



A Christian Rule of life under  
THE GUIDANCE OF GOOD ST. ANN.



*Q*n Prayer. — The way to keep up and increase the love of God is plain and simple. There is nothing about it you cannot easily understand, nothing you cannot easily do. It will depend chiefly on one thing, whether you pray, and have regular daily habits of prayer. By prayer I do not mean going over the words written in a book. No; there may be prayer without the help of a book as well as with it. Prayer means to converse or talk with God, or, as some say, to raise the soul to God.

But what shall we talk with Him about? I will tell you. Faith teaches us who God is, and what He is, what He loves and wishes. It teaches that He knows all and can do all; that He loves us, that His love for us is very great, and that on account of this love, He redeemed and purchased us with His own blood. It tells us that He came down from heaven and became one of us, lived here in poverty, and suffered and died on the cross, to open the gates of heaven to us. — At the same time we know how miserable and poor we are of ourselves, and what constant need we have of help from God to get along, in body and soul.

Do you not see, then, how many things we have to talk to God about; how much to think about before God? Now this thinking of God, talking with Him, this begging of Him what you need, this is prayer. And you can easily see that this does not depend on book-learning. Indeed, even if you can read, and are accustomed to use a book when you pray, I would advise you not to read over the prayers merely, or to go over a great many at a time, but to pause from time to time as you go along, and to think and talk with God as much as you can out of your heart and soul. One little prayer with a great deal of heart in it, a great deal of the simple talking of the heart with God, is worth more than whole pages of prayers, read off without heart from a book.