

A JOURNEY INTO MY PRAYER

A few suggestions for thought or discussion.

1 Where Do I Pray? Think of the experience of your “inner dialogue”: you are alone, say on a bus or a train, there is no-one to talk to for two hours. You don’t want to sleep or read. How does your mind work?

Do you spend time alone, or avoid aloneness? Do you automatically reach for the radio/tape, or are there times when you will choose silence?

How does your mind cope with anxiety or fear,
disappointment or hurt,
dreaming, longing, hoping, planning - and so on?

Do you tend to be basically alone in such states of mind? Do you have the experience of these feelings or thoughts in the presence of God? With what difference?

2 Can you be natural with God? Do you have a religious persona that prays, and another self that doesn’t? (Cf the parsonic voice, religious language, liturgical behaviour, ritual props, the Sunday hat, whatever - versus the intimate presence to God *from which nothing is hidden*).

3 Do you pray more readily out of positive experiences or negative ones? Some people *only* pray in trouble, and have little experience of the God who “delights in his people”. Others may find pain or disappointment God-denying and find that they can’t pray.

4 The Liturgy feeds personal prayer, but doesn’t replace it. It might be interesting to see how your liturgical life relates to your spiritual life.