Then we shall carry this idea into our lives, into the world, into the kitchen and the office, making our very life a liturgy, so that through it the prayers Christ wishes to be made unceasingly will be made, regardless of our moods or our dispositions, and all of it will be done in tranquility and serenity and peace.

Now it is that the power of the Most Holy Trinity cloaks all the things we do with the majesty of the Liturgy, so that all the things which before seemed only effort and boredom and hardship become works of joy and peace and prayer. Every step to the office, or to and fro in the home, will be a counted, preordained step, like the numbered steps of the priest in the sanctuary. And then, when we kneel, our very kneeling will be done in sorrow for sin – our sin and the sin of all mankind; and when we bow down, we bow down in adoration and love, and all of this whether we kneel to scrub the floor or bow down to fasten a little child's shoe.

In its simplest terms, the way to restore peace and maintain peace in our souls, in this prayer of the Mystical Body, is to slow down our pace to the pace of the Sacred Liturgy, and to prune our minds, conditioning them to comprehend the huge and glorious simplicities of the Sacred Liturgy." ❑

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