

## ***IS IT POSSIBLE TO PRAY ALL THE DAY LONG?***

It is very important to direct our mind and heart toward God, with faith and love, before beginning anything, whatsoever it may be – any work, any effort. Our mind must be so ordered that it will place before us no end save the glory of our Heavenly Father. Our heart must be so conditioned that it will desire nothing other than God's Holy Will in all things. This does not mean that we sit and wait for the Will of God to flash before us before we undertake anything. As in all things else, it is suggested that ordinary intelligence is applied to the question of the Will of the Heavenly Father. God does not expect us, on the other hand, to use *extraordinary* intelligence (which we do not have) in determining His Holy Will. The good effect of our work and the Holy Will of God will be realized if our prayer is in earnest.

We direct our remarks to the “Man of Prayer” not to the “Prayerful (looking) man”! There is a difference, and the difference is amazing. The first is almost of necessity a Man of God! Such a man does not always give any evidence of his high calling. He is very much like our Divine Savior Himself, Who gave NO EVIDENCE of His calling. The latter, always looking for human respect, clothes himself with duds which are not his at all. He is all exterior, with nothing interior to support him – altogether like the Pharisee who went up to the temple to pray: unacceptable!

A man of prayer repeats his prayer often throughout the day, but his prayer is not long. The well-known “Morning Offering” is not here given as an example of the type of prayer in question. Since work must be an important part of the life of Everyman, even a man of prayer (whether in the monastery or on the streets of the marketplace), must be about his work. Such being the case, prayer can most often be reduced to a simple turning towards God, to a spiritual spark rising up to Him. It quite often resembles a brief expression, a silent sigh, directed to an all-loving Father Who is looking down upon our strife and weariness. A single word might well suffice to address oneself to God. A single word, coming from a loving heart, can be ever so eloquent and ever so pleasing to our Heavenly Father. What gives meaning, what gives value, to our prayer is the rectitude of our intention, the purity of our faith, and the intensity of our love!

One might be compelled to think that this entire program of spirituality is totally out of reach for everyday laymen who are subjected to the countless distractions of the world, and who must be concerned about the needs of family and the near inhuman demands of the workplace, and whose minds are absorbed with the pounding demands of fellowmen. Not so. One need change nothing – absolutely nothing –