

Profound Prayer

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A Modern Prayer Guide for Peace,
Power, and Personal Transformation

Christopher Lepine



SoulScape Publishing

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By
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To my dear God, whose Spirit within guides me
each day and nourishes my soul.

Contents

Introduction:	xi
The Doorway to Help	
Part I: The Nature of Prayer	
1. The Breath of the Soul:	3
The Voice of the Real You	
2. Nourishment for Your Soul:	27
Getting Power for Your Journey	
3. The Incredible Power of Prayer:	49
Finding Total Hope and Transformation	
Part II: The Essentials of Prayer	
4. How to Pray:	79
The Keys to Divine Dialogue	
5. Prayer Killers:	101
The Poisons to Prayer	
6. Prayer Answers:	115
The Divine Response	
7. Prayer in Action:	135
Examples of Faith	

Part III: Unlimited Transformation

- 8. A Prayer Jump-Start: 159
Steps to Sing to God
- 9. Ideal Prayer: 183
Achieving the Infinite

We think we must climb to a certain height of goodness before we can reach God. But . . . if we are in a hole the Way begins in the hole. The moment we set our face in the same direction as His, we are walking with God.

—Helen Wodehouse, *Inner Light*

Introduction

The Doorway to Help



Our souls are hurting and hungry—some starving. The digitally-infused world is sucking life from our spiritual selves: It wants our eyes, ears, fingers, and minds. It wants all our time and attention.

We're continually attacked by the incessant attention seeking of smartphones, tablets, computers, and countless other digital pests as well as the disruptions and changes that they bring to the world. Sure, we can set limits, but today's remarkably complex and hyper-accelerated modern civilizations have a tendency to separate us from each other and from God.

Today, more than ever, we need the power of profound prayer to nourish our souls so we can adapt and thrive and make a positive difference. We need the infinite power of our Divine Parent, the very Creator of our souls.

This book will show you how to get that power each day: You'll be the master of your digital life and the modern world, not their slave. You'll be better able to give the proper time and attention to every aspect of your life. The digital world will still remain a critical part of your life but not the main focus.

You'll learn to nourish your soul to give you strength for the transformation that you need. Leading a meaningful, principled, and positive life takes real energy, and that comes from your soul. *The key is to keep your spiritual batteries charged—supercharged—while you work hard to do good and remake yourself.*

There is no other way.

Please come with an open mind and a willingness to explore beyond what you know and assume. You might need to be a little uncomfortable at times . . . But, it will be worth it. Trust God's spirit to tell you what is true.

You're a child of God and have a birthright to an endless life of meaning, satisfaction, and unlimited personal growth. It's time to stretch beyond church, groups, or any limits to knowing God *directly*. It's time to immerse your soul in total contact with the divine spirit of God within. It's time for an unfiltered friendship and adventure with the true God.

It's time to unplug.

It's time for profound prayer.

Prayer is the doorway to all. It's the most effective and important personal growth technique and actually enlarges your capacity for God. Nothing has more growth impact. When in doubt, pray. When thankful, pray. Pray for others and yourself. If angry, pray. If bursting with joy, pray. No matter what problem or success, you can dive into divine dialogue to improve your thinking, embrace God's personal spirit within, and make timely, lasting, and effective decisions.

The doorway to problem-solving and achieving your goals is the most basic of activities—talking to God, exchanging your thoughts for God's: prayer. Prayer affects your *entire* being and is God's way of eternalizing you and satisfying your drives for completion, attainment, and liberation.

This book will show you how.

If you believe in God, you pray. When we pray, we all hope for divine help and yearn for answers to our most profound and pressing questions. We don't want a middleman: You probably don't want someone telling you what to do or setting up rules to control your access to or destiny with God.

Prayer is your birthright as a child of the Creator. Prayer—the truest prayer—is a direct communication with God that unlocks the endless storehouse of powerful divine gifts and personal transformation. If you want this experience, you have to build in daily, *uninterrupted* time for profound prayer and divine immersion. You also need to go beyond any tradition, group, church, or teaching that tries to control you or impose unfair human rules.

You have to find God yourself and develop a true friendship with the Creator. And, to do this, you need to rely on the secrets of effective, transforming, and energizing prayer; you need regular, direct contact with God to thrive in today's world.

You need to nourish your soul.

This book tells you exactly how to get that transforming, electrifying power. You'll learn how to find and talk to God through the secrets of effective prayer. You'll learn how to get the peace, hope, strength, and answers you need to live the

adventure of your life while facing the ever-changing, very challenging world.

