

“We have to pray at all times, from morning to night”

True prayer which absorbs the whole individual benefits not so much from the solitude of the desert as from interior recollection. (Furrow, 460)

26 October

As for me, as long as I have strength to breathe, I will continue to preach that it is vitally necessary that we be souls of prayer *at all times*, at every opportunity and in the most varied

of circumstances, because God never abandons us. It is not a proper Christian attitude to look upon friendship with God only as a last resort. Do we think it normal to ignore or neglect the people we love? Obviously not! Those we love figure constantly in our conversations, desires and thoughts. We hold them ever present. So it should be with God.

When we seek Our Lord in this way, our whole day becomes one intimate and trusting conversation with him. I have said and written this so many times, but I don't mind saying it again, because Our Lord has shown us by his example that this is exactly what we have to do: we have to pray at all times, from morning to night and from night to morning. When everything goes well: 'Thank you, my God!' If we are having a hard time, 'Lord, do not abandon me!' Then this God of ours, who is 'meek and

humble of heart' [1] will not ignore our petitions or remain indifferent. For he himself has told us, 'Ask, and it shall be given to you; seek, and you shall find; knock, and it shall be opened for you' [2]. (Friends of God, 247)

[1] Matt 11:29

[2] Luke 11:9

pdf | document generated automatically from <https://opusdei.org/en-ng/dailytext/we-have-to-pray-at-all-times-from-morning-to-night/> (12/02/2026)