

My dearest,

we must thank the psalmist who reminds us that we need to pray not only to ask for all the good things we need.

It is also not enough to ask God to be able to put into practice His commandments, but **while praying, we must ask God to grant us the ability to embrace His words.**

I believe this is a most important teaching because we really have troubles to open up really deeply and utterly our hearts to the word of God. This means, giving our life to Him so that we shall be able to understand His word, project, His being saved and His life.

Our will and wishes are often self-centred, on our strengths, on the needs we have, on our legitimate needs, on the clues we get from the world, on our duties; indeed, on all those clusters of situations, words, habits and pressures which we often find ourselves confronted with without even knowing the reason why.

Then, it is paramount for us to understand **that there is something in us that, despite everything, despite our goodwill and good disposition, and sincere wish closes to God and cannot embrace Him completely.**

Therefore, through the psalmist's prayer we must believe that sooner or later our Lord will win over such troubles.

Let's say everyday: **Our Lord, open our heart, make it big enough so as to be able to contain the word of God, of the Gospel, the words of life and salvation.**

**My Lord, open completely our hearts, open the doors of our hearts wide open, so that your light and words can get into it completely and freely without drawbacks.**

Praised be Jesus Christ.