

“Abba,” meaning papa, is one of the Hebrew words you may have heard, and not just in the name of the Swedish pop group, but in St Paul’s letter to the Romans: “The Spirit you have received is the spirit of children, and it makes us cry out, ‘Abba! Father!’” At times I can feel lost and think none cares if I am alive or dead. Prayer becomes difficult, and I am thrown back on my own weakness. St Paul takes up the theme, “The Spirit comes to help us in our weakness. For when we cannot choose words to pray properly, the Spirit himself expresses our plea in a way we could never put into words, and God who knows everything in our hearts knows perfectly well what he means.” In old age or in sickness, prayer does not get easier, and St Paul’s words matter more and more. I have a place in God’s heart. God knows everything in my heart. There is a constant bond of love and communication between the Holy Spirit in me and God in Heaven. When I pray, I try to tune into that still small voice.