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Pardon the Interruption

Greetings Sir Knights, Monks and Men of Prayer

As Knights Templar we are called warrior monks, defenders of the Christian religion. The word warrior is used here as an adjective rather than a noun that describes the kind of monks we are. So, in accordance with our sharp military attire and our majestic chapeaus which denote our military bearing, we are Christians and within a monastic heritage. Monks pray and so should we. We, Knights Templar ought to have a daily habit of prayer. We ought to pray when we get up in the morning thanking Jesus for another day to make positive difference. We ought to pray over each meal we eat as it is a gift from God. For most of us that means praying at least three times a day. We ought to pray at bed time asking forgiveness for whatever we might have done this day that was sinful through commission or omission, and we need to be seen praying.

Whenever I am with my family or friends in a restaurant or café, I lead prayers before eating. Sometimes I have to be quick because some of my friends forget about this most important part of our meal. I also notice other patrons, some who pray before meals and some who do not.

To be seen praying is especially important if you are raising children. I often share the following story about raising my children while I was serving in the Marines. I tell people that my children never interrupted me while I was praying. They often interrupted me while talking with someone, while I was watching a football game, while on the phone or doing yard work. But they never interrupted me during prayer. Then I explain why: I never prayed! That's right, we would say the blessing together before meals and as they went to bed, when I would have them to say their "Now I lay me down to sleep..." prayer. But unfortunately, my children did not have the experience of witnessing a father who prayed as a way

of connecting with God in a regular and intentional way. I wish it had been different. They couldn't interrupt me praying because they didn't witness me praying.

Children will pick up whatever habits their parents have, good or bad. If you smoke, there is a high probability that they will pick up smoking. The same is true for the bad language you use. It stands to reason that if they walked in on you praying every now and then, they may figure praying is important—not just when there is a crisis, but as a matter of regular visits with God. I often wished I could raise children again so that I can do a better job of letting them interrupt me while at prayer. (Full disclosure: my wife does not share this wish with me.)

In the first chapter of Genesis, God began to pray saying, "Let there be..." And as this first chapter comes to an end God prays us (humanity) into being, in God's own image no less. Therefore, we are products of prayer, God's prayer. Our very DNA is prayer. To deny prayer is to deny self.

Prayer can be so simple. I have one of those "Thank You, Jesus" signs in my front yard. I do not have it as any political affiliation or anything other than it is true for me. While most of these signs are posted such that traffic going in either direction can see it, my sign is posted with one side facing away from my house and the other facing the front of my house. I live in a cul-de-sac so there is no two-way traffic. The real reason I have it posted this way is so that when I first wake in the morning and open the blinds the first thing I see is "Thank You Jesus." Now that's a prayer. It is the first prayer of the day and the start to the rest of the day of prayer. I encourage all Sir Knights to find some way to remember our Lord and Savior Jesus Christ and pray. Pray not just when a crisis happens, but several times during the normal day and be seen doing it. You are a Warrior Monk; don't forget about the monk part! Don't forget you were created by prayer, for prayer. Don't forget to be seen praying. Talk to you later, time for prayer.

John Thomas Frazier

Grand Prelate