

This is **not** a prayer that comes **from your mind**. It is **a prayer that begins in the heart**. It does not come from your understanding or your thoughts. Prayer offered to the Lord from your mind simply would not be adequate. Why? It is because your mind is very limited. The mind can pay attention to only one thing at a time. Prayer that comes out of the heart is not interrupted by thinking! I will go so far as to say that nothing can interrupt this prayer, the prayer of simplicity.

Oh yes, there is one thing. Selfish desires can cause this prayer to cease. But even here there is encouragement, for once you have enjoyed your Lord and tasted the sweetness of His love, you will find that even your selfish desires no longer hold any power. You will find it impossible to have pleasure in anything except Him.

I realize that some of you may feel that you are very slow, that you have a poor understanding, and that you are very unspiritual. Dear reader, there is nothing in this universe that is easier to obtain than the enjoyment of Jesus Christ! Your Lord is more present to you than you are to yourself! Furthermore, His desire to give Himself to you is greater than your desire to lay hold of Him.

How, then, do you begin? You need only one thing. You need only to know how to seek Him. When you have found the way to seek Him, you will discover that this way to God is more natural and easier than taking a breath.

By this "prayer of simplicity," this experiencing of Christ deep within, you may live by God Himself with less difficulty and with less interruption than you now live by the air which you breathe. If this is true, then I ask, "Wouldn't it be a sin not to pray?" Yes, it would be a sin. But once you have learned how to seek Jesus Christ and how to lay hold of Him, you will find the way so easy that you will no longer neglect this relationship to your Lord.