

## **"Being a 'Yes' to God"**

### *Difficulties in Silent Prayer*

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Because the subject –**difficulties in prayer** – seemed rather **austere** to me, I wanted to give this presentation a more encouraging title; one which directs us towards the **goal** and motivates us to **stand firm in prayer**.

I came across this expression from Father Caffarel: "**Be a 'Yes' to God**". In other words, "**I want what you want**", and this, infinitely. The expression is very complex but is the **path** prayer leads us down and the **full union** God leads us towards with the help of His grace if we remain faithful to prayer.

In the practice of silent prayer, to "**Be a 'Yes' to God**" means to accept what He wants for us during this time of prayer we have allotted Him, no matter what happens during this time:

**"Lord, I am here for You. Do with me what You will. Give me what You desire I have."**

Little by little, as we continue to practice silent prayer by the grace of God, these "**Yeses**" made during each time of prayer, these repeated agreements with God's will, will tend to become a single agreement to what God desires, in all aspects of our lives.

So, "to be a "**Yes**" to God" will be to be all for Him, all in accordance with what He desires and expects from us. It will mean being able to say at every moment with the Virgin Mary: "**Here is the servant of the Lord. Let it be done to me according to your word.**" So, to "**be a 'Yes' to God**", is the dynamic for our **prayer life** here and now, but especially for our **life with God**, life with a **big V**.