

How much of prayer is listening? My personal suggestion is to spend at least as much time in prayerful listening as in reciting litanies.

In times of crisis and of joy, we are often quick to make lists of wishes and thanksgivings. Although this isn't necessarily a bad thing to do, perhaps we would do well to simply sit or kneel with a smile on our face and in our heart, resting in the pain or basking in that which surrounds us.

The softening, molding, admonishing, encouraging, strengthening, reconciling and recreating of us is much more amenable to God when we are attentive and willing, when we join in the process.

An attitude of being is mightily coupled with a listening heart.

Pray, pray, pray
Recite your litanies
Say your prayers
But take the time
To listen as well
Enjoy the silence
Give your thoughts
Time to mingle with
God, and for God's
Response and urgings

For me, prayer is time spent with God. May you find the balance of recitation and listening as you pray,

For His Sake

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