

The Daily Prayer

As I have travelled to corps within the Southern Division, I have used a prayer tool—‘The Daily Prayer’—that I was introduced to from **Infinitumlife.com**

As the prayer unfolds, it invites you to move from clenched fists or folded arms with prayers of confession, to hands open and up in surrender to receive and be open to God’s directing.

How often do we come to prayer with full hands? Full of the things we are doing, full of ourselves, full of plans and desires, and we really haven’t got space to receive anything from God. We also don’t particularly want anything taken away either.

Many of us have spiritual practices that help us create space in our minds and thinking when we are alone with God, but we don’t necessarily come to prayer together having prepared ourselves in the same way. Our time is so busy that we end up rushing to get to a shared prayer time without being late. Then we find ourselves watching the clock so that we don’t run over time and be late to our next appointment or activity.

I have been challenged to learn how to come to prayer with others in an attitude of readiness—empty hands, open heart, receptive ears, ready to hear from God, together with others. Having my hands open to receive what he places in them, a prepared heart to hear his voice and a willing spirit to share and walk in his way.

By Major Susan Goldsack

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