



How to Pray Always

By Raoul Plus

Sophia Institute Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 7.0in. x 5.1in. x 0.4in. Christ urges us to pray without ceasing, but when we try to do so, many of us simply cease without praying. Were distracted by troubles or duty or we quit just because its late already and we are tired. Fr. Raoul Pluss no-nonsense prayer manual, How to Pray Always, remedies these problems by dispelling the false notions of prayer we all have and showing how we can, in fact, pray without ceasing even at times when exhaustion cripples us and cares threaten to sweep us away. Drawing on the experience of dozens of saints, Fr. Plus explains sure ways we can recollect ourselves before prayer so that once we begin to pray, our prayers will be richer and more productive; he teaches us how to practice interior silence habitually, even in the rush and noise of the world; and he explains each of the kinds of prayer and shows when we should and should not employ each. As humans, our minds are limited and it s generally hard for us to pay attention to more than a few things at once. Thats why most of...

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