



Profound Prayer Handy Guide

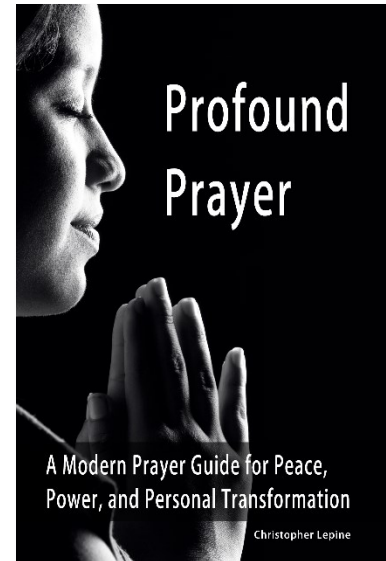
Use this guide to deepen your understanding of prayer and improve your prayer life to reach new, profound levels of contact with God.

This guide includes:

- [Top Topics for Your Prayer](#)
- [How to Make the Best Prayer Environment](#)
- [The Ideal Prayer Process](#)
- [A Prayer Planning Guide](#)

Top Topics for Your Prayer

1. Knowledge of God's specific guidance for you
2. Wisdom for making basic decisions in your daily life
3. Spiritual progress for your family and friends
4. The gifts, the fruits of the Spirit
5. Those who hurt you
6. The growth of God's influence in the hearts of His children
7. The desire to pray again



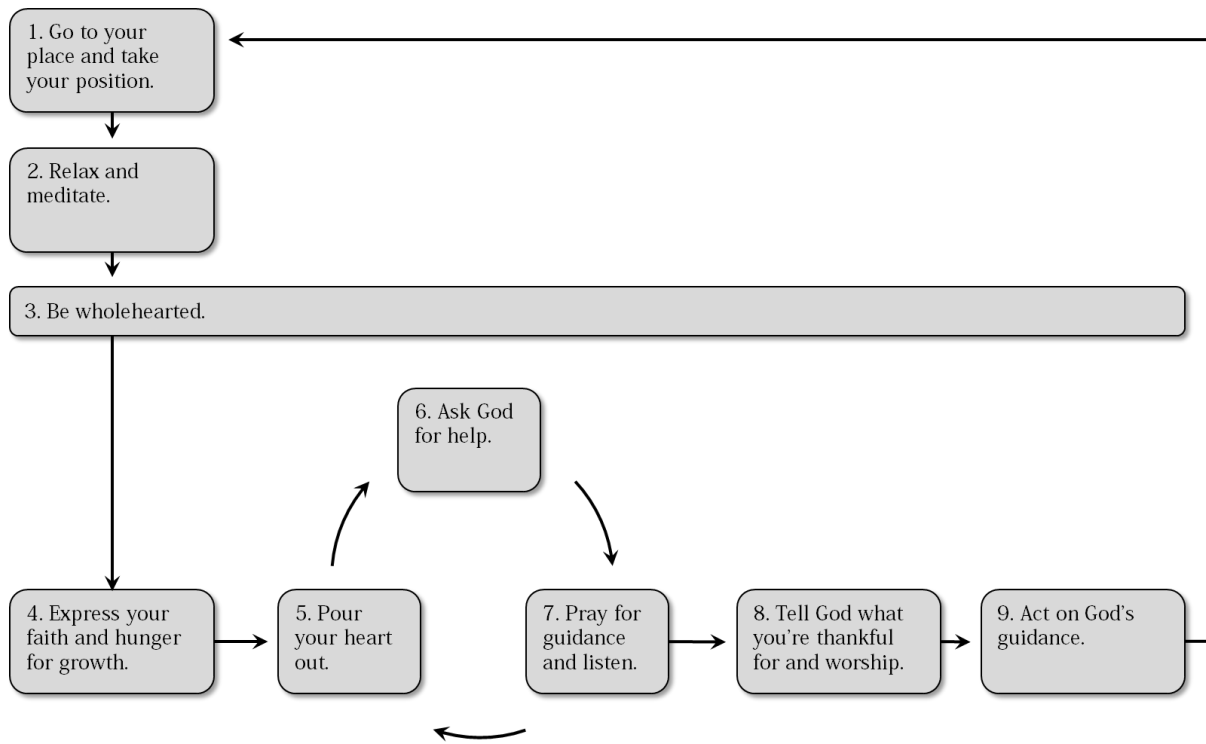
How to Make the Best Prayer Environment

The ideal place to pray is in nature, but, most of us will end up praying regularly at home, inside a house or building. I encourage you to create an environment for prayer as best you can that meets these criteria:

