

Anyone

can

PRAY

C.P.Rowan



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Boilerpate copy to follow....

For Everyone



You have made us for yourself,  
O Lord, and our heart is restless  
until it finds its rest in you.

St. Augustine  
Confessions, Book I

The search is on.

Our world has so many things to offer. You know this. You know this because...you bought them. You wore them. You were friends with them. You tried them, tasted them, vacationed them, worked them, looked at them, experienced them...used them. And yet...you are still searching. The things the world has to offer seem pretty good. And much of them are, it's just that they... fall short. Something is missing. There is a hole; an emptiness. Where is the happiness you desire; that fulfillment that life is supposed to offer?

*Anyone Can Pray* is a book to help fill that void. Anyone can pray... to God. Without him, we are nothing. With him all things are possible. Prayer is a conversation with God. *Anyone Can Pray* will get you started. Humble yourself before the one who created you. Get to know the plans he has for you. The story isn't over yet.

Watch and Pray.



With men this is impossible,  
but with God all things are  
possible.

Matthew 19:26

Throughout the book these things will help you to pray.

**Pictures** – pretty to look at, think of creation

**Quotes** – songs, bible, spiritual authors; aid in contemplation

**Starter Boxes** – words to lead your prayer

**Keeping track** – incentive marking to feel accomplished

**Journaling** – write down your talks with God



*A new day.*



“

I want something else to  
get me through this semi-  
charmed kind of life...

Semi-Charmed Life  
Third Eye Blind  
2006

Anyone can

pray.

## Perhaps...

You used to pray but...gave up.

You never prayed...you doubt the existence of God.

You watched others pray and wondered...

“Why do they pray?”

You were asked to pray with someone, a friend, a dying relative, a stranger and...you froze.

You were asked to lead a prayer at a meal, business meeting, a family function and didn't know what to do.

You were “churched” growing up. Sundays or Wednesday, but never paid attention.

You feel funny, rehearsed, just going through motions.

You don't buy into organized religion.

You think ministers of any faith are phony.

## **Or you wondered...**

Are you for real God?

Who are you?

Why should I talk to you?

Who am I?

Am I too old for this?

Am I too young for this?

Do I need to take lessons?

So many bad things, bad people...why?

Am I doing this wrong?

Am I big enough to pray?

This is

good.

Absolutely  
anyone  
can

**PRAY**

freedom

material

respect

trust

genuine

love

honesty

real



Prayer is not reserved  
for the pious, the holy, the saintly,  
the religious,  
priests, pastors, rabbis, etc....

Praying  
is  
for  
everyone.

If you can talk...you can pray.

If you can text...you can pray.

If you can think...you can pray.

First day of prayer.

It may help you to mark each day that you pray  
like this in a journal.



# Prayer

part one

Most of us like to talk.

Sometimes we like to  
talk to ourselves.

What is prayer?

A conversation  
with God.

# Speaking and Listening.

Where is God?

I need Him.

But...

I don't know if I believe.

I don't know how to pray.

responsibility

reason

action

# freedom

trust

love

morality

What if I do it wrong?

No Fear



“

Never let your fear  
decide your fate.

AWOLNATION  
Kill Your Heroes  
2012

# PRAYER

A conversation  
with God.

Anything.

Everything.

Stuff.

Help me want to live after the death of the one I love.

Heal me of this cancer.

Please make my spouse stop drinking.

Give me this new job.

big

Bring my family back together.

Please don't let our baby die.

Heal my friendship from misunderstanding.

Let there be peace in the world.

Forgive me for my bad sins, let me forgive myself and live in your peace.

Help me get a parking space.

Let me pass this quiz.

Help me find my keys.

small

Make me wake up on time.

Give me patience with others.

Let me make this shot.

Help me finish my work today.

Let me finish the laundry.

Size doesn't matter.

God wants to talk about...

all of

it!

Lift your mind and  
heart to Him.

character

whole

honor

integrity

word

love

fortitude

# Why pray to GOD?

Because, God is...

Creator

Almighty

All Merciful

All Loving

All Forgiving

Infinite

Eternal

Perfect

GOD  
IS  
LOVE



Love is patient, love is kind.  
It is not jealous, love is not  
pompous, it is not inflated,  
it is not rude, it does not seek  
its own interests, it is not quick-  
tempered, it does not brood  
over injury, it does not rejoice  
over wrongdoing but rejoices  
with the truth. It bears all  
things, believes all things, hopes  
all things, endures all things.

