



Day 6 – Pray Teach us to pray



THY KINGDOM COME



In the Gospels we regularly read that Jesus withdrew to a quiet place to pray. The disciples asked Jesus to teach them to pray – and we still use the Lord's Prayer today (see [Luke 11:1-4](#)).

Prayer is the lifeblood of the church. It is the action we can promise friends, families, neighbours, and strangers even when we have no answers, explanations, or real understanding of their pain.

But it isn't always easy to pray.

Sometimes a quiet place isn't enough.

Colouring or doodling can offer a way into prayer. You might want to choose a favourite Bible Text or buy or make a prayer journal. For inspiration you could look at the work of [Mary Fleeson](#) or [Hannah Dunnnett](#).

Candles can be used in several ways to support prayer. Just focusing on the candle's flame – its vulnerability; its movement – can help to empty our minds of distractions and bring us into an awareness of God's Presence.

Never be embarrassed to use other people's prayers – borrowed treasure is still treasure!

Here is an opening prayer from Michel Quoist:

In Silence

To be there before you Lord, that's all.
To shut the eyes of my body,
To shut the eyes of my soul,
And to be still and silent,
To expose myself to you who are there,
exposed to me.
Here I am, simply
To meet you without obstacles,
In the silence of faith,
Before you, Lord.