- **Privacy.** You're alone. This location is a private area where you can pray for significant amounts of time without someone being in the room. It is not a public or group space. No one can see you when you're praying.
- **Quiet.** This place doesn't have any conversations or voices or sounds that you find disturbing. Everyone has a different tolerance level, but, if you're trying to listen to the Divine, any level or frequency of disturbing noise can disrupt you, especially if it occurs randomly.
- **Comfort.** At first, this isn't as big a factor. But, as you begin to spend more and more time with God, you'll be distracted if you're uncomfortable. This varies from person to person, especially for those with physical challenges. Just make sure that you're comfortable, but not so comfortable that you fall asleep. Keeping your back vertical, if possible, is a great technique.
- **Beauty.** The ideal place to pray is outside in an inspiring place, but, most of us will be praying inside. So, try to make your room more beautiful, or, if you can, reserve a room for your praying. Hang pictures of nature or beautiful art or architecture.



The Ideal Prayer Process



The Prayer Process of Eternal Life

First, take these steps in order, and then repeat any of them as needed to get to a profound level of prayer:

1. **Go to your space and take your position.** If you can, close the door in your room of prayer. Sit or kneel with your back vertical, your head forward, with relaxed arms and hands. If you have a physical challenge, just find the best position where you can stay the most alert for a sustained period.
2. **Relax and meditate.** A relaxed, clear mind is the foundation of prayer. So, as you're sitting or kneeling, take deep breaths and exhale slowly. Ask God's spirit within to help you clear your mind and open your heart. At first, you probably won't be very effective in this meditation, but you will begin to make good progress.

Make sure not to look for perfection here. In the very beginning, you may only be able to calm down a little. But, as you do this more often, you'll get better at it. Any effort you make here will help your praying experience.

3. **Be wholehearted.** Once you've calmed and cleared your mind, you can express your innermost longings and feelings. When you're still, you're much more able to give everything to the moment. So when you pray, do just that. Remember to put your whole heart into it, even if from time to time you get distracted or tired. Put all your energies into expressing yourself to the very depths of your being, and then completely open up to the divine embrace. Being wholehearted is the key to prayer.



The Ideal Prayer Process

- 4. Express your faith and hunger for growth.** As you sit there with God, accept the experience you're having and will continue to have. When you experience the presence of God, when you feel the Divine Father's total love, when you begin to have new insights, when you feel all the blessings of that experience begin to emerge in the very moment of prayer, accept what you're experiencing. BELIEVE.

This is often the most difficult part of beginning your spiritual path. Many of us have been trained to only believe what our societies, religions, groups, or others tell us is true. All too many people will try to rob you of your spiritual experience. When you're in prayer and these doubts, disbeliefs, and prejudices come into your mind, don't look at them and dwell on them: They are meaningless vapors that will evaporate in the clear atmosphere of divine truth.

Clear your mind and let the truth from God's spirit within shine to change your thoughts. When you begin to perceive a feeling or thought that is different from your assumptions and beliefs, pay attention to it rather than your old ways of thinking. If you focus on your old thoughts, they will crowd out the new spiritual thoughts. Make the effort to keep focusing on the new spiritual thoughts, and they will reveal a clearer reality, today, and every day, for eternity.

Don't be afraid. God will be with you every step of the way. He'll give you the confidence and the strength to banish fear with courage, and the total joy of knowing the real truth about Him. Always remember: The best place to find the truth is within your very self. The spirit of the Universal Father lives within you and will give you a profound assurance and life direction if you only let go of prejudices and preconceived notions about Him and the spiritual life.

As you accept—believe—what you're experiencing, also remind yourself of and celebrate the truths of The Universal Spiritual Way. Affirm with God that you accept the fundamental truths He gives you, and welcome the adventure of endless discovery of new and expanded truths and a life of matchless service.

- 5. Pour out your heart.** Building on your whole-heartedness, as intensely and deeply as you can, tell God everything that is on your mind: thoughts, emotions, desires, goals, problems, fears, dreams, anything that is concerning or enticing you.

I can't emphasize this enough: Use total intensity and depth in sharing your thoughts and feelings with God. This will allow you to move into true prayer and be open to the leading and inspiration of God.

