

Trust in God

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

“When we abandon ourselves to the providence of God, it is like putting ourselves out on the high sea without sails or oars.” (Meditation No. 134.1)

FIRST MOVEMENT

- 1. Pause for a few minutes and remember that God is always and everywhere present with us.**

“Be strong and of good courage; be not frightened, neither be dismayed: For the Lord, your God, is with you wherever you go.” (Jos 1:9)

- 2. Ask for the grace necessary to be one in mind and heart with Jesus as you try to do the Father’s will.**

“Your will be done on earth as it is in heaven.” (Mt 6:10)

SECOND MOVEMENT

- 3. Contemplate the Mystery of God’s Love at Work in the World**

Read the following Scripture passage a few times slowly. What word or words especially catch your attention? Let these words gradually draw you further into the unfolding of God’s mystery and God’s kingdom in the world and in your own heart.

“Then he said to his disciples, ‘That is why I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. For life means more than food, and the body more than clothing. Think of the ravens. They do not sow or reap; they have no storehouses and no barns; yet God feeds them. And how much more are you worth than the birds! Can any of you, for all of your worrying, add a single cubit to the span of your life? If the smallest things, therefore, are outside your control, why worry about the rest? Think of the flowers; they never have to spin or weave; yet, I assure you, not even Solomon in all his glory was robed like one of these. Now if that is how God clothes the grass in the field which is there today and thrown into the furnace tomorrow, how much more will he look after you, O you of little faith! You must not set your hearts on things to eat and things to

drink; nor must you worry. It is the pagans of this world who set their hearts on all these things. Your Father well knows you need them. No; set your hearts on his kingdom, and these other things will be given you as well. There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom.” (Lk 12:22-32)

4. Reflect on the Mystery of God’s Love at Work in Your Own Life

Do you trust in the providence of God?

Are you really trusting of those with whom you live and work? Through whom and by what means have you been helped to be both a more trusting and a more trustworthy person?

Have you truly set your heart on God’s kingdom? Have you done this with no thought of turning back? Do you seek, above all else, to establish within yourself this reign of God? (Meditation No. 67.1)

Are you seeking only to do his holy will, to love him and cause him to be loved by others? (Meditation No. 67.1)

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and Through You Today

Where are you being invited to be more trusting today?

If you chose to allow this passage of Scripture to come more alive in you now, what would you have to change in your life? What are the obstacles to this change?

Where do you sense that the Spirit is calling you to be a more effective minister of Jesus Christ and of the Gospel?

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle’s *Method of Interior Prayer*.