



Fr. Matt's Musings

March 10, 2018

*Insanity is doing the same thing over and over again
and expecting different results.*

~ Albert Einstein

I think many of us have had the experience of praying and spending time with God but not feeling the consolation of God's presence. Many of the greatest saints, including St. Jane de Chantal and St. Teresa of Calcutta wrote about their experience of spiritual dryness. More recently, I have been thinking about what might be called spiritual tunnel vision. If we are committed to just one method of prayer and find that there is frustration, dryness and lack of consolation, it might be a sign that it is time to broaden our prayer.

Sometimes, simple, short prayers, "Thank you, Lord;" "Lord, help me;" "Lord forgive me," "Lord, be with me," can help to focus and simplify our efforts. Spiritual reading, music, art, poetry can awaken our imagination and our spirits to help our prayer life gain a needed aid. It can be a remedy against the tunnel vision (or hearing) of listening to just one song or genre of music.

Every relationship has peaks and valleys and can be supported by creative and new ways to communicate the love we have for those who are important to us. Why should it be any different from our relationship with our loving God? I pray that we develop a rich and varied prayer life to communicate with God through all the many roads that can lead us to God.

Live Jesus!
Fr. Matt

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