

## **AFDS March 12, 2023**

### **Prayer – Quotes & Queries**

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

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

Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty.

~ E.M. Bounds

Is prayer your steering wheel or your spare tire?

~ Corrie Ten Boom

### **Queries**

Do one of these quotes speak to your condition?

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

What difficulties or doubts do you have with prayer?