

PRAYER OF INDIFFERENCE

Most of us don't think of indifference as being very positive. In fact, we tend to identify indifference as an attitude of apathy or not caring. However in the spiritual life, indifference can be a very positive term, one that is rich with spiritual significance.

Ignatius of Loyola, when referring to indifference, meant we must become indifferent to anything but the will of God. If we are clutching or overly attached to one outcome versus another, we won't hear God clearly. Our spiritual ears will be deafened by the racket of our disordered loves, fears, and attachments. In such a state, it is almost a forgone conclusion that we will confuse our will with God's will.

Arriving at this place of interior indifference and trusting that God's will is good—no matter the outcome—is no small task. We are attached to all kinds of secondary things—titles, positions, honors, places, persons, and security, and the opinions of others. When these attachments are excessive, they become disordered attachments, or disordered loves, that push God out of the center of our lives.

The *prayer of indifference* expresses the fact that we have come to a place where we want God's will—nothing more, nothing less, nothing else. It is a state of wide openness to God in which we are free from undue attachments and have the capacity to relinquish whatever might keep us from choosing for God and for love in the world. It is a prayer in which we abandon ourselves to God.

Jesus teaches us that indifference, the key to true obedience, must be learned, struggled-for, and prayed for"

"During his earthly life, he offered prayers and appeals with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence. Although he was the Son, he learned obedience from what he suffered."

[Hebrews 5:7-8]

If it took falling with his face to the ground and great struggle for the Son of God to submit himself to the will of the Father, how can we expect that it will require any less of us? Consider beginning each day with the prayer below or pray it whenever a situation comes up that you want to ensure you are open to only the will of God!

"I am indifferent to anything but the will of God."

See what happens inside of you as you commit to praying this consistently!