

## ***On Finding Peace in Prayer with Brother Lawrence***

### **I THESSALONIANS 5:16-18**

<sup>16</sup> Always rejoice.

<sup>17</sup> Pray without ceasing.

<sup>18</sup> In all things give thanks;

for this is the will of GOD in CHRIST JESUS concerning you all. <sup>1</sup>

### **PSALM 46:10a**

Be still, and know that I AM GOD <sup>2</sup>

It is generally understood that there are 3 kinds of prayer to GOD. First, “vocal” prayer, where we talk to The LORD, either out loud or silently. Second, “meditative” prayer, where we listen to The Almighty, as in reading and hearing of The Holy Scriptures. Third, “contemplative” prayer, where we seek to be attentive and open in simply being in The Presence of The Creator. <sup>3</sup>

Brother Lawrence, a Third Order Carmelite who lived in community working as a cook in the kitchen of a monastery in the 1600's, found that in all things – both the sacred and the mundane - he was able to be in The Presence of GOD in different forms of prayer. <sup>4</sup> Whether in Mass, in Eucharistic Adoration, in praying The Rosary, talking with GOD, in meditating upon His Voice as in The Scriptures or in meditating surrounded by creation or in his kitchen, Brother Lawrence was able to find profound peace as he sought The Face of CHRIST.

A visitor who spent time with this monk observed, “That his prayer was nothing else but a sense of The Presence of GOD, his soul being at that time insensible to everything but Divine Love; and that when the appointed times of prayer were past, he found no difference, because he still continued with GOD, praising and blessing Him with all his might, so that he passed his life in continual joy...” <sup>5</sup>

So GOD speaks to us through The Psalmist, “Be still in your soul. Quiet your mind. In whatever you are doing, where ever you are, know that I, The King of The Universe, AM Present with You in Love!” Therefore Saint Paul concludes, “Rejoice evermore. In whatever form, never stop praying. In all circumstances, give thanks!” For this most perfect Peace in The Presence of The Divine Mercy is His Will for all of us at the foot of The most blessed Cross of our Lord JESUS CHRIST! AMEN.

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<sup>1</sup> DRA, I THESSALONIANS 5:16-18.

<sup>2</sup> KJV, PSALM 46:10a.

<sup>3</sup> Catechism of The Catholic Church, “ 2700 - 2724. “Expressions of Prayer.”

<sup>4</sup> Brother Lawrence (c. 1614 - 1691) was a lay brother in a Carmelite monastery, who is today most commonly remembered for the closeness of his relationship to GOD as recorded in the classic Christian text, “The Practice of The Presence of GOD.”

<sup>5</sup> Brother Lawrence, “The Practice of The Presence of GOD with Spiritual Maxims,” Fourth Conversation, page 26, para 5. Shire Books, Grand Rapids, MI. 1967.