

Our readings today remind us that prayer, in all its forms, is at the heart of our relationship with God. It is the way we nourish and sustain this relationship.

I think of prayer like the conversation we have with a good friend. We speak of our hopes and our dreams. We share some of the hardships we are facing. We feel heard and valued. Sometimes we sit together in silence. Our friend can not make our hopes come true nor can they take away our difficulties. But in the being together our relationship is strengthened and so are we. We know we are not alone.

I think prayer is a lot like that, especially when we share with God from the heart all that is important to us. Then we listen. We sit in silence together. Prayer is being who we really are with God. That kind of prayer takes trust and humility, perseverance and faithfulness, time and energy.

Some people find prayer boring or dry or have been disappointed in prayer or afraid that they are not 'doing it right.' When it comes to this conversational prayer with God there is no right or wrong.

This week find time to have a conversational heart to heart with God. May you discover that time spent this way with God is a blessing to behold.