

Tuesday of the First Week of Lent

Readings: Isaiah 55.10-11 – Truth becomes a river; Matthew 6.7-15 – Prayerful.

Reality: Teresa of Avila, the great Spanish mystic of the 16th century was once asked, what is the best prayer that one can say?” Her response was, “The Our Father, only take one hour to pray it.”

Prayer: A few words from the heart mean much more than a thousand words which fail to reach heavenward.