

One Minute Speed Date with Jesus

Recently, I was reading a wonderful book by Matthew Kelley, *Four Signs of a Dynamic Catholic*. In it he floats the idea of beginning to form a prayer life by praying one minute a day! My first thought was-- no way! However, the more I thought about it, the more I realized that one minute is better than no (0) minutes.

Then it occurred to me that not too long ago, I saw a commercial that featured a "One Minute Speed Date" exchange. What could possibly happen in one minute? But then again, I have officiated a substantial amount of weddings where at least one of the couple said that within a few minutes of the first meeting they knew, "This is the one I'm going to marry!"

Then I recalled how before I was assigned as pastor in Manchester, when driving through town I would often stop at the Precious Blood Monastery to pray as it is open every day. I had always been amazed by the amount of people who walk in to pray. Some entered wearing a suit or dress, some in "holy" jeans, some in work cloths. Whatever they wore, whatever their profession or lack of profession, in about an hour one might see at least 20 people walk in and pray. More amazing, most enter for a visit that often lasts less than 5 minutes!

If you're one of those people who says "I don't have not time to pray", I dare you to try a "One Minute Speed Encounter" with Jesus. However, it has to be done with one minute of FOCUS. Set a timer if you must, but try it. It might go something like this ...

"Jesus, thanks for sharing coffee with me this morning. I know it's a small thing, but even for the small things I am grateful. Jesus, I'm afraid to go to work today. There are a number of complicated things happening that are troubling me. Jesus is that you talking to me, as the words, "I am with you always" pop into my head? (Mt.28:20). Ok Jesus, I get it. I'm taking you to work with me!

Jesus, my kids are getting to the age where I can't look after them all the time. It troubles me to realize that I can't be 'there' more. Jesus, I'm afraid for them. I love them. Jesus, you say you look after the stray sheep. And I know that you know that I've done my share of straying. And I know that you have done your share of bringing me back to the fold. Jesus, I have no choice but to put my kids in your hands. Jesus I trust in you. Amen."

Was this praying person in the car, at the kitchen counter, in the bathroom, on the train, in a bus, in bed, or kneeling in front of a holy picture? I wonder what would happen if you did this today, or for 2 days or for 3 days or for 5 days?

Fr Mae