

The message Jan 23 2026

This winter we have a lot of snow. I miss the holidays and retreat. Wouldn't you love to retreat to a quiet place and spend hours in prayerful adoration of the Lord even if it meant staying up all night? But we know how hard it can be to stay awake. Even the apostles had a hard time staying awake with Jesus in the Garden of Gethsemane.

Don't give up, God is the one who gave us the desire to pray. So when we find ourselves struggling with sleeping with or distractions in prayer, remember one thing: our effort in itself is pleasing to God.

Every time you decide to turn to God, every effort we make to come into His presence, makes him happy, regardless of the outcome. If we don't feel satisfied with our prayer, we can be confident that God is supporting us in our struggle. When we are aware of our weakness and our need, we are much more open to receiving the grace that God wants to give us.

Don't give up; we are in good company. God has sent the Holy Spirit to be with us.