



PRAYER

..... she is well aware that we are leaving God for God if we leave one of our spiritual exercises for the service of the poor.

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Prayer is about our relationship with God.

Louise was a mystic in action. She composed her life in a balance between prayer and service and encourages us to do the same. She always demonstrated the connection between service to God and service to poor people and reminds us that the God we encounter in prayer is the same God that we encounter in the poor.

- Prayer can be achieved in many ways: simply by recalling God's presence—meditation—petition - song of praise or just opening our hearts to God. Is prayer a part of my life?
- Do I pray in good times and bad times and open my heart to God about my experiences?
- Am I aware that my service is also prayer?

Loving God, help me to take time to open my heart to you in prayer and to be aware that my service to the poor is also my prayer.

Amen.