

Here are a few excerpts from a letter: “My life is very sad and my level of depression has never been lower. Right now my parents are the only reason I keep going.....I’m afraid of life outside prison and I hate my life inside of it.....Next month when I get out of prison will I be accepted? This question frightens me.” Raw, deeply feeling and honest words. They come from way down within this young man’s heart and soul. They are his prayer.

Today in our 1st reading and Gospel we have experiences of two people who connect with what is deep down within them. They say what it is and hand it over to the Lord. They utter profound prayers in response to what they have experienced.

Isaiah has a vision of God. Shaken in the core of his being, he says: “Woe is me! I am lost, for I am a man of unclean lips.” This is his prayer.

Peter is asked by Jesus to cast his nets into the deep. Stunned and surprised at the catch, Peter cries out from the depths of his soul: “Go away from me, Lord, for I am a sinful man.”

In our daily living we have ups and downs, successes and failures, boredom and excitement. A great deal goes on INSIDE of us as a result of our experiences. Some has been inside for a few minutes, hours or days. Some has been inside us for years. These are all deep down matters. They could be desires, hopes & loves; passions, hurts & disappointments; joys, longings & fears; sorrows, delights, & gratitude.

This week take a net. Go inside down deep. Decide what to bring up and hand over to the Lord. My sisters and brothers: when we do this, we are praying.....and the Lord is listening.