

Christ the King Abbey

(Traditional Benedictines)
www.christthekingabbey.org

Cullman, Alabama
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

St Pius V Chapel
Birmingham, Alabama
9:30 AM
Every Sunday except
first Sunday of each month

LOW SUNDAY

April 11, 2010 – White

Mass of Sunday Gl; Cr; Comm St Leo Pope Preface of Easter

Weekly Bulletin #1143

THE POWER OF PRAYER Part 27

RICHARD GRÄF, CS.Sp.

For the laity.

It is absolutely essential that the growing boy or girl be further helped to pray in a personal, self-reliant manner; and the pity is that the school fails so often to foster that living, unself-conscious prayer that has been learnt in the home. Only one side of spiritual formation is generally attended to, namely, the acquisition of religious *knowledge* (and religious information), whereas, side by side with the latter, the spiritual life should be catered for through prayer, at least in the sense of a living contact with God. **Prayers should not invariably be recited in common, nor should there be a rigid insistence on a prescribed and unbroken sequence.** Otherwise there is a danger that the young people will be unable of themselves to fill out a five minutes' pause; they will be waiting to be told what prayer is next on the list! The result is that prayer becomes an utterly mechanical thing. Many of these young people later on will be leading lives of complete spiritual isolation (and desolation). Many too will run into difficulties and dangers of various sorts; there will be no one, then, to stand by and tell them what Prayer next to say. Prayer books are not at hand, and many will have forgotten even the most ordinary formulas of prayer. "Lord God, behold I cannot speak" (Jer. 1, 6); I cannot pray.

How will a person remain master of his soul, make life serve the interests of his eternity, when cut off, for example in captivity, from all priestly and sacramental help, when he has no friend, no book to fall back on, when he finds himself in serious trouble of soul or body? Maybe that a man learns to pray when in trouble! But in trouble of an overwhelming kind he is tempted rather to curse than to pray; and in such extremity his mental anguish is lost sight of in the more palpable pain he is enduring without, so that often he has no strength left to grope his way to God. The temptation might present itself: "Bless God and die" (Job 2, 9)! No, it is when we are young, in our good days, that we have to choose the road leading to God, so that in our days of affliction we may be able to turn to Him. Hence training in mental prayer should not be confined to priests and religious. In actual fact it is much more necessary for the laity who have to live lives far less sheltered than they, far more exposed to peril, and who, besides, have not such full and ready access to those other means of grace which the Church provides. (*Nota Bene — a note from the Abbot — I urge you to read this instruction with the greatest of care — not just once, but as many times as necessary for you to get the full message. Look after your children*

NOW.

while you yet have the chance to exert control over them. After the concern for the salvation of your own souls, in the proper order of priorities, the correct and common sense spiritual care of your children comes boldly into focus! TAKE HEED! Do not omit daily spiritual reading).