Always listen longer than you speak. The whole point of prayer is to get divine guidance and power. So, like any good conversation, you need to let the other person speak. You can't hear anything, can't really listen, until you stop talking, until you stop expressing. And this goes for the entire prayer process.

Have your say, but then listen to God.

- 6. Ask God for help.** This is really part of Step Five, but ask God for help. Ask our kind Divine Parent for help for yourself and others, your family and friends. Share the situation that you and others are facing, and ask God to give the spiritual transformation to meet a challenge, to increase hope, to bring peace and spiritual healing, to bring power.



The Ideal Prayer Process

And if you have any doubts about what to pray for, just tell God about these doubts and send out your prayers. He'll give you what you need with the best answers possible.

If you're trying to decide what to do, ask God for help. God won't do your thinking or homework for you, but He will give you the guidance you're capable of receiving based on the thinking and homework that you did. When you face a challenge, think about it deeply and try to outline what to do. Of course, if you have no idea what to do, God will help you.

Share with God your thoughts on the problem and what you think should be done. Give God the reasons for your conclusions, and tell Him where you're stuck. It may be that you just can't figure out what to do, or you have no idea how you're going to get what you need. Remember, God is not a Santa Claus giving us whatever we ask for, but He is our loving parent who will give us what we need to transform ourselves to live under any circumstances to meet our true spiritual needs.

7. **Pray for guidance and listen.** When you're just not sure what to do, ask God for His advice. When you pray for God's guidance with all your heart, it means that you've opened your heart and mind to whatever He has to say to you. It means that you have the peace, assurance, and security to let go of your opinions and take hold of His hand.

This doesn't mean that you're going to instantly get the answers you need, but it does mean that you'll make progress in getting to those answers. Every sincere effort you make to pray for wisdom and guidance from God gets you closer to that wisdom and guidance. Like cleaning a dirty window, our wholeheartedness will begin to let in the true light of truth and the specific guidance the Father has for your life.

This may take days or weeks or months, but you'll know when you have the answers. The key is to be patient and wait until you reach that point of assurance and confidence of the guidance from God, and feel His love. Don't assume that what you think is the guidance of God is completely accurate the first time you ask. Go back to God again and again and again in prayer until you're absolutely certain.

8. **Tell God what you're thankful for and worship.** By now you've talked, listened, and talked, again and again, as much as needed. This may be a short or long time, and can vary from prayer session to prayer session. But, once you've made your requests to God, it's time to tell God what you're thankful for.

No matter what circumstances you face, find something you're thankful for. Honestly open your mind, and share everything with your complete heart. Realize the incredible miracle of even being self-conscious, of seeing the world, of knowing others, of knowing the very Creator of the universe. Express your adoration and appreciation for God. Tell Him everything you adore about Him. Acknowledge every wonderful experience you've had of Him and all that He's done for you. Worship the Father of lights. Lose yourself in the sea of divine love as you share your love for God.

This worship is the pinnacle of the inner experience, with prayer as the doorway. It's here that you gain the most power and build reserves for inner transformation. Inner-worship of God is the greatest experience and the greatest source of life. It's here that we truly know ourselves and God.



The Ideal Prayer Process

9. **Act on God's guidance.** This isn't part of prayer, but is the prelude to more effective prayer. Even though you may pray a lot and receive spiritual nourishment, unless you follow God's guidance and get out into the real world and help others, you'll be stuck. Unless you act on what you're given within, you'll never progress and will eventually lose faith and become depressed.

A Prayer Planning Guide

Now it's time to put what you know about prayer into action. You might want to create a prayer journal and reflect on the questions below. I've also provided a checklist to help you prepare for prayer. Of course, you can remove or add to these in your journal. This is just a starting point:

- What are your biggest life challenges and goals?
- How do you hope prayer will help you?
- How do you need to change your understanding of God, what life is for, and what you're thankful for?
- What beliefs, misconceptions, prejudices, and habits are limiting your growth?
- When and where do you pray?
- How can you improve your prayer process?
- What obstacles or other priorities do you need to remove to make a place for prayer?
- Who can support you in getting better at prayer?

A Prayer Plan Checklist

- Find a quality place and prepare it.
- Schedule time to sit and think about your challenges and beliefs.
- Set two times a day to pray for at least five minutes each.
- Adjust or eliminate other activities.
- Share your prayer journey with others who pray regularly.
- Create a firm foundation of physical and mental health; be sure to socialize.
- Serve others in your routine activities and schedule times for more service.