

*“Christ is living in me”*  
(Gal 2:20)

Christian prayer is not a merely human activity. It is a mysterious divine reality. It is the very prayer of the Son of God implanted into man’s heart.

Whether we know it or not, we are present to the prayer of Christ. To engage in mental prayer is to take our place in the heart of the praying Christ.

40 *“I have prayed for you”* (Lk 22:32)—In moments of discouragement, cowardice, or vertigo, when the wellsprings of our prayer have dried up, prayer is still possible. This is the prayer that we ask Christ to address to the Father for us, in our name.

41 *He intercedes for us unceasingly* (cf. Heb 7:25)—But Christ wants more than that. Not content to pray for us, he wants to unite us to himself in love, so that we may live by his life and pray with his own prayer.

42 *“If only you recognized God’s gift!”* (Jn 4:10)—Thus, prayer consists in surrendering ourselves totally to the sanctifying energies of the glorious Christ who is constantly making, out of all creatures, one vast body vibrating with his filial prayer.

43 *“And Christ will give you light”* (Ep 5:14)—In fact, in the prayer of each Christian, poor as it may appear, the Father discerns the very prayer of his beloved Son.

44 *It is no longer I who pray...*—This prayer of Christ within us is seed sown among thorns. It is our job to foster its growth by pruning the vegetation of our thoughts and our teeming desires, that are constantly threatening to choke it.

45 *Seed sown among thorns*—Little by little, and in the measure that we cleave to it with our whole mind and heart, Christ’s prayer becomes more intense and takes possession of our whole being.

46 *It is Christ who prays in me*—To practice mental prayer does not consist so much in producing a prayer, as in making contact within us with a full-fledged prayer, the living prayer of Christ.

47 *His prayer is my prayer*—His prayer is right there, quivering with the filial tenderness of the Son for his Father, to whom it invites us to speak in words bold beyond imagining: “Abba, beloved Father!”

48 *Beloved Father*—It is the Holy Spirit’s task to identify us with Christ, so that we may say in complete truth, “I live, I pray, but it is no longer I, it is Christ who lives and prays within me.”

49 *Veni—Come*