

FINDING GOD

"Once you have said, 'Lord, I don't know how to pray!' rest assured that you have begun to do so" (St. Josemaria, *The Way*, no. 90).

Lord, I don't know how to pray, but I want to learn because I want to get to know you. What do you want to talk to me about?

I know that sometimes you speak through the things that happen to me and the ideas or affections that move me. Let me tell you about the last conversation I had that made me think about something new...

Is there a reason that idea struck me? Are you trying to get my attention? Do you want something from me?

While I'm at it, let me pray for the person I have that conversation with. What can I ask you for on their behalf?

I want to tell you more about my day, Lord. Here are some things I want to thank You for today...

Other parts of the day were harder for me...

Why were they so difficult? How do you want me to react to these challenges?

Sometimes I forget that you're beside me through all of this. You want to share my joys and help carry my burdens. How can I stay closer to you during the day? Do I act like you're with me through it all, or like I have to manage on my own? What can I do to make sure I remember that you're always with me?

I want to finish with a resolution to stay with you in the middle of everything I have to do for the rest of the day. What can I do to be close to you in the thing I'm going to do next, Lord?