

(From Mo. Marguerite Guillot Conferences to the Novices)

RECOLLECTION AND PRAYER 1866 –Monday after Pentecost

The fruit of yesterday's Feast, my daughters, is recollection which disposes us to feel the action of the Holy Spirit. The mission of the Holy Spirit in our souls is a mission of sanctification, but it can produce all its fruits only with our cooperation, through our correspondence to all the movement which He arouses in us. When we do not correspond to His inspiration by performing the acts of virtue that He asks of us, and the sacrifices that He proposes to us, we grieve Him and paralyze His action.

We must then be very attentive to this interior action and for that, we must keep ourselves in a state of recollection. In my opinion, nothing facilitates interior recollection more than the practice of religious modesty, particularly guard over the eyes.

In order to acquire this virtue of recollection so recommended by the rule, let us know, then, how to practice modesty and refrain from useless glances; and when we shall be recollected our adorations will be better, our prayer will be better.

Ah, dear Sisters, prayer are food for the soul, like the body, needs to be fed in orders not to lose its strength and if you do not nourish it by prayer, it becomes weak and can do nothing for the service of God. But if the soul prays, it acquires the strength it needs to bear its sufferings and to sustain the struggles to which God exposes it; furthermore, it draws from prayer the enlightenment it needs to know itself and to advance in virtue.

What is necessary, dear Sisters, is the spirit of prayer, that is to say, that disposition which makes life a continual prayer. But, you will tell me, we cannot always be saying prayers. That is very true and that is not what I am asking of you. By the spirit of prayer I mean union of the soul with God, the continual tendency of the heart toward Him. This prayer of the heart can take place in the midst of the most distracting occupations. While doing your employments, make an offering of all that you do, and cast an interior glance toward our Lord to ask Him for the help you need or to implore His pardon after committing some fault, and especially to prove your love for Him.

These dispositions help the soul become interior, and our Lord can act in her, because He finds her ready for everything He wishes.
