

Spaceforsoul Quotes about prayer

Marcus Borg: 'The central purpose of prayer is intimacy with God.'

Meister Eckhart: 'If the only prayer you ever say in your whole life is thank you, it will be enough.'

'What a man takes in by contemplation, that he pours out in love.'

Mahatma Gandhi: 'Prayer is not asking. It is a longing of the soul... It is better in prayer to have a heart without words, rather than words without a heart.'

Khalil Gibran: 'For what is prayer but the expansion of yourself into the living ether'.

'Prayer is the song of the heart.'

Peter Gubi: Prayer is 'a reaching into the spiritual centre within each individual.'

John O'Donohue: 'When the body gathers itself before the Divine, a stillness deepens. The blaring din of distraction ceases and the deeper tranquillity within the heart envelops the body.'

'At its deepest level, creation is continuously at prayer. The most vital and creative prayer is always happening within us even though we never fully hear it. Now and again we catch the echoes of the music of inner prayer... In this sense, the inner life of each person is prayer that commences in the first stir of the womb and ends with the last breath before return to the invisible world.'

Mary Oliver: 'The real prayers are not the words, but the attention that comes first.'

Kenneth Pargament: 'The most essential function of prayer is communion with the sacred... At its heart, prayer is a way to experience a relationship with the divine. It expresses in the words of Thomas Merton (1969) "a yearning for the simple presence of God".'

Rumi: 'No prayer is complete without presence. Presence clears the mist and brings back peace to the soul.'

Margaret Silf: 'Prayer is not just a means of sustaining us through our linear journey (though it does that too) but is in itself the reality of our journey; not primarily a calm

interlude in our day, a 'quiet time', but the very essence of our being. When we are at prayer, we are most truly who we are, and we are at prayer whenever we are 'living true'.

'What we call prayer is, perhaps, nothing more (and nothing less!) than to be in the resonance that exists eternally between the heartbeat of the creator and the pulse throbs and life-giving moments in his creature.'

'... suppose prayer were more like love than work? Suppose it were something that is simply given, and all we are asked to do is to be open to receive it, and respond to the gifting?'

'Prayer is energy, the energy of love and transformative power.'

'... if, in prayer, we are truly seeking relationship with the God who is mystery, yet dwells in our own hearts, and moves and acts in everything we do and are, then prayer will always deepen that relationship.'

'When we pray, we simply acknowledge our longing to be in right relationship with the source of all being. All else follows from that fundamental choice.'

Mirabai Starr: Prayer is 'being alone with the Beloved.'

Teresa of Avila: 'Prayer is an act of love; words are not needed... all that is needed is the will to love.'

Mother Theresa: 'God speaks in the silence of the heart. Listening is the beginning of prayer.'

'Prayer feeds the soul – as blood is to the body, prayer is to the soul.'

'I used to believe that prayer changes things, but now I know that prayer changes us and we change things.'