

I

First of all, two formulas that can help enter into the devotional presence, necessary for prayer. This first formula tries to express how extremely intermingled God's motion and man's action are in prayer. To speak to God is to speak to oneself with true words. To listen to God is to listen to oneself in true words.

The words which strive
to exactly say

what I can grasp of God
despite the naturally invincible ignorance,

what I expect from Him
despite the transcendent order which separates
[Him from me,

what I aspire to be in authenticity
according to what is in me,

what I can grasp of myself
when I am before myself with lucidity,

only they are prayer, the human language
capable of being prayer to God.

Addressing them to myself in seclusion,
I come before God;

Addressing them to God in adoration,
I become present to myself.

According to my possibilities,
when I speak thus to myself, God listens to me;
when I listen thus to myself, God speaks to me.