

## VD 146 TH My everyday life of prayer – 2018-10-22

Dear viewers and readers,

today I'd like to tell you something about my daily prayer life, as I have received from some readers related questions.

Many people today don't know how to shape their prayer life concretely. Most of them pray irregularly, spontaneously, in case of urgent need or out of a certain emotion. Often there is no real enthusiasm for prayer, and motivation is lost in the gray monotony of everyday life.

In recent years, I've written several books that deal with the subject of prayer. You could fill countless volumes with it. Ultimately, it's important that you pray regularly and persistently.

The essential basis for this regularity is that you first create a prayer structure that is adapted to your individual needs. In my works, I rarely give recommendations for certain prayers. One exception is the Rosary, because it is the central prayer for Christians.

Choose from among the many available prayers those that you touch inwardly and to which you can find personal access.

Praying should always be included in the daily structure; especially in the morning (as day entry), at the meal times and in the evening (as the end of the day).

The core of this is that you always stay in touch with God and go through life with Him. Therefore, ritualize these elements of belief so that they become an integral part of your everyday life.

Because of the goal of keeping in touch with the Creator, there is no "weekend" or "holiday" in terms of prayer. Avoid longer downtimes and interruptions. This is harmful to continuity. By praying, God can work in you. Therefore, you'll soon notice how you are gradually transformed from the inside to a new person.

Start the morning immediately after awakening with a short personal greeting to God. After that you can say a few morning prayers. Here those are offered which deal with the holy will of God.

Give your will to the Most High already in the morning. Thus the will of God can be fully developed in you. As a result, all your actions will be blessed in the course of the following hours.

If you have a picture of the Holy Face, bow before it and start your day. Is there a saint to whom you feel particularly attached? You can call him or her too and ask them to accompany you through everyday life.

Later, you pay homage to the Blessed Mother, p. ex. by praying the *Angelus* (in German: *The angel of the Lord*). At this point I'd also like to recommend the so-called "3 Hail Mary", for urgent requests. You can especially honor Saint Joseph when you pray the *Our Father*.

Then use the times when you are out and about during the day. Here is the opportunity to say short prayers, as well as to formulate praise and supplications. Also, remember your fellow human beings traveling with you on the road and ask God for His protection and blessings for these people.

Get used to making a short bow or the sign of the cross in front of each church and every wayside cross you pass, and to saying a short prayer in thought. Often one is so lost in thought that one doesn't even think of using those opportunities to honor God.

On some days there is even the possibility to hold a short devotion in a church, to kneel in front of a picture of the Virgin Mary or in front of the tabernacle and to become inwardly quiet in the hustle and bustle of everyday life.

If such opportunities do not arise, just think about ways to anchor them as fixed elements between your errands and obligations.

If possible, pray at least one rosary a day. There's usually time for it in the evening. If this seems like a lot, start with one decade per day and increase the number of prayers slowly. It's hard to start with, but I can assure you - dear viewers - from my own experience that it will be easier over the years.

Don't forget the mealtime prayer! Even with smaller meals in between, remember to bless your food with a sign of the cross and thank God for the food.

In Judaism, it is customary during the day to perform short blessings, the so-called *Brakhot*.

From my own experience, I know how much God is pleased when we thank Him for the food He is providing to us with so much love.

So if you want to show your gratitude to Him, this is an easy way.

Everything we eat comes straight from creation and is what the benevolent God gives us to keep us alive. Always keep these thoughts in your heart!

End the day with prayer, reading a section of the scriptures or other good spiritual literature.

Think of your guardian angel, your patron saint, your living and deceased relatives, and include them all in your prayer.

Ask God for His blessing before falling asleep in personal words, thank Him for all the benefits you received from Him the day before, ask Him for restful sleep, and wish Him a good night too. God doesn't need sleep, but He watches over us.

Dear viewers, I have given you a little insight into how I design my daily prayer. The impulses mentioned are merely examples and suggestions, which of course can also be individually modified and adapted.

It's important that you continue to establish points of contact during the day, in which you come into contact with God and become aware of His holy presence.

I wish you much joy and God's blessing on your personal path of prayer!

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