



## Talking to God

At the final session of the Spiritual Growth and Development class I asked the members what they would like me to write about in this column. Several requests were for *more about prayer*. If my mother were still alive I would have her lead the group on this subject. She was a praying machine, as those of you who knew her would acknowledge. I have given thought to her praying and will share my thoughts with you.

My take on her praying is that it had little or nothing to do with what she said or how she said it. Rather, it had to do with her relationship with her God. She felt closeness—a tight bond. With that relationship intact she just talked *with God*. She was clearly aware that God already knew what she would say. Her attitude was: “Look, God, you know what I am about to say, but I need to say it anyway for my sake. Furthermore, you did invite me to talk with you about anything. So, here is what is on my heart and mind.”

If you want to have the correct approach to prayer, then just talk to God as you would talk to a close friend. Share what is on your heart and mind. You cannot do it incorrectly as long as you do it.

The key to this conversation is the realization that you are in a relationship with God—a relationship that God established and maintains. You are not sharing yourself with a stranger.

The best guide for approaching prayer is to understand what Jesus said about prayer: “When you pray say “Our Father” . . . The purpose of this simple opening is to remind us that we are in a close relationship with God. That is what is intended by the use of the term chosen by Jesus—Father. God is not just anyone, but the one who is responsible for our existence, who claims us as children and who invites us to share our every concern. Prayer is shared conversation—verbalized or not—within this extraordinary relationship we have with God.

