

The Power of “Alone”

How often do you spend time alone with God? Its one of the most important questions you will ever answer. Being alone with God means spending a little time each day in quiet time, alone with God by reading your Bible, praying and meditating upon God and simply being in His presence.

Many people today are frightened to be alone. I’m not talking about being in a scary dark place alone at night, I’m talking about simply being alone without any distractions....without our cell phones, our ipads, our TV’s blarring or music plugged in our ears. Simply to be quiet and alone can be difficult for modern people. Yet it is exactly that which we all desperately need.

I do not mean that we need to somehow run away from our everyday life and be alone as some sort of escapism. But rather, being alone means being in relationship with God and spending time with Him. Like any relationship, two people have to spend time together. And God loves us and wants to spend time with us.....to love us, to comfort us, to give us peace and strength.

It is said that our first President of the United States, George Washington, spent hours every morning on his knees in prayer and reading of the Bible. Also, Mother Teresa’s Sisters of Calcutta would spend hours in the morning praying. A visitor to their convent thought this was a waste of time that could have been spent helping the sick and suffering (which the nuns would do for many hours a day). Mother Teresa answered: “my friend, if my Sisters did not spend this time in prayer in communion with God and asking for His strength....they for sure would not have the inner strength and would *never* go out into the streets of Calcutta to confront the extreme suffering they encounter on a daily basis.”

But many people avoid being alone with God. They find ways to be too busy, and they allow modern gadgetry and technology to consume them. And as mentioned , they have a difficult time being prayerfully alone. For them, consciously or unconsciously, being alone presents a confrontation with dealing with personal issues, habits and lifestyle that may very well be the cause of distancing them from God, Faith and their true selves.

Dear brothers and sisters, being Alone with God is crucial to every other aspect of our life. It will help us to be better spouses, better parents, in essence, better humans. Yet being alone always means being *connected*....to our Church and to all around us. It does not mean to separate from others. It simply will give us a much better connection and relationship with God and the world around us. This is how God intended us to live..... Amen. (Fr. CM)