This book will give you each of the secrets of effective prayer with examples and discussions you can relate to. These principles and methods can lead you to the realization of a life *beyond your experience and imagination*. You can find unlimited satisfaction, spiritual success, joy, peace, confidence, progress, and happiness. And, you can lead the way for transformation of your family, friends, and others.

Prayer and divine immersion are the essential ingredients to make a better you and a better world. The secret of transforming the world is in transforming each and every person. It's the only way; nothing else works.

World Crisis

It's pretty plain that things aren't going well in the world. The old foundations of church and traditional beliefs are quickly eroding in the face of our unbalanced evolution with scientific and technological achievement. The fundamentals we relied on in the past cannot adapt quickly enough to help us manage our new, bewildering world: Limited philosophies and religions that used to work are left behind as people look for new directions and sources.

Since we're seeking for power and guidance to make the world a better place, we need real spiritual nourishment. But the vast majority of us remain in excruciating confusion and dissatisfaction: Many people don't even know where or how to fill the hunger or even what to call it.

But, there's great hope. More and more truth-seekers from inside and outside of religions are striving to get back to

the most essential of human experiences—immersion in the Divine, friendship with God. We're about to rediscover the real universal spiritual truths that have always been there for the sincere, yearning, seekers of truth, givers of kindness, and servants to others—the faith children of God.

This book is based on those stunning universal truths and reveals the principles and techniques of divine immersion—the practice of ideal profound prayer.

The Universal Spiritual Way

Now it's time for you, me, and all humankind to work hard to create a future of peace, prosperity, and achievement for all people. It's time for us to enthusiastically embrace and fearlessly live The Universal Spiritual Way—the original teachings of Jesus.

You're a child of a perfect Divine Parent who is a person you can know, and all are your sisters and brothers united through this heritage. You weren't born with sin on your soul: *Jesus never taught this*. The ticket to an eternal life is to wholeheartedly try to find and follow your inner guidance from The Universal Father.

I'll often refer to God as a Father throughout this book since I'm talking about the first person of the trinity of God the Father, God the Son, and God the Spirit. God doesn't have gender, but God the Father loves *as a father*. God is not male or female, but the best way to understand God the Father is as a perfect divine deity that is the source of the best father-love found in the best human parents.

This book focuses mainly on the central role that God the Father has in nourishing/supercharging our souls through a

piece of himself that is different in each of us—the inner spirit of God. God the Father, God the Son, and God the Spirit are equal, but this book looks at the special role that God the Father has in our spiritual lives.

With our Divine Father's guidance, we'll strive to overcome all limitations and make great progress individually and collectively. We'll strive to transform the world and enjoy unending spiritual victory. We'll know deep friendships and be partners of God, creating truth, beauty, and goodness. It's what God wants for us; *it's what we were made for*.

You can know true happiness now and work toward an eternal life if you open up to the truth of your divine birthright. Prayer is the starting point. Prayer is the foundation of ascension and cosmic joy in The Universal Spiritual Way. The right kind of praying for yourself and others enables you to forget yourself when necessary or cry for help without fear or shame. You can achieve this self-transcending life if you're *wholeheartedly* sincere, hunger for the truth, and have the faith to follow God's guidance.

While everyone who responds to God's spirit from their heart is resurrected, *belief in the universal spiritual truths of The Universal Spiritual Way begins a real relationship with God the person* and spiritual growth *now*. Accepting and striving for these truths leads us to understand, forgive, and serve others, and achieve growth and world transformation—one person at a time.

But, transforming ourselves and the world is totally dependent on fully believing the essential universal spiritual truths and dedicating our lives to the Creator's will—love. Belief is a lens which can reveal new opportunity and

possibility only if it's used, cleaned, and *changed* when inadequate or distorted. The core truths of The Universal Spiritual Way will never change, but our understanding of how to *live* them will change to keep pace with the evolution of humankind.

We'll always be perfecting our living of the golden rule—do unto to others as you would have them do unto you.

This Universal Spiritual Way unites humankind and propels us to a truly bright future. It's time to transcend the swamp of fear, anxiety, and doubt, to fly as the Creator's faith-children, joyfully working for spiritual success. Let's know family joy, community awareness, educational vision, industrial service and ethics, national purpose and vision, cultural and racial understanding, government effectiveness, fair international economic policy, the guarantee of worldwide peace and health, responsible environmental custody, and planetary unity.

Only belief and dedication to the universal spiritual truths will get us there. And, only prayer will give us the peace, assurance, security, hope, faith, confidence, and power to live such an invigorating, meaningful life based on following God's guidance: We need to nourish our souls every day.

About This Book

Profound Prayer is based on my decades of experience with the universal spiritual truths of The Universal Spiritual Way. The purpose of this book is to help you get the spiritual power and answers you need to face the challenges of your life and increase your spiritual growth. This book gives you the forgotten ancient wisdom of how to have a conversation with

God and nurture a divine friendship beyond the limits of church or group.

