

Always pray

An excerpt from "Family and Prayer", Chiara Lubich's talk at the Conference "Family-Society: Roots in the Absolute for the Today of Humanity".

Jesus also tells us "to pray always and not to lose heart" (Luke 18:1).

Pray always. How can we do this? And how can we do this especially in the hectic rush of our daily living?

By making every action an act of love for him, possibly preceding every action, as we often do with the more important action, with the words, "For you," as some of the saints have taught.

"To pray always" does not mean that we should multiply our prayers, but that we should direct our hearts and our entire lives to God. We should study for God alone, work and exert every effort, suffer, rest and also die for God alone.

And we should carry out every action in the best way possible because we know that we can make it an extension of God's creative action and the redemptive action of Jesus toward the achievement of God's plan for the world. Thus all our actions can be transformed into sacred actions.

This way of praying is very much in tune with our times. Today we see the world and the entire universe in evolution, and human beings are reminded of their duty to "subdue the earth" (cf. Gen. 1:28).

It is especially through this way of praying that we fulfil the command of Jesus: "Pray always" (cf. also Luke 21:36).