

Prayer: Some Definitions

Prayer begins with the realisation that I am loved by God as I am.

Prayer is raising the mind and heart to God.

Prayer is to be in God's presence with open hands and an open heart.

Prayer is the axis around which all other activities rotate. When the axis is missing, our lives become pointless.

Prayer is not facing myself; it is facing God.

To pray means to turn the spotlight on Christ.

To pray means to lose my grip. I am no longer in control when I pray. God is in control. Prayer is the courage to listen, to give up my self-determination.

Prayer is an expression of our relationship with God. In prayer we allow God to meet us at the core of our being.

Prayer is

- allowing the indwelling of God to happen
- wrestling with God
- trusting in God
- begging God to hear our pleas
- making space for God's presence
- surrendering to God's will
- asking for forgiveness
- giving thanks
- praising God

Prayer is something we do that reveals to God our awareness that what's happening is out of our hands and we need help.

Praying is initiated by a God who creatively and persistently encourages a response.

Prayer is simply being conscious of the presence of God to us in other people.

Prayer is

- a searching for God's will when God seems to leave you confused
- a trust in God even when you feel God may have failed you
- a grasping for God's presence even when God seems absent
- a heartfelt thanks for God's love felt through the compassionate eyes and touch of another.