Please understand that I come as an *equal* in the spiritual search, a humble man who's known the pains, joys, and satisfactions of life, and sincerely desires growth and love. I firmly believe that the prayer and divine immersion techniques in this book are an ideal way to know God and totally energize our lives with hopeful purpose, confidence, courage, and self-forgetful service to others. It's my understanding of and attempt to live the spiritual truths in *The Urantia Book* that provides the foundation of my book.

Chapter 1, “The Breath of the Soul,” introduces a prayer definition and summarizes its breadth and landscape. Next, Chapter 2, “Nourishment for Your Soul,” defines the nature of the soul and how to feed it. Chapter 3, “The Incredible Power of Prayer,” explores the amazing and unmatched power of prayer, followed next by Chapter 4, “How to Pray,” which outlines the basic principles of true prayer along with a general approach for you to talk to God.

Chapter 5, “Prayer Killers,” lists erroneous concepts and attitudes and how these impair or eliminate your God-reception. Chapter 6, “Prayer Answers,” outlines principles of God's response and how these affect your approach to life and prayer. Chapter 7, “Prayer in Action,” shares a series of beautiful, inspiring prayers. Chapter 8, “A Prayer Jump-Start,” summarizes the basic prayer concepts of previous chapters and gives you clear steps and guidelines to pray. And, finally, Chapter 9, “Ideal Prayer,” describes perfect prayer and what it will lead you to—the ultimate spiritual experience of divine immersion and a joyous life.

You'll see that the most critical concepts and techniques in this book are always repeated and are your roadmaps and touchstones. The keys of *The Universal Spiritual Way* and profound prayer are unforgettable as you see them woven into many contexts: (1) you have personal fellowship with the Creator, (2) you have value and uniqueness; you are irreplaceable, (3) you can overcome all limitations by faith, (4) your will/choice determines your inner experience and realization of your destiny (5) service to others is the supreme joy in life.

Those five keys that Jesus taught reveal the new spiritual landscape and provide the pathways to progress on earth and in life after death. This five-part foundation is the hidden secret of the most beneficial beliefs and methods of science, philosophy, and religion, and influences every progressive activity, group, and institution of our culture. It can also be the unbreakable foundation of *your* life. And, when you nourish yourself with ideal, profound prayer, when you get supercharged, you not only transform yourself, but your world.

So, please come with an open mind and fresh heart to explore the calming shores and inspiring summits of real prayer. Contemplate your divine kinship and friendship with God. The power, love, and revelation of your life's meaning and direction is in God's mind, waiting to flash to yours.

It's up to you. It's time to *feel* the Creator's unlimited love and the invigoration of the spirit within. Whatever your background, situation, job, or state of mind, if you come with an open mind and desire to learn, you'll know and expand the greatest experience of life—friendship with God.

Join me now. Discover your true, inner home. Discover endless profound power and transformation.

Part I

The Nature of Prayer



Prayer is . . . the sanctification of the soul, the foretaste of future blessedness, the angelic bliss, the heavenly rain, refreshing, watering, and fertilizing the ground of the soul, the power and strength of the soul and body, the purifying and freshening of the mental air, the enlightenment of the countenance, the joy of the spirit, the golden link, uniting the creature to the Creator.

—John Sergieff of Kronstadt, *My Life With Christ*

The Breath of the Soul

The Voice of the Real You

Chapter 1



Children are God's most beautiful creatures, and their growth in a healthy parental relationship is remarkable. They immediately trust and tap into great power and comfort. The love of a kind and wise father and mother provides a matchless foundation for a happy, confident, and successful life.

One of the most striking examples is children adopted from foreign countries, such as China. In most cases, potential parents arrive a day or two in China before they meet their child-to-be. The country is usually a completely new swirl of places, people, sounds, food, and countless everyday things as well as the logistics and paperwork of adoption. But, the children to be adopted will need to make much more challenging adaptations.

These new sons and daughters leave the only caregivers they can remember to be placed in the arms of new people with different faces, languages, customs, smells, foods, homes, communities, and cultures. And these children are usually too young to understand what's happening, only that it's radically different.

But, with good parents, children soon respond to affection and nurturing and give *absolute trust*: They accept their new lives and transform themselves. This most profound of trusts is the essential foundation to explore their new world and continue the adventure of life. They know they can talk to their parents about anything.

When we trust God and pray with faith, we're just like these children. Our souls are energized and nourished. We're empowered to live the wonderful destiny that God gives each of us.

