

(See also 19 June.)

1 Blaise Pascal, one of the world's greatest mathematicians and scientists, once talked of the need for us to pause and rest and think in quietness.

2 He wrote:

*"All the troubles of life come upon us  
because we refuse to sit quietly  
for a while each day,  
each of us in our own room."*

3 Let's pause in silence for a moment, each with our own thoughts.

*(pause...)*

4 We'll finish with a prayer written by Blaise Pascal, in which he asks for God's power to do both the little things and the great things of life:

5 *Let us pray:*

**Teach us, Lord,  
to do the little things  
as though they were great,  
because of the majesty of Christ  
who does them in us  
and who lives our life.**

**Teach us to do the greatest things  
as though they were little and easy  
because of his great power. Amen.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:

[www.prayingeachday.org](http://www.prayingeachday.org)