

# ABOUT PRAYER

AN EXPLORATION



# Contents

|   |    |
|---|----|
| 1. About Prayer                         | 2  |
| 2. What is Prayer?                      | 3  |
| 3. When we Pray                         | 7  |
| 4. Centuries of Prayer                  | 9  |
| 5. Dynamic Prayer forms using Scripture | 13 |
| 6. Praying Bible Words                  | 14 |
| 7. Bible Foundations of Prayer          | 15 |
| 8. Abandon, Yield, Commit               | 16 |
| 9. Prayers for Today                    | 17 |
| 10. Prayers for the Young               | 18 |

Prayer is at the heart of Christian life. This booklet explores the nature of prayer. The Maranatha Community is essentially a praying, serving Community.

***“If you pray without serving, your prayers will be in vain. If you serve without praying, your service will be in vain. Go, pray and serve in the power of God’s Spirit”.***

Mother Teresa of Calcutta in a message to the Maranatha Community

***“More things are wrought by prayer  
than this world ever dreams”.***

Alfred Lord Tennyson

# 1. About Prayer

## Introduction

Our secular society has lost touch with the spiritual dimension of life and with its ultimate meaning. If we lose a sense of purpose and value in life, we become emotionally and spiritually impoverished. In prayer God gives us a profound affirmation of the sense of our personal worth and the meaning of life. In its essence prayer is an immediate encounter with and personal experience of God in Christ. It is to feel His breath upon us. It is to enter into a relationship with Him which penetrates our innermost being. It is to know His real presence and allow Him to influence the depths of our being.

When we pray things happen. When we listen to God in prayer, we hear Him speak. When we feel His presence in prayer, we receive His power and His peace. When we open our minds to Him in prayer, we receive His truth. When we open our hearts to Him in prayer, we receive His love. When we open our lives to Him in prayer, we receive His healing and His salvation.

We pray to God who is alive - with us, here and now - not distant or past or silent. Prayer is a living thing, because God is living with us.

Praying Christians are growing Christians. Praying churches are growing churches. Prayer changes things, situations and people. We approach God acknowledging who He is, bowing down before Him in reverence and submission as Creator, Lord, Father, Saviour and friend. This is **invocation**.

We pray to God expressing gratitude to Him for His goodness and mercy to us. This is **praise and thanksgiving**.

We seek God for forgiveness, repenting for all our failures, shortcomings and sins. This is **confession and repentance**.

We pray to God for others and their needs - strangers, friends, our family, our church, our community, our nation, our world. This is **intercession**.

We pray to God for ourselves with personal requests - our own needs, hopes and fears. This is **petition**.

## 2. What is Prayer?

Christians of all traditions have clear answers to this question. Here is a collection of some of them for our consideration.

### Prayer is Life

*“Prayer is the soul’s blood”* George Herbert

*“Prayer is the pulse of life”* Andrew Murray

*“Prayer is the breath of your life”* Henri J. Nouwen

*“Prayer is the overflowing of the heart in the presence of God”*  
Jeanne Guyon

*“Prayer is an effort to lay hold of God himself, the author of life”*  
Sadhu Sundar Singh

### Prayer is encountering God

*“By prayer the Christian can open his heart to God”* John Bunyan

*“Prayer is the key of heaven”* Augustine of Hippo

*“Prayer is an adventure”* Anthony Bloom

*“The whole meaning of prayer is that we may know God”*  
Oswald Chambers

*“Prayer is communion with God”* Arthur W Pink

*“Prayer is a lifting up of the mind and soul to God”* Thomas Watson

*“Prayer is the mother and origin of every upward striving of the soul”* Bonaventure

*“Prayer is the ascent of the mind to God”* Jeremy Taylor

*“Real prayer is simply being in the presence of God”* William Barclay

*“Prayer is the climbing up of the heart into the heart of God”*  
Martin Luther

*“Prayer unites the soul to God”* Julian of Norwich

## Prayer is Communicating with God

*“Prayer is a conversation with God”* Clement of Alexandria

*“Prayer is not monologue, but dialogue. God’s voice in response to mine is its utmost essential part”* Andrew Murray

*“Prayer is not a collection of balanced phrases; it is the pouring out of the soul”* Samuel Chadwick

*“Prayer is earnest and familiar talking with God”* John Knox

*“Prayer is the language of a man burdened with a sense of need”*  
E. M. Bounds

*“Prayer is not asking. Prayer is putting oneself in the hands of God”* Mother Teresa of Calcutta

