

**FATHER CAFFAREL, A COMPANION ON OUR PATH TOWARDS GOD
"BUT LOVE IS MY ESSENCE !"**

DAY 6

**Being Present for God in Contemplative Prayer
"God is here and waiting for me"**

Our World awaits more Soul

We will finally be able to grasp the true meaning of Christian prayer that we were looking for. Just as in the human body the soul is present in each member, in each cell, so in the great mystical Body of Christ, spread over the whole surface of the earth, prayer, Jesus-Christ's thanksgiving is present for every Christian, in every Christian, it is their life. In the beginning, it is only an ember beneath the ashes, but when day after day the great wind of the Spirit blows on it—and this is indeed what happens when we pray—the flame springs forth, clear and devouring, a cry arises: Father, Father (cf. Rom 8:15). From year to year, the fire of Christ's prayer reaches the whole being of the Christian to their depths and then makes them live St Paul's great experience: *"I am crucified with Christ, it is no longer me who lives, it is no longer I who prays, it is Christ in me who lives and prays."*

So the Christian in prayer grants the call that Jesus makes him hear in the secret of their soul, the one that God already addressed to the righteous of the Old Law: "My son, give me your heart". Give me your heart, your lips, your life; I want, in you and through you—as in all the members of my great Church—to adore the Father, to sing his praise, to give Him thanks for his great glory and his invincible love, to continue my immense intercession for humanity in distress; I want in you and through you to cry out the desire that burns in me: Father, may your Kingdom come.

This is the mystery of Christian prayer: it is the prayer of the Eternal Son of God, implanted in the heart of man and experienced in the Church, Body of Christ.

Father Henri Caffarel
L'Anneau d'Or, n° 91, January-February 1960