



October 16, 2022 | Twenty-ninth Sunday in Ordinary Time

Ex 17:8-13 | 2 Tm 3:14—4:2 | Lk 18:1-8

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

We're all familiar with the refrain to pray without ceasing. It starts with Moses, who keeps his hands raised with the staff of God while war waged against Israel. It carries over to the Apostles, and St. Paul gives Timothy the exhortation to "be persistent whether it is convenient or inconvenient." Jesus affirms in the parable of the persistent widow how important it is "to pray always without becoming weary." As Christians, we understand the importance of prayer, but to pray always and constantly? Especially in today's world filled with distractions, this seems like an impossible task. Even Moses grew weary! But persistence is the name of the game in prayer. When prayer becomes difficult and no longer flows, we, like Moses receiving support to keep his hands steady until the battle was won, can receive support from the Holy Spirit. We simply must push forward and ask for help because Christ assures us God will "secure the rights of his chosen ones who call out to him day and night."

PRAY Choose an action that will serve as a trigger to encourage you to pray. Do you hear sirens as you're heading to work? Say a "Hail Mary" for those who may be in harm's way. Are you scrolling through social media and find a friend sharing their struggle? Offer a quick prayer for their need. Train yourself to pray – something as simple as, "Lord Jesus have mercy on (N.);" or "Lord look graciously upon their need" – and you'll find yourself praying without even thinking about it.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Prayer does not only consist of mental or vocal pleas to God; rather, it includes praise and thanksgiving and petition, all of which can be offered through simply living. We can consecrate our daily actions and offer them up to God as a living prayer: dropping the kids off at school with a special blessing in Christ's name to conquer the day; biting our tongue and inviting the Holy Spirit into a situation when dealing with a difficult person; or sitting at the dinner table filled with thanksgiving for our food and family. Prayer then isn't something we simply *do*, it is something we *live*.