

Find Peace in Prayer to Jesus

Friends in Christ, (See Incarnation, p. 459)

In the Gospel today, Our Lord seems to be weary -
so many people, so many sick and lame,
and he is healing them and they are traveling from town
to town - it said that the whole town was at his door;
but Our Lord needs to find some peace, to rest in his
heavenly Father, to be refreshed;
therefore we read:
'He left and went off to a deserted place, where he
prayed.

Our Lord gives us by this and example, he is teaching us
of the need for prayer.

If Our Lord's ministry was busy and even at times
overwhelming, our lives too can make us feel overwhelmed
or worn out.

So? The Lord teaches us that we must turn to prayer.
This is the way to find some peace; and we can find it in
seeking out the Master, in quiet prayer.

St. Alphonsus says, 'For pity's sake my good Master,
come to give consolation to my soul!'

Jesus is called the Prince of Peace (Isaiah 9:6);
and by turning to prayer, Jesus, can bring us some real
consolation.

In the midst of the sadnesses, weariness, busyness, and
fatigue of life, - even the emptiness of life at times -
it is in the Name of Jesus that we can find calm, peace,
and rest.

I would say that the more distant we feel from God,
the more empty or frustrating or depressed our life may
feel, the simpler should be our prayer.

Saying a lot of words in prayer, reading a lot of things,
lots of recitations of words -
sometimes these should be set aside;
sometimes we should just say, 'Jesus , I love you,' and
repeat it; or 'Jesus help me.'

Or maybe simply: 'Jesus' again and again.

Let us imitate St. Teresa who, when asked by Jesus himself about her name, she answered:

'My name is Teresa of Jesus.'

Well, let us also say that we belong to Jesus, and by seeking him in prayer, we will find peace.