

opusdei.org

“To pray is to talk with God. But about what?”

You write: 'To pray is to talk with God. But about what?' About what? About Him, about yourself: joys, sorrows, successes and failures, noble ambitions, daily worries, weaknesses! And acts of thanksgiving and petitions: and Love and reparation. In a word: to get to know him and to get to know yourself: 'to get acquainted!' (The Way, 91)

February 4

“A prayer to my living God.” If God is life for us, we should not be surprised to realize that our very existence as Christians must be interwoven with prayer. But don't imagine that prayer is an action to be carried out and then forgotten. The just man “delights in the law of the Lord, and meditates on his law day and night.” “Through the night I meditate on you” and “my prayer comes to you like incense in the evening” [1]. Our whole day can be a time for prayer — from night to morning and from morning to night. In fact, as holy Scripture reminds us, even our sleep should be a prayer.

Our life of prayer should also be based on some moments that are dedicated exclusively to our conversation with God, moments of

silent dialogue, before the tabernacle if possible, in order to thank our Lord for having waited for us — so often alone — for twenty centuries. This heart-to-heart dialogue with God is mental prayer, in which the whole soul takes part; intelligence, imagination, memory and will are all involved. It is a meditation that helps to give supernatural value to our poor human life, with all its normal, everyday occurrences.

Thanks to these moments of meditation and to our vocal prayer and aspirations, we will be able to turn our whole day into a continuous praise of God, in a natural way and without any outward display. Just as people in love are always thinking about each other, we will be aware of God's presence. And all our actions, down to the most insignificant, will be filled with spiritual effectiveness.

This is why, as a Christian sets out on his way of uninterrupted dealing with our Lord, his interior life grows and becomes strong and secure. And he is led to engage in the demanding yet attractive struggle to fulfill completely the will of God. (Christ is passing by, 119)

[1] Cf Ps 140:2

pdf | document generated
automatically from [https://opusdei.org/
en-ke/dailytext/to-pray-is-to-talk-with-
god-but-about-what/](https://opusdei.org/en-ke/dailytext/to-pray-is-to-talk-with-god-but-about-what/) (03/12/2026)