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Remember that prayer does not consist in making pretty speeches, or high-sounding or consoling phrases. Prayer, at times, will be a glance at a picture of Our Lord or of his Mother; sometimes a petition, expressed in words; or offering good works, and

the fruits of faithfulness. We have to be like a guard on sentry duty at the gate of God Our Lord: that's what prayer is. Or like a small dog that lies down at his master's feet. Do not mind telling him: Lord, here I am, like a faithful dog; or better still like a little donkey, which will not kick the one who loves him. (The Forge, 73)

Your prayer cannot stop at mere words. It has to lead to deeds and practical consequences. (The Forge, 75)

Heroism, sanctity, daring, require a constant spiritual preparation. You can only ever give to others what you already have. And in order to give God to them you yourself need to get to know him, to live his Life, to serve him. (The Forge, 78)

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