

rest. You come to pray and not to transact business. Despite distractions, weariness, preoccupations, remain in respect and loving reparation in God's presence, and prove to Him, that if you cannot control your distractions, in spite of them, you will profess His divinity by the faith and respect of your posture, and if you only did that, your prayer is already meritorious.

A Saint going into a church, enters without looking around to see who is there ; he forgets all, to fix his eyes on Our Lord. When the Pope is present, one does not think of the Cardinals and Bishops ; and in heaven the saints are not occupied in honoring each other. No, to God alone belongs all honor and glory, Do thus, remember that in the Church there is only Our Lord. Having entered remain a few moments in silent adoration ; silence is the greatest mark of respect, and the first disposition for prayer is respect. The greater number of our distractions and indevotions in prayer, come from the fact, that we were wanting in respect to Our Lord in entering, or else that our posture is not respectful. Let us take a firm resolution to cultivate this instinctive respect, we need not reason about it ; should Our Lord prove His presence every time we enter a church ? should He send an Angel to tell us He is there ? It would show but little faith on our part ; but oft'times it would be necessary.

IV

We owe exterior respect to Our Lord ; respect of the body, nothing aids prayer so much ; see with what care the Church regulates the slightest details of exterior worship ; because that prayer is very glorious to our Lord Jesus Christ. He gave us the example by kneeling in prayer Himself, and tradition shows Him to us, praying with his arms extended in the form of a cross ; the Apostles preserved that manner of prayer, and the priest uses it in the Holy Sacrifice of the Mass. Our bodies which receive the life of God, which live by its benefits of every instant ; do they owe nothing to God ? Yes ; we must make them pray by a posture full of respect. Negligent positions weaken the soul, while a mortified posture strengthens and helps the soul ; never allow yourself familiar