Nearly all of us at some point have a strong desire to pray. Some pray every day, and others less often. Even though praying is a universal experience, most people don't understand or use it well; most of us ask for divine help but don't comprehend its scope or value. If we'd stop to reflect on the significance and benefits of daily divine contact, we'd soon want to get it right and do it more.

When you reach to God with all your heart, you often enter an *altered*, profound state that consistently brings the benefits you crave for your mind, body, and soul: No other activity can have such a lasting and important effect. We are truly *transformed* when we act on the truth that we're children of God and can become like Him.

We're supercharged.

The Spiritual Adventure and Our Need

It's almost too fantastic to comprehend: We start as simple animals in a vast universe and can actually make choices that bring us in contact with the very Being who's the source and upholder of creation. Our experiences and many opportunities

Spiritual Truths

We need prayer to know God and grow.

Our attitudes determine what we'll experience and do.

Prayer is the act of talking to God for help or thankfulness.

Sincerity, a longing for truth, and faith are the
foundation for salvation.

Inner-worship of God is the gateway to all spiritual power—
supercharging.

Wholeheartedness is the basis for change.

And this I do believe above all, especially in times of greater discouragement, that I must BELIEVE—that I must believe in my fellow men—that I must believe in myself—that I must believe in God—if life is to have any meaning.

—Margaret Chase Smith, *This I Believe*

Nourishment for Your Soul

Getting Power for Your Journey

Chapter 2



The intellectual growth of a child is a miracle of evolution. Just think, each of us, initially, couldn't understand what we were seeing, hearing, and thinking. We could express hunger, pain, and a few basic emotions but could barely control our bodies. We were absolutely and utterly dependent on our parents and caregivers.

But soon we learned words to match things in our world and express more of our expanding desires. The power of language and the knowledge we gained brought us new outer experiences, self-knowledge, and competencies. Our understanding of the world and ourselves led us to a life of discovery and possibility, pain and joy, failure and success, and growth.

Knowledge is the beginning of progress. And spiritual knowledge can be the beginning of eternal life—starting *now*.

We've briefly discussed the soul so far, but to pray with real power we need a fuller understanding. Even though our beliefs and understandings don't determine whether we'll be resurrected, they do control our *rate of progress* and the

quantity of spiritual fruits we'll experience now. They define how we experience our salvation. They decide the breadth and impact of our spiritual liberation. By having a clear understanding of the soul, we have a river, rather than a straw, to deliver the life-giving water. Knowledge is power.

The Nature of the Soul

You're engaged in the adventure of the ages: God gives you life and the ability to choose and a companion (the Spirit within) who makes eternal progression possible. The Spirit of God is the medium by which you experience and talk to God, as well as the way you receive infinite treasures, the most important being your soul. This Spirit is an *actual* piece of God that works for Him in your mind to help you transcend limited thinking and achieve spiritual thought.

When you decide to follow the will of God the Father, truly bringing God into your decisions and following His leading, you allow your spirit companion to create a new, more real part of yourself. You cooperate with the spirit to build this new inner place for your self-consciousness, in addition to the places of mind and body. It's a new home with interesting rooms, new appliances, larger windows, and better surroundings. The best way to create this house is by wholeheartedly trying to pray, worship, and do the Father's will.

Your soul is more real than your mind or body. When you strive to grow, you feel it more each day. Your soul is the part of you that yearns for and recognizes truth. Your soul is the *real you* that you're becoming. Like a spiritual car that will take you to the next world, your soul is a spiritual treasure house of all the good that you've selflessly done.

Spiritual Truths

We need prayer to know God and grow.

Our attitudes determine what we'll experience and do.

Prayer is the act of talking to God for
help or thankfulness.

Our souls are only satisfied and nourished by
prayer and the inner-worship of God.

There is no growth without prayer.

True prayer is to our personal God.

Sincerity, a longing for truth, and faith are
the foundation for salvation.

Courage and hard work are the dynamos of growth.

Wholeheartedness is the basis for change.

What, then, is the greatest power in the universe? I believe that it is the mechanism by which man on earth establishes a connection that provides the flow of power between the mighty Creator and himself, between the great God who scattered the stars in the infinite night sky and the creature made in His own image: man. The flow of power between the Creator and man is the world's greatest power . . . And it is released and transmitted by means of a mechanism known as prayer.

—Norman Vincent Peale,
Power of the Plus Factor

The Incredible Power of Prayer

Finding Total Hope and Transformation

Chapter 3



A while ago, I lived in the mountains of Colorado and decided to go for a little drive. As I rumbled along a dusty dirt road, I came across a familiar old mine site—a crumbling stone building surrounded by snow, under a dark sky. There was a bolted, locked door, old, rusting iron train tracks, and heaps of rusted gears, a rotting steam boiler, and twisted pipe. The people who worked this mine had very high hopes, but it was clear that the mining operation hadn't been the success they hoped for.

