

# WESTERN WISDOM BIBLE STUDY

## The Prayerful Life

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

—*Philippians*, 4:6, 8

When the full import of this message from St. Paul has become so impressed on the consciousness of mankind that people strive to live in accord with the principles expressed, the condition of the world's affairs will be one of peace, harmony, and progress. Happily, there is more and more evidence to indicate that individuals all over the world are becoming prayer conscious, and are striving with ever increasing ardor to use this most efficacious means of soul growth to aid themselves and others.

The prayerful life is the eminently constructive and progressive life—the life that seeks to know the laws or will of God and to act in accordance therewith. Anyone who truly prays every day so purifies his higher vehicles that his aura shines with the Light of Spirit and attracts the forces (including the Angels and other higher beings) which work for his eternal welfare. This is all in accord with the workings of spiritual law.

But how may we “truly pray”? In the past there has been a too prevalent idea that prayer is merely asking God for something, with little thought for the performance of *our* part, or for our actually deserving the favor requested. Now we are realizing that prayer is a scientific process, involving certain definite steps for fulfillment. First of all, no matter what the object of the prayer, there must be a complete faith in the

power and willingness of God to help us. That is what St. Paul meant when he said, “Be careful for nothing.” In other words, we are to be so filled with the assurance of God's power and love that we will fear nothing. Imbued with such a faith, one is impelled to sing paens of thanksgiving and praise, even as did David of old, and thus he “turns the switch” which admits the current of spiritual power into his being. This not only brings illumination of the consciousness, freeing one from such crystallizations as suspicion, jealousy, resentment, and selfishness, etc., but liberates spiritual power for the benefit of others.

If our prayer involves the solution of a personal problem, there is another factor to be considered: repentance. The *contrite heart*, conscious of wrongdoing and ready to admit transgression and make amends for it, is an essential requirement for the magic formula which we call prayer. Unquestionably, we reap what we sow, and when we find ourselves reaping something not to our liking, then the obvious procedure is to look within ourselves for the cause. Honest, persistent probing always reveals the source of the difficulty, and when we recognize it, and ask God to forgive us for our transgression and to show us the way, the needed help always comes.

The prayerful life unfolds the qualities of the heart, and as the world today is suffering from the effects of a too materialistic intellect, it is easy to see why the Higher Ones are urging us to turn our hearts to the Light and, as St. Paul admonished, “think on these things.”

