

Prayer

“Since Friends have no prescribed form of prayer, we are free to discover those practices and words that meet our individual and communal needs. Prayer can be sung, thought, spoken, or expressed through the work of our hands or the movements of our bodies. We may use formal prayers, such as The Lord’s Prayer, or our own heartfelt words. We may simply “be” in the Presence where words are unnecessary.” ~ Philadelphia YM Faith & Practice

“We ‘Pray the Ordinary’ in three ways: first, by turning ordinary experiences of life into prayer; second, by seeing God in the ordinary experiences of life; and third, by praying throughout the ordinary experiences of life. ”

~ Richard J. Foster, *Prayer: Finding the Heart’s True Home*

“Too many times we pray for ease, but that’s a prayer seldom met. What we need to do is pray for roots that reach deep into the Eternal, so when the rains fall and the winds blow, we won’t be swept asunder.”

~ Philip J. Gulley

“To pray is to listen to the One who calls you my beloved daughter, my beloved son, my beloved child. To pray is to let that voice speak to the center of your being, to your guts, and let that voice resound in your whole being.”

~ Henri Nouwen (Catholic priest, writer, theologian)

"If the only prayer you ever say in your entire life is thank you, it will be enough."?
Meister Eckart, (German theologian, philosopher and mystic)

Queries

Does one of these quotes speak to your condition?

What prayer practices do you find most helpful for conversation or communion with God/Spirit/Source/Light?

What difficulties or doubts do you have with prayer?