



**Spirituality is unique to all of us, as
we seek to find and know God in
prayer**

This month, we remember St Luke, let's note that one of the major themes in his gospel is prayer. Jesus tells the *Parable of the Friend at Midnight* (Luke 11:5-8) in the context of teaching His disciples to pray (1). We all have different ways of seeking and finding God in our daily lives and prayer is a central element of that two-way communication. Here are three ways to reflect.

Pray Shamelessly:

In the parable a man approaches his friend at midnight and asking: *'Friend, lend me three loaves, for a friend of mine has arrived on a journey, and I have nothing to set before him'* (Luke 11). Despite the hour, the rules of hospitality mean that this is not an unreasonable request. Jesus says, *'though he will not get up and give him anything because he is his friend, yet because of the man's boldness he will rise and give him whatever he needs'* (v8). Jesus is telling us to approach our heavenly Father in *shameless boldness* with our needs. As adopted children we should have no hesitancy in coming to talk with our Father. It is not God who is reluctant to answer, but we to ask. Do we pray with shameless boldness?

Pray Persistently:

Like children we should be persistent in our requests: *'Ask, and it will be given to you; seek, and you will find; knock, and*

it will be opened to you.' All three verbs indicate a continual habit: *Keep on asking...seeking...knocking* . We will not be content simply asking once and then move on. Jesus tells us to bring our prayers to God persistently. Do we give up too easily in prayer?

Pray Expectantly:

For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Are we expectant in our prayers, believing that God delights in meeting our requests? If you would like to explore your own spiritual journey perhaps you might like to join us on quiet day.

A QUIET DAY OF CELTIC SPIRITUALITY & PRAYER

led by Archdeacon David Jenkins

Wednesday 22nd October 10 am to 3 pm

At Clare Priory

Building on our successful series of informal Iona Worship over the past year, we warmly invite you to explore Celtic spirituality. This spirituality encompasses the diverse beliefs and practices of the ancient Celts, both before and after the arrival of Christianity. It is characterised by a deep connection with nature, a holistic view of the world, and a strong sense of community.

Key elements of Celtic Christian spirituality include monastic traditions, the sacred signs found in all creation, and a focus on contemplation.

To reserve a place, register your interest, or if you have a question, don't hesitate to get in touch with Simon Pratten on 01284 850078 or simonpratten@outlook.com for more information .