this mysterious contact with Jesus, into His presence ...to the heart to heart...



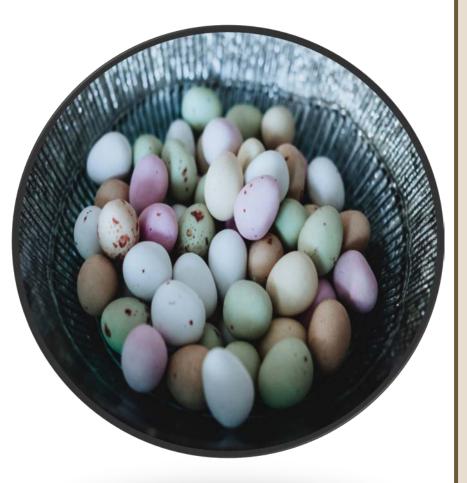
Dealing with Difficulties

- ❖ I pray as I live and I live as I pray, in other words, my prayer and my life are intertwined.
- ❖ If my prayer is **difficult and laborious**, this maybe a symptom of a scattered life with a lot of idols, attachments, futilities, entertainment.
- ❖ Prayer is a **sounding board for my life**. It will help me little by little to correct, or at least to get my life under the influence of my prayer, into the mindset of Jesus.
- * My life is **evangelized by my prayer**. As my life is simplified, purified, prayer becomes more harmonious and peaceful.



Dealing with Distractions

- ❖ You find yourself looking at your watch. But with time, boredom, desires, impressions, feelings will all become secondary.
- Sometimes God sends **dryness** to purify us, so that we don't get attached to gifts but to Him.
- All the saints had this experience of dryness or aridity, it is normal.
- ❖ What's important is to persevere in this act of love, exposed to His brilliance, 'catching His rays'!

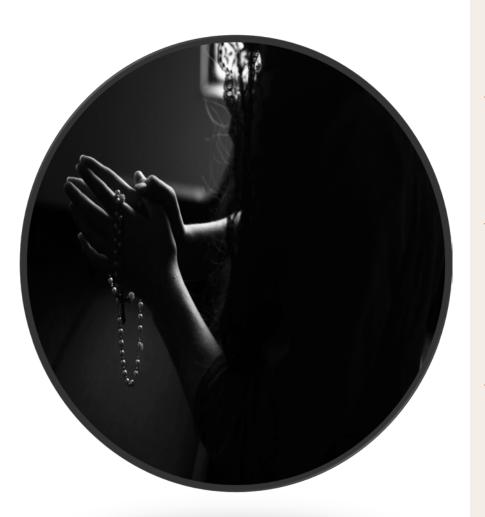


Difficulties are a Grace!

- ❖ Don't take back the time you have given! It is important to persevere in this act of love.
- ❖ Difficulties in prayer are the struggle of a life that wants to live in keeping with the **Gospel**, the struggle of the spiritual life.
- ❖ It is a **Resurrection**, the birth of a new life. I have to become a child. It is a painful process.
- A life of prayer is a blessing!



- * Difficulties are a **grace**!
- Welcome this poverty of heart,
- ❖ In humility we cry out, "It is so difficult to pray, to recollect oneself, to talk to Jesus!
- ❖ I become poorer not richer, this struggle isn't natural but supernatural.



Difficulties are a Grace!

* Happily I can't do it alone!

The struggle is a gift from God;

❖ The result is happiness; it is happy because the prayer is the Holy Spirit praying in me!



Difficulties in Prayer are a Grace!

All of my difficulties force me to cry out:

'Lord help me! Lord, pray in me! Lord, bless me with the grace of prayer! Lord, I don't know how to pray, teach me!

Difficulties are really good news for me!



Difficulties in Prayer are a Grace!

In prayer, I go through a long birthing process:

-From **autonomy**, pride, self-sufficiency

-To **dependence on God**, His grace, strength, patience, love , joy!

These are all the **presents**He wants to give me
if only I have **empty hands**;
If only I ask and empty myself
of all of
my false riches.