



St Francis of Assisi Parish



## REFLECTION

### PRAYER DURING LENT

Prayer is a conversation with God, an act of supreme goodness. It is a partnership and union with God. As the eyes of the body are enlightened by light, so our spirit, when it is intent on God, is illumined by his light. This applies mostly to prayer from the heart, not confined to times or periods but to continuous prayer throughout the day and night. Our spirit should be quick to reach out to God not only when it is engaged in meditation but also when it is carrying out other duties such as caring for the needy, performing works of charity, giving generously in the service of others. Our spirit should long for God and call him to mind so that all these works may be seasoned with the salt of God's love. Then Prayer will be palatable to the Lord. If we devote a good deal of time to prayer then we will enjoy the benefits of prayer throughout our life time.

So, Prayer is the delight of the spirit, true knowledge of God mediating between God and man. The spirit when raised in Prayer, clings to God with utmost tenderness, just like a child tearfully for its mother, it craves the milk that God provides. It seeks the satisfaction of its own desires and receives gifts outweighing the whole world of nature. Prayer stands before God as an honoured ambassador. It gives joy to the spirit and peace to the heart. It is a longing for God too deep for words, a gift not given by man but by God's grace. St Paul says: We do not know how to pray but the Spirit himself pleads for us with un-expressible language.

When the Lord gives this grace of Prayer to man, he gives him riches that cannot be taken away, heavenly food that satisfies the spirit. One who prays is set on fire for the Lord and his spirit burns as in a fire of utmost intensity. The Practice of Prayer is like this: Painting your house with colours of modesty and humility; making it radiant with the light of justice; Decorating it with finest gold leaf of good works; Adorning it with walls and stones of faith and generosity; Crowning it with the pinnacle of prayer. In this way, you will make yourself a perfect dwelling place for the Lord. Then you will be able to receive him as in a splendid palace and through his grace you will already possess him, his image enthroned in the temple of your spirit. Praise God always.

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16 February 2021