

June 22, 1930 –

As simple as opening and closing a swinging door I have just returned from a walk alone, a walk so wonderful that I feel like reducing it to a universal rule, that all people ought to take a walk every evening all alone where they can talk aloud without being heard by anyone, and that during this entire walk they all ought to talk with God, allowing him to use their tongues to talk back - and letting God do most of the talking.

This seems to be the very thing for which I have been feeling all these weeks. You have followed my experiment and have seen many confessions of daily failure, as I tried to keep God in mind in the second person. Well, today has not been a failure. The thought of God has drifted out occasionally but not for long. But this day has been a different day from any other of my life, for I have not tried to pray in the sense of talking to God but I have let God do the talking with my tongue or in my inner life when my tongue was silent. It has been as simple as opening and closing a swinging door. And without any of the old strain the whole day passed beautifully with God saying wonderful things to me.

Loneliness to Never Alone - Frank Laubach