

## WHAT DOES TRUST IN GOD MEAN?

Every sin inflicted on anyone is inflicted on Christ, and Christ alone has the power to administer true justice for all injury. So put your wounds in His hands and trust in His justice. After acknowledging and feeling the pain, resisting the temptations to revenge, and letting the pain pass through you, then pray. To give the pain to God is to stop trying to take matters into your own hands—by hiding your pain, by dwelling on resentments - instead to pray for those who hurt you and to pray that you will learn to approach God in humility, so as to accept the true and perfect healing He offers us. So pray for your enlightenment and pray for the repentance of those who hurt you.

For healing, you need to acknowledge your helplessness and weakness, recognize the resentments that lurk deep within your unconscious, reject the urges for revenge that tempt you and make the conscious and humble decision to trust in God's mercy and justice and then pray for purification. Real spiritual healing is hard work.

Full trust in God is composed of two separate but interrelated components: trust in God's justice, and trust in God's providence.

Trust in God's Justice. We have all encountered individuals who commit offenses and seem to "get away with it." Although the irritation that we feel is justified, we can also be drawn into the desire to take matters into our own hands and get revenge. If we remember, however, that every crime—every sin—every offense against love—that a person commits is an offense against God that will be accounted for during his or her judgment at death, and will be paid for either in Purgatory or hell, then we can understand that no one can evade God's perfect justice. To trust in God's justice, then, is to set aside our anger for the injuries inflicted on us and to let God administer His own justice according to His will.

Trust in God's Providence. Some individuals have the mistaken belief that "trust in God" means to sit around doing nothing in the expectation that God will do everything for us. But this false belief is based in an avoidance of our taking full responsibility for living holy lives that bear spiritual fruits. To trust in God's providence, therefore, does not mean that we do nothing; it means that we believe that, in answer to our prayers, God will guide, protect, and encourage us as we take responsibility for developing and using our talents to serve God.

## VOCAL PRAYER — LORD, TEACH ME TO PRAY!

When one of His disciples said to Jesus, "Lord, teach us to pray" He taught them a very simple vocal prayer: the Our Father. It is certainly the most sublime formula possible and contains the whole essence of the most elevated mental prayer. However, Jesus gave it as a formula for vocal prayer: "When you pray, say ..." This is enough to make us understand the value and importance of vocal prayer, which is within the reach of everyone—even children, the uneducated, the sick, the weary.... But we must realize that vocal prayer does not consist only in the repetition of a certain formula. If this were true, we should have a recitation but not a prayer, for prayer always requires a movement, an elevation of the soul toward God. In this sense, Jesus instructed His disciples: "When you pray, enter into your room and having shut the door, pray to thy Father in secret..." "

Therefore, in order that our vocal prayer to be real prayer, we must first recollect ourselves in the presence of God, approach Him and make contact with Him. Only when we have such dispositions will the words we pronounce with our lips express our interior devotion and be able to sustain and nourish it. Unfortunately, inclined as we are to grasp the material part of things instead of the spiritual, it is only too easy in our vocal prayer to content ourselves with a mechanical recitation, without taking care to direct our heart to God; hence we should always be vigilant and alert. Vocal prayer made only by the lips dissipates and wearies the soul instead of recollecting it in God; it cannot be said that this is a means of uniting us more closely to Him. Never permit it to be thought right, my God, that those who come to speak with You do it with their lips alone. "When we approach You, then, let us try to realize who You are, with whom we are about to speak....."

We cannot approach a prince and address him in a careless way. Shall less respect be paid then to You, my Spouse, than to men?" Let us come in prayer with the realization that it is You, O Lord, that we are addressing. Lord, teach me how to pray!