

Are you disposable??

No, I do NOT mean can you just be thrown away! I mean, can you come to a place of disposition?

When I make my bi-annual silent retreats, we are always reminded that it is each of us, as individuals, that MAKE the retreat. No one else can make the retreat for us. We need to come to a place of inner and outer quiet. We need to be disposed.

God is present each and every second of my life. I just do not recognize or acknowledge His presence all the time. When I am disposed, emptied of my own thoughts and busyness, it is then that I can hear my Lord speak to me. He may speak with words to me, He may speak through the thoughts that form in my head, He may just speak to me through a sense of inner peace. All these are means of God communicating with us, we are indeed in Communion with Him at these times.

Do we have to run off to a Retreat house to hear God? Not by a long shot. We need only come to a point of quiet in our busy day or night, and allow our thoughts turn toward God and His will for me at THAT instant.

I think that is why I have fallen in love with the prayer of the Rosary. What better way to come to a point of quiet and peace than to ask the Mother of Jesus to pray with and for us. As I picture each mystery of the Rosary in my head and heart, I enter into the presence of the Lord, and for that fifteen minutes or so, I am in Communion with God.

I know, we are all busy, all running from this meeting or this class or this gathering or this whatever. We all experience the busyness of life or we get sucked into the tube or the Internet and are blobs of immobile cells for hours at a time. It feels so good to turn off the TV and walk away from the computer and give that time over to God and allow Him to speak to me.

So, does this sound like a lot of words to encourage you to PRAY? Well, it IS an invite to take a look at your prayer life and to re-evaluate how healthy or unhealthy your prayer life is.

Bottom line ---- our relationship with Christ is strengthened or weakened by our prayer life or the lack thereof. If we do not come to a place of inner quiet, if we are not disposed, our Lord cannot speak to our hearts and let us know how much He truly loves us.

+peace – tom

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