

Difficulties In Prayer

(BONUS, Fr. Marie-Pierre ocd
My Soul Thirsts for You DVD)

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

JUDGE: But let's not judge our own prayer as 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. It is good to ask ourselves questions about our prayer life, to get training or have a spiritual director...just don't judge what is DIVINE, what has to do with the Holy Spirit, what is invisible.

Distractions: They seem to bother us the most. It is to return to the surface; to leave our deepest self; to latch onto an idea. It happens fast as our imagination is in perpetual motion. So then what?

To return to this mysterious contact with Jesus you can repeat a word or a phrase that you allows you to call Christ....just come back to the heart to heart: Jesus, I love you, have pity on me; you can look at a picture, do a little reading, practice meditation, pray a prayer slowly; whatever brings you back to Christ.

-Another tactic is the tactic of love, use your distraction, use the thought to come back to Jesus; you can pray for the person.

-If the same distraction returns continually you may need to do something about it;

-Consider my prayer in my own life, if my prayer is difficult and laborious, maybe my life is scattered with a lot of idols, attachments, futilities, entertainment.

-Prayer is a sounding board for my life, little by little my life will be evangelized by my prayer. If life becomes too complicated, look at our prayer life.

-As my life is purified and simplified, my prayer becomes simpler and more harmonious and peaceful.

-Sometimes I get **bored** in prayer. All the saints had this experience, it is normal. Don't pay so much attention to what I feel, the important thing is to be with him, exposed to His brilliance, catching His rays so to speak.

-The important thing is to persevere in this act of love. Don't take back this time

-The struggle in prayer is the struggle of a life that wants to be in keeping with the Gospel.

-It is a resurrection, the birthing of a new life; it's about becoming a child;

-A life of prayer is a blessing.

-**Difficulties are a grace**, welcome this poverty of heart, in humility we cry, '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.

- I can't do it alone, it is a gift from God, the result is happiness. It is happy because the prayer is God praying in me.

-All my struggles force me to cry out, 'Lord, help me, teach me to pray, bless me with the grace of prayer'

-In prayer I go through a long birthing process

—from autonomy, pride, self sufficiency

--to having God as my reference point to dependence on Him (His grace, strength, patience, love, joy)

-These are all the presents He wants to give me if only I open my hands.....empty hands; if only I ask, need, empty myself of all of my false riches! Amen.