

THOUGHTS ON PRAYER

by David Young

The night before your prayer time. Pick up your Bible, as your primary resource, and search online for Thomas Kelly's book with an introduction by Richard J. Foster.

As you enter into your time of prayer, you might ask what proves to be the best way to proceed. The best way I can describe it is receiving the empowering presence of God. Then begin this moment of prayer by offering up your leisure and anxieties to the Lord. Turn to Psalm 23. The Lord is my shepherd. I shall not want. He makes me lie down in green pastures.

You may actually visualize this experience the more you meditate on these several verses. We especially need Him to restore our souls, for His namesake. I will have no fear. He prepares a table for me in the presence of my enemies. He anoints my head with oil. My cup runs over. Surely, goodness and mercy shall follow me, all the days of my life. And I shall dwell in the house of the Lord, forever. My, how refreshing. How promising.

Next, turn to Thomas Kelly's book, *A testament of Devotion*. His classic work describes how former pilgrims of faith have lived their lives. You may also read of Meister Eckert and many others who possessed that same mental framework of prayer. Then take a meditative break. You will hopefully return to an experience of renewal. A time for receiving guidance from the Holy Spirit for making major life decisions.

I found writings of how Saint Augustine experienced movements of the Holy Spirit. Lingering during those moments can be so refreshing. Or, as my personal ministry would characterize it, a time of *Renewal*.

Now dearest friends, we are all in green pastures and foothills of prayer. Take one step at a time and you will find your own pathway to *Renewal* when the Lord becomes your Shepherd. Consider these few thoughts until the next time you pray. For the Spirit of God will pass right by you. I am convinced that following regular and thoughtful times of sincere prayer will lead you to a greater commitment to Jesus Christ and *Church Renewal*.