## Prayer is a dynamic Activity

*“Prayer is like fire, the fire can only burn brightly if it is supplied with good fuel. That fuel is God’s word”* Andrew Murray

*“Prayer is the rope that pulls God and man together”* Billy Graham

*“Prayer is a steering wheel not a spare tyre”* Corrie ten Boom

*“Prayer is the breathing in of the Holy Spirit”* Sadhu Sundar Singh

*“Prayer is the open admission that without Christ we can do nothing”* John Piper

*“Prayer is the root, the fountain, the mother of a thousand blessings”* John Chrysostom

*“Prayer is the acid test of devotion”* Samuel Chadwick

*“Prayer is the source of all true joy”* Ephrem

*“Prayer is the most important thing in my life”* Martin Luther

*“God does nothing but by prayer and everything with it”*  
John Wesley

*“Prayer takes place in the heart, not in the head”* Carlo Carretto

## Prayer is Waiting and Listening

*“Prayer is a silent surrendering of everything to God”*  
Soren Kierkegaard

*“If we really want to pray we must learn to listen for in the silence of the heart God speaks”* Mother Teresa

*“The greatest act of service we can give to the Lord is to give Him our attention”* John Woolley

*“Prayer is the nearest approach to God and the highest enjoyment of Him that we are capable of in this life”* William Law

*“Prayer is nothing else than a sense of God’s presence”*  
Brother Lawrence

*“The soul of prayer is attentiveness”* Ignatius of Brian Chaninov

*“Prayer is not so much an act as it is an attitude - an attitude of dependency, dependency upon God”* Arthur W Pink

*“Prayer is abandonment to God”* Sadhu Sundar Singh

*“Dear Lord, here, Lord, is my life. I place it on the altar today. Use it as You will”* Albert Schweitzer

*“Lord , come to me, my door is open”* Michel Quoist

*“If we want to know God, to become close friends of the Most High, we must acquire the habit of contemplative prayer, made with the eyes of humility and with simplicity of heart”* Carlo Caretto

## Prayer is Powerful

*“God shapes the world by prayer”* E M Bounds

*“Prayer honours God, acknowledges His being, exalts His power, adores His providence, secures His aid”* E.M.Bounds

*“Prayer is the highest activity of the human soul...prayer is the supreme expression of our faith in God”* D. Martyn Lloyd-Jones

*“There is something much greater than human action - prayer”*  
Carlo Coretto

*“In prayer you are opening yourself to the purpose and power of God and He is able to do things through you that He could not do otherwise”* E Stanley Jones

*“Prayer is the very highest energy of which the mind is capable”*  
Samuel Taylor Coleridge

## **Prayer is Spiritual Warfare**

*“To clasp the hands in prayer is the beginning of an uprising against the disorder of the world”* Karl Barth

*“Satan trembles when he sees the weakest saint on his knees”*  
William Cowper

*“Prayer is a great torment to the devil”* Augustine of Hippo

*“Satan detests the prayer of faith, for it is an authoritative ‘notice to quit’”* J O Fraser

*“Satan dreads nothing but prayer”* Samuel Chadwick

*“The prayer of the feeblest saint who lives in the Spirit and keeps right with God is a terror to satan”* Oswald Chambers

*“We are to fight on our knees!”* Arthur W Pink

## **Prayer is a Personal activity**

Prayer is sharing my innermost secrets, fears, hopes and desires with God and being set free. Prayer is laying my guilt and weakness before God and receiving His full forgiveness. Prayer is an expression to God of my gratitude for everything which is good and beautiful. Prayer is crying out for all in need and for affirming God’s goodness and mercy. Prayer is listening and hearing, asking and receiving, seeking and finding, knocking and seeing doors flung open. Prayer is releasing the power of God.

## **Prayer is also a Corporate activity**

Prayer is an essential part of church fellowship and worship. Prayer groups and cells are a vital part of Christian life. We pray as one Family, one Flock, one Body and branches of the one Vine.

# 3. When we Pray

When we pray we come to God just as we are. We come in stillness and silence. We kneel before the throne of our Creator in reverence, awe and humility. We come into a close personal relationship with God who knew us before we were in our mothers' wombs. When we pray, as Jesus teaches us, we allow the loving arms of the Father to enfold, protect, comfort and heal us. When we pray we respond to the invitation of Jesus, we come to Him as He has come to us and we receive cleansing and forgiveness.

In prayer our frail humanity encounters the all-knowing, all-seeing, all-loving God. We recognise that in a confused and fallen world apart from Him we are weak, helpless, without hope or purpose. With Him in Christ we are given the security of hope, faith and love. In prayer we affirm our value and our dignity as human beings made in the image of our creator.

