



Day 23

Beloved Peacekeepers,
Today, we continue the personal work looking through prayer....

Today's Principle, Today's Practice - PRAYER

"Prayer from the heart can achieve what nothing else in the world can," said Gandhi. Begin and end the day with a prayer for peace. Let peace begin with you.

Ask yourself: What does the word prayer suggest to you? Discuss the various ways people pray including spoken prayer, silent contemplation, meditation, abstinence and reciting hymns and scripture. What are other forms of prayer that you recognize? Do you have an affiliation with a specific religious group in order to pray? When was the last time, if ever, you prayed in your heart for something or someone special? Did it change the outcome? Did it change the way you felt? How? How does prayer relate to nonviolence? Does it surprise you that peace and civil rights movements often begin in religious communities? Why or why not?

Activity - Research and bring in prayers of peace from different spiritual traditions. Create your own prayer for peace. Create a mural (a family project) that depicts peace in the world.

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider these Quotes on Prayer:

Prayer is simply a way of probing our connection to the forces behind the world, whatever anyone may wish to call them. Maybe we pray to ourselves; maybe we pray to the intelligence behind nature; maybe prayer is just a way of discovering some of our own hopes and fears - Bo Lozof, *Its a Meaningful Life*

The Prayer lends a new life to the day, binding it into the rhythm of a sacred circle. Like a waterwheel that ceaselessly catches water out of a stream and spills it into a garden. The Prayer lifts us up again out of our preoccupation's and sets us into sacred time. The Prayer empowers us to put aside ten thousand cares and realign to the unity and blessedness intrinsic to all things - Coleman Barks and Micael Green, *The Illuminated Prayer*

Prayer itself is the central act of faith. It has its own prompting - a tenderness on the world's edge, a sense of need, some home-yearning of the soul. It is its own venture - George A. Buttrick, *Prayer*

More tears are shed over answered prayers than unanswered one - Mother Teresa

One hour in the execution of justice is worth seventy years of prayer - Proverb

Practice in life whatever you pray for and God will give it to you more abundantly - Edward Bouverie Pusey

Prayer should be short, without giving God Almighty reasons why he should grant this, or that; he knows best what is good for us - John Selden

Prayer is talking with God and telling Him you love Him, conversing with God about all the things that are important in life, both large and small, and being assured that He is listening C. Neil Strait

Prayer is the slender nerve that moves the muscle of omnipotence - Martin Tupper

Do not make prayer a monologue -- make it a conversation- Source Unknown

We turn to God for help when our foundations are shaking, only to learn that it is God who is shaking them. - Charles C. West.

Prayer is less about changing the world than it is about changing ourselves.- David J. Wolpe

The Lord's prayer contains the sum total of religion and morals - Duke of Wellington Arthur Wellesley

Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you, but I will



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instruct you in the good and right way. [I Samuel 12:23]

So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours - Bible

Prayer is not a substitute for work, thinking, watching, suffering, or giving; prayer is a support for all other efforts. - George Buttrick

The influence of prayer on the human mind and body is as demonstrable as that of secreting glands. Its results can be measured in terms of increased physical buoyancy, greater intellectual vigor, moral stamina, and a deeper understanding of the realities underlying human relationships - Dr Alex Carrel

Prayer is translation. A man translates himself into a child asking for all there is in a language he has barely mastered. - Leonard Cohen

To be sure, this requires effort and love, a careful cultivation of the spiritual life, and a watchful, honest, active oversight of all one's mental attitudes towards things and people. It is not to be learned by world-flight, running away from things, turning solitary and going apart from the world. Rather, one must learn an inner solitude, where or with whomsoever he may be. He must learn to penetrate things and find God there, to get a strong impression of God firmly fixed on his mind. - Meister Eckhart

Work as if you were to live a hundred years. Pray as if you were to die tomorrow. - Benjamin Franklin

Let everyone try and find that as a result of daily prayer he adds something new to his life, something with which nothing can be compared - Mahatma Gandhi

Sometimes the most important thing in a whole day is the rest we take between two deep breaths, or the turning inwards in prayer for five short minutes. - ETTY HILLESUM

There is no greater distance than that between a man in prayer and God. - Ivan Illich

That prayer has great power which a person makes with all his might. It makes a sour heart sweet, a sad heart merry, a poor heart rich, a foolish heart wise, a timid heart brave, a sick heart well, a blind heart full of sight, a cold heart ardent. It draws down the great God into the little heart; it drives the hungry soul up into the fullness of God; it brings together two lovers, God and the soul, in a wondrous place where they speak much of love. - Mechthild of Magheburg

Prayer is the spirit speaking truth to Truth - Philip James Bailey

Our prayers are answered not when we are given what we ask, but when we are challenged to be what we can be - Morris Adler

Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action - Mahatma Gandhi

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things your special case requires to make you happy; but, my friend, these I reckon will give you a good life - Abraham Lincoln

Every man must take time daily for quiet and meditation. In daily meditation lies the secret of power. No one can grow in either spiritual knowledge or power without it - H. Emilie Cady

My prayer for you, the knowingness of your essence; the knowingness of God's Grace, Love, Peace and Guidance in all things!

AMEN,

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