

The Apostle Paul reminds us that we do not even know what it is appropriate to ask for (cf. Rm 8: 26).

We ask for necessities, our needs, things that we want: "But is this more convenient or not?"

Paul tells us, we do not even know what it is right to ask. When we pray, we need to be humble: this is the first attitude for going to pray.

In prayer, it is God Who must convert us, not we who must convert God.

It is humility.

I go to pray but You, Lord, convert my heart so that it asks for what is convenient, for what will be best for my spiritual health.

Pope Francis