



“FROM THE DESK OF FATHER JONATHAN”



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Do you know how to pray? I know so many of you do. And I have no doubt that we have among us some experts in prayer. But many of you tell me that you don't really know what prayer is, that you try to pray but that it "doesn't seem to work". Sometimes I feel the same way, quite honestly. I "do my prayers" but it feels like I am just talking to myself. Maybe at the heart of our difficulty is a misunderstanding of what prayer is. Prayer is conversation with God. It is dialogue with God who knows us and is able to, and wants to, communicate with us through our mind and heart. There are lots of ways to enter into this conversation. I always begin by reading Holy Scripture or a spiritual author whom I trust. I read it slowly, I reflect on its meaning, then I just listen quietly to the voice of the Holy Spirit. Usually I hear God speak to my conscience about something I should change in my life. At that point I speak to God about what I'm feeling and the things that are on my mind. I pray for people whom I love and I ask him for guidance about my dilemmas. Other times I don't "hear" anything, but I feel God's presence, and that's enough. Still other times, I hear and feel nothing. That's when I promise God that I will not give up on my prayer life even if I don't feel very spiritual. Whether we perceive a response from God or not, I know that he wants us to pray. Give it a try. And I'm eager to hear from you about how you pray, too.

Father Jonathan

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