

Reflection Saturday Week 32 – 2023

Is it possible to pray continually? Would you want to pray continually? Is it possible to pray continually? Jesus believes it is or he would not have asked!

How might this be possible. The simple yet profound definition of prayer is *“Raising the mind and heart to God.”* This suggests that whenever our minds turn to God including when we question God about something that has happened to others or ourselves. Or when we think that we have not prayed today!! We are praying to God. A wise commentator believes that in Jesus’ case, Jesus saw everything in terms of its relationship with God; his life was constant prayer! This is probably why Jesus spent many hours in prayer alone with the Father.

A wise insight from an elderly Augustinian: *prayer isn’t easy because we’re always tired, distracted, busy, bored, and caught up in so many things that it’s hard to find the time and energy to centre ourselves on God for some moments. So, this is what I do: no matter what my day is like, no matter what’s on my mind, no matter what my distractions and temptations are, I am faithful to this: Once a day I pray the **Our Father** as best I can from where I am at that moment. Inside everything that’s going on inside me and around me that day, I pray the Our Father, asking God to hear me from inside all the distractions and temptations that are besetting me. It’s the best I can do. Maybe it’s a bare minimum and I should do more and should try to concentrate harder, but at least I do that. And sometimes it’s all I can do, but I do it every day, as best I can. It’s the prayer Jesus told us to pray.*