

## About Prayer

“If you are too busy to pray, you are too busy.” (Anonymous)

“The function of prayer is not to influence God, but rather to change the nature of the one who prays.”

--Soren Kierkegaard

“Prayer is not so much talking to or addressing God, but rather about deepening our awareness that God—the Breath of Life present through the universe – comes to visible expression in us.”

--Michael Morwood, “Praying a New Story”

Prayer is no easy matter. It demands a relationship....A first prayer is often a painful prayer, because you discover you don't want to let go...To be calm and quiet all by yourself...involves a self-discipline where the urge to get up and go is recognized as a temptation to look elsewhere for what is really close at hand.

--Henri J. M. Nouwen, from “With Open Hands”

## Praying

It doesn't have to be  
the blue iris, it could be  
weeds in a vacant lot, or a few  
small stones; just  
pay attention, then patch

a few words together and don't try  
to make them elaborate, this isn't  
a contest but the doorway

into thanks, and a silence in which  
another voice may speak.

-Mary Oliver



## Prayer

Let nothing disturb thee  
Let nothing affright thee  
All things are passing  
God alone is changeless  
Patience obtaineth all things  
Those who hath God wanteth nothing  
God alone sufficeth  
Amen.

--by Saint Teresa of Avila (1515 – 1582)



## More about prayer

“Pray as you can and do not try to pray as you can't. Take yourself as you find yourself; start from that.” -- Dom Chapman

“A lot of trouble about prayer would disappear if we only realized – really realized, and not just supposed that it was so – that we go to pray not because we love prayer but because we love God.”

--Hubert van Zeller

A good prayer life is defined by saying ‘please’ in the morning and ‘thanks’ at night. -- anonymous

## The Serenity Prayer

God, grant me the serenity to accept the things I cannot change  
The courage to change the things I can  
and the wisdom to know the difference.  
Thy will not mine be done.