

OCTOBER 7, 2020  
Feast of Our Lady of the Most Holy Rosary  
Luke 11: 1-4

“PRAY UNCEASINGLY.”

How many times do we pray? For Trappist Monks and Trappist Nuns they rise very early, gather every day for mass, and meet six or seven times a day for organized prayer,<sup>1</sup> and pray 7 to 8 hours a day. For Jews, they pray 3 times a day, for Muslims and Hindus, they pray five times a day.<sup>2</sup> Prayer for them and be for us must be a lifestyle and a habit. We receive graces and blessings when we pray especially the grace of being with God, one with Him praising, thanking, and loving Him above everything and everyone.

“It was also a custom for rabbis to teach their disciples a simple prayer they might use on a regular basis. Jesus' disciples ask Him for such a prayer. When Jesus taught His disciples to pray, he gave them the disciple's prayer, what we call the Our Father or Lord's Prayer.”<sup>3</sup>

In this prayer, Jesus is giving us the best of all prayers because it contains the essential parts of how to pray to the Father in heaven. The prayer itself is complete: adoration, contrition, thanksgiving, and supplication – an acronym for ACTS.

“The disciples' request, ‘Lord teach us’ is a prayer in itself. The way He taught them has been called the ‘Lord's prayer’ and it teaches us what we should pray for. It starts with a focus on God's glory and God's will, before asking for all that we need. It's a pattern for all of our prayer. We first worship our Father-God and then entrust him with all our needs.”<sup>4</sup>

---

<sup>1</sup> [www.learnreligions.com](http://www.learnreligions.com)

<sup>2</sup> [www.answers.com](http://www.answers.com)

<sup>3</sup> [www.dailyscripture.net/](http://www.dailyscripture.net/)

<sup>4</sup> [www.associationofcatholicpriests.com](http://www.associationofcatholicpriests.com)

When I was a kid, the first thing that my mother taught me is how to pray the rosary. Even in my young age, I already memorized the mysteries of the rosary. This helps me to “know” the life of Christ and Mary, even if I don’t understand why this kind of life for them need to happen. This helped my vocation to the priesthood, maybe unconsciously God is calling me then already. Prayer really helps us to understand even things we can’t understand because we trust and rely on the Most Powerful Being. Most of the time, we just need to be in touch with God in prayer, and that is enough for us to understand and surrender to Him especially things that are impossible to comprehend.

My brothers and sisters, Jesus in inviting us to pray daily and be in touch with Him. As we celebrate today the Feast of the Most Holy Rosary and the month of the rosary, pray the rosary everyday and ask Our Lady of the Rosary to intercedes for us as we imitate her contemplative and dedicated life of prayer. According to Pope John Paul II: “The Rosary, though clearly Marian in character, is at heart a Christ-centered prayer. It has all the depth of the gospel message in its entirety. It is an echo of the prayer of Mary, her perennial Magnificat for the work of the redemptive Incarnation which began in her virginal womb.”<sup>5</sup> So, always pray, and pray unceasingly. Our Lady of the Most Holy Rosary pray for us.

---

<sup>5</sup> [www.coraevans.com](http://www.coraevans.com)