

Prayer to overcome distress

26. Introduction. God grants our requests when they can serve a useful purpose and we are morally prepared to receive them. But we seldom understand the harmful side of something we ask for because we tend to judge its value according to our current point of view.

The Almighty, who sees further, denies us what can harm us, just as a devoted mother refuses to give her child a razor. We must continue to trust Providence, even when our requests seem unanswered, because our desire is often immature. Furthermore, we rarely notice the divine help we are always receiving. In any situation, credit is proportional to perseverance and resignation.¹

27. Prayer. Almighty God, who sees our tribulation, deign to hear my prayers! Forgive me if my request is inappropriate. If it is opportune, let come to my aid the good spirits who carry out your will. If my wish is unheeded, I know there is a fair reason for it.

Anyway, my God, I submit to your will without complaint. Enable my soul to move forward with courage, faith and resignation.

(Make the request.)

1 - See chapter 27 item 6 and chapter 2 item 5-7.