

spend longer time in prayer to feel superior. One is not to feel inferior if his work prevents him from spending more time at prayer. The work that has to be done due to the duties of one's state in life must be performed, and it must be performed with the care and attention that is required. Charity to others demands no less. Besides, the duties of one's state in life, and the neatness that goes with them, is "heaven's first law." To put aside work – necessary work – in order to spend more time in prayer is simply giving in to laziness and self-will. When one reaches the understanding of true prayer, such a one reaches the understanding that work done for the love of God is prayer. Once again, lack of proper understanding and instruction on the part of today's teachers of spirituality of true Catholic living is placing heavy burdens upon many souls. Whenever there is a question as to how we should live our Catholic lives, let us walk in the direction of the House of Nazareth and knock on the door of that House. When our knock is answered, let us have the courage to walk in and observe just exactly how proper and correct spiritual life is lived in that Household!

When two or three (or more) are gathered together for prayer in common, that is absolutely wonderful, and it should be fostered. The period allotted for prayer in common should be short for two reasons: first, because allowance must be made for the weaker ones, especially for little children. Often the organizer of the prayer session is the strongest person present, and very often domineers throughout the entire time of prayer. Younger children especially cannot and will not put up with this kind of life, and sooner or later will bolt, often throwing everything out in the process. The second reason is that the more interior the exercise, the more liberty will be allowed to the soul. Prayer that is practiced for too long a time so as to become wearisome will inevitably end up forced and sterile and wasteful, eventually becoming distasteful and dreadful.

Good example of prayer should be given, and the practice of reciting a multitude of never-ending prayers must be avoided. How long does it take to simply say: "I love You, my Jesus!"? This prayer is full of power and can be said while sweeping the floor, washing the clothes, mowing the lawn, and all the rest. It elevates our work to the high level of prayer – where true prayer belongs. Prayer is not confined to the time spent in the act of formally addressing God from a kneeling position.

St. John Chrysostom says that the soul should be as ready to pray in the marketplace as in the oratory; when sitting among friends as when attending services in church. The interior cry of love can go up to God, he says, even when there are no doves for the sacrifice – when there is neither wood nor fire nor knife nor altar. The soul itself is the altar and