



Plug Into the Power of Prayer

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Subject: 2014 CFCUSA - Plug Into the Power of Prayer (ROH#11)

Dear CFC Family:

"I'm way too busy!

My schedule is extremely hectic!

My life is sooooo stressful!

There is just too much to do with so little time!"

Sound familiar? Sure, we have probably uttered the same phrases or similar sentiments. Sad to say, we may have used these excuses in saying "No" to service opportunities to God through CFC, our respective parishes and families. The world's logical solutions dictate that we work harder, act faster, stretch the hours, but somehow the results stay the same. We are no less busy, our schedules are no less hectic, our lives are no less stressful and there is still much to do with limited time! What are we doing wrong?

Our heavenly Father tells us in Psalm 46:11 "Be still and know that I am God." Be still? Be silent? How can that be productive? This is a dog-eat-dog world where if we snooze, we lose. If we continue to think and live this way, living for ourselves and not for God and others, what we will eventually lose... is our soul.

Jesus warns us in Matthew 16: 26 - "What profit would there be for one to gain the whole world and forfeit his life?" Jesus also reminds us in Matthew 6:33 "But seek first the kingdom of God and his righteousness, and all these things will be given you besides."

It all begins...with PRAYER!

Prayer as defined in the Catechism of the Catholic Church is the raising of one's mind and heart to God or the requesting of good things from God. As air is to the lungs, so should prayer be to our soul.

Think about it, we are so dependent on the God of the Universe, the Author of Life, our Omnipotent, Omniscient and Omnipresent God, our Heavenly Father that our next breath is only dependent on Him saying "yes". So it makes sense to offer and dedicate time for him in prayer.

The world is too noisy. Neon lighted billboards glaring, radio and television sets blaring. If it's not the iPad, it's the iPhone, iPod, iTouch, or iTunes that distract us from the... I AM, the Great I AM.

It is in the silence of the heart when one can hear God. Blessed Teresa valued silence because she believed that the first requirement of prayer is silence. She also added - "In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great silence." An important element of prayer is to LISTEN, and for us to listen to His voice, we have to be SILENT (same letters used in LISTEN).

For starters, I recommend that you wake up maybe half an hour (or more) earlier than usual every day, when your home is without any activity, find a quiet place, you may even want to set up a mini-altar or prayer station and simply... pray. The Morning Offering prayer (See Prayers of the Month or POM) is a good prayer to begin the day then spend time reading and meditating on the day's reading and Gospel. You may want to pass by the nearest church, attend daily Mass or if you just do not have the luxury of time, make a short visit to the Adoration Chapel and pray for a few minutes. The Memorare (See POM) is a great prayer to our Blessed Mother and the Prayer to St. Michael (See POM) and to your guardian angel (See POM) for protection are perfect! During the day, always acknowledge the presence of our Lord in your heart, and how lovely indeed is that dwelling place. Talk to Jesus during the day, He is your BFF-FE (Best Friend Forever For Eternity). Then make it a point to pray as a family every night- be it praying the Rosary, Divine Mercy Chaplet (it's 3 o'clock somewhere in the world), doing the A-C-T-S or a mini Praise & Worship, reading and reflecting on Scripture, sharing God moments, or even a short prayer, etc. The key is to be committed, creative and consistent for God! Then end the day praying with your spouse.

It all ends...with PRAYER! Amen.

In Christ through Mary,
Bro. Toffee Jeturian