

Weekly Meditation, May 26, 2010

By Kathy Munn

Hotline to Heaven

Prayer may not change things for you, but it for sure changes you for things.

~Samuel M. Shoemaker

I've told some of you that many years ago, I found a little paperback book at a college sidewalk sale with a catchy title, "Hotline to Heaven." It didn't cost much, so I bought it.

I don't remember all of the book's content, but one theme did strike me. The author discussed the need to practice being in constant prayer. To lift thoughts of joy and needs to God in a state of active, constant prayer.

Sounded impossible to me. How could you be always praying, always talking to and with God? But I love a challenge (especially back then), so I thought o.k., I'll give it a try.

That truck is headed straight at me on a 2 lane farm to market road in dense fog- o.k. God I'm praying now that the driver will be alert and see me and other drivers.

I'm talking to a friend who is very upset about a situation in her life - God please touch my friend today, right now, as we speak. Help her feel that she is not alone.

My teacher stops me in the hall to tell me that she was impressed with the report I turned in for a classroom assignment. Thank you God - somebody noticed me; and liked what I did! Thanks, too, God for helping me focus on that assignment and producing good work.

This person is really annoying me right now. I don't like what he's saying; I don't think I even like him! Dear God - help me through the rush of negative emotions I am feeling now. Let me listen and not feel that I have to fix this person. Help me respect him, in this moment, and maybe even learn something from him.

As I continued this "praying thing," I found that I had to be in the moment. I paid more attention to the world around me and the people in it. Sometimes when I didn't have a specific need to pray for, I started to think what I was thankful for and started prayers of thanksgiving!

Guess what? My 'tude started changing. I began to think and say more positive thoughts. I enjoyed myself more. I was more connected to people.

Have you noticed how I've been speaking in the past tense? Sometimes (many times) I don't stay in the present moment. I worry and fret over things that have happened... or even things that haven't happened!

I want to stay more in the moment. I want to enjoy the present. I even want to deal with the challenges in my life (wow). O.K. - here it comes: an exercise in active prayer:

Prayer: God, thank you for the puppies who were more than willing to snuggle in bed with me this morning (rather than get up early and start a work day). Thank you for the grace to lighten up when it took 35 minutes to get to the office today (usually a 10 minute drive). God thank you for this beautiful day- I really enjoyed eating my salad in the sunshine at Central Market. I look forward to what else I will have to pray or be thankful about for the rest of this day. Help me stay in the moment. Amen.