

Why prayer is so amazing

BY BISHOP CHRISTOPHER

THERE'S something about prayer that is both wonderful and baffling. It's baffling when you try and think through what actually happens when we pray, why we pray in the way we do, and what God does with all those millions of requests for different – and perhaps contradictory – things.

After all, a football match can't only be decided on which team prays harder. But prayer is wonderful because however much we do or don't understand it, there are so many who can say that prayer has made a difference in their lives, and sometimes in quite unexpected ways.

One of the many wonderful things about prayer is that anyone can do it. Indeed for many people, prayer can be a doorway into faith; I think there are more people than we know who feel drawn to pray at key

moments in their lives.

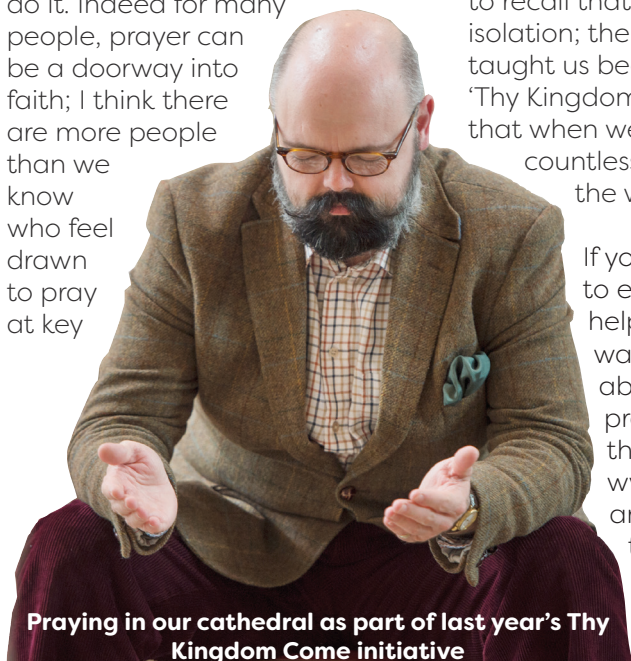
For the last couple of years the days between Pentecost and Ascension (May 10th-20th this year) have become a time to refresh and rediscover prayer in company with people across the world.

Focused around the words 'Thy Kingdom Come', it works like a water station in a marathon. In other words, if you pray regularly and easily then keep going, remember that others are praying with you, and thank you.

But if you struggle to pray or are looking for a new way to pray, then this is a refresher.

Most importantly, it is a time to recall that we never pray in isolation; the prayer that Jesus taught us begins with 'our', and 'Thy Kingdom Come' reminds us that when we pray, we join with countless others throughout the world.

If you'd like some ideas to encourage you, to help you explore new ways to pray, or to think about ecumenical prayer, have a look at the resources on www.portsmouth.anglican.org/thykingdom or www.thykingdomcome.global.



Praying in our cathedral as part of last year's Thy Kingdom Come initiative



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