Love never fails.

1 Corinthians 13:4-8  
RSV

A perfect love.



“

The moment I wake up,  
before I put on my makeup.  
I say a little prayer for you.

I say a little prayer  
Burt Bacharach & Hal David  
sung by Dionne Warwick  
1967

Get up each day and pray.

Simplicity.

Pray for your spouse,  
your children, your family.

People you love,  
people you hate.

The office, schools, church,  
clubs, neighborhoods.

World

peace.



The Lord tells us: ‘the first task in life is this: prayer.’ But not the prayer of words, like a parrot; but the prayer, the heart: gazing on the Lord, hearing the Lord, asking the Lord...

Pope Francis  
Oct. 8 2013  
daily homily

A week of prayer, marked in a journal.



# Contemplate.

Consider

Study

Weigh

You and God.

Your surroundings.

Creation.

# Creation.

Rocks: no two the same...ever

Trees: no two the same...ever

Bugs: no two the same...ever

Dogs: no two the same...ever

Snowflakes: no two the same...ever

Humans: no two the same...ever

You

Special, incredible, unique.

No one like you...ever!



Even the hairs of your  
head have all been  
counted. Do not be afraid.  
You are worth more than  
many sparrows.

Luke 12:7



“

For we can only wonder  
at every gift you send...at  
blessings without number  
and mercies without end

Oh God Beyond All Praising  
Michael Perry  
Gustav Holst  
1964

You...

...a child of God.



See what love the Father  
has given us that we  
should be called children  
of God; and so we are.

