

Saturday, March 27

To promote that inwardness not only exterior silence but also interior silence is needed. The latter is much more important, and unfortunately also less familiar than the former. For our interior world is not of itself attuned to God, except for the deep core where we may accept our existence from the hands of God. That core, however, is surrounded by a screen of desires and thoughts that do not directly set our feet on the path to God. ...

In order to pray more and better we must often do less, let go of more things, give up numerous good intentions, and be content to yield to the inner pressure of the Spirit the moment (she) bubbles up in us and tries to win us over and take us in tow. Ultimately all our attempts at prayer and all our methods must come to a dead end and wither away in order that the Spirit of Jesus may facilitate and validate his own prayers in our heart.

Andre Louf