

“Christian prayer... a loving conversation with Jesus”

I have always understood Christian prayer as being a loving conversation with Jesus, which shouldn't be interrupted even in the moments when we are physically far from the Tabernacle, because our whole life is a serenade of human love for our God | ... and we can love always. (The Forge, 435)

12 July

Each day without fail we should devote some time especially to God, raising our minds to him, without any need for the words to come to our lips, for they are being sung in our heart. Let us give enough time to this devout practice; at a fixed hour, if possible. Before the Tabernacle, close to him who has remained there out of Love. If this is not possible, we can pray anywhere because our God is ineffably present in the heart of every soul in grace. Still I would advise you to go to the oratory whenever you can...

Each one of you, if he wants, can find his own way to converse with God. I do not like to talk about methods or formulas, because I have never wished to straitjacket anyone. What I have always tried to do is to encourage everyone to come closer to Our Lord, respecting each soul as it is, each with its own characteristics. Ask him to introduce

his ideas and plans into our lives: not only into our heads, but also into the depths of our hearts and into all our outward actions. I assure you that you will thus be spared many of the disappointments and sorrows of selfishness, and you will find you have the strength to do good to all around you. How many obstacles vanish when in our hearts we place ourselves next to this God of ours, who never abandons us! Jesus' love for his own, for the sick and for the lame, is renewed, expressed in different ways, 'What is the matter?' he asks, and we reply, 'It's my...' At once there is light, or at least the acceptance of his will, and inner peace.

When I encourage you to open your heart in confidence to the Master, I am referring especially to your own difficulties, because most of the obstacles to our happiness come from our pride, which may be

hidden to a greater or less degree. We had thought we were worth a great deal and had a lot of exceptional qualities; then, when others didn't agree, we felt humiliated. This is a good time to pray and to correct our mistaken attitude. We can be sure it is never too late to change our course.

(Friends of God, 249)

pdf | document generated
automatically from [https://opusdei.org/
en-ie/dailytext/christian-prayer-a-
loving-conversation-with-jesus/](https://opusdei.org/en-ie/dailytext/christian-prayer-a-loving-conversation-with-jesus/)
(28/01/2026)