

Wednesday, March 31, 2021:

Psalm 22: 1 – 3 (New International Version)

My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest. Yet you are enthroned as the Holy One; you are the one Israel praises.

Brother Lawrence, ***The Practice of the Presence of God***

“When the mind, for want of being sufficiently reduced by recollection at our first engaging in devotion, has contracted certain bad habits of wandering and dissipation, they are difficult to overcome, and commonly draw us, even against our wills, to the things of the earth.

I believe one remedy for this is to confess our faults, and to humble ourselves before God. I do not advise you to use multiplicity of words in prayer: many words and long discourses being often the occasions of wandering. Hold yourself in prayer before God, like a dumb or paralytic beggar at a rich man's gate. Let it be your business to keep your mind in the presence of the Lord. If it sometimes wander and withdraw itself from Him, do not much disquiet yourself for that: trouble and disquiet serve rather to distract the mind than to re-collect it: the will must bring it back in tranquility. If you persevere in this manner, God will have pity on you.”