How many lives mirror that scene? How many people lay weak and pointless tracks to illusive or destructive places? But, as bad as it can get, there's always an inner divine solution to lead them down the road to progress and happiness.

Prayer and inner-worship is like carbon in pig iron: By simply adding 1.7 percent carbon you produce elastic, strong, enduring steel to build bridges, city towers, schools, and other structures. If we took at least twenty-four minutes a day for

inner spiritual nourishment, what would happen? If we disciplined our fragmented selves, where would the Maker lead us? What would we find and become? We'd see that the miracles of nature, science, and fiction are eclipsed by real spiritual progress. The Creator brings mysterious changes to the 100 percent willing human . . . once limited, fearful, doomed to death, now a liberated eternal universe citizen.

Our Challenge

We're born in a sea of need; we must cope with life's internal and external challenges. We must choose a reaction in our minds to progress or regress, reach life or sink into patterns of passivity and death. This fire of need challenges us to expand past the twilight of infancy, through the experimentation of childhood, past self-discovering adolescence, into adulthood, and eventually divine realization.

Need is that grand and all-pervading stimulus that can cause us to graduate from physical requirements and psychological yearnings to faith-acceptance and spiritual achievement—contact with the Creator and service to others.

These life requirements inevitably lead to us to form goals and, the plans to achieve them. For instance, let's say I'm a young man and have just moved away from my parents, friends, and hometown. All my needs used to be met in a comfortable place. But, after the initial excitement of traveling cross-country and finding a home, a pain and yearning develops: I need to socialize and make new friends.

This socialization need helps me realize that my goal is to have human contact that will lead to friendships and relationships, new circles of support and mutual affection. My

Spiritual Truths

Problems are necessary for improvement.

Only belief in the truths about God can lead us to progress.

Prayer is the most effective tool for growth,
born from soul longing.

Prayer improves attitude.

The Spirit within supplies power and love directly
from the Father.

Prayer brings improvement in mind function.

Our personal characteristics improve with prayer.

Prayer enables us to overcome all limitations of heart and mind.

Part II

The Essentials of Prayer



When we pray, we link ourselves with the inexhaustible power that spins the universe. We ask that a part of this power be apportioned to our needs. Even in asking, our human deficiencies are filled and we arise, strengthened and repaired.

—Alexis Carrel, *Readers Digest*, March 1941

How to Pray

The Keys to Divine Dialogue

Chapter 4



In New York City in the early 1800s, it was quite a challenge to get from Brooklyn to Manhattan Island. The only way was to take a ferry, and that could be dangerous. The Brooklyn Bridge solved this problem when it opened in 1883 after fourteen years of painstaking design and careful construction. It was the vision of John Augustus Roebling, accomplished through many personal sacrifices by his son, Washington Roebling, and his wife, Emily Warren Roebling. The workers on the bridge also paid a very heavy price with scores of injuries and almost thirty deaths.

Yet, the bridge was an incredible, unprecedented success and is a beautiful, life-giving landmark today. It became the model for new bridge designs, solving transportation problems across the world. But most importantly, it greatly improved life for people living in Brooklyn and Manhattan and stimulated tremendous growth and opportunity at each end of the bridge. The key to its success was vision, drive, innovation, organization, risk, and dedication.

Those are the same ingredients we need in our spiritual lives. If we want to make progress, we must focus, commit, work, change, fall down, get up, try again, and celebrate. And, sustaining this upward spiral requires regular, daily, effective praying. It requires a continuous supply of power from inner-worship as well.

Prayer is the indispensable key to all spiritual progress, and in this chapter we'll look at how to pray to find peace, assurance, security, and power.

The Nature of Prayer

Prayer is a conversation—communication with God. Like any conversation, one person starts, the other person listens, then responds. Since the eternal Father placed His spirit in each of us, he longs for conversation with us. God wants to be our true friend, a part of every struggle in our lives, always there to help us change with the power of eternity.

God really wants to be your best friend and has a unique destiny for you. Prayer will help you find that destiny a little more each day as you talk more with God and discover His will for your life. The key to spiritual success, and prayer, is to discover and do your best to follow the leading from the Father's spirit within you. When you dedicate yourself to following God's guidance, His desires eventually come to pass in your life. Sooner or later, His will IS. And, this is the best possible future you could have. When you desire the Father's will and try to follow it, *no power in the universe can stop you.*

Spiritual Truths

The only gift we can give God is to do His will.

