

## “There are countless ways of praying”

A Catholic, without prayer? It is the same as a soldier without arms. (Furrow, 453)

29 October

My advice is that, in your prayer, you actually take part in the different scenes of the Gospel, as one more among the people present. First of all, imagine the scene or mystery you have chosen to help you recollect your thoughts and meditate. Next apply your mind, concentrating on the particular aspect of the Master's

life you are considering — his merciful Heart, his humility, his purity, the way he fulfils his Father's Will. Then tell him what happens to you in these matters, how things are with you, what is going on in your soul. Be attentive, because he may want to point something out to you, and you will experience suggestions deep in your soul, realizing certain things and feeling his gentle reprimands...

There are countless ways of praying, as I have already told you. We children of God don't need a method, an artificial system, to talk with our Father. Love is inventive, full of initiative. If we truly love, we will discover our own intimate paths to lead us to a continuous conversation with Our Lord...

If we falter, let us turn to Holy Mary who loves us and teaches us how to pray; and to St Joseph, our Father

and Lord, whom we venerate so much. In this world he was the one who was closest to the Mother of God and, after Mary, to her Divine Son. Together they will bring our weakness to Jesus, so that he may turn it into strength. (Friends of God, 253.255)

---

pdf | document generated automatically from <https://opusdei.org/en-uk/dailytext/there-are-countless-ways-of-praying/> (28/01/2026)