

## ***Advices & Queries – Prayer***

In prayer, Friends find humility and courage, guidance and strength for our daily lives.

Prayer requires attention.

Any form of prayer can open our hearts to God. Frequent and regular prayer leads us to become faithful in our lives.

- Do we set aside times of quiet for openness to the Spirit? How do we come to know an inward stillness amid the activities of daily life?
- Do we encourage in ourselves and in others a habit of returning to the Source throughout each day?
  
- Are we open to new Light, from whatever source it may come?
- How do we give communal attention to prayer, giving voice to joys and needs that Friends feel?
- How does our personal prayer life enrich meeting for worship?