

## **“Stick to your daily periods of prayer”**

If you really want to be a penitent soul - both penitent and cheerful - you must above all stick to your daily periods of prayer, which should be fervent, generous and not cut short. And you must make sure that those minutes of prayer are not done only when you feel the need, but at fixed times, whenever it is possible. Don't neglect these details. If you subject yourself to this daily worship of God, I can assure you that you will be always happy. (Furrow, 994)

9 December

How is your life of prayer going? At times don't you feel during the day the impulse to speak more at length with him? Don't you then whisper to him that you will tell him all about it later, in a heart-to-heart conversation?

In the periods expressly reserved for this rendezvous with our Lord, the heart is broadened, the will is strengthened, the mind, helped by grace, fills the world of human reality with supernatural content. The results come in the form of clear, practical resolutions to improve your conduct, to deal more charitably with all men, to spare no efforts — like good athletes — in this christian struggle of love and peace.

Prayer then becomes continuous, like the beating of our heart, like our pulse. Without this presence of God, there is no contemplative life. And without contemplative life, our working for Christ is worth very little, for vain is the builder's toil if the house is not of the Lord's building [1].

In order to reach sanctity, an ordinary Christian — who is not a religious — has no reason to abandon the world, since that is precisely where he is to find Christ. He needs no external signs, such as a habit or insignias. All the signs of his dedication are internal: a constant presence of God and a spirit of mortification. As a matter of fact, only one thing is necessary, because mortification is nothing more than prayer of the senses. (Christ is passing by, 8-9)

[1] Cf Ps 126:1

.....

pdf | document generated  
automatically from [https://opusdei.org/  
en-uk/dailytext/you-must-stick-to-your-  
daily-periods-of-prayer/](https://opusdei.org/en-uk/dailytext/you-must-stick-to-your-daily-periods-of-prayer/) (07/08/2025)