

## Weekly Meditation by Rev. Teri Lubbers

### Prayer is Relational

***If we experience the relational fabric of our lives, we are likely to begin in prayer. Not necessarily as we often pray, speaking words out loud or even silently “to God,” but with sighs and groans too deep for words. Prayer is an opening of ourselves to the presence of the Sacred, a spiritual yearning in which...we realize our intimate and immediate involvement with God. ~ Carter Heyward, “Saving Jesus From Those Who Are Right”***

Ok, so someone walks up to you and inquires – with all earnestness – “What is prayer?” And you say....??? How would you answer? Would you talk about “kinds” of prayer like intercession or praise, confession, or petition? Maybe share with them a few memorized prayers? Or perhaps share instances when you prayed and received what you asked for? Would you tell them that prayer changes things?

I pray. I have experienced amazing synchronicities that seemed impossible. I have known the uplifting of spirit beyond myself that comes when others have held me in prayer. Sometimes there are joys, unlooked for, that have exceeded anything I could have anticipated. But prayer does not twist the arm of God. Sometimes sad things, even disastrous things have happened that I prayed would not. Sometimes there are big pieces that just don't seem to fit into this puzzle of my life, no matter how hard I've prayed on them. There is no way of knowing ahead of time which way life's river will flow when it hits a big rock. But it doesn't stop flowing.

Praying helps me to be open to the life that shows up. Prayer is relational, intimate, in-real-time, up-close-and-personal, a wordless uttering of the longing heart. Prayer is an opening to the presence of the Sacred...prayer is an offering. We are an offering.

**Prayer: God, let there be nothing that turns me from your Presence. Nothing outside of me. Nothing inside of me. Nothing. Amen.**