

THOUGHT PROVOKING QUESTIONS:

1. What has been your own journey with prayer? How would you describe your prayer life and how has it evolved over time?
2. How has prayer helped you cope with stress?
3. What is one aspect of your prayer life that you would like to explore?
4. Often we think of prayer as asking God for something, or giving thanks to God, or even confessing to God. And yet if prayer is about a conversation with God, we are both talking AND listening. Richard Rohr writes the following on prayer:

Western culture has tended to be an extroverted culture and a “can-do” culture. Prayer too easily became an attempt to change God and aggrandize ourselves instead of what it was meant to be – an interior practice *to change the one who is praying*, which will always happen if we stand calmly before this uncanny and utterly safe Presence, allowing the Divine Gaze to invade and heal our unconscious, the place where 95 percent of our motivations and reactions come from.

How has prayer changed you?

