

## Josemaria Learns to Pray

When Josemaría was very little, his mother and father taught him to pray short and simple prayers to Jesus, Mary and his Guardian Angel.

Every morning and night he would say:

0 Guardian Angel, to you I pray,  
Desert me not, by night or day.  
If you were to leave me, where would I be?  
0 Guardian Angel, pray for me.

His grandmother taught him this prayer of St Teresa of Avila:

Yours am I, I was born for thee,  
What is it, 0 Jesus, you want of me?

Josemaría never forgot the prayers his parents and grandparents taught him. He learnt from them how to pray simply and from the heart.

