

My Prayer

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Prayer is a heart to heart talk with God. Through prayer we connect ourselves with the Lord Waheguru, and we feel His presence. This is another mode of worship to grow spiritually so that our lives become more fruit-bearing, joyous, and peaceful.

This heart-to-heart conversation is not only for prayer time but can last the whole day. In my view, meditation, contemplation, and pondering are also part of praying. We can pray while working, driving or waiting.

Most people are mainly familiar with a formal audible-congregational prayer, but more often it is a thought that is shared with God. When we are constantly seeking Waheguru, we align ourselves with His wishes and desires. In prayer we pour out to Him our joys, our anguish and petitions. We turn our lives and will to Him. And by faith we know He hears and responds to our turtle-dove cries.

Robert J. Sternberg, a professor of psychology and education at Yale, says - intimacy, commitment and passion makes up a "love triangle" between two people. He describes how the three parts affect the relationship of love. We can extend this triangle to our relationship with God. Prayer honors God, prayer aligns us to God, and prayer meets our deeper needs. A lifestyle of prayer leads us to the realization that without Him we can do nothing of lasting value.

All religions of the world teach, promote, and advocate people to pray. In fact all religious books are full of promises. If you pray. this will happen or that will happen. You will receive whatever you ask in prayers.

In reality, many people are disappointed when prayers not answered right away, instantly, or without delay. Actually there are many reasons why prayers are not answered the way we want to be answered.

On personal level, prayer gives me strength, hope, and pence within me. This is good enough for me. Try it and I can assure you that, mentally and spiritually, you will never be the same even though there may not be any change in your circumstances, Pray:

- When troubles surround and enfold you; when hope and chances of relief become slim. This is the time to pray.
- When the selfish world does not care for you, no help, comfort and love from kith and kin, there is only one who will never leave you - that is Waheguru. This is time to pray.
- Life is full of surprises for you and me. But Waheguru will forgive every single sin. This is the time to cast anxiety upon Him.
- Remember, we are all children of God; He is our Father and Mother, who loves us dearly. It is alright to shed all your pains, losses and sufferings upon Him.

Here is my simple prayer!

Teach me, Waheguru, how to go softly as the jasmines do. Bless my soul to meet the shock of this world as a rock. Help me to appreciate the blessings I have been given. Make me a less person-pleaser and more a God-pleaser. Though I may stumble through my life at times, Waheguru, help me to know that you are with me. Alone, I am nothing and with you I will never fail.

You are the only true treasure, oh! Almighty God. In your love there is no need, no want. Waheguru, I so often pursue selfish goals, help me to remember that nothing in life has value; If I do not have a good relationship with you, help me to resist temptations. Teach me

more about your love, your WORD. Protect my steps and lead me in the ways of righteousness.

Help me not to question your wisdom, but always trust you. If I do, understanding will follow as your blessings. Waheguru, forgive those times when I seem to forget you. Help me include you in all I do, think and feel.



References

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2. *Profiting From the Word* - Pink Arthur W.
3. *Putting Away Childish Things* - Wheaton Victor.