



Reflection points

Prayer and spiritual practice

Be still and cool in thy own mind and spirit
Qf&p 2.18

Quiet, persistent practice in turning all our being, day and night, in prayer and inward worship and surrender, towards Him who calls in the deeps of our souls
Qf&p 2.22

Stand still, and cease from thine own working
Qf&p 2.18

A place for inward retirement and waiting upon God
Qf&p 2.21

Prayer was not a formality, or an obligation, it was a *place* which was there all the time and always available
Qf&p 2.21

An inner, secret turning to God
Qf&p 2.22

In joyful abandon, in quiet, glad surrender
Qf&p 2.22

Turn in humble wonder to the Light, faint though it may be
Qf&p 2.22

A waiting in 'love and truth'
Qf&p 2.23

Prayer is not words or acts, but reaching down to love: holding our fellows in love, offering ourselves in love; and being held by, being caught up in love
Qf&p 2.23

Prayer... is communion, an opening of the door, an entry from the beyond
Qf&p 2.23

Prayer is not given us to make life easy for us, or to coddle us, but to make us strong

Qf&p 2.24

Prayer is not an occasional nod given in passing to God. It's more like marriage – a closeness of living, a constant receiving and giving

Qf&p 2.25

Prayer, we learn gradually, has far more to do with listening than with talking

Qf&p 2.26

A friend tells me that when she prays for someone she does not so much pray *to* God for them as *for* God for them

Qf&p 2.26

We learn to listen more deeply so that we can be channels through which God's love reaches the other person. It is God at work, not we ourselves

Qf&p 2.26

Prayer is an act of sharing with God, the Spirit, and not an attempt to prompt God to action

Qf&p 2.27

When I pray for forgiveness, for strength and courage, I try to open my heart, making it possible for me humbly to receive

Qf&p 2.27

Prayer would be an evil rather than a blessing if it were only a way of getting God to do what we ourselves will not make the effort to do

Qf&p 2.28

A prayer is always a commitment

Qf&p 2.29

The sunlight shines through the cloud; even when the cloud is so thick that we cannot see the sun at all, its rays carry on their healing work

Qf&p 2.31

The parched ground shall become a pool and the thirsty land springs of water

Qf&p 2.33