

## **THE PRACTICE of PRAYER- Fr Martin Maunsell**

*“Whatever you ask in my name, this I will do that the Father may be glorified in the Son.”*  
(John Ch.14 verse).

It has been wisely said; *“that the person who prays best with others first of all prays best alone.”* There are some other important principles about the practice of prayer that may be of value to keep in mind.

The first is that like eating, sleeping and exercising it is something that we need to do it for ourselves rather than relying on someone to do for us. It is not a practice that can be transferred to someone else to constantly do on our behalf. The second principle is that it is a practice that needs to become one of our normal daily routines. The value of prayer is that it is able to enrich and strengthen our daily routines by way of giving us greater invisible support. The third practice, is that it would be good if some of our prayer time is done away from external noises and visual images, otherwise it is like having a conversation with someone while typing a report. It won't do the conversation or the report any good! It is also of value to remember the place of scripture texts, books, icons, pictures and statues to assist us while praying.

The fruit of prayer is that it allows us to grow in humility and compassion with others, it is definitely not meant to take us away from any of life's challenges and difficulties rather to help us to have the inner resources to handle them better.