



There are words that are not merely words. They are decisions. They are surrender. They are fire.

“**Praesto sum**” —in Latin— means: “*I am present,*” “*Here I am,*” “*I am ready.*” It is not a decorative phrase from ancient spirituality. It is a radical declaration that runs through all of Sacred Scripture and defines the lives of the saints.

In a world marked by distraction, haste, and avoidance, recovering the deep meaning of this “here I am” can become an interior revolution.

This article is not only to understand the concept. It is to live it.

1. “Praesto sum”: more than presence, total availability

To say “praesto sum” is not simply to be physically present. It is something far more demanding:

- It is **interior availability**
- It is **free obedience**
- It is **total surrender**
- It is **a response to a call**

It is not the same to say “I am here” as to say “**I am here for You.**”

In spiritual theology, this is directly connected to the virtue of **docility to the will of God**, which is not passivity, but an active cooperation with grace.

2. The biblical root: the “Here I am” that changes history

The entire history of salvation is filled with men and women who responded with a “praesto sum.”



Abraham: the faith that responds without understanding

“God called Abraham... He replied, ‘Here I am’” (cf. Genesis 22:1)

Abraham did not know what was coming. But he was available. And that was enough for God to build upon him an eternal covenant.

Samuel: the heart that learns to listen

“Speak, Lord, for your servant is listening” (1 Samuel 3:10)

Samuel does not recognize God’s voice at first. But his attitude is the key: humble availability.

Isaiah: the prophet who offers himself

“Whom shall I send?... Here I am, send me” (Isaiah 6:8)

Here the “praesto sum” appears in its most missionary form: not only am I here... **I want to be sent.**

The Virgin Mary: the perfect “yes”

“Behold the handmaid of the Lord; be it done to me according to your word” (Luke 1:38)

This is the summit. Mary is not only available: **she gives herself completely to God’s plan**, without reserve.



Christ Himself: the incarnate “Praesto Sum”

| *“Here I am, O God, to do your will” (cf. Hebrews 10:7)*

Jesus Christ is the definitive “here I am.” His entire life is a response to the Father.

3. Theological dimension: “praesto sum” as an act of love

From a theological perspective, saying “praesto sum” implies several profound realities:

a) It is an act of faith

To believe that God calls. To believe that His will is good.

b) It is an act of hope

To trust that, even if we do not understand, He guides.

c) It is an act of charity

To love God to the point of preferring His will over our own.

Saint Thomas Aquinas explains that Christian perfection consists in conformity to the divine will. “Praesto sum” is precisely that: **an interior alignment with God.**

4. The present drama: a generation that avoids saying “here I am”

We live in a time that flees from commitment:



- Relationships without surrender
- Vocations postponed
- Decisions avoided
- Faith lived “halfway”

The problem is not that God has stopped calling.

The problem is that **we have stopped responding.**

We say:

- “I’ll see”
- “Later”
- “It’s not the right time”

But God keeps asking:

“Whom shall I send?”

And the silence of the soul becomes a form of rejection.

5. Obstacles to living “praesto sum”

Fear

We are afraid of losing control. But there is no surrender without risk.

Comfort

We prefer a safe life over a full one.

Interior noise

We do not listen because we are saturated with stimuli.

Lack of prayer

Without prayer, there is no call... and without a call, there is no response.



6. How to live “praesto sum” today (practical guide)

This is where the message becomes concrete life.

1. Begin the day by saying: “Lord, here I am”

Before your phone. Before the noise.

A simple prayer:

| *“Lord, here I am. Do with me whatever You will.”*

This changes the orientation of your day.

2. Learn to listen

“Praesto sum” is not about speaking... it is about listening first.

- Dedicate time to silence
- Read Scripture
- Practice adoration

God does not shout. He whispers.

3. Respond in the small things

Do not wait for a great mission.

The “here I am” is lived in:

- Forgiving



- Serving
 - Keeping silent when needed
 - Speaking the truth with charity
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4. Accept the cross

Saying “praesto sum” includes accepting what you did not choose.

Christ did not say “here I am” only in glory... but in Gethsemane.

5. Discern your vocation

Your life has a concrete mission.

- Marriage
- Priesthood
- Consecrated life
- Committed lay life

“Praesto sum” is not generic. It is personal.

6. Persevere when you feel nothing

True availability does not depend on emotions.

It is fidelity.

7. The fruit: a life with meaning

Whoever lives “praesto sum” discovers something astonishing:



- They no longer live for themselves
- They stop constantly seeking themselves
- They find peace in the midst of chaos
- They live with purpose

Because the greatest freedom is not in doing what you want...

But in **wanting what God wants.**

8. Final prayer: learning to say “Praesto Sum”

You can pray like this:

*Lord,
so many times I have been present... but not for You.
So many times I have heard... but I have not responded.*

*Today I want to say to You: here I am.
Without conditions. Without excuses. Without reserve.*

*Take my life, my plans, my fears.
Do with me whatever You will.*

*Teach me to listen.
Teach me to trust.
Teach me to love.*

Praesto sum, Domine.
*Here I am, Lord.
Amen.*



Conclusion: the question you cannot ignore

God is still calling.

Not only the saints.

Not only the consecrated.

You. Today.

The only question is:

Will you keep postponing... or will you respond?

Because every authentic Christian life begins with two words:

“Praesto sum.”