

# Core Beliefs and Assumptions About Prayer

Segment 2:

Our Participation With God in Prayer

# Personal Prayer is Unique to Each

- We come as who we are, a unique person
- Fruitful styles of prayer will be those suited to us now
- As we change and grow, so do fruitful styles change for us

# Prayer Is Life-Long

- We are never “finished”
- Our relationship with God evolves and expands
- So what is most fruitful in prayer changes

# We Pray With Our Whole Selves

- Conscious and unconscious
- Body, mind, psyche, spirit
- Dreams, images, memories
- Hopes and regrets
- “Sighs too deep for words”
- Spirit prays for us

# Prayer Is a Way of Living

- Not something we “do”
- It is a contemplative stance
- We pray by how we come to every moment
- Praying without ceasing

# Prayer Is a Risk and a Challenge

- In prayer we are called to go beyond ourselves
- Prayer can disrupt our settledness
  - Our life routines
  - Our assumptions about faith
  - Our self-images
  - Even our images of God
- Risk is for the sake of growth and relationship with God

# Spiritual Disciplines and Methods are Important

- Grace is by God's initiative
- Our disciplines and methods open us to this initiative
- Like arising early to see the sunrise