Sincerity, truth hunger, faith, and wholeheartedness are the foundation of prayer.

The purpose of real prayer is for growth and the power to grow.

Spiritual nourishment is dependent on deep, regular, solitary, quality prayer and inner-worship with God.

Effective prayer is dependent on doing all we can to meet challenges.

Effective prayer requires total surrender to God's guidance.

Prayer should not only be for one's self but for others as well.

True prayer is a natural part of friendship with God.

No prayer can be ethical when the petitioner seeks for selfish advantage over his fellows. Selfish and materialistic praying is incompatible with the ethical religions which are predicated on unselfish and divine love. All such unethical praying reverts to the primitive levels of pseudo magic and is unworthy of advancing civilizations and enlightened religions. Selfish praying transgresses the spirit of all ethics founded on loving justice.

Prayer must never be so prostituted as to become a substitute for action. All ethical praying is a stimulus to action and a guide to the progressive striving for idealistic goals of super self-attainment.

—*The Urantia Book*

Prayer Killers

The Poisons to Prayer

Chapter 5



My family and I live in the Northeastern part of the United States and have a fairly lush yard—most of it not by design. We have a few hundred-foot oak trees, various bushes, other types of flora, and a lawn. Over the past twenty years, I've tried again and again to improve the lawn, usually with environmental methods.

I've brought in new soil, filled in swampy areas, watered, removed weeds by hand, raked, used an electric mower, hand-dug a drainage system, and reduced flooding. The results are mixed, but we still have a very pleasant place to live. Unfortunately, some of the methods that I thought were good actually damaged some of our property.

For example, we lost a hundred-foot oak tree due to a berm I unintentionally built over tree roots to stop flooding from a neighbor's yard. I had the best intentions, but it wasn't in harmony with the environment and killed the tree and our bank account.

The same thing can happen in our prayer lives. Even though we may be kind people with good intentions, we can

contaminate the process and get off track. It's this interference or distortion of prayer that only leads to frustration, disappointment, pain, and depression.

The purpose of this chapter is to help you remove everything from your prayers that interferes with the true benefits of prayer—communion with God and power for living—supercharging. It's only when you recognize and remove these prayer contaminants that you have the best chance to know the deep peace, growth, and joyous service to others.

The only way to pray properly is to wholeheartedly accept the truths of The Universal Spiritual Way. You must be willing to reflect on what any group or person has told you about prayer. You must be willing to pray beyond a group's teachings and be completely transformed by God's spirit.

Avoiding Growth

People usually get off track with prayer because they don't get far enough beyond their basic human desires for an easy life, a quick fix, material things, predictability, power, and pleasure. Many also see prayer as a way to justify their conclusions and pride, and a way to simply get what they want in life.

Many people pray like a three-year-old. It's easy to revert to this primitive magical-thinking stage when the reality of adult responsibilities is in full force. And there are an endless number of prophets and programs promising a never-ending bonanza of self-gratification. In the end, it's an illusion and a diversion from the real joys and the true meaning of life.

Spiritual Truths

Prayer is limited when it's based on primitive ideas of God and the universe.

Prayer becomes distorted when it's focused on satisfying primitive urges.

Prayers get off-track when they focus only on self.

Prayers that ask for God to do the work for us don't get the answers we envisioned.

Prayers for advantage or vengeance over others distort our spiritual selves.

Continued selfish, destructive praying eventually makes us unable to hear God.

What is the use of praying if at the very moment of prayer we have so little confidence in God that we are busy planning our own kind of answer to our prayer?

—Thomas Merton

Prayer Answers

The Divine Response

Chapter 6



There was a man I knew who was single; in fact, he was single most of his life and really longing for a woman to share his life with. He was a shy person with little self-confidence, who was more attractive and athletic than most. But, he just couldn't find the right person.

Since he believed in prayer, he prayed . . . and prayed . . . and prayed—for all of his adult life—for the woman of his dreams. He dated many women, but things never worked out.

Finally, he met one whom he thought was the right woman. He prayed and prayed that the relationship would work out, that she would fall in love with him as much as he was with her. But, she painfully ended the relationship and was soon dating a mutual friend, who was much more financially successful and confident.

My friend was utterly crushed and in the deepest depression of his life. Why couldn't God help him now? Why the excruciatingly painful wait?

But, that summer, he met the right person and became happily married. And . . . the woman he wanted to marry before?

. . . Well, she actually caused a lot of pain to every man she got involved with and gained quite a bad reputation.

In the end, my friend got the best answer to his prayers. He realized that God will give you everything you need, when you need it, in the way you need it, for as long as you need it. God meets our *true* needs and longs for us to embrace a full spiritual life of faith and joy.

