

# Practice of the Life of Prayer.

'In prayer the principle thing is to stand before God with the mind in the heart, and to go on standing before Him unceasingly day and night until the end of time.'

Bishop Theophan.

Prayer is primarily the action of God.

All prayer is a gift.

'The purpose of human effort, & of spiritual direction, is simply to clear away

obstacles to this manifestation of the  
divine flame.'

Ken Leech.

'The best preparation for the life of prayer  
is to become more intensely human.'

Meditation is an activity of the mind and  
thought  
Prayer is an activity of the whole being.

'Your very desire is itself your prayer; if  
your desire is continued so is your prayer  
also. Whatever you are doing, if you are  
desiring to pray, you are praying. If you  
do not wish to cease from prayer, do not  
cease from desire.'

St Augustine

St Anthony the Great says that he prays  
best who does not know that he is  
praying.

'You say you do not know how to pray.  
Experience has taught me that persons of  
good will who speak in this way know  
better than others how to pray, because  
their prayer is more simple & humble, but  
because of its simplicity, it escapes their  
observation.'

de Caussade

'Those perpetual alternations of light &  
darkness, of consolation & desolation, are  
as useful, I should say as indispensable,  
for the growth & ripening of virtue in our  
souls, as the atmospheric changes are for  
the growth & ripening of the harvests.'

de Caussade

'What we call anger [in God] is simply a  
name to express the sensation caused in  
a sinner by the fire of God's love.'

Canon Michael McLean.

'If you are in a stew there are 4 things you can do: you can have a hot bath; you can talk to a friend; you can have a good cry; you can contemplate truth.'

St Thomas Aquinas.