

WHAT IS PRAYER?

Prayer is a way of liberating life,
of pulling out the weeds,
of unclogging the mind
of worry, stress and loss.

Prayer warms the spirit,
re-visions the mind,
rejuvenates the soul,
casts the world in a fresh perspective.

Prayer leaves room
for unanswered questions,
for double doubt;
a space to speak up.

Prayer names the world for what it is,
it is a place for honest-to-God thoughts
that we may not dare to express
to another human being.

Prayer feels the weight of truth,
the depth of pain,
the highs of joy,
crying and laughing with the world.

In prayer we name without fear
our experience of life,
the silence of God,
the promise of faith.

