

5.19- The Centrality of Prayer

Prayer is the foundation of the spiritual life. Really, prayer is the foundation of everything we do as Christians. Prayer is the thing that brings us into direct, intentional encounter with the spiritual realm, the divine presence, the transcendent reality. Prayer is what opens our eyes to the way things really are- that our flesh and blood experience, our best sensibilities and logics, are only a piece of all that is. Prayer is what keeps us connected to God.

Prayer should be and will be the centerpiece, the tentpole which we build everything around, for our journey into spiritual formation.

This is the third week in which we are focusing on prayer- something that we will continue to do every three weeks. We are never going to stray too far from the truth that everything else we practice- scripture, fasting, meditation, worship, service, etc.- should all be done from a life that is saturated in prayer. We will have some new prayer practices as well as some practices we have already looked at.

We should seek to be so immersed in prayer that it is difficult to tell when we have stopped.

Prayer is more. More than our routine, more than important, more than a conversation. It is more than we imagine. Prayer is as necessary for our lives as breath, and prayer is as deep and uncertain as the ocean. May we draw it in deeply, and hold it close as we plunge to unknown depths.

Take some time to listen and reflect on the following

[The Centrality of Prayer](#)

Take some time to put the following into practice

Set a timer to go off every two hours. Stop and spend five minutes in prayer. Let this fill your day with the reminder that prayer is the center of all we do.