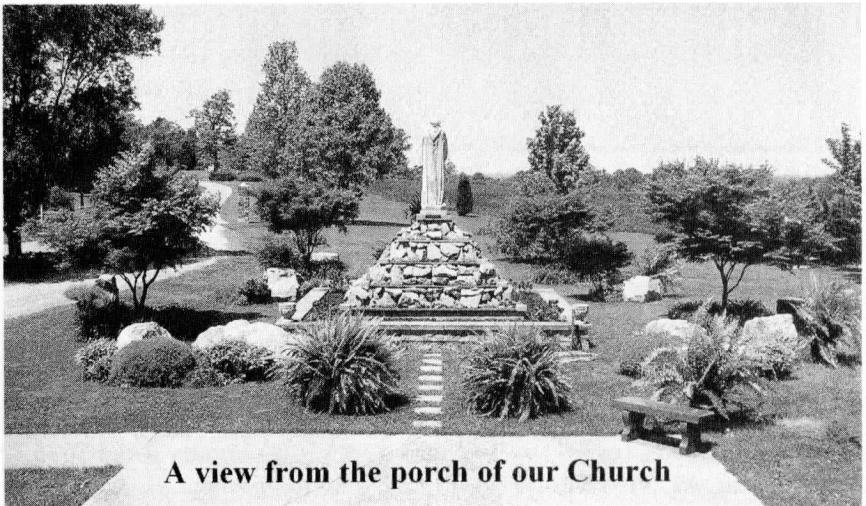


Interior Prayer

Every famine that mankind has ever suffered pales in comparison with the famine of the spirit that has now engulfed the world. Souls are suffering from starvation because they have a deep, ardent and restless craving for happiness and peace, an infinite appetite which no amount of created things can satisfy. It takes little experience in life to know that nothing, not even the greatest pleasures or possessions, can quench the inner thirst and hunger that gnaws at the heart of man. Our Divine Lord knew this craving well, He Himself implanted it in our hearts, in order for us to realize that only He could appease it. Standing in the midst of the crowd, He cried out, "*If any man thirst, let him come to Me and drink.*" Because our hearts are restless until they rest in Him.

Some souls cannot, whenever they wish, receive Holy Communion or make visits to our Blessed Savior in the Tabernacle. But there is another way of spiritually feeding upon God anytime one wishes. *And that way is prayer – interior prayer.* God, the Most Holy Trinity, is present in a very special way in souls in the state of grace. Whenever and wherever one wishes, one can recollect oneself and withdraw into their soul, wherein He dwells, and commune with Him in loving and intimate converse. All are meant to strive after this union with God, a life of ever-increasing intimacy with Him, and only in this union will we find the peace which we so long for and which God intends for us to have. □



A view from the porch of our Church