



To Contemplate

The constant prayer of
a Catholic woman



**Daughters of
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“Therefore if you be risen with Christ, seek the things that are above, where Christ is sitting at the right hand of God.” Colossians 3:1.

It is one thing to say that I am Catholic, but it is another to live as one, though this sounds too challenging, but it is true. For the life of a devout Catholic woman is her being in a constant-state of accountability; constant state of check-and-balance. It is walking a path that is paved by her qualities. Its stones are formed by her keenness in facing failures and defeats, while its mortar is of her aspirations, secured firmly with virtues and hope- Grace. However, how can one become a devout Catholic when one has yet to know what being a Catholic really is?

To answer that in brief, we must first acknowledge the fact that being a Catholic is by Grace. Being a Catholic defines what I believe, how I behave, and whom I worship. It is the essence of the unity I have with God, Who initiates it, and framework of my unity with others, knowing that by Grace, He sustains it. When our Lord commanded us to love God with our whole heart, our whole soul and our whole mind, He is calling us to claim a life that is in constant prayer- a life of contemplation.

“³⁶ Master, which is the great commandment in the law? ³⁷ Jesus said to him: Thou shalt love the Lord thy God with thy whole heart and with thy whole soul and with thy whole mind. ³⁸ This is the greatest and the first commandment. ³⁹ And the second is like to this: Thou shalt love thy neighbor as thyself. ⁴⁰ On these two commandments dependeth the whole law and the prophets.” , Matthew 22:36-40 .

Again, you ask; how can I become a devout Catholic woman, and remain in constant prayer all the time, knowing that the world we live in is secular and polluted with hypocrisy? Or how can anyone say with certainty that one can be in prayer even while being troubled and diverted by pain and anguish humanity suffers today?

Well, let us first begin by stating the fact that being a devout Catholic woman is the very persistence she must uphold, in spite of all the impediments facing her daily. It must be so, how else can she be Martha when is needed; attend to the poor and counsel the forsaken. Yet, be Mary when it is called for, so to claim her place at The Lord's Feet. For our God Is The God of the living, by His given Grace we overcome our own frailty so to bear walking in the shadow of death, secularism, fearlessly and with confidence- He made us a generation of joy and peace, even in this unruly society of death we live in. We must remain mindful that we are to walk our path towards eternal life, which begins now. In brief, we ought to identify ourselves with the contrite heart of Mary Magdalena, the heart of a repentant sinner. While emulating the innocent heart of Mary, our Blessed Mother; The ever Virgin Mother of God. It must be so, for being devout Catholic women means that we must remain conscious of our debt to The Good Friday in our hearts, if we are to arrive at the open tomb so to obtain Easter in our lives.

If you still ask how, well, let us call to mind the qualities we underlined earlier, and just add them together, then, note the outcome:

Facing failures and defeats + virtues and hope



Lead us to Claim a life of Contemplation



A life of contemplation empowers us to become “Persistent”



When we are persistent in our Faith, Hope and Love; we can claim our place at The Lord’s feet.

To expand a bit more; contemplation is for one to love one’s self selflessly, so much that, one is drawn to make every thought and deed, as an offerings to God our Savior. For God made us to His Image, He made us lovingly loveable. Doing contrarily to this, we would grow, selfishly, challenging the Goodness of our Creator, which in itself would be an act like that of Eva¹, saying yes again to the temptation of the devil, and suffer malnourishment of the spirit. Therefore, we ought to seek the nourishment we so desperately need, the Grace by which we can love ourselves nobly, so that we may honor the Temple we are called to be, “1 Corinthians 6:19”, and so to become imitators of Ave², Mary, who is always calling us to do what Jesus tells us; to be enclosed by the very presence of The Gate of Heaven, Jesus Christ our Lord, “Matthew 6:5-6”.

“Or know you not that your members are the temple of the Holy Ghost, who is in you, whom you have from God: and you are not your own?”, 1 Corinthians 6:19.

