

Our heart's throb ...

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In quietness and trust is your strength ... Isaiah 30:15



"When we gather to celebrate the divine mysteries with God's priest, we should not express our prayer in unruly words; the petition that should be made to God with moderation is not to be shouted out noisily and verbosely.

For God hears our heart not our voice. He sees our thoughts; He is not to be shouted at. ... This is the teaching of the Holy Spirit. Through Jeremiah He suggests this: *Say in your hearts: Lord, it is you that we have to worship.*"