

Prayer is **communicating** with God.

Communication is a **two-way** street.

We need to learn how to be **quiet** and **listen**.

How well do you do that?

Prayer is our personal **response** to God's presence and love.

In prayer we **acknowledge** God's presence.

In gratitude we **respond** to God's love.

How aware are you of God's presence throughout the day?

Anthony de Mello wrote in his book The Song of the Bird:

"Excuse me," said an ocean fish.

"You are older than I,
so you can tell me where to find
this thing they call the ocean?"

"The ocean," said the older fish,
is the thing you are in now."

"Oh, this? But this is water. What I'm seeking
is the ocean," said the disappointed fish
as he swam away to search elsewhere.



DeMello concludes his commentary on this story by stating: "Stop **searching**, little fish. There isn't anything to look for. All you have to do is **look**."

And, so it is with prayer. We **seek** for God in all sorts of ways when all we have to do is be **aware of the presence of God which surrounds us and fills us** and then respond to that presence in **gratitude**.

Because God is **Spirit** while we are human beings, **spirit and body**, and because we are surrounded by **material realities**, which tend to absorb our attention, it is necessary that we **find ways** to help ourselves be **aware or mindful** of God's presence. **What reminders do you have?**