

## Making Prayer a Part of our Daily Lives

The more we listen for God, the more we hear and sense the Presence. The more we follow leadings, the more we are guided into further spirit-led action, witness, and service.

In that way, our connection with the Divine Presence is like any other relationship. The more we take care and pay attention, the warmer and closer the relationship is. Prayer also seems to be like any other skill. The more we practice, the more proficient we become.

It is important to intentionally create the space and time for prayer to happen. We don't have to separate ourselves from daily life in order to pray. Often we weave prayer and deep listening right into our busy lives without missing a beat!

Below are a few ideas to use as jumping off points.

- Create a prayer corner at home.
- Find a bit of Sabbath during the week.  
Any way you can punctuate your week and give yourself time to pray, reflect, and nourish yourself spiritually is a great step!
- Be a "prayerful holder."  
You can take your prayerful presence into your daily life without even letting anyone know what you are doing. Watch for the changes it seems to make in social situations that are often marred by friction and sour relationships.
- Make prayer and your spiritual journey an OK topic of conversation.
- Follow news of an illness or difficult situation in your family or community with a suggestion of some kind of intercessory prayer—holding in the Light, "sending them love," or "praying in color" for him or her by creating a special picture while focusing on their heart-felt connection with you and Spirit. (See **Praying In Color: Drawing a New Path to God** by Sybil MacBeth.)
- Ask the elders in your family about their faith.

They may be waiting for an opportunity to share the legacy of their lives in the Light. (Don't worry if they are not Quakers. They are part of your family. Their experience is part of your faith history. Focus on the experience behind the words.)

- If you are raising children or grandchildren, jot down a few notes when you sense that the children have had an encounter with Spirit/God or have come to a deeper place of compassion or gratitude or may have experienced a leading. (Your notes will create an informal spiritual biography of your children's or grandchildren's early lives.) Label the parts of their Quaker Journey giving them a faith vocabulary. Reflect on ways to nurture that possible growth in the Light further.

Beth Collea, 2020 