



The Prayer Room

Brought to you by the Good News Bearers

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Prayer, as “The Complete Idiot’s Guide to Prayer” reminds us, has been around for a long, long time. At the very least, it’s been with us for over 4,000 years. Why is it, then, that so many of us don’t yet seem to have a handle on it? At times, we even seem to be confused about what it **is**. The book just mentioned likens prayer to a greased pig at the county fair – “often pursued but rarely grasped.”

A few weeks ago, we shared with you a few definitions for prayer. None of them is as simple, complete and direct as that of the third-century Christian who said, “***Prayer is conversation with God.***” And **that’s** the definition many of us learned in catechism.

Still, **conversation** denotes words, and most of us have known times when we just couldn’t find the words to pray. That’s the time to lean on the words of the Apostle Paul in Romans 6:27-28:

“The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints (that’s us) according to the will of God.”

Whether our prayer is in words fully formed in our minds, or they are words our hearts would speak if they could just get it together, we know that God is truly present. We need only be awake to that presence; God will take care of our communication glitches.

Please include this among your prayers each day during the coming week. And, as you pray, remember that your brothers and sisters in Christ join you in your prayers.

Suggested prayers:

Blessed Lord, give special help this day to all who are having trouble praying: the weary, the sad of heart, those who are weighed down by guilt or anger, the anxious, and especially those who just can’t seem to find the words.

Let your Holy Spirit lift their hearts, calling their minds to remember all the ways they have been blessed by you, and awakening them to the reality of your presence and the assurance of your love.

Make me an instrument of your grace, to be a blessing to others as you have blessed me.

In Jesus name I pray. Amen.