

From the Rector
How to Pray in a Busy Season

I knew I wasn't alone anymore when someone said this week, "my prayer life hasn't been where I want it to be lately."

With the end of the lazy days of summer and ushering in of the fall season and school year, our hoped-for rhythms of prayer can be sadly compromised. Even if you have plenty of time in your day and little change to your routine, prayer lives have seasons, and sometimes our responses to God shift with different shifts in our lives of faith.

So how ought we to pray?

If you're finding that you have little-to-no time to add yet another routine, taking on a new practice of prayer can be more burdensome than life-giving. One spiritual director of mine taught me to "just look at it."

Take a moment, whether it's during meal prep, or sitting in a meeting, or taking care of a child or loved one, to **just look at yourself or someone else and respond to God** and God's presence in that moment. It might be a response to God saying simply, "thank you," or "help!" or "Wow."

That response, that attentiveness, is in fact, a prayer.

Several years ago, I downloaded an app called "Pray as you Go." It's simply a fifteen-minute broadcast of music, scripture, and meditation. So, when I am out on a morning walk, I turn on the app and take 15 minutes to "multitask," exercising and being in prayer all at once.

And **maybe you do have a lot of time** that you find yourself filling with wasteful amounts of streaming television or internet browsing. What would it look like for you to instead schedule in a time of intentional prayer?

Some helpful resources are:

missionstclare.org (link to praying Morning Prayer from the Prayer Book)

commonprayer.net (a newer prayer resource written for "ordinary radicals")

sacredspace.ie (a way to go deeper into a meditative response to scripture at your own pace)

Morning Prayer - Monday mornings at 8:15 a.m. in person in the church or on Facebook

May you be blessed in the adventure of prayer. Opportunities to respond to God are all around us.

Faithfully,
Allison+

