

## From the Curate's Desk

Prayer is a basic part of life as a Christian.

We pray in church, at home, together, on our own... We offer thanks to God, ask his forgiveness when we get things wrong, pray for people we care about and much more. Often, we pray 'on the spur of the moment', responding to situations as we meet them. Choosing to pray in a disciplined way, though, is a step further in life with God.



There are lots of patterns of prayer which we can use. Please do share any ideas that have helped you to pray – we're all in this together, and have a lot to learn from each other. We can print your ideas in future editions of this magazine.

One thing is vital if you're going to build a pattern of prayer – time. It doesn't need to be a lot, but you need to set aside at least a few minutes regularly, and to make yourself do it – even if that means leaving some other things undone for the moment.

Get yourself comfortable, and don't feel that you need to rush straight into praying. Often it helps to spend a few moments being still and breathing deeply to let your mind slow down a bit.

Then comes the praying part. If you're trying to get started in this, why not use the prayer Jesus taught us? It's both a wonderful prayer in itself and a great pattern for our own prayers.

**Our Father in heaven  
hallowed be your name;  
your kingdom come; your will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our sins as we forgive those who sin against us.  
And lead us not into temptation; but deliver us from evil.  
For the kingdom, the power and the glory  
are yours now, forever and ever. Amen**

Try praying it slowly and thoughtfully this way for a few days.

Then take a bit longer, and perhaps once a day, stop after each line to think and pray about the kind of things the prayer mentions. So after 'Our Father in heaven' just take a moment to think about God – what do you believe he is like? Ask him to help you to know. After 'Hallowed be your name', think of three things to praise and thank God about. Think through what each line of the prayer means, and spend a few moments praying about those things.

Why not try this for a week, and see how you feel about prayer then!

with love & prayers

Barbara

### A Line from Luna...

Hello everyone, I hope you are all managing well in these troubled times...

Mummy has been doing lots of praying at home and as we go walkies... sometimes I stop and look at her because on occasion it sounds as if she were speaking to me!?

I watch and cuddle up right beside Mummy when she is on the laptop for prayer time on Facebook (whatever that is?) Sometimes we just sit quietly together, and with God and just enjoy the stillness.

I hope you may find some warmth and comfort with God, just as I do close to Mummy in our quietness, our walkies and at home.



Much love, Luna xx