When we pray we are aware that He calls us personally by our name. We recognise that He holds our life in His hands. In prayer we allow Him to enter into every part of us: our mind and our thinking, our heart and our feeling, our body and our being, our innermost spirit and soul. In prayer we lay before God all our guilt and shortcomings, all our needs and weaknesses, all our hopes and fears. We lay before Him the goodness of our life; everything that enriches and blesses - everything that is good and pure and true.

In prayer we acknowledge that His Spirit is pure **truth** and limitless **love**.

In all this we commit ourselves to God, using the model of the Lord's prayer, declaring our love for Him and God's desire for His will to be done in our life and in the world. In all this we seek God's guidance for every aspect of our lives. The centre of our praying is our acknowledgement of His real presence. We express our yearning to know Him more and to receive from Him in fuller measure of His gifts.

We can learn much from the great prayers of the Bible and also the liturgies of the Church. The Jesus Prayer of the Orthodox tradition

is a particular help - *“Lord Jesus Christ, Son of the Living God, have mercy on me a sinner”*.

In prayer we want Him to reveal to us His presence and purposes for us in life. In prayer we do not cry out to one who is far off or seemingly absent. We affirm His real presence immediately with us.

Prayer is the foundation of Christian life. Our healing ministry is rooted in prayer. Identification and use of the gifts of the Spirit spring from prayer. The dynamic of evangelism and prophecy is released through prayer. Prayer is the measure of our closeness with God.

In prayer we experience, first hand, the nearness and reality of God’s presence. We listen and we hear His voice. We come to Him in our brokenness, need and frail humanity. We receive His grace. He lifts our burdens. He answers our questions. He softens our hard hearts. He comforts our distress and distresses our comfort. Sometimes, as Isaac of Antioch said, *“We pray with words until the words are cut off and we are left in a state of wonder”*.

When we pray we discover our true humanity. When we pray we are drawn into the Family of God. When we pray we open our eyes to see His glory. When we pray our turmoil is transformed into peace, our confusion into stillness. If we neglect prayer, we cut off the source of power, we switch off the light. We move away from God and are soon held captive by the world.

Our hunger for God brings us to our knees. Prayer is food. Without it, we starve. William Law said *“Prayer is the bread and inspiration of God, moving and opening itself in the heart”*. We are given specific guidance and empowerment when we pray. Scripture springs to life. When we pray seeds are planted which grow. When we pray words are given to us. We need solitary prayer - to be alone with God. We need corporate prayer together regularly with our brothers and sisters in Christ.

Prophecy is released in prayer. We grope for the light. We search for meaning in life, but in all this we discover, in prayer, God looking for us. In prayer we allow Him to find us. P.T. Forsythe said *“Our worst enemy is prayerlessness”*.

# 4. Centuries of Prayer

In every century there has been a remarkable consistency in the way in which Christians have prayed. The following prayers can be used powerfully today.

*“O God, make us children of quietness and heirs of peace”*  
Clement of Rome (c.30-c.95)

*“Father make us more like Jesus”* Ignatius of Antioch (c.35-c.107)

*“Let us ask Him to help us because He loves us as a Father loves His children”* Ignatius of Antioch (c.35-c.107)

*“May God the Father, and the eternal High Priest, Jesus Christ, build us up in faith and truth and love”.* Polycarp (c.69-c.155)

*“You are infinite in mercy and it is Your will that we should learn to know You. You created heaven and earth and ruled over all. You are the only true God and there is no other God above You. Grant through our Lord Jesus Christ and the working of the Holy Spirit, that all may come to know You for You alone are God”.*  
Irenaeus (c.130-c.200)

*“Kindle in us the fire of Your love”* Clement of Alexandria (c150-c.215)

*“To all who were tossed by the sea, You are the calm of the harbour; You are the hope of the hopeful, You are the health of the sick, the relief of the needy; the guide of the blind. To those exposed to punishment on every count You are merciful, to the weary a wall, in darkness light”.* Severus (d.304)

*“In spite of my unworthiness, I praise You and I glorify You, O Lord, for Your mercy to me is without limit. You have been my help and my protection. May the name of Your Majesty be praised forever. To You, our God be glory. Amen”* Ephraem (c.306-378)

*“Steer the ship of my life, good Lord, to Your quiet harbour, where I can be safe from the storms of sin and conflict. Show me the course I should take. Renew in me the gift of discernment, so that I can always see the right direction in which I should go. And give me the strength and courage to choose the right course, even when the sea is rough and the waves are high, knowing that*

