

Connecting through prayer

Asking God for the needs of life is one more way to connect with the divine. Even if you have a surrender and trust that God's will is done regardless of whether you ask for anything specific, you can still communicate your needs and ask for blessings with a spirit of faith and surrender. Communicating with the great universal creative Consciousness is a good thing to do, whether you're asking for help or giving thanks.

Regardless of the specific words and thoughts you use in prayer, taking time to connect with the divine presence is likely to bring good energy and positive effects into whatever situations you're praying for.

Consider

Don't just pray for some limited concept of what you think is available in your life. Give spirit a chance to surprise you and outshine your expectations.

After all, how can anybody really know exactly what to pray for? (See Chapter 3 for details on knowing what you don't know.) What if you pray and ask that you or someone else gets a particular job when there's a much better career opportunity for you or the other person just around the corner? With hindsight, you would thank God for not answering that prayer. (Well, technically, the prayer was answered, but the answer was "No.")

Therefore, the best way to improve someone's lot in life, including your own, is to send positive blessings while trusting the divine universal perfection to use your blessings in the best way.

Spiritual Wisdom

That prayer has great power, which a person makes with all his might. It makes a sour heart sweet, a sad heart merry, a poor heart rich, a foolish heart wise, a timid heart brave, a sick heart well, a blind heart full of sight, a cold heart ardent. It draws down the great God into the little heart, it drives the hungry soul up into the fullness of God, it brings together two lovers, God and the soul, in a wondrous place where they speak much of love.

— Mechthild of Magdeburg

Do you pray for the world?

When you hear about an earthquake or other disaster around the world, do you pray for the people involved? When you hear that a hurricane may hit the coast and cause devastation, do you pray for nature to be gentle?

There's no need to feel guilty if you don't pray to keep disasters away, but it gives a good chance for self-examination to contemplate why you don't.

- Do you choose not to pray because you don't realize your own power of prayer?
- Or do you choose not to pray because you trust God completely and feel no need to petition to change His will?