

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

DAY 7

Being Present for God in Daily Prayer
“Living your Prayer and Praying your life”

It is Christ who prays in me

From the start of your interior prayer, make an act of faith in the mysterious presence of Christ in you, which Scripture certifies to us: "*You will know that I am in my Father, and that you are in me, and I am in you.*" (Jn 14:20); "*Christ will live in your hearts by faith*" (Eph 3:17).

If Christ is alive in you, he is praying there. Because for Christ, living means first of all praying. Join him; grasp, make his prayer your own. Or rather—because the terms I have just used rely too much on your own activity—let this prayer take hold of you, invade you, lift you up and draw you towards the Father. I do not promise you that you will perceive it; I only ask you to believe in it and, in the course of prayer, to give it, to renew your full adhesion to it. Give Him the place, the whole place. May it take hold of all the fibres of your being, like the fire that penetrates wood and makes it glow.

To pray is to answer the request that Christ addresses to us: "Lend me your intelligence, your heart, your entire being, all that in mankind is capable of becoming prayer, so that I can bring forth from you the great praise of the Father. Did I come for anything other than to light the fire on the earth and that it spreads little by little, transforming all the trees of the forest into living torches? This fire is my prayer, the praise of the Father. Consent to fire: this is interior prayer. "[...]

This cooperation consists first of all in adhering with the deepest of our will to Christ's prayer within us. But note the very strong meaning that I give to this word 'adhere': it is not a soft agreement, an acquiescence of the lips; it is a total gift, in the manner of the log which is delivered to the flame to be penetrated by it and to become fire in its turn. This cooperation also consists in seeking with all our intelligence what this prayer of Christ in us is made of, its major components: praise, thanksgiving, offering, intercession, in order to espouse them more perfectly. —You asked me for topics for meditation, I don't know of any better. The person of interior prayer relies on this certainty of Christ's prayer in them, which their faith guarantees, and which their meditation makes them know better.

Father Henri Caffarel
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