*through enduring hardship and danger in Your name we shall find comfort and peace” Basil the Great (c.329-379)*

*“O Lord, who has mercy upon all, take away from me my sins, and mercifully kindle in me the fire of Your Holy Spirit, Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore You, a heart to delight in You, to follow and to enjoy You, for Christ’s sake” Ambrose (c.339-397)*

*“Show Your mercy to me, O Lord, to make my heart glad. Let me find You, for whom I long” St. Jerome (c.342-420)*

*“Lord heal and open my eyes that I may recognise Your will. Show me the road I must travel that I may see You”  
Augustine of Hippo (354-430)*

*“Look upon us, O Lord, and let all the darkness of our souls vanish before the beams of Your brightness. Fill us with Holy love, and open to us the treasures of Your wisdom” Augustine of Hippo (354-430)*

*“Lord Jesus, think on me and purge away my sin; from earthborn passions set me free and make me pure within”  
Synesius of Cyrene (375-430)*

*“I bind to myself the name, the strong name of the Trinity; by invocation of the same, the Three in One, and One in Three. Of whom all nature has creation; eternal Father, Spirit, Word: praise to the Lord of my salvation, salvation is of Christ the Lord”  
Patrick (c.389-c.461)*

*“My dearest Lord, be a bright flame before me, be a guiding star above me, be a smooth path beneath me, be a kindly shepherd behind me, today - tonight - and for ever” Columba (521-597)*

*“Open our hearts O Lord and enlighten our minds by the grace of Your Holy Spirit, that we may seek what is well pleasing to Your will and so order our doings after Your commandments, that we may be found fit to enter into Your everlasting joy, through Jesus Christ our Lord” Bede (673-735)*

*“Eternal God, the refuge of all Your children, in our weakness You are our strength, in our darkness our light, in our sorrow our comfort and peace. May we always live in Your presence and serve You in our daily lives through Jesus Christ our Lord”  
Boniface (c.680-c.754)*

*“Light eternal, shine in my heart: power eternal, deliver me from evil: wisdom eternal, scatter the darkness of my ignorance: light eternal, pity me. Grant that I may ever seek Your face, with all my heart and soul and strength; and, in Your infinite mercy, bring me at last to Your holy presence, where I shall behold Your glory and possess Your promised joy”* Alcuin (735-804)

*“Almighty, beneficent, loving God of all, Creator of everything visible and invisible, Saviour and Restorer, Provider and Pacifier. O mighty Spirit of the Father, we entreat You with open arms and pray with sighs and cries standing before Your awe-inspiring presence”* Gregory of Narek (951-1003)

*“O Lord our God grant us grace to desire You with our whole hearts; that so desiring we may seek and find You; and so finding You may love You; and loving You, may hate those sins from which You have redeemed us”* St. Anselm (1033-1109)

*“Almighty God unto whom all hearts are open, all desires known and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit that we may perfectly love You, and worthily magnify Your holy name, through Christ our Lord. Amen”* Leofrick Bishop of Exeter (1016-1072)

*“O Good Jesus, let Your voice sound in my ears so that my heart and mind and inmost soul may learn of Your love, and the very depths of my heart be joined to You who are my greatest delight and joy”* Aelred of Rievaulx (1109-1167)

*“Induce me O Jesus, to lay aside my former self and to be renewed according to Your will and desire”* Francis of Assisi (1182-1226)

*“Give me O Lord a steadfast heart which no unworthy affection may drag downwards; give me an unconquered heart, which no tribulation can wear out; give me an upright heart which no unworthy purpose may tempt aside”* St. Thomas Aquinas (1225-1274)

*“Come down, O love divine, seek You this soul of mine. And visit it with Your own ardour glowing. O comforter, draw near, within my heart appear, and kindle it, Your holy flame bestowing”*

*Bianco of Siena (c.1367-1434)*

*“Let Your love dissolve my hard heart. Let Your love raise me above myself. Let Your love reveal to me joy beyond imagination. Let my soul exhaust itself in singing the praises of Your love. Let me love You more than I love myself, and let me love myself only for Your sake. And let me see Your love shining in the hearts of all people, that I may love them as I love You”*

Thomas a Kempis (1379-1471)

*“Give me a humble, lowly, quiet, peaceable, patient, generous, kind, tender and compassionate mind. Grant me, good Lord, a full faith, a firm hope and fervent love, that I may desire only that which gives You pleasure and conforms to Your will”*

