

The Fundamental First (And Last) Minute
by Katie Warner

Archbishop Fulton Sheen once pointed out...

“There are two ways of waking up in the morning. One is to say “ Good morning God!” and the other is to say “Good God. Morning!”.”

Which way do you wake up in the morning?

Most of us wouldn't dream of starting the day without so much as a thought about someone we love. Yet, so many of us begin our heavily scheduled days without so much as a thought directed toward Jesus; the one we should love above all else.

Saint Gemma Galgani offered this thought to God in her first fundamental minutes of the day...

“Can you see that as soon as the day breaks I think of You? I love you Jesus!”

Maybe that's your fundamental first minutes prayer. As I like to call, that crucial time right when you wake up before you start thinking of a thousand other things: checking emails or social media or getting ready for the day.

Like St. Gemma, you can simply say “I love you Jesus!”. Or maybe you could choose to repeat the venerable Fulton Sheen's cheerful greeting “Good morning God!”.

Other great ways to capitalize on your first fundamental minutes includes starting the day by praying over the daily mass readings or by reading other passages in scripture.

If you aren't already using your fundamental first minutes for prayer... try it! Pick a prayer that works for you and see what happens. You may quickly notice that your other prayer rituals and routines throughout the rest of the day all seem to depend on and draw energy from your prayer in those fundamental first minutes.

If you want to sustain a strong prayer life, start and end your day with prayer.

I was talking about prayer with a friend of mine a little while ago and she admitted to me that as parents many of us aren't good at taking time for ourselves; arguing

that our family responsibilities outweigh our need to recharge with some personal quiet time. But that car ride to run an errand by yourself may be one of your only times really alone with the Lord that day. Those moments before the children wake up may be your only time alone with your Heavenly Father in our hardworking 24 hour timespan.

If you, like me, wake up to an adorable toddler poking at your eye and are thrust into your day without sufficient time for prayer, speak to God whatever few but meaningful words you can. And then, plan a time to dialogue with Him before bed.

Even Jesus believed in making prayer the first activity of the day. Scripture says,

“And in the morning a great while before the day He rose and went out to a lonely place and there He prayed.”

If Jesus did it that’s a good enough reason for me!