1 Jn 3:1  
RSV

understanding

trust

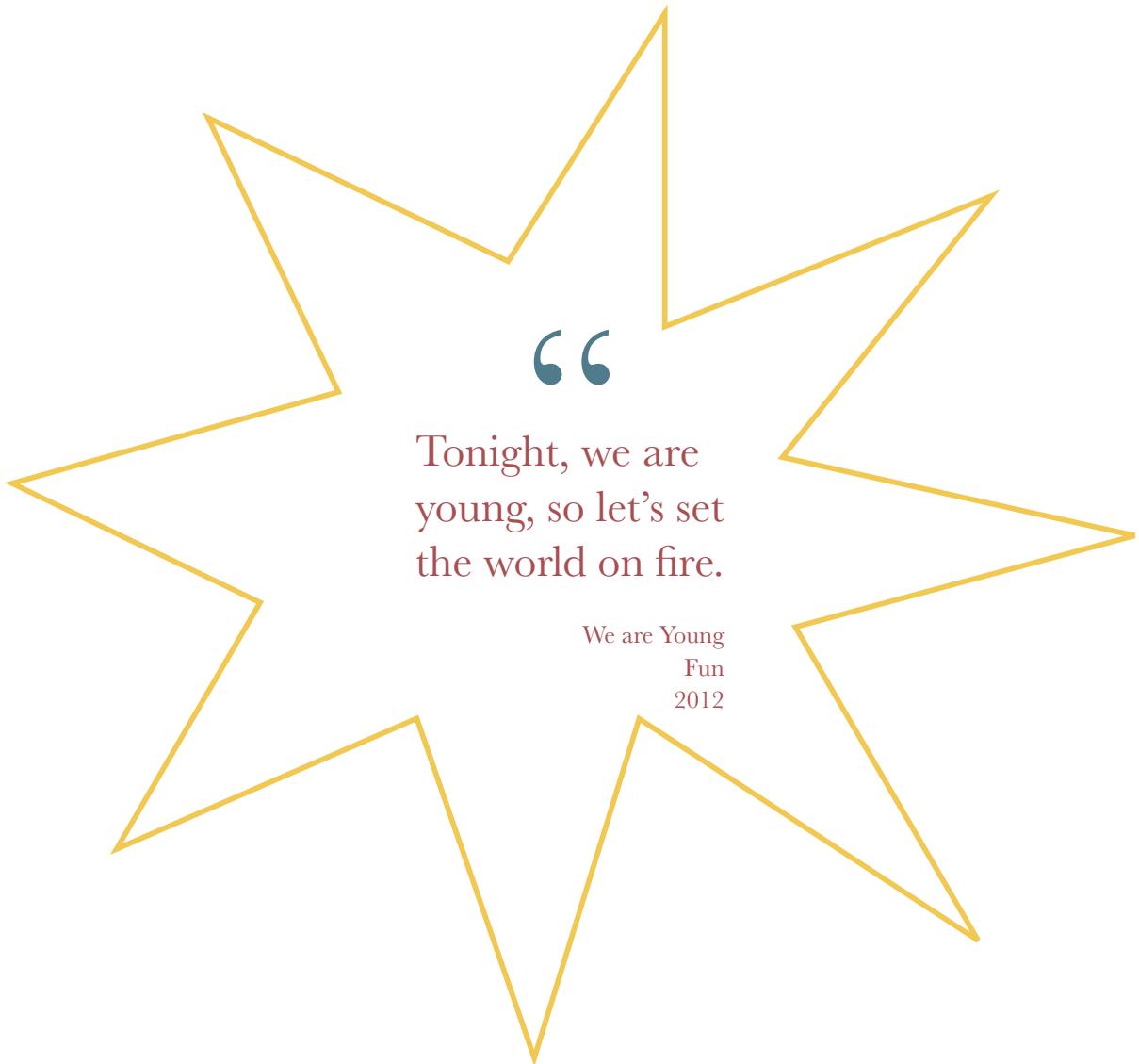
loyalty

childlike

simplicity

love

dependency



“

Tonight, we are  
young, so let's set  
the world on fire.

We are Young  
Fun  
2012

# Memories

## **What are your memories about prayer?**

Grace before meals?

The Lord's Prayer?

Summer Camp prayers?

Funny prayers that rhyme?

Often it's the prayer your parents or grandparents taught you when you were going to bed. Good prayers. Prayers that never leave you.

Start over with these prayers today; now. They are your foundation. Prayer will become part of your life. You will become one with God. You will hear Him. You will see Him act in all the circumstances of the day. His special plans are revealed as you trust in Him.

patience

trust

forgiveness

# healing

mercy

love

judgment

wounds

# Prayers from

Angel of God my guardian dear to whom God's love  
commits me here. Ever this day be at my side to light  
to guard to rule to guide.

Our Father, who art in Heaven hallowed be thy  
name, thy Kingdom come, thy will be done, on  
earth as it is in Heaven. Give us this day, our daily  
bread, and forgive us our trespasses as we forgive  
those who trespass against us and lead us not into  
temptation, but deliver us from evil. For thine is the  
kingdom the power and the glory forever.

Now I lay me down to sleep. I pray the Lord  
my soul to keep. If I should die before I wake,  
I pray the Lord my soul to take.

Rubba dub dub, three men in a tub,  
thanks for the grub. Amen.

“Superman”  
Grace

Thank you Lord  
for giving us  
food. For the  
food that we eat.  
For the friends  
that we meet.  
Thank you  
Lord, for giving  
us food!

# childhood.

“...and make us ever mindful of the needs of others”

“St. Michael the archangel defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray and do thou oh prince of the heavenly host by the power of God thrust into Hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.”

“Lord take away my pain”

“Matthew, Mark, Luke and John  
Bless the bed that I lie on  
Four corners to my bed  
Four angels round my head  
One to watch and one to pray  
And two to guide me through the day”  
(Prayed to Music)

St. Anthony, St. Anthony please  
come around. Something’s been  
lost and can’t be found.

God, please keep Mommy  
and daddy, Jane, Meg,  
Ann, Mary, Judy, Skip,  
David, and little Peter  
safe. Thank you Lord  
for the day. We can be a  
happy family, even with  
Gramma, who we love  
very much.

God is neat...lets eat.

# Prayer

part two



Grow in silence.



We need to find God, and he cannot be found in noise and restlessness.

God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence...

We need silence to be able to touch souls.

— Mother Teresa

wounds

sins

truth

# acceptance

reality

love

mercy

# Thoughts...questions

Your mind...  
needs to be clear  
needs to be quiet

Consider the world.  
Consider your world.  
What has happened?

Turn to God.



“

Excuse me while  
I kiss the sky.

Jimi Hendrix  
Purple Haze  
1969



Promise.



“

If you wanna kiss the sky  
better learn how to kneel,  
on your knees boy.