We must remember that prayer is the most powerful tool to deal with any challenge, any pain. Prayer is the most effective way to get the power to continually see in new spiritual ways and to transform ourselves. Prayer leads to ultimate nourishment for the soul: worshipful communion with the Creator.

But, to achieve this kind of prayer, we need to change our beliefs about God and the purpose of life. We must be open-minded and refresh ourselves with the truths from God. We must be willing to let go of old beliefs and embrace the light of love—God’s response.

Two Approaches to Life

The way we live is the direct result of what we believe. We can react as fearful animals or we can act as the children of God. Even a series of seemingly small beliefs add up to habits of thinking that lead to habits of living. Your conception of God, your beliefs about the purpose of life and the universe determine how you think and how you live.

Your beliefs can become barriers or pathways to God and truth. They can restrict the expression of your soul’s true spiritual desires, or they can block progress to God and the reception of His love and truth. Your willingness to accept the truth and willingness to change is key.

Spiritual Truths

The way we pray and live is determined by our beliefs.

There are only two ways to live: animal or spiritual.

The only way to live the ideal, spiritual life is to
follow the will of God.

God always gives you the best answers possible to your prayers.

God often does not give you the answers you want, or provides
answers later than you wanted them.

When you pray to know the will of the Father and for
spiritual growth, you will always welcome God's answers.

Prayer is the most perfect and most divine action that a rational soul is capable of. It is of all actions and duties the most indispensably necessary.

—Augustine Baker

Prayer in Action

Examples of Faith

Chapter 7



We've learned a lot about prayer so far, but nothing can take the place of good examples from those on the path to God. This chapter is a collection of prayers I found in books and on the Internet. I hope you find joy and inspiration to grow your prayer life into a fountain of life-sustaining peace, assurance, security, strength, confidence, courage, power, and selflessness.

Part III

Unlimited Transformation



Of all spiritual disciplines prayer is the most central because it ushers us into perpetual communion with the Father.

—Richard C. Foster

A Prayer Jump-Start

Steps to Sing to God

Chapter 8



Success in any activity or area in life depends on following the right steps in the right way, with the right technique. Just think about rock climbers for a minute. Everything they do before and during the climb contributes or detracts from their goal of reaching the summit and having a great experience.

First, they need to scout out a rock to climb, whether it's standing straight up, or it's embedded in the side of a hill. After this, they'll want to do some research by talking to friends, reading books, or watching videos about the place they want to go. Next, they'll want to think about their own abilities, as well as those of their partners for the climb.

Since they've done their research, they'll arrive at the rock with all the equipment they need. Then it all depends on concentration, judgment, and technique.

At the bottom of the cliff, they'll begin by sorting out their equipment and then putting on their safety harnesses. They'll unpack their ropes and then carefully use the proper knot to tie themselves to the rope. They'll then strap their equipment

across their shoulders, take the rope, and begin to place their hands and feet on the rock and carefully move upward.

Prayer, like rock climbing, has a set of steps and techniques that leads to success. Although you can make progress with a good heart and faith, you'll make much more progress with the right steps.

Of course, you can pray to or worship God anywhere, at any time, without going through the steps I'll outline. And, depending on your state of spiritual health, you may already be carrying out an ideal spiritual practice unconsciously. But, you probably won't reach profound states of God consciousness and soul nourishment without the process I'll discuss. Like all things in life, complete focus—wholehearted attention and effort—brings the best outcomes, real progress.

As you've seen, profound prayer is the most effective way to supercharge your soul with the life of the spirit-energy from God. Whatever personal quality you're missing, be it motivation, strength, faith, courage, or altruism, you'll receive everything you can handle when you come with sincerity in prayer to God.

This chapter will show you the essential ingredients for success and the techniques to deepen your experience and accelerate your growth.

The Foundation of Success

The first thing to remember is that any effort you make with a sincere desire to know God and grow will give you progress. It may be slow at first, but, as you make more time for God and improve your divine conversation, you'll move more quickly.

Please remember that the most important thing is that you're growing, you're moving forward. Again, you need to

Spiritual Truths

Success in prayer depends on focus, regular frequency, commitment, and technique.

An attitude of spiritual growth and belief in the truths of The Universal Spiritual Way is the most important prayer foundation.

You should make regular time for prayer in a conducive environment.

First comes prayer, then thanksgiving and inner-worship with God, then action/spiritual exercise, and then back to the nourishment of prayer and worship.

Optimal prayer depends on proper preparation and a series of key steps.

The most effective way to improve your spiritual growth is to pray.

Be not constantly overanxious about your common needs. Be not apprehensive concerning the problems of your earthly existence, but in all these things by prayer and supplication, with the spirit of sincere thanksgiving, let your needs be spread out before your Father who is in heaven.