Thomas More (1478-1535)

*“Lord Jesus Christ, draw our hearts to Yourself; bind them together in inseparable love, that we may abide in You, and You in us, and that the everlasting covenant between us may remain certain for ever”* Myles Coverdale (1488-1568)

*“Come, O, Lord and receive my entire liberty, my memory, my understanding and my whole will. All that I am, all that I have, You have given me and I will give it back again to You to be disposed of according to Your good pleasure”.*

St. Ignatius of Loyola (1491-1566)

*“May Your Spirit melt my heart, which is so often cold and indifferent. Let my heart be warmed by Your love and let me feel You in all things. Johann Freylinghausen (1670-1739)*

*“Take the full possession of my heart, raise there Your throne, and command there as You do in heaven. Created by You, let me live to You”.* John Wesley (1703-1791)

*“Use me, my Saviour, for whatever purpose, and in whatever way You may require. Here is my poor heart an empty vessel; fill it with Your grace. Here is my unfilled and troubled soul; quicken it and refresh it with Your love”.* Dwight L. Moody (1837-1899)

*“O Holy One, Beautiful One, Glorious One, be my Lord, my Saviour, my Redeemer, my Guide, my Consoler, my Comforter, my Hope, my Joy and my Peace. To You I want to give all that I am”.*

Henri Nouwen (1932-1996)

# 5. Dynamic Prayer Forms using Scripture

These are five approaches which have profoundly influenced Christians in their praying, using the inspiration of scripture.

## 1. The Augustinian Approach

*Developed by Augustine of Hippo (354-430) this is rooted in allowing God to have a **dialogue** with us through scripture. We transpose the words directly into our present situation and we allow the Holy Spirit to use our creative imagination.*

*The prayerful question is asked 'What do these words mean for me here and now?'*

## 2. The Benedictine Approach

*Established by Benedict (480-547) this approach is through four steps (known as *Lectio Divina*). The first stage is an eager **seeking** after the word of God (reading : *lectio*), the second is **thinking** about the word (reflection : *meditatio*). The third is **feeling** the word within our heart (responding : *oratio*) with adoration, contrition and supplication. The fourth stage is consciously endeavouring to **unite** ourselves to the truth and love of God which has been revealed to us (resting : *contemplation*), taking on His mind.*

*The prayerful question is asked 'Am I open to receive what God is now offering me?'*

## 3. The Franciscan Approach

*Springing from the life of Francis of Assisi (1181-1226) this emphasises the real, visible and tangible **presence** of God on earth. It celebrates the inherent goodness and beauty of the Lord revealed in nature and in scripture. It emphasises the immediate and practical application of the living word of God.*

*The prayerful question is asked 'What is God prompting me to be and to do at this moment, through these words?'*

#### **4. The Thomist Approach**

*Espoused by Thomas Aquinas (1225-1274) this approaches the Bible on the basis of increasing our knowledge of God. This form of prayer is orderly and concentrates on revealed truth in the teaching of the Bible. Our response in this form of prayer will be both intellectual and emotional.*

*The prayerful question is asked 'What does this mean?'*

#### **5. The Ignation Approach**

*Rooted in the life of Ignatius Loyola (1491-1556) this approaches the Bible on the basis of projecting and placing ourselves into the original events described. In this way the scripture springs to life and we become a living part of them.*

*The prayerful question is asked 'What is God saying to me, here and now, through my direct involvement with this Biblical narrative?'*

## **6. Praying Bible Words**

We can assert basic Biblical truths in our prayers:

*Apart from You I can do nothing* (based on John 15:5)

*I can do all things in You who strengthens me* (based on Phil. 4:13)

*You are the Way, the Truth and the Life* (based on John 14:6)

*When anyone is united to You O Christ, there is a new creation*  
(based on 2 Corinthians 5:17)

*Lord may I be transformed by the renewing of my mind*  
(based on Romans 12:2)

*Lord let my 'yes' be 'yes' and my 'no' be 'no'* (based on James 5:12)

*I will cast all my anxiety on You because You care for me*  
(based on 1 Peter 5:7)

*I will trust You at all times: I will pour out my heart, for You O God are my refuge* (based Psalm 62:8)

# 7. Bible Foundations of Prayer

The Bible gives clear guidance on how to pray.

