How should we pray?

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We can prayer with formal prayers or we can use our own words. We can also pray in silence. All of these are good. We can pray by ourselves and with others.

Some people say “I just like to pray by myself” That’s very good. We should take every chance we can to do that. But because God created us as communal creatures we also need to pray together. When we pray in church, we are joining people all over the world, and the angels and saints in praising God!

We pray using formal prayers when we are together. Many of these prayers have been around for centuries and so they reflect the Christian faith as handed down by the apostles. Because they are so full of wisdom, praying these prayers can help us to understand what God has revealed about himself. They are also very helpful at those times when we may not have the words to say. Formal prayers can “get things started” in our conversations.

Silent prayer is a way to just sit in the presence of God. It can be a beautiful time shared with God, just allowing Him to enter your heart.

If we remember that prayer is conversation, then we know that however we feel comfortable “conversing” with God is the way we should pray.