

Reflecting On Your Practice of Prayer

Prayer and Praying

Read and reflect on these quotations about prayer and praying:

'When you are praying, do not heap up empty phrases ... for your Father knows what you need before you ask him.'
(*Jesus to his disciples in Matthew 6:7-8*)

'The prayer of the upright is [the Lord's] delight.' (*Proverbs 15:8*)

'Pray without ceasing.' (*St Paul in 1 Thessalonians 5:16*)

'The prayer of the righteous is powerful and effective.' (*James 5:16*)

'Pray as though everything depended on God. Work as though everything depended on you.'
(*St Augustine of Hippo*)

'There are more tears shed over answered prayers than over unanswered prayers.' (*St Teresa of Ávila*)

'This is our Lord's will ... that our prayer and our trust be, alike, large.' (*Julian of Norwich*)

'Whether we think of or speak of God; whether we act or suffer for him; all is prayer when we have no other object than his love, and the desire of pleasing him.' (*John Wesley*)

'Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.' (*Mahatma Gandhi*)

'There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God.'
(*Brother Lawrence of the Resurrection*)

'To be a Christian without prayer is no more possible than to be alive without breathing.' (*Martin Luther King*)

Choose the quotation from the list above that has the greatest meaning for your life of prayer.

Describe below why you chose this prayer quotation:

SECTION G | LESSON 72 | WORKSHEET 1

Reflect on these words.

Dance as though no one is watching you,
Love as though you have never been hurt before,
Sing as though no one can hear you,
Live as though heaven is on earth.

Do the words 'dance', 'love', 'sing' and 'live' speak to you in any way about prayer? Write about what they say to you.

Reflect on your own life.

What images come to mind of the people you love and the people who enrich your life, the gifts God has given you and the thanks you feel for all that God has given in the world of nature around you?

What images come to mind of the losses you feel, the struggles and challenges you experience each day, the joys and hopes you hold in your heart?
