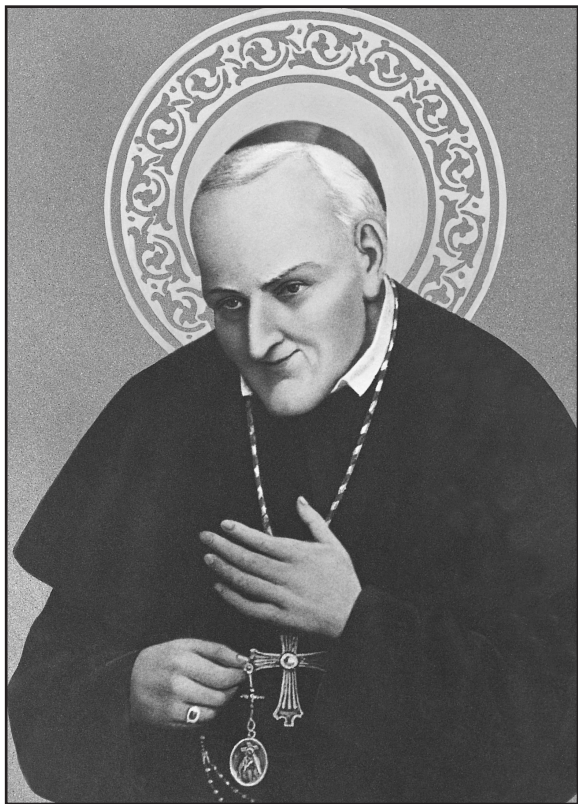


# HOW TO CONVERSE WITH GOD

*“Let nothing hinder thee from  
praying always . . .”*

—Ecclesiasticus 18:22



St. Alphonsus Liguori  
(1696-1787)

Bishop, Confessor, Doctor of the Church,  
Founder of the Redemptorists

# HOW TO CONVERSE WITH GOD

*By*

St. Alphonsus de Liguori

*Translated by*

Fr. L. X. Aubin, C.SS.R.

*“Pray without ceasing.”*

—1 Thessalonians 5:17

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“Acquire the habit of speaking to God  
as if you were alone with Him,  
familiarily and with confidence and love,  
as to the dearest and most loving of friends.  
Speak to Him often of your business,  
your plans, your troubles, your fears—  
of everything that concerns you.  
Converse with Him confidently and frankly;  
for God is not wont to speak to a soul  
that does not speak to Him.”

—St. Alphonsus de Liguori



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# HOW TO CONVERSE WITH GOD

*“Pray, lest ye enter into temptation.”*  
—Luke 22:40



## ❧ Chapter 1 ❧

### Love and Confidence

**J**OB was astonished at seeing Almighty God so intent on doing good to us that He seems to have nothing more at heart than to love us and to induce us to love Him in return. In his amazement he cried out to the Lord: *“What is man that Thou art mindful of him? or the son of man that Thou visitest him?”* (Ps. 8:5). Is it not a mistake, then, to think it a lack of respect for God’s infinite Majesty to act toward Him with great confidence and familiarity?

Assuredly, Loving Souls, you should go to God with all humility and respect, humbling yourselves in His presence, especially when you remember your past ingratitude and sins. Yet you should practice the greatest possible love and confidence in treating with Him. True, He is infinite Majesty, but He is also infinite

Goodness and infinite Love. There can be no greater Lord than God; neither can there be a more ardent lover than He. Far from despising our confidence in Him, He rejoices that we have it—confidence and familiarity and affection like that which little children show toward their mothers.

Behold how He invites us to come to Him, and the loving embraces which He promises to lavish on us: "*You shall be carried at the breasts, and upon the knees they shall caress you. As one whom the mother caresseth, so will I comfort you.*" (Is. 66:12-13). Just as a mother finds pleasure in taking her little child on her lap, there to feed and caress him, in like manner our loving God shows His fondness for His beloved souls who have given themselves entirely to Him and have placed all their hope in His goodness.