“⁵ And when ye pray, you shall not be as the hypocrites, that love to stand and pray in the synagogues and corners of the streets, that they may be seen by men: Amen I say to you, they have received their reward. ⁶ But thou when thou shalt pray, enter into thy chamber, and having shut the door, pray to thy Father in secret, and thy father who seeth in secret will repay thee.” Matthew 6:5-6.

However, regarding our devotion, though we must apply the state of check-and-balance we mentioned earlier, we need to remain mindful of the fact that it is not our self-righteousness that can sustain such devotion, no! It is ONLY by Grace, for Christ placed *“to Love God”*, the first commandment, and then *“to love one another”* the second. As Catholic women, we keep in our hearts the fact that it is God’s Love we need so desperately to hold on to, so to hold ourselves accountable to the gifts of Grace God endowed us, by which we can love ourselves and others unconditionally. We cannot escape from our need for redemption, no matter how devout we think we are; we cannot love unless we have the Love Of God in our hearts.

¹ Eva: Latin, from which the English name “Eve” was derived from. The first woman God created to be the companion and the wife of Adam.

² Ave: also Latin, salutation meaning “hail”, “Ave Maria”, The second Eve. Mary, The mother of God; She is the second Eve like Jesus Christ is the second Adam, “Romans 5”.

However, keep in mind that when we say that we cannot escape from our need for redemption, we must not stop there, no! We must also recognize that we must not escape from sin out of fear of the law, because we are terrified of the consequences of breaking any one of the commandment. We must escape sin and temptations because we are called to be children of God. The confidence that by Grace, we are Catholic women inspires us to be drawn into a deeper sense of contemplation, so to obtain, in truth and hope, what we lack- the nourishment for our souls from within The Holy Scriptures. And so that our desire to honor our Lord and Savior in the Holy Sacrament of the Eucharist becomes our intimate mission in seeking our Master, Who Is seated at the right hand of The Father. For if we say yes we do pray, yes we do fast, and yes we do give, then we must also say yes, we do all that Jesus tells us to do without any reservations. We come to know Jesus more and more every day, overcoming fear and uncertainties, even our self reservations that would otherwise draw us into an exile of our own making. And if again you ask how, let us look at this check-and-balance list to assess our commitment to our Faith, compare a few attributes vs. warning-signs:

The attributes of confidence by Grace:

- I am Catholic by Grace, and I do remember my Baptismal Promises.
- Calling to mind the state of Grace awaiting for us in every Mass, in the Blessed Holy Sacrament of The Eucharist.
- For I do believe that He Is there, right there, and I need to go to Him.
- When the Holy Eucharist touches my lips, it is my lips kissing the wounded feet of Jesus my God - The Risen Christ.

Now, having kissed His wounded feet,

- As long as the Holy Eucharist Is being administered; stay, listen to your soul, stay, in reverence.
- Remembering our sins, unworthy and crying in shame. And being remorseful, growing more humble and faithful. Remembering that true love is a passionate love. Do you remember how Peter cried: "[Matthew 26:75](#)".

The warning signs of an exile of our own making:

- I neglect to pray, "*He said watch and pray, they slept*". So I resort to action as substitution to prayers and Mass; this is a trap many fall into.
- Following Jesus on my own terms. I have no time to pray, I stop growing in Faith, stop believing.
- I am too sick to go to Mass today, or I feel that I do not belong there. I begin to follow Christ but from far off, "[Matthew 26:69](#)".
- I am missing Mass, I am missing Jesus. I am not revering Mass; tolerate leaving Mass before it ends. Holding self-comfort over needing to be with The Lord- I stop loving.
- Forget my need for my Savior, so I seek human companionship and activities to silence my own soul crying out for The One Divine Healer, and conceal my shame with giving, just for the sake of receiving.

"To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.", St. Thomas Aquinas .