



PRAYER OF ABANDON TO GOD

18 July 1886

When you find it hard to draw reflections and feelings from a subject, when you cannot meditate, remain at the feet of our Lord, like the poorest person before someone who is rich in everything and can give everything to you.

...You are like an arid soil that can produce neither fruit nor flowers: Poor, dry soil that needs to be watered by grace. This grace comes from Our Lord Jesus Christ. The soil needs to be warmed; he is the son of justice and holiness; place yourself under his rays. In this prayer where you feel your poverty, you feel also that God is there, your Savior- full of goodness, desiring to share with you. Try to be in a relationship of adoration, love, deep attention and intense prayer through which grace will flow into your soul....

You do not need to use many words. Look at the Samaritan woman. Jesus told her: *If you knew the one who says to you 'Give me to drink,' you would ask of him living water.* (John 4:10) God sees the heart and in this prayer of the simple presence of God, the most intimate cry of your heart should ask Jesus to give you his grace and his Spirit and in this way let his life flow into you. Remain at the feet of our Lord, like the greatest poverty before the one who is rich in everything and who can give all to you.

....Present yourselves to God, then, like a poor people who are frozen with cold and go to sit in the sun. Stay there as long as you can, allow yourselves to be penetrated by his presence....The longer you remain in his presence in these dispositions of humility and faith, the more profit you will draw.

Jesus alone can bring you out of your poverty and give you his feelings in place of your own...Beg him to pour humility into your heart, to heal you, like those poor sick people who followed after him in Judea.

Be attentive, persuaded of your need: prayer passes quickly in this way...Make acts of desire, of adoration, of love, of recognizing your profound poverty, but gently, without forcing yourself. Avoid activity which would distract you from your attention to the presence and person of Jesus Christ.”

St Francis de Sales esteemed this kind of prayer so highly that he said: “Those who meditate are nourished by different foods at the Savior’s table; but the one who remains totally abandoned in his hands is like St John, reclining on his breast.