

## Spontaneous Prayer

### - Deacon Rick Lawlor -

In his book; “Five Pillars of the Spiritual Life” Father Robert Spitzer, S.J. outlines the beauty and effectiveness of spontaneous prayer. Spitzer explains the basic teaching and understanding that Jesus himself taught us to have a close and personal relationship with God. Spontaneous prayer is short and effective “easy to remember” vehicles for grace in daily life. He gives us four categories of these spontaneous prayers. 1. Prayers in time of trial, suffering and anxiety. 2. Prayer to ask for forgiveness. 3. Prayers to offer forgiveness. And lastly; 4. The “all-purpose prayer, thy will be done.”

Spontaneous prayer is a pillar of my spiritual life. It is important to understand that long before we ever turn to God for help, He already knows what we need or what we are about to ask of Him. My thought turns to Saint Paul who tells us to “*pray without ceasing*” which for me and my spiritual life translates: looking for God, finding God and thanking God is every aspect of daily life. Both, in the big moments in life and more importantly in the little things that may pass us by if we do not pay attention. Spontaneous prayer is never angry, harsh or sinful in anyway, although there are times when I find myself wrestling with God in a good exchange of questions and answers. Ultimately, we are called to trust in Jesus and that is not always easy.

Spontaneous prayer is a pillar in my prayer life that reminds me that God is in charge and that there are somethings during this life I will not enjoy and many things I will never understand. Spontaneous Prayer is a humble understanding and recognition that God is in charge. We must learn to ask for help, forgiveness and patience in the midst of our day to day activities. In good times and in bad or when special moments come along, we should be attentive, thankful and contrite. Fortunately, most of us have been blessed with many joys in our lives, although we all have had our share of pain, sorrow, concern and difficulties. Spontaneous prayer is an excellent way to build upon your personal relationship with our Lord. Spontaneous prayer is a great way to pray without ceasing.

May Almighty God continue to bless you today and always.

**Deacon Rick**