

PRAYER: ACT OF UNION

Source text: Letter 42,1

“To go through in prayer, an act of union serves as a preparation. This act is a very simple and natural thing. It is to desire whatever God wills and not to desire whatever he does not will; it is to open your heart and offer it for whatever he asks and has prepared for you. This union presupposes and includes the acts of faith, hope and charity and since you have been practicing this for many years, these acts remained impressed and are renewed habitually and implicitly with simple and natural act of love or of union. If this union is attacked, renew these acts, but if there is no direct attack, these are renewed virtually and implicitly in the said act of union. This thing is very simple and natural, because as this union makes itself felt in certain conformity of image between the soul and God, it is enough to present oneself to God. It is as I said, to desire simply what God wills”

Prayer is an integral part of our life. But it is not the easiest part. Sometimes prayer flows almost spontaneously, without many efforts. Other times it is a continuous struggle with distractions and “silly” thoughts. But what matters the most is our interior attitude and disposition, that our heart will be in every moment united with God, no matter what we will meditate about during prayer time. It is not the point what exactly we will say in our prayer. Jesus told us that “when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him” (Mt 6,7-8). Palau is inviting us a simple act of love which consists in desiring only what God wills for us. Nothing more. “May your will be done”, in our prayer and outside of it.

Canon:

Here I am. Here I am.
I only desire what you will.
I open my heart. I open my heart.
Do whatever you will with me.

Invitation for silence:

Put your heart in this simple disposition of desiring only what God wills. Leave it totally open, make all walls fall, stand in front of Him in total availability. How it makes you feel?