

At the heart of prayer is the relationship between God and me.

Prayer is anything that nurtures that relationship between us

Prayer is time consciously spent in God's presence.

All time is spent in God's presence, whether I acknowledge it or not.

God consciously spends all time with me, whether I acknowledge it or not.

God is praying in me, even when I am not consciously praying to God.

Presumably God is praying in others and indeed in all creation.

**As I sit here God is praying through the chair I sit on, the clothes I'm wearing, the air I breathe, the window I am gazing through,
the trees & the buildings that I can see.**

**As I go outside, God is praying in each person I meet. As we meet the God in me meets the God in them.
God's praying thus unites me with everything else that God has created : all other people, and all of creation. God is praying in all
of us, and in everything.**

**Thus united by God's prayer, my relationship with all other human beings, is transformed, for they are now my sisters and
brothers, and their well-being is now my concern. Prayer calls me to social and pastoral action.**

**Similarly, as I sense the God whom I know praying in the whole of creation so my attitude to creation is transformed. God is in it
and meets me there, God calls me to care for it.**

Even when I find prayer difficult or even impossible, I can try to be still, and be aware of God praying in me and in everything.

God is the primary pray-er.

Prayer is: directing my thoughts and feelings towards God, sometimes using words, sometimes not using words.

Prayer is: being open to God, listening with my body / mind / heart / soul.

Prayer is: seeking to be aware of God praying in me.

Prayer is : seeking to be aware of God praying for me in others.

I can either practise the ways of praying that others have discovered to be helpful. Its good to learn from the wisdom of others. But it can be dangerous to get too hooked on techniques, which might get between God and me.

Or, I can nurture my own natural ways into prayer,

by naming to myself the activities that I enjoy, that seem to naturally lead me into a sense of God's presence. Its good to recognise that God has created me able to know him through the things I enjoy. But it can be dangerous if I just enjoy myself and forget God.

Or, I am free to do both.

Its good to pray on my own.

Its good to pray with others.