

PRAYER: SOME THOUGHTS



There are many prayer traditions within Christianity.

Have you thought lately about prayer?

- For some it is seeking help, petitioning God who is separate from this world but able to intervene in our lives and change things
- For others it is focussing the mind intentionally on matters of concern both personal and global, resting in the subconscious power to imagine something different
- It can be thought of as connecting ourselves with the holy energy of the spirit of life that infuses all things and being empowered by it for what we have to do, or be comforted .
- For some it is a mind/thinking experience and for others a body experience and requires action and movement such as walking a labyrinth or a morning jog; for some a quiet personal retreat is best and others find prayer power in collective situations.
- Prayer is best when it is focussed and specific.
- Some say all life is prayer when it is lived conscious of God and desiring the best for others.

The variety of ways of engaging in prayer is very diverse and each of us can be strengthened in our spiritual health if we spend time considering how we pray; what connects us deeply and compassionately with others and our world. When we slow down enough to pray we might be surprised at how our prayers are answered!

Whatever your way of prayer is, it is important to understand that prayer is never passive, it requires us to do something, it is an active intention. Sometimes that intention is to call to mind in an attitude of thankfulness the good things about our life and world and so value them and work to maintain them, sometimes it is to change ourselves our world or some circumstance that we are mindful of. However we come to prayer, as Christians we are linking ourselves with others who pray and with God who is the energy for life and love and hope.

Pray for

- members of our congregation who are not here this morning; hold them in your mind with love
- Our Parish of St Columba and this community of Grey Lynn/Westmere; that we continue to nurture the spirit of the place.
- Those who are making themselves available for selection in our General election: their families, and supporters.
- Ourselves as we consider what is important to us; that we might be prepared for the decisions we make, and act respectfully toward others.

Susan Adams
Vicar

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