

## **“Practice meditation for a fixed period and at a fixed time”**

Practice meditation for a fixed period and at a fixed time. Otherwise we would be putting our own convenience first; that would be a lack of mortification. And prayer without mortification is not at all effective. (Furrow, 446)

October 23

Overcome any sluggishness you may feel, and the false excuse that prayer

can wait for later. Let us never put off this vital source of grace until tomorrow. Now is the right time. God, who is a loving spectator of everything we do, watches over our most intimate needs. You and I, I tell you once again, we need to confide in him as we might confide in a brother, a friend, a father. Tell him, as I am telling him now, that he is all greatness, all goodness, all mercy. Tell him also, 'This is why I want to fall in love with you, despite my rough manner and poor hands, soiled and ill-treated by the dust and grime of this earth'...

Each day without fail we should devote some time specially to God, raising our minds to him, without any need for the words to come to our lips, for they are being sung in our heart. Let us give enough time to this devout practice; at a fixed hour, if possible. Before the Tabernacle, close to him who has remained there

out of Love. If this is not possible, we can pray anywhere because our God is ineffably present in the heart of every soul in grace. (Friends of God, 246.249)

---

pdf | document generated automatically from <https://opusdei.org/en-tt/dailytext/practice-meditation-for-a-fixed-period-and-at-a-fi/> (01/29/2026)