



A letter to my dear Brothers and Sisters in Christ.

From Deaconess Michele

In my last article, I ponder upon discipleship being a way of living. Jesus showed us how to live. We just need to follow his example.

Follow Jesus.

He was in constant prayer with his Father.

He was teaching about himself and the Truth to his disciples each day. This means us!

He showed his willingness to serve and “not to be served”.

Today I would like to look at what constant prayer with our Father looks like. Prayer is more than folding your hands and bowing your head. This is a good practice for keeping at bay distractions but there is so much more to praying. When you are in a great conversation with another person, how is your posture? Are you twiddling your thumbs wishing this would end so you can move on? Of course not! Great conversations are intriguing. It captures your attention. You are focused on the words received and equally on your participation.

So what is prayer? If you answered talking with God, well, you are right, but is that all? Your phone rings. You pick it up and now you are speaking with someone. They have your rapt attention and you have theirs. Prayer is like this. Prayer is placing your mind, body, and soul in rapt attention to speaking with God. It could be words spoken or in your thoughts.

It might feel prayer is one sided but in actuality, God is preparing to give a response at just the right moment. The Holy Spirit works between us carrying our prayers before God. He also responds to us. Have you ever prayed for peace and felt peaceful? Have you prayed for patience and found yourself in a situation that calls for patience? What about a specific request that you never received? It seems like the answer was no but in reality, it was God’s way of saying He has something different in mind for you. You do get a response whether it is yes, maybe later, or no. It is truly being open to receive and trusting in Him.

Jesus did. All the way to the cross.

Constant prayer is being one in communion with our heavenly Father throughout the day.

*Stewardship is a fruit of Discipleship*