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Speaking with God

Saint Josemaria talks about mental prayer, the practice of dialoguing with God and developing a personal relationship with Jesus Christ.

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Our Lord wants us each to speak with him, to talk to him directly. He doesn't want anonymous prayer, but for you, and you, you, and me to talk to him about our concerns and to listen to his response.

How shall we talk to him? How shall we speak with him? Our parents like maybe one of these young people here who are engaged, had an engagement, spent time before they were married getting to know each other so as to love each other more. And that's very good. To get to know our Lord and love him more we need to talk to him. And we find him in two places: in the Bread and in the Word.

In the Bread, the Blessed Eucharist, when Jesus comes down into the priest's hands in transubstantiation. When you receive him in Holy Communion talk to him trustingly, tell him about your concerns, and if you don't know what to say, tell him so: "Lord, I don't know what to say to you. I'd like to say so many things, I need so many things. I need to tell you that I love you, ask you to help me with this, that, the other thing, ask you to save that person, ask you

to get us out of this difficulty, tell you that I don't want to offend you again." You'll tell him so many things.

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