

On prayer

If a man seeks the presence of God, then God will fulfill this desire. Our loving Father knows all that belong to him and cherishes every being in the vast universe. God's "Holy Spirit" is present in every human being and thus accessible at all times for everyone. The knowledge that God is in me and always with me, gives me comfort and peace. The spiritual man will seek this closeness to God. At all times people went into solitude deliberately, to experience God's closeness in an undisturbed way. To achieve this every worldly distraction should be avoided. This allowed the hermits to tune into God's Spirit and his nature to finally be completely united with him. Silent prayer helps to keep the restless spirit centered in the heart. Even now and today man can find the opportunity for stillness and closeness to God's nature in meditation and prayer.

Jesus Christ taught us to pray the "Lord's prayer" to give us peace and joy.

The Lord's Prayer

***Our Father in heaven,
hallowed be Thy name,
Thy kingdom come,
Thy will be done, as in heaven, so on earth.
Give us this day our daily bread and
forgive us our trespasses, as we forgive our debtors .
And lead us not into temptation, but deliver us from evil .
For thine is the kingdom and the power and the glory forever,
Amen.*** (Luke 11, 2-4)

In the "Lord's Prayer" all essential components of our lives are strung like the single beads of a pearl necklace . The path is also the goal. The individual beads symbolize diversity in unity. God's gift to us is to know Him and to learn from Him. The "Lord's Prayer" gives us joy, equanimity and knowledge.

“Our Father in heaven”

The search for God we call spirituality. To know God and to experience his nature requires dedication, humility, patience, compassion and selfless service. The love and joy of giving will give us peace. We feel the love within our hearts. Where love is born, there is heaven. May heaven within us inspire us to develop love and to live it.

“Hallowed be thy name”

Praise and worship will fill our hearts with joy. In singing we connect our hearts to God and give expression of our love to Him. In silence we sink our restless spirit into our soul and become quiet in the presence of Christ. Focussing entirely on God and to give all our attention to Him will bring joy and contentment. May your holy name connect us to your divine nature and lead us into a holy life.

“Thy kingdom come”

In your love the whole of creation is resting. You are the beginning and end. You are the strength and the power for ever. Being constantly aware of the greatness of God we feel security, hope and confidence. We ask God to allow His power to flow through us to make us his instruments in order to be true servants. May your love in

us be our service to your creation.

“Thy will be done, as in heaven, so on earth”

O Lord my God, your greatness and omnipotence are boundless. You are giving to us the freedom of choice in our lives. We can decide to live for the whole world or just for you. We can choose to live just for ourselves or to live a life of giving in your spirit. Help us to recognize what path will lead us to you, and which one will separate us from you. May your love banish all evil, so that peace and joy will fill every heart.

“Give us this day our daily bread”

O Lord my God, You are the food for our lives. You are giving us nourishment and life. We are grateful for your love and delight in your creation. To recognize and to experience it creates in us awareness of the unity of all beings. We are all members of one body. We are a part of your creation and one with you in our hearts.. May we know that you are alive and active in all beings and that you are giving yourself to us in love.

“And forgive us our trespasses, as we forgive our debtors”

O Lord my God, your love is boundless, you are the food for our lives. By our wrong thinking and acting we separate ourselves from your love and your grace. Help us, to always let our spirit be directed to you. Let our mind rest in your love and forgive our acting in unawareness. It should be our aim not to intervene into the freedom of our neighbor. Give us the strength and the courage to achieve this goal. Let us be thinking only good, not to talk bad about others and to do good. May we be loving and forgiving in dealing with our fellowmen. Let us be vigilant and forgive us our trespasses.

“And lead us not into temptation, but deliver us from evil”

Lord, your love is boundless. We are your children, and you teach us to learn and to experience. All trials are aimed at learning what separates me from you and what unites me to you. Help me, my God, to distinguish good from evil. May your love make us become mere servants to be one with you forever.

“For thine is the kingdom and the power and the glory, for ever”

You are the goal in our life, my God. By serving you our soul is pleased. You are truth and joy as you are order and peace. You are love, you are One. I want to live for you, I want to serve your creation. Help me, my God, to proclaim your glory, to praise your greatness that I may be one with you forever. May our service in your creation be blessed by You, my God, forever.

“Amen”

It is as it is. The greatness of God is infinite and incomprehensible. We are all your creatures, we all belong to you. May we experience God in our hearts and recognize Him in order to be one with Him forever.
Amen.

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