

Prayer Life



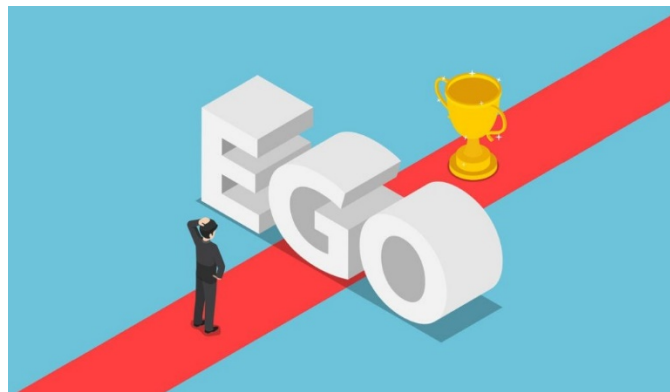
Intimacy with God

“Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.”

(Philippians 2:5-7, NRSV.)

- This means to direct our thinking towards the kind of thinking that the Son of God had at His Incarnation.
- How do I get there?
- What are the speedbumps between how I think now and thinking like Jesus?

There is really only one obstacle before intimacy with Christ –



St. Paul says that Jesus “emptied” himself.

He had the awesome power of being equal with God!

But he let it go!

I submit that the primary path to letting go of one’s ego is by practicing a discipline of prayer.

Losing yourself in prayer means entering into divine love.

Rumi said, “When you lose yourself in this love, you will find everything.”

Jesus said, ““But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.” (Matthew 6:6, NRSV.”

So, Rumi & Jesus seem to agree!

To pray, one needs to gently remove our ego's grip on our minds, to allow them to naturally move towards ever more intimate relationship with Our Lord.

So Where to begin?

- Begin Now!
- There is no time or place not to pray.
- There is no preferred method,
- Or time,
- Or place.
- Jesus exhorts us: "Then Jesus told them a parable about their need to pray always and not to lose heart."
- [Wait! How can I always be praying?
- Don't I have other things to do?]
- You don't have to think of something to say,
- Or ask for.
- You don't have to assume any position,
- Or bow your head,
- Or fold your hands.
 - Of course, you may do any of these things, nevertheless --
- God is always with you, and knows your needs & desires.

St. Paul seems to indicate that it is God who prays within us:

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. (Romans 6: 26-27, NRSV.)

So we must remove ego control and turn to God-control.

Learning to sit in humble silence allows the Holy Spirit open access to your heart and mind.

Let's try one method of doing so –

Imagine if all the tumult of the body were to quiet down, along with our busy thoughts. Imagine if all things that are perishable grew still. And imagine if that moment were to go on and on, leaving behind all other sights and sounds but this one vision which ravishes and absorbs and fixes the beholder in joy, so that the rest of eternal life were like that moment of illumination which leaves us breathless.

~ Saint Augustine ~



Sit Comfortably

Close your eyes

Breathe

Invite the Spirit Inside

Receive Grace!