

## The prayer of a poor person

**W**e can experience this together when we do the community prayer during the meeting, or in small groups between two meetings, or at our own home and also of course in the coordinating team meeting...

*“The prayer of a poor person”* was given to us by Father Joseph Larsen, former International Chaplain. It is a prayer of the body which says: *“I am there because I love you. I am there because you are precious to me. I have put aside all other things, for you, you are more important than anything”*. Our presence becomes a sign, a word, a word without words. It is the way friends show their friendship: *“I am happy to be with you”*.

It is not easy to persevere in a blatantly useless situation, without a result to be proud of. It isn't only *“being with”*. However, at Faith and Light we know that it is a sign of love, a school of love. Gradually the heart changes. We are no longer focussed on ourselves but on the Beloved.

Sit on a chair in a well-balanced position which lets you remain still, without losing concentration. We put our open hands on our knees and close our eyes, thus creating an inner space that nothing can enter. The back is straight. We breathe slowly and calmly. We can help ourselves with a word of love that we repeat inwardly, for example, *“I am there for you Jesus”*, or simply the name *“Jesus”*. We remain there, trusting, in the silence of the heart, for at least ten minutes, letting Jesus love and transform us. At the start, we will have a lot of distractions. The peace only comes after a while, perhaps only towards the end. We should not worry, it is our poverty. Peacefully, let us return to our little word of love. The prayer of a poor man is going to change us. It is going to bear a lot of fruit, fruit of an astonishing quality, *Faith and Light quality*.