- *“Ask and it will be given to you; seek and you will find; knock and it will be opened to you. For everyone who asks, receives, and he who seeks finds, and to him who knocks it will be opened” (Matt. 7:7,8)*
- *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus” (Phil. 4:6,7)*
- *“God shall supply all your needs according to His riches in glory in Christ Jesus” (Phil. 4:19)*
- *“Your father knows the things you have need of before you ask Him” (Matt. 6:8)*
- *“You are my God and I will praise You; You are my God, I will exalt You. O give thanks to the Lord, for He is good! For His mercy endures for ever” (Ps. 118:28 & 29)*
- *“The prayer of the upright is His delight” (Prov. 15:8)*
- *“He went out to the mountain to pray and continue all night in prayer to God” (Lk. 6:12)*
- *“They cried out to the Lord in their trouble, and He saved them out of their distress. He sent out His word and healed them and delivered them from destruction” (Ps. 107:19 & 20)*
- *“Lift arms up and spread out hands towards heaven, surrendering to the Lord” (1 Tim 2:8 and also Ps.134:2)*
- *“Be serious and watchful in your prayers” (1 Peter 4:7)*
- *“Let the words of my mouth and the meditation of my heart be acceptable in Your sight O Lord my strength and my redeemer” (Ps. 19:14)*

# 8. Abandon, Yield, Commit

Father,  
I surrender myself into Your hands;  
do with me what You will.  
Whatever You may do, I thank you;  
I am ready for all, I accept all.  
Let only Your will be done in me,  
and in all Your creatures.  
This is all I want, O Lord.  
Into Your hands I commit my spirit:  
I offer it to You  
with all the love of my heart,  
for I love You, Lord,  
and so need to give myself,  
to surrender myself into Your hands  
without reserve  
and with boundless confidence,  
for You are my Father.

*(Charles de Foucauld)*



**I am no longer my own, but Yours.**  
Put me to what You will,  
rank me with whom You will;  
put me to doing  
put me to suffering;  
let me be employed for You  
or laid aside for You,  
exalted for You or brought low for You;  
let me be full, let me be empty;  
let me have all things,  
let me have nothing;  
I freely and wholeheartedly yield all things  
to Your pleasure and disposal.

And now, glorious and blessed God, Father, Son, and Holy Spirit,  
You are mine and I am Yours.

So be it.

And the covenant now made on earth, let it be ratified in heaven.

*(From the Methodist Covenant Service)*

# 9. Prayers for Today

I come as myself.  
Just as I am.  
This moment.  
My feelings, my fears  
My joys, my sadnesses.  
You see me as I really am  
You know me  
Through and through  
You see all  
All that I am  
Or ever have been.

*(extract from the Maranatha Shalom Prayer)*

**I sit in Your presence**  
Stilled and quiet, lifting my heart to You.  
I let go all worries, anxieties and plans:  
I place them in Your hands,  
I wait on You, passive and expectant.  
I let You come into the inmost core of my being,  
into the deep centre of my life  
Where You are already there.  
You are within me, You are here now  
as You are with everyone  
who is willing to welcome You.  
I sink and merge into You,  
I let You take over,  
I let You carry me.  
*(Father John Dalrymple)*

Lord come to me my door is open  
Dear God, help me to say 'Yes'.  
*(Michel Quoist)*

*"From the cowardice that dare not face new truth,  
from the laziness that is contented with half-truth,  
from the arrogance that thinks it knows all truth,  
good Lord deliver me".*  
*(Prayer from Kenya)*

# 10. Prayers for the Young

**Jesus,**

You stood with the little people  
against the rich and those rotten with money and power.  
You were cool, so cool.  
It sends shivers down my spine  
Help me to know You for real.

**Father**

You made me and know all about me  
And call me by my name  
I want to know You better  
I want to know the purpose of my life.  
Speak to me and help me to listen.  
I do not want to be half alive, I do not want to be half asleep.  
Wake me up. Make me fully alive in You.

**God**

You really disturb me.  
Please keep disturbing me.

**Loving Lord**

With You I stop limping and spring to life.  
With You I don't get lost or messed up.  
You take me on amazing journeys and the pace is fast.  
With Jesus I have everything. Without Him I have nothing.  
You say follow me, but honestly Lord, I am scared.  
Where are You going to take me?  
What are You going to do with my life?  
What are my mates going to think?  
Yet I know the way of the world, it's trouble and disaster.  
I know if I walk with You I will never walk alone.  
I know that if I walk my way I will get lost.  
I know You have promised You will always be with me  
and never leave me.  
That's amazing. I will settle for that.  
Help me to trust You now, always, everywhere, for everything.

***“To pray is to change”*** Richard J Foster



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