



## REFLECTION

By Bill Kreidler and Richard J. Foster, from *Practicing Peace*, p. 47

October 7, 2020

When I give workshops, I often go around the room and ask people to give a reason they have for not praying. This is actually pretty easy for folks. They usually respond by saying, “I don’t have enough time.” Or “I don’t know how to pray.” Or “I am not sure God answers prayers.” But I will never forget the woman who said, “I am afraid of what God will ask me to do.” And I thought, “You know, that is a darn good reason to not pray.” Because it implies that you know the power of prayer.

Whenever the angels appear in scripture, the first thing they say is “Fear not.” They say “Fear not,” but we are afraid, and we have every right to be. To be used and changed by the Creator is a fearsome thing.

To pray is to change. Prayer is the central avenue God uses to transform us. If we are unwilling to change, we will abandon prayer as a noticeable characteristic of our lives.



## CLOSING PRAYER

October 7, 2020

Lord, nurture our days with your love,  
water our souls with the dew of forgiveness,  
that the harvest of our lives might be your joy.  
Amen.

—adapted from Frank Topping  
*Prayers for Healing*, p. 202

## BLESSING

Bless us, O God, as we go beyond the veil of fear,  
lighting each other’s way.  
The holiness that leads us  
is within us, as is our home.  
Amen.

—from *A Course in Miracles*  
quoted in *Prayers for Healing*, p. 193



## PRAYER INTERCESSIONS

October 7, 2020

1. O God, let our prayers to you change and transform us.
2. Help us to leave our long-held, long-hidden fears behind us.
3. Help us to know the power of prayer, and help us to pray anyway!
4. Guide the leaders of the nations to work with one another to lift the veil of fear.



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