



Scripture Nugget – Fallen man will rise again on wings of prayer

Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus (1 Thessalonians 5:16-18).

Prayer is needed to develop our relationship with God. Just as a human relationship takes efforts to develop, so our relationship with God depends on the time we spend with Him in prayer, our study of and living His Word, and our fidelity to His commandments and divine will. Because God is our loving Father, our relationship with God is solely based on love. The strength of this relationship depends on the degree we are able to respond to His all-consuming, extravagant love best signified by His beloved only begotten Son on the cross. The less we understand this love, the shallower is our relationship with Him. Do we feel God is distant? The distance between the heart of God and our own is created by ourselves through our attitudes and the way we live our life. *If you love Me, You will keep My commandments (John 14:15).* God longs to embrace every child of His close to His heart but this is met mostly with ignorance, indifference and hardness of hearts (cf. Hosea 11:1-4).

Using all our faculties and powers to draw closer to God. We ourselves determine the type of relationship we can have with God. God made us to know Him, to love Him and to serve Him. This is the highest fulfillment of our soul. To fulfill the potential God created in us, our lives need to reflect this divine mission. We need to cultivate in our hearts a great desire to love God more, and to use all our faculties to gain a deeper insight into God's love for the singular purpose of knowing Him more and loving Him more deeply. This can be achieved through sincere prayer, study of God's Word, and simple contemplation of all that God has done for us, particularly through the Passion of Christ. Is there a saint who did not understand the human weakness of forgetfulness and fail to contemplate Christ's Passion frequently? We are all called to be saints because we are made expressly for heaven. An excellent way for us to recall how much God loves us is to pray and meditate the sorrowful mysteries of the Rosary. St Therese of Lisieux said: *"I understand so well that it is only love that can make us pleasing to the Good Lord, and my ambition is for this love alone."*

Conversation with Jesus: Precious Lord, You said: Come to Me all you who are weary and burdened and you will find rest for your souls (cf. Matthew 11:28-29). Thank You for the wonderful gift of prayer. It is our privilege to come consciously into God's loving presence, to open our hearts to be healed and replenished of Your love, to renew our minds and spirit to respond to Your call, to pour ourselves out, unburdening troubles and afflictions and to beg for grace and strength before the throne of grace. During Your time on earth, You set a good example by praying frequently to God the Father whenever You have the opportunity, thus maintaining a powerful union with Him and doing His will perfectly. Give all Your followers a great love for prayer so that through sincere prayers we may be freed from apathy of spirit and all bondages that seek only the pleasures of this world, and be transformed to ardent love of You that delights in all things You love. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.