

Christ the King Abbey

(Traditional Benedictines)

(St Francis of Assisi Chapel)

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

SECOND SUNDAY OF LENT

March 12, 2006 – Purple

Mass of Sunday; no GI; Cr; Pref. Lent

~ LENT ~

Weekly Bulletin #926

MORE ON PRAYER

Prayer is the lifting up of our minds and hearts to God to give Him adoration and praise. Prayer is an important means of obtaining God's grace. Prayer is necessary to salvation, and without it no one having the use of reason can be saved. Man was made for prayer. The devil is well aware of this and is determined to do all in his power to thwart every effort, every inclination, productive of prayer. That is why he bombards us with distractions. Distractions are the devil's answer to prayer. Always roaring, the devil uses every deceit and trick to snare God's children. Every conscientious and sincere child of God must come to an understanding of this problem, and must learn how to cope with it. At every moment of every hour, without letup, the fight goes on and on! When, in time of prayer, the devil not only distracts us but even tempts us to sins of blasphemy or gross impurities, or thoughts against faith or hope or love, we must quickly protest his assaults before the all-seeing eyes of God. We have to work (and the work is indeed difficult) to counter his attacks – even when our souls and minds are filled with distaste – with acts of pure faith and hope and love and humility and adoration.

After we have placed our protests before our loving God, all temptations and distractions are to be met with utter contempt and complete indifference, without uneasiness or disquiet. We must teach ourselves to pay NO attention to the devil's mechanisms, his artifices, or his clever deceptions – even if the stench of his tricks continues to linger on throughout the full time of prayer. We must not discontinue our prayer because of temptation. We must teach ourselves to let them all pass by like the barking of dogs at the wayside of our lives. We must not make any outward sign of resistance at all. All such outward signs merely give proof to the devil that he is doing his job well. Our only sign must be to ignore his roaring completely. There is nothing that the devil hates more than for us to completely ignore him!

Since prayer is our chief purpose, we must come to a clear understanding of it. We must also come to a clear understanding that some time each day must be given to vocal prayers. However, our entire day should in some way be given to prayer, to the lifting up of our minds and hearts to God, as we move about throughout the day. Many of us make the mistake of looking upon a life of prayer as a life separated from the living of everyday life and each day's tasks and labors. Prayer is often looked upon as a work, a duty, that suffers under the burden of a schedule; a duty that competes with the legitimate works of our daily obligations. When daily obligations predominate ("I just don't have time to pray!"), disturbance of conscience begins to sting. The sooner we come to a clear understanding of prayer, the sooner will we feel the peace and joy and serenity that such understanding inevitably brings. Absolutely everything we do, sin of course excluded, can become prayer – excellent prayer. As we walk through life in the fervor of our love for God, the concentration we place on the work at hand serves to squeeze out temptations and distractions. St. Benedict places great importance on work. With a well-disposed attitude of mind, our spiritual prayer life can very well thrive and prosper while we are in the performance of good and legitimate labor. The following suggestions may be of some help:

- We must learn how to pray as we speak.
- We must learn how to pray as we breathe.
- We must learn how to pray as we walk and as we sleep.
- We must learn how to pray as we work and as we play.
- We must learn how to pray as we use the familiar gestures of the daily round.
- We must learn how to pray as we as we drive our car, buy groceries, wash clothes, or go to the bank.
- We must learn how to pray as we clean the toilets, put out the garbage, and everything else we have to do.
- We must learn how to pray under a wide open and ever present heaven.
- We must learn that every good work we do in God's honor is His work and therefore is prayer.
- We must learn how to pray under the rich light of the glory of an all-loving God, Who gives warmth and strength and serenity and peace and perseverance and energy to every child of His who truly loves Him.
- We must learn how to prevent the madness that is all around us from interfering with our prayer.