

Dwelling on the Spiritual Treasure of the Church

You have heard of food for thought. The tastiest and healthiest of this type of food is the articles of our faith, the sacraments, the moral teachings of the Church, scripture, and the writings of the Fathers of the Church.

Nothing is better for us to dwell on than the spiritual treasure of the Church. Nothing will be more healthy or profitable for us mentally, physically, or spiritually than the spiritual food prepared by God, and served to us by our Catholic Church.

To digest this food well, to enjoy it, and assimilate it, and gain the greatest benefits possible from it; we must take small bites, chew it very slowly, and swallow it as slowly as possible. In fact, keep each delicious morsel in the mind as long as possible, to fully relish the taste.

The temptation is to put more into the mind at a time, than the mind can adequately focus on. What is being described here is meditation, which is a high form of prayer. If we are ever to pray well, we must focus on one thing at a time, and take enough time to mull it over. When we find something that demands our attention, we should cling to it, like a dog clinging to his favorite bone.

We must learn to pray slowly, and take a lot of time to dwell on God, and on the matters of faith. We must not let the fast pace, frenzied, hurried, noisy madness of the world contaminate our prayer life.

We have all eternity to enjoy God. Take the time to take a slow, quiet look, a peaceful taste. That is the way to have a delightful and memorable experience of prayer. Pray slowly, thoughtfully, and pray effectively.