Praying From Life

"Prayer is a way of letting ourselves be guided by God, of letting ourselves be led beyond our tranquility and our anxiety. If, as we've already said, prayer is a way of setting out in exodus from ourselves and enduring our exile and estrangement, now we can also say that prayer is a road back home that is 'far beyond' any return route we might imagine.

Prayer is born out of history and life. To pray is to reread in the light of faith the history of every exile, every exodus, every road back home. The Pharisee in the temple [Luke 18:9-14] was not praying out of his life; he was avoiding life and history. He was praying on the margins of life because, in declaring himself righteous, he thought himself non-historical. The book of Psalms is an example of what I mean by 'praying from life.' We find there in the psalms joy, praise, and thanksgiving; we also find lament, grief, and entreaty. The psalmist prays and reflects on the concrete problems of existence."

When we experience God's victory in our personal lives and feel the joy of his companionship and guidance (this is the moment of consolation in prayer), then our flesh experiences a new tension: the tension between being at peace and taking leave of itself. In prayer we experience a definite tension between inner repose and exuberant praise. I prayer, all of our existence vibrates with faith, enthusiasm, joy, praise and wonder." Pope Francis

My child,
may that your life become a prayer…
A prayer that is alive with passion,
filled with unending hope,
and steeped in the faith.
And with all the strength of the heavens,
your life will be blessed beyond your ability to imagine.
The reward of praying from life,
is many times unseen and unnoticed,
because what comes from the Spirit,
is received in a space which you can only obtain,
through prayer.
My beloved,
take not these words and cast them aside,
hear them with your heart,
and feel them echo through your life.
The life that is prayed,
is the greatest beauty
that my eyes can behold.