

Persistence and Perseverance in Prayer!

"Prayer is the raising of one's mind and heart to God or the requesting of good things from God. But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart? He who humbles himself will be exalted; humility is the foundation of prayer, only when we humbly acknowledge that we do not know how to pray as we ought, are we ready to receive freely the gift of prayer" (Catechism of the Catholic Church, 2559)

Both our first reading (Genesis 18: 20-23) and the Gospel (Luke 11:1-13) this Sunday give us examples of people who prayed with persistence and perseverance. In the first reading, Abraham interceded on behalf of the people of Sodom and Gomorrah, leaving us with an exemplary approach to prayer. Similarly, the disciples were edified by Jesus' prayer life and asked him to teach them how to pray. Jesus taught them the Lord's Prayer and told them a story to bolster the importance of praying with perseverance and persistence. He also reminded us that God, who loves us infinitely, knows the best for us and answers our prayers according to his best will.

God wants our prayer life to be ongoing and not only when we need something, thereby making him the only God of emergencies. He wants us to pray in season and out of season. Our Catholic traditions have blessed us with different forms (vocal, contemplative, and meditative prayer) and expressions (Adoration-praise, thanksgiving, forgiveness, petitions) of prayers. Of these forms and expressions of prayers, which ones are part of your life? Like the disciples, let us ask the good Lord to help us make prayer part of our daily life and pray with perseverance and persistence. Amen.

"Ask and you shall receive, seek and you shall find, knock and the door will be opened to you" (Matthew 7:7)