

PRAYER FOR THE BUSY

1. Pray at junctures: at the beginning of something, e.g. at the beginning of driving, work, meals, recreation including the TV; at the chronological junctures: at the start of the day, at noon, before getting into bed at night.
2. Make short invocations during occupations at peaceful moments, and during lulls develop an awareness of the presence of the Trinity within you.
3. At moments of crisis or of heightened emotion, converse with God, Jesus or Mary, e.g., when something is lost or found, when asked for advice, when surprised by an immediate problem, when children need correction, when dealing with a difficult person.
4. Make all you do a prayer by offering it to God for the spreading of His kingdom either in general or in some specific manner, e.g. the conversion of a friend, the proper development of a child, vocations to the Order and our Chapter.
5. When you do have a short time to quietly pray, concentrate on your prayer with all your energy so as to maximize the time; this is the practice of Pope John Paul II, who himself has to fit prayer into an extremely busy and demanding schedule that rarely lets up.
6. Make at least a fifteen minute period available for quiet, relaxed prayer you can savor; this may have to be done in the morning before the day's events agitate your thoughts to where fifteen minutes cannot calm them; on the other hand, some people prefer to take this time out later in the day when one can sort out the days events in God's presence and under His care and guidance, talk to Him about them, and thereby restore calm to one's soul.
7. Spiritual reading for fifteen minutes daily is so crucial for prayer that some spiritual writers say that if on a given day you only have fifteen minutes to spare, use it on Catholic literature; one's priorities, however, must be such that your day allows normally for your spiritual needs.
8. When travelling alone passively, e.g. in the Metro or walking, imagine yourself in a small place of prayer and proceed to pray there cut off from unnecessary distractions; St. Catherine of Siena always had, when actively engaged in public affairs, a cell within her heart into which she could withdraw.
9. When travelling requires more attention, as when driving or pedaling, you can follow the example of St. Dominic, who, when travelling, sang hymns to Mary; many prayers can be sung when memorized, including the Our Father, the Hail Mary, the Benedictus, the Magnificat and the psalms.
10. When on outings or visits with family or friends, include some spiritual activity as one of the interesting involvements of the day, e.g., a visit to a church, discussing and sharing a pericope, a directed or dialogue decade of the Rosary.
11. Varied activities at home to fit the liturgical season or current feast help keep God personally present in our everyday lives and thus make it easier to pray during a busy day.