

**“If Christ Jesus dwells in a man as his friend and noble leader, that man can endure all things, for Christ helps and strengthens us and never abandons us. He is a true friend.” Saint Teresa of Avila**

How do we spend time with God in prayer? Do we talk to him as though he is listening? Do we speak truth and honesty? Or do we tell God what we think he wants to hear? God longs to dialogue with us about all matters of life, to be an active part of our everyday life. God longs to be our friend, the one we come to with all our concerns, fears, joys and accomplishments. God is listening, but do we speak? God is speaking, but do we hear?

**“We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.” Mother Teresa**

The best way to dialogue with God is to speak openly and candidly, without fear of what to say or how it will sound. Speak in quiet prayer, out loud, or write it down and God will hear.

**“When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, I will let you find me.”**

**Jeremiah 29: 12-14**

I do not feel forsaken, abandoned; rather I do not feel your presence near me. I feel misplaced. I do not know where I am? What I am to do? To whom am I to turn? Where am I to go? Where am I in life? What is it that you desire from me? I feel trapped, chained and bound to emptiness of the person I no longer wish to be; to the sin, which seeks to hold me and never let me go.

If I am to do your will; how then am I to do it? What is it that you desire for my life? I feel as though I try but yet am I not trying hard enough and in which ways? Where are you now? Is my heart so closed that I cannot see you in my thoughts? So thick and hardened that you cannot penetrate? For what am I to do, O Lord? Where am I to turn? In which direction should I go?

I feel that what I need is new surroundings, a new atmosphere which will propel me into a place that I can't even begin to imagine its depth and beauty...But what O Lord is the answer? How am I to be free from the chains that bind me? How am I supposed to live and accomplish what I am capable of? What am I capable of O Lord? How can I be the best example that I feel you desire me to be? Who am I, O Lord? Who can I become...

***Speak to me, my child. Speak in words, written and spoken, and I will hear you. Talk with me about all that troubles you, tell me of your desires, hopes and dreams. Let us contemplate together the direction to take and the worries of the journey that we face. You are not alone, I am with you always. I exist within your heart, open your heart and you will hear my voice and know where I long to lead you. Do not be afraid to talk with me, about all matters of life. I love you my child and I will never forsake you.***