

March 11, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

TEACH ME HOW TO PRAY

By Sister Jane DeLisle, CSJ

Reflection

When I was a young novice, many years ago, I remember struggling with how I was “supposed to pray.” I thought there was a wrong way and a right way. I was certain that I wasn’t getting prayer right. I had no great insights or emotional response. I knew God was always present, but I felt I was reaching through a thick fog.

At the same time, my novice director told us, in our class on religious life, that if we were not women of prayer, then we were in the wrong place. This made me sit up and try all the harder. I gradually learned that the first step is to show up, turn my heart and mind toward God, and be in God’s presence. The rest would come as I asked God to teach me how to pray. Patient waiting is required.

Much later, I learned that there are countless ways to pray, as demonstrated by religious traditions within religious orders like Franciscan, Dominican,

Ignatian, Thomistic -- to name a few. Wow! Each emphasized a different approach, which seemed fit one's unique personality in accessing God. God is great in providing so many ways of spiritual encounter.

Both of today's readings remind me that simplicity is the best approach. Isaiah 55:10-11 encourages that God is the one who provides the Word and the Grace to achieve what God intends. Matthew 6:7-15 reveals Jesus teaching the apostles to pray in simple words that demonstrate adoration, reliance on the Father for all our needs, and forgiveness given and received. So, no need to babble on: God has our back and our hearts. God desires a personal relationship with you and me. I need to show up in prayer and patiently trust God's presence.

Perhaps the old farmer had it right when he stood in the field and recited the alphabet so that God could arrange the words, as God knew the farmer's need and intent. I don't need to worry, I just need to show up and turn my heart to God; the Holy Spirit will read my soul giving all to God, who desires me more than I can comprehend.

And still, especially when going on a silent retreat, I ask God to teach me how to pray. This must delight God's heart. Try asking God for what you need to pray, to forgive, to act in God's ways.



Photo by Sister Jane DeLisle, CSJ

For Pondering

- How has my prayer changed over the years?
- Where do I find God or see God?
- What are the ways I have cultivated personal relationship with God?

For Prayer

Remember God desires a personal relationship with you.

Be in the silence; turn your mind and heart toward God. Talk with God and listen to God as with a very close friend.

Closing Prayer

Eternal, Compassionate One,

Help me remember to pause on my daily pilgrimage through the hours of each day. Teach me to live with a vigilant heart. Make of me a rising dawn of forgiveness and compassion. Strum a melody of blessing with my life. Make my power to love stronger than my love of power. Let me rejoice in the harvest of each full day. Transform me into a song of gratitude. Make of me your reconciling presence. Enfold me in the circle of your time-Enduring-Now, even as it was in the beginning and shall be forever. Amen.

ADAPTED FROM MACRINA WIEDERKEHR

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

[714-744-3172](tel:714-744-3172)

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)