

41. *“He intercedes for us unceasingly”* (cf. Heb 7:25)

There is no need for you to worry when, after your mental prayer is concluded, you remember that you have not prayed explicitly for your husband or your children. To be busy with God is never to neglect one's loved ones. What we give to God is never taken away from others.

I don't mean to say that it is useless to pray for those we love. It is an imperative duty. Christ's own example leaves no doubt about that. But I ask you not to have scruples when your hour of mental prayer has been spent as if only God and you existed. Besides, isn't this the best way of praying for your loved one? Forget everything, including them, to devote yourself more completely to your search for God, and enter more deeply into his friendship.

Do you think God cannot find, present in your heart of a wife and mother, those whom you fear you are forsaking for him? When you are closer to God, then they, too, are nearer to him. Through your prayer, the little “mystical body” that is your family seeks God and sings his praises.

Through your prayer, your entire family drinks from the Wellspring.

If you really understand what I am saying to you, you are very close to entering into the loftier mystery of Christ's own prayer. Just as the Father can find within your soul all those whom you love, so, too, he sees in the vast heart of his son at prayer all the men and women for whom the Son gave his life. And that is why Christ's prayer is so important for us. Through his prayer, we come close to the Father and praise him. In his prayer, we drink deep of the Holy Spirit, who, the Gospel of John teaches us, springs forth like a torrent of living water from the love between the Father and the Son.

If it is true that a mother's prayer is already the great treasure of her children, how much more is the prayer of Jesus Christ our incomparable riches! How secure we would be, if we really believed that the glorious Christ at the right hand of the Father intercedes of us unceasingly, as the Epistle to the Hebrews affirms (Heb 7:25)!

To go to mental prayer is to join in Christ's own prayer. It is to find our place once more within the heart of Christ praying to his Father.