

I Believe...PRAYER

United Methodists come from a rich tradition of beliefs and practices. Each week you are invited to dig deeper. Use these days to study, to pray, to consider what you believe. As United Methodists, our beliefs are formed and evaluated through a quadrilateral: scripture, history, experience, and reason. Read one scripture each day. Then dig deeper through the quotes and other resources on the page.



Join the online discussion on Facebook.

PRAYER

Readings for this week:

Monday – Psalm 42

Tuesday – 1 Thessalonians 5:16-18

Wednesday – Romans 8:25-27

Thursday – 1 John 5:14-15

Friday - Luke 18:1-14

Saturday – Luke 11:1-13

"As Christians we share the good news that God can be heard, understood, and obeyed. We have Scriptures, nature, history, and the stories of our lives that speak God's truth. Further we have the capacity to 'hear' God's voice deep within our own souls. Through the centuries faithful listeners have discovered ways to sharpen their listening skills. Practices and disciplines increase our desire and capacity to be faithful to what we hear and know to be the voice of God.... Do you want to hear God speak to you? Polish up your practices of prayer, worship, witness, and service, and you will be amazed at what you hear." – Bishop Reuben Job

Prayer is not primarily saying words or thinking thoughts. It is, rather, a life stance. It's a way of living in the Presence, living in awareness of the Presence, and even of enjoying the Presence. Fr. Richard Rohr, *Everything Belongs*

"And so I urge you: carry on an ongoing conversation with God about the daily stuff of life, a little like Tevye in *Fiddler on the Roof*. For now, do not worry about 'proper' praying, just talk to God."- Richard J. Foster

Because I believe...:

How can you practice prayer?

Write out a short statement that expresses your belief.