opusdei.org

"Pray in every moment, in every situation"

Pope Francis continued his catechesis on prayer in his 10 February general audience, focusing on the topic of "praying in daily life."

02/10/2021

Dear brothers and sisters, good morning!

In the preceding catechesis we saw how Christian prayer is “anchored” in the Liturgy. Today, we will shed

light on how the Liturgy always enters daily life: on the streets, in offices, on public transportation… And there it continues the dialogue with God: the person who prays is like someone in love who always bears the beloved in his or her heart wherever they go.

Essentially, everything becomes a part of this dialogue with God: every joy becomes a reason for praise, every trial is an opportunity to ask for help. Prayer is always alive in our lives, like embers, even when the mouth does not speak, but the heart speaks. Every thought, even the apparently “profane” ones, can be permeated by prayer. There is even a prayerful aspect in the human intelligence; it is, in fact, a window peering into the mystery: it illuminates the few steps in front of us and then opens up to the entire reality, this reality that precedes it and surpasses it. This mystery does

not have a disquieting or anxious face. No, knowledge of Christ makes us confident that whatever our eyes and the eyes of our minds cannot see, rather than nothing being there, there is someone who is waiting for us, there is infinite grace. And thus, Christian prayer instills an invincible hope in the human heart: whatever experience we touch on our journey, God's love can turn it into good.

Regarding this, the *Catechism* reads: "We learn to pray at certain moments by hearing the Word of the Lord and sharing in his Paschal Mystery, but his Spirit is offered us at all times, in the events of each day, to make prayer spring up from us. [...] Time is in the Father's hands; it is in the present that we encounter him, not yesterday or tomorrow, but today" (n. 2659). Today I meet God, today is always the day of the encounter.

There exists no other wonderful day than the day we are living. Those who live always thinking about the future, in the future: “But it will be better…”, but do not take each day as it comes: these are people who live in their fantasy, they do not know how to deal with concrete reality. And today is real, today is concrete. And prayer is to be done today. Jesus comes to meet us today, the day we are living. And it is prayer that transforms this day into grace, or better, it transforms us: it appeases anger, sustains love, multiplies joy, instills the strength to forgive. Sometimes it will seem that it is no longer we who are living, but that grace lives and works in us through prayer. It is grace that awaits, but always this, don’t forget: take today as it comes. And let’s think about when an angry thought comes to you, of unhappiness, that moves you toward bitterness, stop yourself. And let’s say to the Lord: “Where are you?

And where am I going?" And the Lord is there, the Lord will give you the right word, the advice to go ahead without that bitter, negative taste. For prayer is always, using a profane word, is positive. Always. It will carry you ahead. Each day that begins is accompanied by courage if it is welcomed in prayer. Thus, the problems we face no longer seem to be obstacles to our happiness, but appeals from God, opportunities to meet Him. And when a person is accompanied by the Lord, he or she feels more courageous, freer, and even happier.

Let us pray always, then, for everyone, even for our enemies. Jesus counseled us to do this: "Pray for your enemies". Let us pray for our dear ones, even those we do not know. Let us pray even for our enemies, as I said, as the Scriptures often invite us to do. Prayer inclines us toward a superabundant love. Let

us pray above all for people who are sad, for those who weep in solitude and despair that there still might be someone who loves them. Prayer works miracles; and the poor then understand, by God's grace that, even in their precarious situation, the prayer of a Christian makes Christ's compassion present. He, in fact, looked with great tenderness on the weary and lost crowd who were like sheep without a shepherd (cf *Mk* 6:34). The Lord is – let's not forget – the Lord of compassion, of nearness, of tenderness: three words never to be forgotten regarding the Lord. Because this is the Lord's style: compassion, nearness, tenderness.

Prayer helps us love others, despite their mistakes and sins. The person is always more important than their actions, and Jesus did not judge the world, but He saved it. What a horrible life is that of the person who always judges others, who is always

condemning, judging… This is a horrible, unhappy life, when Jesus came to save us. Open your heart, pardon, give others the benefit of the doubt, understand, be close to others, be compassionate, be tender, like Jesus. We need to love each and every person, remembering in prayer that we are all sinners and at the same time loved individually by God. Loving the world in this way, loving it with tenderness, we will discover that each day and everything bears within it a fragment of God's mystery.

Again, the Catechism reads: "Prayer in the events of each day and each moment is one of the secrets of the Kingdom revealed to 'little children,' to the servants of Christ, to the poor of the beatitudes. It is right and good to pray so that the coming of the kingdom of justice and peace may influence the march of history, but it is just as important to bring the help

of prayer into humble, everyday situations; all forms of prayer can be the leaven to which the Lord compares the kingdom” (n. 2660).

The human person – men and women, all of us – the human person is like a breath, like a blade of grass (cf *Ps* 144:4; 103:15). The philosopher Pascal once wrote: “There is no need for the whole universe to take up arms to crush him: a vapour, a drop of water is enough to kill him" (*Thoughts*, 186). We are fragile beings, but we know how to pray: this is our greatest dignity and it is also our strength. Have courage. Pray in every moment, in every situation so the Lord might be near to us. And when a prayer is said according to the heart of Jesus, it obtains miracles.

pdf | document generated automatically from https://opusdei.org/en-nz/article/pray-in-every-moment-in-every-situation/ (01/21/2026)