

Prayer is our dynamic interaction with a loving and present God. There are many ways to pray, and wherever we are in our journey with prayer, there is more to discover.

Ideas from this episode for growing in our prayer life and staying the course include:

- Responding to challenges by praying
- Carrying others in prayer
- Including God in all parts of our day
- Being disciplined in both good and challenging times
- Spending time in worship
- Praying with others
- Speaking God's Word aloud

REFLECTIVE EXERCISE

In what season of life has prayer been rich for you? When has it been challenging?

What hindrances could you eliminate to engage in a more enlivened prayer life?

What one practice listed above can you begin to add to your prayer life?

FURTHER REFLECTION

When you pray, how can you become more aware of God's presence and more expectant that your prayers will be heard and answered?

PASSAGES FOR REFLECTION

Mk 11:22-25, Heb 11:1, Jas 1:5-6, Mt 6:9-15