

TAKE TIME TO PRAY

"...he got up and went out to a deserted place, and there he prayed" (Mk 1:35).

1

What a full day Jesus had that Saturday in the city of Capernaum! He had spoken in the synagogue and everyone was astonished by his teaching.

He had walked along the roads of the Holy Land, teaching the crowds who came to hear him. He cured diseases and illnesses of every kind and formed his disciples.

After such an intense day and night, early the next morning, when it was still dark, Jesus got up and left the house. He "went out to a deserted place and there he prayed."



GIVE PRECEDENCE
TO A PERSONAL RELATIONSHIP
WITH JESUS

The life and power that he had came from his constant relationship with his Father. He and the Father were one.

These conversations with God can be long, or just brief moments during the day when we look at him with love and whisper, for example, «You are my only good. What I am doing now is for you.»

2



3

> **We, too, can call God "Papa, Daddy!"**
We know that he will protect us and keep us safe. He loves us more than anyone else. He consoles us and gives us courage and joy. We are certain that we are loved!

> **Going deep down into our hearts, into that silent space within us,**
we can talk to God and tell him how much we love him. We can thank him, ask him to forgive us, entrust to him all our needs and the needs of the whole world and confide in him all our dreams and desires.

> **When you speak with Jesus,**
Listen to him and let him repeat his words to you:
«Take heart, it is I, don't be afraid.»
«I am with you every day.» «Come, follow me.»
«Do to others what you would like them to do to you.»