



## 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: Being Guided in Prayer Life

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding will guard your hearts and your minds in Christ Jesus. (Philippians 4.6-7)*

In Devotion TV on December 27, 2023, Fr. Mark Miller, CSsR offered the following: *You will learn a great deal about yourself, your relationship with God and your own faith if you pay attention to your attitudes which ground an honest and open prayer. First, the prayer must be **SINCERE**, which means we need to think about what we seek or strive for in prayer. Do I really want to help my neighbour who is ill or in prison? Do I pray for those qualities or virtues that will make me a better person to live with? Do I trust God with what I am asking? Do I trust God's response?*

*Second, the prayer must be **HUMBLE**. Humility implies that we recognize our total dependence upon God. How all in this life is a gift from God; how gratitude and praise should stream from the wonder of a God who cares so deeply for us. Humility acknowledges God as God and us God's beloved, even if flawed creatures.*

*Finally, our prayer must be **CONFIDENT and PERSEVERING**. There are many times in our prayer when we treat God as our servant, expecting immediate responses to our prayers. We pray in a crisis then we move on or if we do not get what we want and we complain about or blame God. We often forget that ultimately we strive in prayer to understand and then have the courage to follow God's will. To do that, we have to get over our own self-centred wishes in order to listen and understand what God is saying to us so that we may do God's will with trust and fidelity.*

### Reflection Questions

1. What opportunities (above mentioned attitudes) for prayer might you be missing?
2. Describe a time when something out of ordinary was revealed to you in prayer.

**Let us pray...** Lord, give us the grace to talk with You openly and help us to be conscious of our failing to listen to You speaking to us. May we be sincere, humble, and confident and persevering in our prayer, deepening our relationship with You.

*Jose I. Torres, Chair National Spirituality Committee*



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](mailto: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).*