

Christ the King Abbey

(Traditional Benedictines)

(St Francis of Assisi Chapel)

Cullman, Alabama

Every Sunday

6:00 A.M. and 10:00 A.M.

6:00 A.M. Daily

Holy Days

6:00 A.M.; 8:00 A.M.; 7:00 P.M.

Our Lady of Lourdes Chapel

Montgomery, Alabama

10:45 A.M.

Only on first Sunday
of each month

St Pius V Chapel

Birmingham, Alabama

9:30 A.M.

Every Sunday except
first Sunday of each month

THE NINTH SUNDAY AFTER PENTECOST

July 21, 2002 -- Green

Mass of Sunday: GI; Cr; Pref Trinity, comm. St. Paraxedes

Weekly Bulletin # 733

Prayer, continued

In the Bulletin dated June 16, 2002 (Bulletin #728), we discussed the subject of prayer. Today we continue our discussion of prayer. Prayer is so important that too much cannot be said about it. As was said earlier, there is a world, in great measure that is known only in Heaven, and this is the world of PRAYER.

The efficacy of prayer is immeasurably great. We do not really know all that can be accomplished by it. There are times, however, and these times may well be quite many, that our prayer seems to have no result, that our need seems never to be fulfilled. At such time, some may give in to discouragement and wonder, with temptation in their minds, why pray at all. If prayer has no noticeable result, the fault is not God's - that He is not listening. The fault is usually ours, as we may be praying for the wrong things or praying in the wrong manner. If it is our desire to pray, then our prayer must always possess the following characteristics.

We must **know** what **WE** are offering to God. We must not pray thoughtlessly, without direction or attention and with dissipated minds. Our prayer must be free - it cannot be a forced activity of the soul. Temptations and distractions very often besiege us when we pray, but the temptations or distractions, happen against our will, do not rob us of do not weaken the quality of our prayer. while bombarded with distraction and the LOVE that prompts our prayer. A must never bring to our prayer effort.

We must be earnest about our prayer, prayer, if we are ever to be heard. We must Such zeal, however, does not demonstrate we recite. Zeal consists in the part our will prayer. It makes our prayer beautiful. Zeal TO THE **HEART**, NOT TO THE LIPS. communication, a conversation - with the Angels, or with the Saints. We talk to mindless repetition of the many printed prayer books. Prayer formulas are not to be great help to us. But we must use them with our best reason, our best attention and devotion and love. It is a **solemn thing - the most solemn thing** - to hold conversation with our God. It is during these wonderful moments of pure communion with God that we should present to Him our needs and concerns and desires. It is during these moments of pure communion with us that God gives ear to our needs and concerns and desires. Not in many words - in complete silence sometimes - do our hearts give expression to the pure love that God is looking for.

Our prayer must be humble. We come to God as beggars - **because we are poor beggars!** We must never go to God as creditors trying, as equals, to strike a bargain with Him. It often happens that in time of great need, we make certain promises for favors granted. This we should avoid. The unavoidable vicissitudes of life, in too many cases, prevent us from carrying out the promises we made earlier under the pressures of our needs. The more we approach God with humility of mind and heart and demeanor, the more can we expect an answer; the more certainly can we expect to touch the Heart of God; the more surely will we not be confounded in our hope and expectation; and the better will we understand when He says no. Never must we forget that in prayer we are, first and last, dealing with the Eternal



the important thing is that we do not nourish Distractions that are not willful and which any merit. Such distractions or temptations Indeed, our determination to pray, even temptation, is pleasing to God, Who reads dissipated spirit and mind, however, we

and we must throw our hearts and souls into pray zealously and with a very real desire. itself in the **multitude of PRAYERS** that - our firm and serious desire - takes to our is the very soul of prayer. GOD LISTENS Prayer is a union of thoughts, a God, or with the Blessed Mother, or with them and with them! Prayer is not just a formulas that we stuff into our overcrowded cast aside. They are important and are a