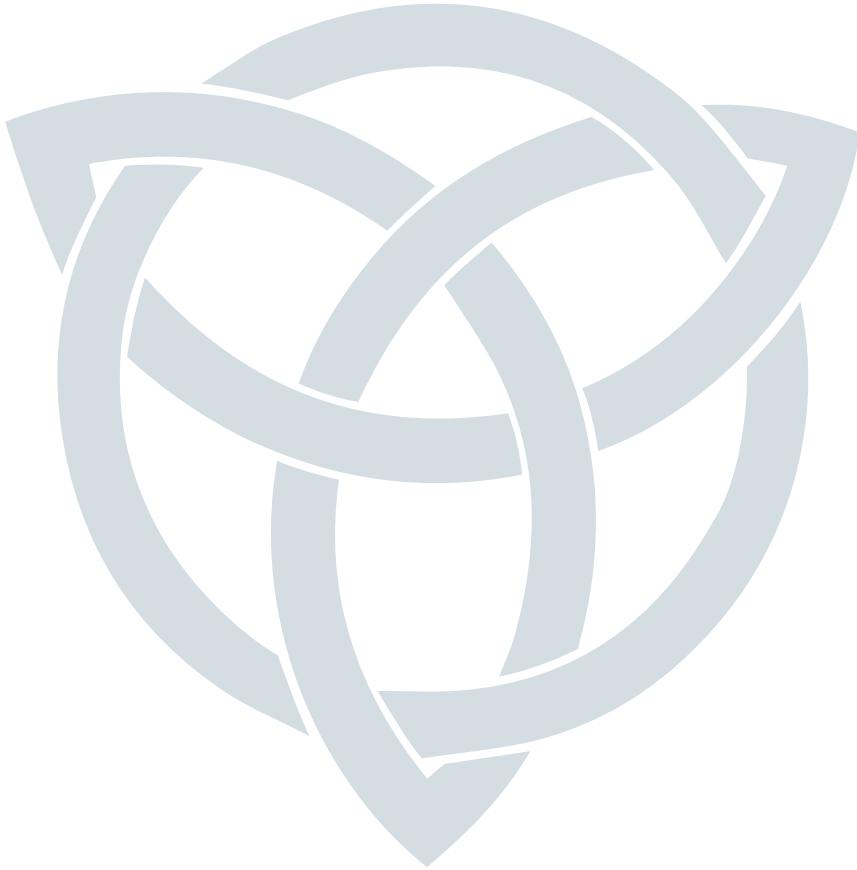
U2  
Mysterious Ways  
2006

A time of day.  
Every day.  
Just show up.  
Reserve the time to pray.

Because if you can talk,  
you can pray.

If you can think, you can pray.

happy place



# Your happy place.

A safe place.

A quiet place.

Stress free.

A place you feel loved.

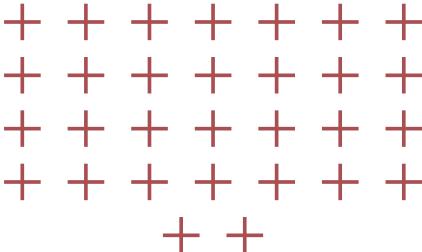
A place you can be alone.

# Location, location, location

your room,  
your porch,  
your office,  
your easy chair,  
at your desk,  
your car,  
the train,  
your church...  
other places?

**You Pick.**

Here is what a month looks like, marked in a journal.



# Prayer

part three



Let's roll!

Begin with a set time  
Enough time...for a chat  
In the rhythm of your day

Time  
is a  
Treasure

TURN OFF  
All Personal  
Isolation Devices

Place  
yourself  
in the  
presence  
of  
God.

God...

The Perfect Father

Our Father

Your Father



I know no better way of considering the greatness of God than to start from this inexpressible and simple fact that he is our Father and we are his children.

— (Friends of God, 144)  
Josemaria Esciva

Dear God,

I desire to be with  
YOU.

To feel your presence.

I have much to tell you.

It's quiet. I am here.  
Just showed up.  
In my happy place...

Be Still.



Go forth and stand upon the  
mount before the Lord.”  
And behold the Lord passed by,  
and a great and strong wind  
rent the mountains,  
and broke in pieces the rocks  
before the Lord,  
but the Lord was not in the wind;  
and after the wind an earthquake,  
but the Lord was not in the earthquake;  
and after the earthquake a fire,  
but the Lord was not in the fire;  
and after the fire a still small voice.  
And when Elijah heard it,  
he wrapped his face in his mantle  
and went out and stood at the entrance of the cave.  
And behold there came a voice to him,  
and said, “what are you doing here, Elijah

1 Kings 19:11-13

RSV

In the silence of my heart, I talk to you.



In the silence of my heart, I hear you.



It's been a while and I am new at this.

Please be patient with me.

