



Simple Spiritual Reflection

The following spiritual reflections focus on our Vincentian lives, both at a personal level and as members of the Society. They delve, among others, into our common bond in serving others; relationships with our neighbours-in-need and with one another; our journey together toward holiness; and the SSVP mission and selected guiding principles and fundamental characteristics.

Conference and Councils may consider using them in their future regular meeting.

Reflection: On Power of Prayer

Jesus told his disciples: “Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be unlocked.” (Matthew 7.7)

In prayer, we find a way to communicate with God, express our unique experiences and bring ourselves to Him, shape our day-to-day life, change our attitude and outlook, and submit unclean spirits to His authority, find Him in our deepest feelings, present our needs and be comforted and reassured in the midst of loss and fears, affirm and express confidence in His presence and continued action in our lives, and develop a deep, intimate relationship with Him.

In Devotion TV on December 27, 2023, Fr. Mark Miller, CSsR addressed the power of prayer to manifest and deepen our bond with Him:

St. Alphonsus Liguori, Italian bishop, theologian and founder of the Congregation of the Most Holy Redeemer (Redemptorists) recognized prayer ultimately connects us with God, which means there is a relationship. When we pray, we’re not throwing words into the great unknown, into some infinite or distant universe. No, we are conversing with our God. Now somebody who doesn’t know God might say, “How dare we presume to chatter with God? We are weak and fragile mortals.” To this I reply, “But this is exactly what God wants from us – to be presumptuous enough to trust in the reality of this relationship. Indeed God has spent thousands of years revealing to us both God’s love and intimacy to His daughters and sons. We should “speak to God as to a friend” for that is what He has taught us. To help us in this friendship, God has become visible in Christ and we are empowered by His Holy Spirit long before we open our lips or minds in prayer. Our God is already with us, inviting us to walk in faith with the Father, Son and the Holy Spirit.

Reflection Questions

1. What role does prayer play in your life? How does prayer inform how you act?
2. In which moments, events or relationships have you felt the need to pray most? How do you set aside dedicated time for prayer?



Let us pray... Heavenly Father, may You lead us to grow and deepen our life of prayer. May we listen to You speaking to us, and respond to Your voice within us.

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About the writer: Jose is a chartered professional accountant. He is a member of Saint John of the Cross, Mississauga, Ontario Conference, a member of the Greater Toronto Central Council Spirituality Committee, and president as well as spiritual facilitator of the Peel North Particular Council.

For those interested in contributing spiritual reflections, please email jose.torres@rogers.com. Also, for current and past months' reflections that may be used in group meeting's spirituality segment, please check out [Spirituality - Society of Saint Vincent de Paul - National Council of Canada \(ssvp.ca\)](http://ssvp.ca).