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# A Life of Prayer

A downloadable audio and pdf version of St Josemaria's homily "Life of Prayer", published in the book Friends of God.

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**Whenever we feel in our hearts a desire to improve**, a desire to respond more generously to Our

Lord, and we look for something to guide us, a north star to guide our lives as Christians, the Holy Spirit will remind us of the words of the Gospel that we 'ought to pray continually and never be discouraged'. Prayer is the foundation of any supernatural endeavor. With prayer we are all powerful; without it, if we were to neglect it, we would accomplish nothing."

"Let us turn our gaze to Jesus Christ, who is our model, the mirror in which we should see ourselves. How does he act, even in his outward behavior, in the great moments of his life? What does the holy Gospel tell us about him? I am moved by Our Lord's habitual attitude of prayer, the way he turns to the Father before beginning his public life, retiring to the desert for forty days and forty nights, to pray.

Forgive me if I insist, but it is very important to note carefully what the Messiah did, because he came to show us the path that leads to the Father. With Our Lord we will discover how to give a supernatural dimension to all our actions, even those that seem least important. We will learn to live every moment of our lives with a lively awareness of eternity, and we will understand more deeply man's need for periods of intimate conversation with his God, so as to get to know him, to invoke him, to praise him, to break out into acts of thanksgiving, to listen to him or, quite simply, to be with him.

[Read the homily here.](#)

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