

## WHEN YOU PRAY

When you pray, be like the mountain  
in stillness, in silence;  
thoughts rooted in eternity.  
Do nothing; just sit, just be;  
and you will harvest the fruit of your prayer.

When you pray, be like the flower  
reaching up to the sun;  
straight-stemmed like a column.  
Be open, ready to accept all things without fear and you will not  
lack light on your way.

When you pray, be like the ocean  
with stillness in its depths  
the waves ebbing and flowing.  
Have calm in your heart, and evil thoughts will flee on their  
own accord.

When you pray, remember the breath  
That made us living beings-  
From God it comes; to God it returns.  
Blend the Word and prayer with the flow of your life, and nothing  
will come between you and the Giver of Life.

When you pray, be like the bird,  
endlessly singing before the Creator  
its song rising like incense.  
Pray like the turtle dove,  
and you will never lose heart.

When you pray, say  
Creator God in heaven,  
Holy is your name.  
May your reign come on earth  
as it is in heaven.  
Give us today the bread we need.  
Forgive us our sins as we forgive others.  
Lead us not into temptation but deliver us from all evil.

O Holy Spirit, inspire us with wonder and awe at the mystery  
of your presence. Confirm us in your wisdom in times of  
confusion. Grant us discerning hearts in making decisions.

(St. Seraphim of Sarov)