When at first  
I fumble  
please  
give me  
the  
desire  
to carry  
on.

creation

creator

nature

beauty

humanity

love

life

Help me believe that you are here.

That you see me.

That you love me.

Know  
that  
I  
am  
**WEAK!**

Make your presence known to me.  
It is for this very reason that I come today;  
now, to get to know you and for you ...  
to get to know me.

I

Trust

No conversation is wasted.

Listen

...in the silence of your heart.

Walk...

COME  
WITH  
ME  
NOW.

Someone  
inside  
is  
calling  
you...

to pray.



People are often unreasonable and self-centered. Forgive them anyway. If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway. If you find happiness, people may be jealous. Be happy anyway. The good you do today may be forgotten tomorrow. Do good anyway. Give the world the best you have and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway.

— Mother Teresa

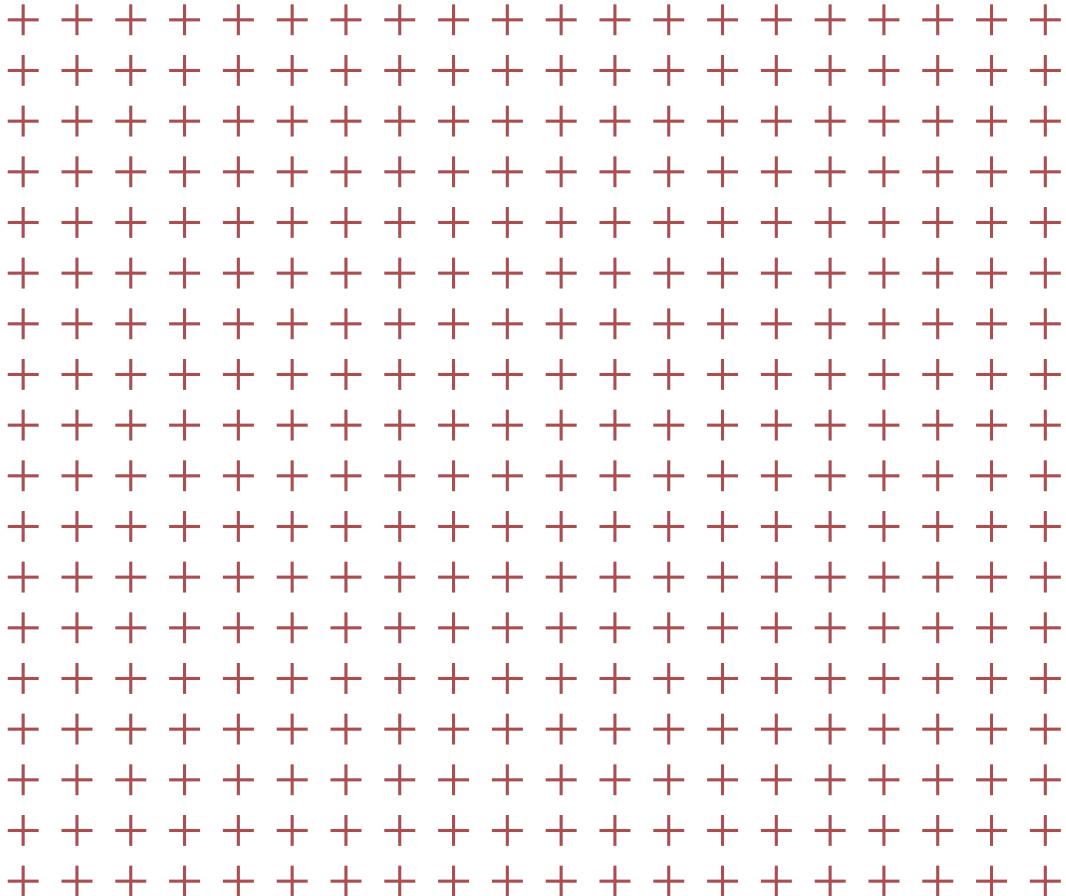


Rest...in peace.

Eternity Now

Go Pray.

Here is what a year looks like, marked in a journal.



+ + + + +

supernatural

present

encourage

# outlook

positive

love

lifetime

### About the Author

Clare Rowan lives with her husband and 7 children in McLean, VA. She earned her MA in Theology from The Notre Dame Graduate School of Christendom College. Clare is active in religious education formally through teaching in parishes and informally by giving the Faith to her family for 29 years. She has prayed through ups—married 25 years this September and a mother of 8 and downs— her first baby died shortly after death. She is a breast cancer survivor.

