



# Saint Josemaría Escrivá

Founder of Opus Dei

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Saint Josemaría said in a homily: “Our life of prayer should also be based on some moments that are dedicated exclusively to our conversation with God, moments of silent dialogue, before the tabernacle if possible, in order to thank our Lord for having waited for us — so often alone — for twenty centuries. This heart-to-heart dialogue with God is mental prayer, in which the whole soul takes part; intelligence, imagination, memory and will are all involved. It is a meditation that helps to give supernatural value to our poor human life, with all its normal, everyday occurrences”.