

“He listens to us and answers us”

'Et in meditatione mea exardescit ignis. And in my meditation a fire shall flame out.' That is why you go to pray: to become a bonfire, a living flame giving heat and light. So, when you are not able to go on, when you feel that your fire is dying out, if you cannot throw on it sweet- smelling logs, throw on the branches and twigs of short vocal prayers and ejaculations, to keep the bonfire burning. And you will not have wasted your time. (The Way, 91)

25 October

If we truly want to unburden our hearts, and are honest and sincere about it, we seek the advice of those who love and understand us: our father or mother, wife or husband, our brother or friend. Even though often what we want isn't so much to listen as to express our feelings and say what has happened to us, a dialogue has already begun. Let us begin to do the same with God; we can be quite sure he listens to us and answers us. Let us pay attention to him and open up our soul in humble conversation, telling him in confidence everything that is on our mind and in our heart: our joys, sorrows, hopes, annoyances, successes, failures, even the most trivial happenings in our day. We will discover that our Heavenly

Father is interested in everything about us...

In this way, almost without realizing it, we will go forward at God's pace, taking strong and vigorous strides. We will come to sense deep in our hearts that when we are close to Our Lord we are able to find joy in suffering, self-denial and sorrow. What a great source of strength it is for a son of God to know that he is so close to his Father! This is why, my Lord and Father, no matter what happens, I stand firm and secure with you, because you are my rock and my strength [1]. (Friends of God, 245-246)

[1] cf 2 Kings 22:2

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