



# PRAYER...WHAT'S IT ALL ABOUT?

LITURGY BYTES *by Michele Hall*



A very simple way to begin to understand the meaning of the word prayer is to simply say that prayer is talking with God. However, just as important to know is prayer is also listening to God. Being silent is the side that many find most difficult. We open our mouths and talk to God, but we should also then sit quiet and listen. The second part is more difficult!

Most of us probably learned prayers when we were young most likely from parents, relatives or in school. As we got older, we might have questions regarding prayer. For instance, does God really listen to us and answer our prayers? Of course He does, but sometimes the answers are not what we want, or the timing is not immediate. Some ask, what do I talk to God about? How about ..... everything that matters in our lives.

Let us begin by saying, share with God our hopes, desires, fears, joys, sorrows, likes and dislikes. Do not hold anything back. After all, God already knows it all. Talk to God like you would talk to a best friend. In prayer we get to know God and what God wants for us. We come to know what God wants us to do so that we can be happy in this life and be led to the life that is to come. Prayer also helps us to truly know who we are and what we are all about. Prayer can help us totally surrender ourselves to God and help us to free ourselves from the illusions and distractions of this world. We should consider prayer as the most important activity of our lives because prayer gives us the insight and ability to do everything else that matters in our lives. I am sure you are thinking "easier said than done" since most of us do not approach prayer in this manner. When feeling down or feeling God is not answering us, that is when we need to keep PRAYING and not give up. These are the times when we really need to feel God's presence. Remember, you do not need the special words of memorized prayers, your own words addressed to our God work too! Part 2 of our discussion will continue next week.

*Have a blessed, healthy, and prayerful week ahead!*