

Christ the King Abbey

(Traditional Benedictines)

Cullman, Alabama

www.ChristTheKingAbbey.org

Every Sunday: 6:00 AM and 10:00 AM

Daily: 6:00 AM

Holy Days of Obligation:

6:00 AM – 8:00 AM – 7:00 PM

Our Lady of Lourdes Chapel

Montgomery, Alabama

10:45 AM

Only on first Sunday
of each month

Saint Pius V Chapel

Birmingham, Alabama

9:30 AM

Every Sunday except
first Sunday of each month

FEAST OF SAINT LUKE EVANGELIST

(Twentieth Sunday after Pentecost)

October 18, 2009 – Red

Mass of Saint Luke G1; Cr; comm. Sunday

Preface of Apostles

Weekly Bulletin #1117

*O Lord, uphold us and
our absent brethren.*

THE POWER OF PRAYER

By

RICHARD GRÄF, CS.Sp. Part 14

1957

FUNCTION OF PRAYER IN THE SPIRITUAL LIFE

Christ is our Brother, our Friend, our Bridegroom; He is Soul of our soul, the Primal source of our spiritual life. Our oneness with Him should fill our consciousness at least in prayer. Its actual reality must in the long run become *conscious* reality. “Try your own selves, if you be in the faith; prove ye yourselves. Know you not your own selves, that Christ Jesus is in you, unless perhaps you be reprobrates” (2 Cor. 13, 5). And where are we to experience and find out that Christ is in us if not at prayer? It is at prayer that the knowledge of Him is spread abroad like a perfume (2 Cor. 2, 14). It is seldom that a man meets God in external visible form, as Saul did when approaching Damascus; the kingdom of heaven is within us (Luke 17, 20). With us God has made His abode (John 14, 23). Through Christ a light has been kindled in our hearts whose shining is to make known His glory (2 Cor. 4, 6). And so we are made to “know the things that are given us from God” (1 Cor. 2, 12).

He who fails to lead a life of prayer will fail too to recognise Christ dwelling in his heart. “Have I been so long a time with you (*within* you!) and have you not known me?” (John 14, 9). “Indeed the Lord is in this place and I knew it not” (Gen. 28, 16). *Without a life of prayer one cannot be a complete Christian; without prayer one cannot reach a living faith nor, as a result, a genuine love of God.* **It is precisely because we lack faith that our love wears so thin and threadbare.** Prayer, then, will as a matter of course render our faith effective, and faith in turn make our love a reality.

2. Prayer a Source of Strength

Man's soul and body have been so fashioned by the Creator that, to function properly, they must have active work. Even in the original paradise man had to work, though work was not felt as a burden but rather as recreation. *A tool left lying idle soon gets rusty.*

There is, then, nothing unnatural about work; only through the original fall it has become burdensome. “Cursed is the earth in thy work; with labour and toil shalt thou eat thereof all the days of thy life... In the sweat of thy face shalt thou eat thy bread” (Gen. 3, 17). *Though work, then, is in accord with man's nature, he cannot continue working indefinitely; he has to have breaks; he must eat and drink, sleep and rest; he must repair his mental and bodily vigour exhausted in work.* **Only then is he in a position to expend his energies anew.** A point is reached for every man when, so to speak, he is at the end of his tether and when nature imperiously demands its revigoration.

To be Continued...