

Brian Grogan SJ

1. QUALITY TIME WITH YOU

Lord, over these Advent weeks please prepare me for your Coming! I ask this because my prayer is often a bit of a shambles, dull and unfocussed, and my days are a humdrum succession of bits and bobs—daily tasks, kindnesses given and received, interruptions, occasional glad surprises. Some days I don't pray at all: instead I do 'something useful' like helping someone, or even writing pages like this! But I know I'm missing something when I don't give even a little quality time to you, even if it's empty.

Help me to believe that any time I give to prayer is precious time. The fact that I sit for a bit, with my icon and my lighted candle, shows that I want you in my life more than anything else. Perhaps my distracted mind and empty heart are the best symbols of generosity that I can muster up. You work well in barrenness, as scripture shows: so where there are no obstructions in my heart perhaps your grace can work in me at depths I know little of. *'Lord, when I can't pray properly, your Spirit comes to help me in my weakness and expresses my plea in ways that could never be put into words'* (Romans 8:26). Thank you for that! And let me give some quality time also to your Creation: you are present in its every detail.