—Jesus, from *The Urantia Book*

Ideal Prayer

Achieving the Infinite

Chapter 9



Our lives are miracles. We start out as two cells that join to become the blueprint of a unique individual. In less than a year, we're ready to emerge into an outer world of endless sensations, people, and possibilities.

At first, we can't really do much more than eat, sleep, pee, poop, breathe, and cry. But, pretty quickly, we begin to perceive others and instinctively use sounds to get our needs meet. We speak, and in a relatively short time, begin building relationships.

In time, we can crawl, and then soon, walk. We learn about food, people, animals, nature, clothing, danger, and pleasure. Within a short time, we're interacting with other children and eventually start school. Gradually, our progress becomes less automatic and then completely dependent on our efforts.

Within a few years, we leave school and launch ourselves into our lives, hopefully, to follow our dreams and add as much truth, beauty, and goodness to this world as we can.

While this journey from two joined cells to a unique adult individual is nothing short of miraculous, our spiritual transformations can be even more amazing. But, unlike the basic physical and mental changes, we must rely on prayer to supercharge our souls to inspire our minds to reach out and touch the infinite presence of God.

With prayer, we can live a life beyond our wildest dreams of achievement. Without it, we struggle, lose hope, become cynical, depressed, and apathetic. With God's touch, we truly awaken and become the faith-children of God. With prayer, we begin the endless journey of endless progress.

True Prayer

We've taken quite a journey in this book, but it's critical that we understand the essential foundation that makes it all possible: belief in the truths of The Universal Spiritual Way. Without these beliefs, it's not possible to attain the benefits of true prayer. We should remember that what we put in our minds either blocks or opens the way to God. *Our beliefs and our thoughts—not our feelings—are the doorway to God.*

First, you need to accept the experience of God that you're already having inside your very self. And when you accept what you're experiencing, you can firmly believe in God. But, you cannot stop there, because the type of God you envision—your concept of God—will affect the way that your mind experiences the REAL God.

God will certainly keep revealing himself to you, no matter what your misconceptions of him, but the sooner you let go of your preconceived notions of God, the sooner you'll begin to see the real God. In fact, this will be an eternal process

Spiritual Truths

Accepting God within will allow you to accept all people as your sisters and brothers and remove any fear of them.

True prayer completely transforms your attitudes, thinking, and actions.

Prayer helps us compensate for all human limitations.

True prayer continually renews and transforms you into an always-improving spiritual being.

Prayer is the most effective growth stimulus and the doorway to inner-worship and eternity.

Join My List, Ask a Question

Visit: FindMyNewLife.com

If you enjoyed this book, you'll be glad to know I've got another book that'll be released soon, and other projects after that. As soon as I have something I think you'd like, I'll send you an alert. Of course, you can get off the list at any time.

So, [please sign up today](#). I'm looking forward to sharing more with you to help you on your journey. If you want to ask a question or make suggestions for a new offering, just let me know.

Author's Message

It's really been a thrill to share this book with you, and I hope it's helped you on your spiritual journey. We're really all family of the same Creator, and I wish you the very best spiritual growth and personal success.

I know that whatever challenges you face, you can find peace and inspiration from God within. Things can get better. You can begin to live the life God meant for you.

You're unique and have a unique set of God-given gifts. You can find a better, more elevated life. It will bring you a new happiness and peace beyond your dreams: This is the life of real spiritual discovery with the real God.

I'll see you on the web and in my other projects.

All the best,

—Chris

About the Author

Who I Am

I'm a spiritual seeker—just like you—and do my best to follow my inner guidance. I have my struggles and challenges, but, I have complete faith that if I follow my inner light, things will be fine. God will take care of all my spiritual needs and give me the strength to face all my life challenges.

My mission is to write and speak to help people liberate themselves from everything that blocks or slows their spiritual awakening and progress.

Where I Live, What I've Done

I live on the East Coast of the United States with my wife and daughter and enjoy getting out to hike, bike ride, swim, and sail. This is my foundation and my biggest joy. And, I can't think of a more enjoyable thing to do than to climb a mountain.

I began my spiritual search in 1979 and have been involved in writing, speaking, and teaching since then. I actually published my first small book in 1992—*The Little Spiritual Answer Book*, and another small book in 1993—*God Without the Garbage* (both out of print).

I've worked as an elementary school teacher, high-tech salesman, a training designer, and—of course—a writer. I'm very excited about many new book projects to come.

Other Books by Christopher Lepine:

The Universal Spiritual Way:

A Complete Roadmap to a New Personal Life and a New Era for Humankind

