

Volume 1, Day 27: Prayer as Natural as Breathing

Begin to listen to God in the thoughts He puts in your mind. Feel the impressions He makes on your heart. This is how He makes Himself known to you. He also talks to you through your circumstances and experiences. It's not an exact science. We use words, actions and body language like He uses these things. Following Him is by becoming literate in His ways of communication, that is, His expressions. You're not going to be a hundred percent sure of what He is trying to express. Neither are you 100% sure that you have been perfectly clear in your communications with other persons. But we get the idea.

There's a feeling of warmth in being drawn into something by Him. And there's the feeling of restlessness when it's time to back away. And fully understanding another's communication may require extensive dialog. Prayer is this dialog with God to get a more accurate understanding of what He is trying to tell you. Then prayer expands like human conversations into dreaming and scheming new things.

Someone wrote to me, "Since I've started on this journey, my prayer life has flat lined (died)." He said that he used to pray a big list, trying to get God to do those things. And in the course of this journey that began to feel artificial. So, he stopped doing it. He thought his prayer life was over. So, I asked him, "Are you talking to God at all?" He responded, "Yes, all the time." I asked, "When you're engaged in your daily activities?" He said, "Yeah, I've got things before God all the time." I continued, "Is He speaking to you? Is He making some things clear?" He said, "Yeah, I feel like I'm beginning to make some discoveries." I said, "But you feel like your prayer life is flat line?." Suddenly it dawned on him. THIS IS PRAYER!