

Difficulties Encountered Silent Prayer

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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 Difficulties

- ❖ 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.