

Ongoing Formation (6)

Reflection on last month's resolution:



Topic Dedication to prayer

All followers of St Francis are men and women dedicated to prayer and intercession. To pursue the gift of prayer by humbly acknowledging that “we do not know how to pray as we ought.” To seek to become, implement, actualize is incarnational. (Padre Pio Centre)

Rule: Chapter Two Rule 8

As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do. Let them participate in the sacramental life of the Church, above all the Eucharist. Let them join in liturgical prayer in one of the forms proposed by the Church, reliving the mysteries of the life of Christ.

Constitutions: Article 12.3 and Article 14.5

12.3 The brothers and sisters should love meeting God as His children and they should let prayer and contemplation be the soul of all they are and do. They should seek to discover the presence of the Father in their own heart, in nature, and in the history of humanity in which His plan of salvation is fulfilled. The contemplation of this mystery will dispose them to collaborate in this loving plan.

14.5 In all places and at all times it is possible for true worshippers of the Father to give him adoration and to pray to him. Nevertheless, the brothers and sisters should try to find times of silence and recollection dedicated exclusively to prayer.

Scripture: Col 4:1-3

Be persevering in your prayers and be thankful as you stay awake to pray. Pray for us especially, asking God to show us opportunities for announcing the message and proclaiming the mystery of Christ.

Writings of St Francis:

Letter to all the Faithful 19-21

Let us love God, therefore, and adore Him with a pure heart and a pure mind because He Who seeks this above all else has said: The true worshippers will adore the Father in spirit and in truth. For all those who worship Him are to worship Him in the spirit of truth. And let us praise Him and pray to Him day and night saying: Our Father Who art in heaven since we should pray always and never lose heart.

Church documents:

God is Love Benedict XVI Paragraph 37

It is time to reaffirm the importance of prayer in the face of activism and the growing secularism of many Christians engaged in charitable work. Clearly, the Christian who prays does not claim to be able to change God's plans or correct what he has foreseen. Rather, he seeks an encounter with the Father of Jesus Christ, asking God to be present with the consolations of the Spirit to him and his work. A personal relationship with God and an abandonment to his will can prevent man from being demeaned and save him from falling prey to the teaching of fanaticism and terrorism.

Points to ponder:

1. What is the result of making regular time for prayer? How does it help you live your Franciscan life?
2. What are some obstacles that you find to becoming more contemplative?

Resolution: For the next month, what is one specific thing that you could try to do to enhance your time spent in prayer?