

My dear children: may Jesus watch over my daughters and sons for me!

How often we have meditated on our Lord's words that we "ought always to pray and not lose heart" (*Lk* 18:1)!

When the apostles asked Jesus to teach them to pray, our Lord answered, "When you pray, say: Father..." And Jesus started his own prayer by directing himself to the Father: with praise and thanksgiving (cf. *Mt* 11:25-26; *Jn* 11:41); at the Last Supper (cf. *Jn* 17:5); in Gethsemane (cf. *Lk* 22:42); and on the Cross (cf. *Lk* 23:34&46). St. Josemaria wanted everyone to pray "genuinely, as God's children."¹ In union with Jesus Christ—through Him and in Him—we reach God the Father (cf. *Jn* 14:6) with simplicity, sincerity and confidence in his omnipotent love.

To take up a life of prayer every day is to allow ourselves to be accompanied, in the good moments and the bad, by him who best knows and loves us. Our dialogue with Jesus Christ opens up new perspectives for us, new ways to see things that are always more filled with hope. "Now you see," our Father wrote to us in 1967, "that this is the only means we have to do everything: prayer."²

I ask the Holy Spirit to constantly renew—and now in a special way—the manner in which we pray. The initiative is his: "the living and true God tirelessly calls each person to that mysterious encounter known as prayer."³

Continue to accompany me during my trip through the United States and Canada. Its spiritual effectiveness depends on the prayer of each of you.

Your Father blesses you with all his affection,

A handwritten signature in blue ink that reads "Leonardo". The script is cursive and fluid, with the first letter 'L' being particularly large and stylized.

Vancouver, 10 August 2019

¹ *Friends of God*, no. 243.

² *Letter*, 19 March 1967, no. 149.

³ *Catechism of the Catholic Church*, no. 2567.