

*We know that all things work together for the good of those who love God, according to His purposes* (Rom. 8:28). We must make use of all that Divine Providence sends to us: reverses and failures, as well as our successes and joys, *always* bearing in mind *the good* that the “good” God wants to draw from all these things.

Given that disposition, the Presence of God, the Holy Spirit, will never *be absent from us*. He makes use of our reverses and sins to correct our faults, and to *reset* us on the right path.

Accept everything then, with this end in view in all weathers, keep your compass pointing to God, aiming at Him; and *know that in all things*, He is *always* present *in you* and *around you*.

Therefore, you should strive to *frequently* fix your mind on His Presence: praise Him, talk to Him, listen to Him and love Him...for you will certainly experience more peace, love, and joy under any circumstances...and you are beginning *now* to enter the future realm of Heaven. \*(excerpted from Magnificat, Feb. 2010 by Bro. Lawrence (1691 & R. Turton)

### **Believe in God**

By James J. Metcalf

There will be times when you are sad  
And know not what to do,  
And when you tell yourself there is  
No thought to comfort you.

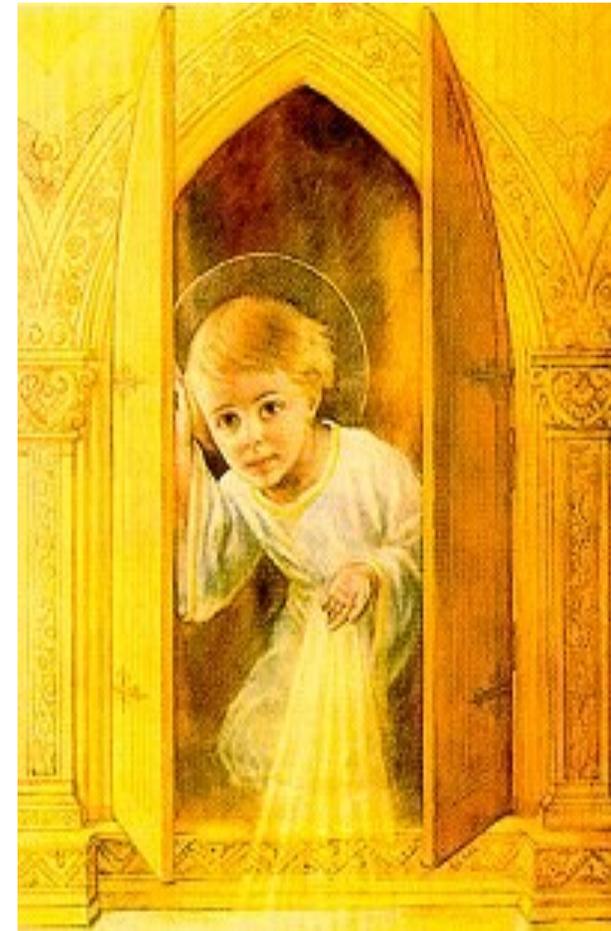
But just remember this, my friend,  
That God is everywhere,  
And all you ever have to do  
Is say a little prayer.

For he is right beside you and  
He hears each word you say,  
And He decides the weather and  
The fortune of the day.

He is your everlasting friend  
In time of need or stress.  
And only He can give you tears,  
Or bring you happiness.

So trust in God with all your heart,  
And tell Him that you care,  
For He will gladly listen friend,  
And heed your smallest prayer.

## **The Presence of God**



*“I am always here for you,  
I am everywhere  
just say a little prayer, talk to me,  
I will hear you”....*

## *His Presence*

\*The first means to acquire the Presence of God is great purity of life. The second is great fidelity to the practice of His presence. We must foster an awareness of God within, which must always be performed gently, humbly, and lovingly, without giving in to any disturbance or anxiety.

### Practice of Inner Awareness

We must take special care that this inner awareness, *no matter how brief it may be*, precedes our activities, that it accompanies them from time to time, and that we finish them in the same way. Since much time and effort are required to acquire this practice, we must not get discouraged when we fail. Habit is only formed with effort, yet, once it is formed, *we will find contentment and happiness in everything!*

### The Heart And Love

It is only right that the heart, the first to beat with life and the part that controls the rest of the body, should be the first and the last to love and adore our God, whether by beginning or by completing our spiritual and physical activities, and generally, in all of life's exercises.

Start with a few interior words such as: "My God, make my heart burn with a flame of pure love for You!" or, "Jesus, Mary, and Joseph, I love you; save souls," or "God is good!" or, "How I love You!" or, *any* other words that love spontaneously produces.

We must take care that our minds *do not* wander to return *particularly to creatures*, but also to other things that we love, or to any other distractions. Your mind must be kept fixed on God alone, so that seeing itself *so moved and led* by your will, your mind will be obliged *to remain* with God.

This practice of the presence of God, is rather difficult in the beginning, but it secretly accomplishes marvelous effects in the soul. It draws abundant graces from the Lord, and, when practiced faithfully, it imperceptibly leads the soul to this simple awareness... to this loving view of *God present everywhere*, which is the holiest, the surest, the easiest, and the most efficacious form of prayer.

### Know That God Is With You

St. James, the Apostle, (James I: 1-11) tells us that if you know that God *is with you*, then when you encounter all sorts of trials, you will have the *wisdom* to consider it *all a joy*. You know that God is testing your faith and perseverance.

### Wisdom And Doubt

However, if we lack wisdom, we should ask for it from God, Who gives it to everyone most generously and ungrudgingly...and we, too, will be given it. But we must ask with faith and *confidence, and not doubting*, for the one who doubts is like a wave of the sea that is driven and tossed about by the wind.

That person must not suppose that he will receive anything from the Lord, since, unlike the Lord, he is a person of two minds, unstable in all his ways. God expects us to trust in Him, especially when we ask Him for spiritual benefits.

Being poor or rich financially should not make any difference to us or to God. A person in poor circumstances should take pride in his goodness, and the ordinary, rich, or elegant person should recognize his weaknesses, for he, too, will pass away "like a flower of the field." ...For the sun comes up with its scorching heat and dries up the grass, its flower droops, and the *beauty of its appearance vanishes*. So, too, will the ordinary or rich person fade away *in the midst of his pursuits*.

You may ask how to do the will of God, and still be able to find peace, love, and joy. French spiritual author, Don Augustin Guillerand tells us to *be calm*...infinitely calm, both in soul and in body. Do not attempt too much, but what you do, do well, and gently. And, do *relax* before you pray, or do anything else.