

## SECOND PART OF THE INTRODUCTION 51

If you will take my advice, you will say your *Pater*, your *Ave* and the *Credo* in Latin; but you will also take care to understand exactly what the words mean in your mother tongue, so that, whilst saying them in the language of the Church, you may nevertheless relish the admirable and delicious meaning of these holy prayers, which you should say, fixing your attention earnestly upon their meaning and stirring up your affections thereby; not hurrying in order to say many of them, but taking care to say from your heart those which you do say; for one single *Pater* said with feeling is worth more than many recited quickly and in haste.

The rosary is a very profitable kind of prayer, provided that you understand how to say it properly; and in order to do so, provide yourself with one or other of the little books which explain how it should be recited. It is also good to say the litanies of our Lord, of our Lady, and of the Saints, and all the other vocal prayers which are to be found in approved manuals and prayer-books, yet on the understanding that, if you have the gift of mental prayer, you always reserve for that the principal place; so that if after making mental prayer you cannot say any vocal prayers at all, either because of your many occupations, or for some other reason, be not disturbed on that account, but merely say, before or after your meditation, the Lord's Prayer, the Angelic Salutation, and the Apostles' Creed.

If, while saying your vocal prayers, you feel your heart drawn and invited to interior or mental prayer, do not resist the attraction, but allow your mind to go gently in that direction, and be not concerned at not having finished the vocal prayers which you had intended to say; for the mental prayer, which you will have made in their stead, is more pleasing to God and more profitable for your soul. I except the office of the Church, if you are under an obligation to say it; for in that case you must fulfil your obligation.

