

The Art of Prayer

The key to the art of prayer is thought. As we think so we pray.

The highest level of prayer is to think God's thoughts after Him, to attune our lives to love, hope, faith, justice, kindness; to become open channels for the goodness of God.

Prayer is quiet meditation about eternal values. It is the mind adventuring in the universe. Prayer moves with the instantaneous speed of thought, through infinite space, to the four corners of the earth, to the depth of the human heart, to the mountaintop of aspiration...

Prayer is a cup held high to be filled. It is an inward quest for inspiration. It is mentally reaching out for the great thoughts and illuminations of man in his continual search for meaning.

Prayer does not change God, it changes us. It depends on insight, increases intuitive perceptions, expands consciousness. It transforms personality.

Prayer opens doors to let in God and let out self, to let in love and let out hate, to let in faith and let out fear.

Prayer helps us to find ourselves. By praying not to get more, but to be more, we discover a way to serve, a purpose for which to live, a dream to make real.

Prayer brings God into our relationships with our fellow men. It applies spiritual perspective to the creative solution of human problems. We gain a wider awareness of the needs of others and a wiser knowledge of how to respond.

Prayer helps us to find the way, just as a hunter lost in the woods climbs a tall tree to get his bearings.

Prayer is thinking and thanking. It is thinking of our many blessings and accepting them with a thankful spirit.

Prayer works in the mind as a healing force. It calms the patient, enlightens the physician, guides the surgeon, and it often victoriously applies the power of the spirit when all seems lost. It proves, over and over again, the truth of Tennyson's words: "More things are wrought by prayer than this world dreams of."

Prayer put us on God's side. It aligns us with life's highest purposes, aims and ideals.

Prayer is power always available. In *The Practice of the Presence of God*, Brother Lawrence said that even amidst the clatter of pots and pans in the monastery kitchen, "I possess God in as great a tranquility as when on my knees."

Prayer is dedicating our thought, feeling and action to the expression of goodness. It is to become like a window through which the light of God shines.

The Art of Thanksgiving

The art of thanksgiving is thanksgiving. It is gratitude in action. It is applying Albert Schweitzer's philosophy: "In gratitude for your own good fortune you must render in return some sacrifice of your life for other life."

It is thanking God for the gift of life by living it triumphantly.

It is thanking God for your talents and abilities by accepting them as obligations to be invested for the common good.

It is thanking God for all that men and women have done for you by doing things for others.

It is thanking God for opportunities by accepting them as a challenge to achievement.

It is thanking God for happiness by striving to make others happy.

It is thanking God for beauty by trying to make the world more beautiful.

It is thanking God for inspiration by trying to be an inspiration to others.

It is thanking God for health and strength by the care and reverence you show your body.

It is thanking God for the creative ideas that enrich life by adding your own creative contributions to human progress.

It is thanking God for each new day by living it to the fullest.

It is thanking God by giving hands, arms, legs and voice to your thankful spirit.

It is adding to your prayers of thanksgiving, actions of thanksgiving.

NORTHERN STATE UNIVERSITY—————



First things first

	Urgent	Not Urgent
Important	I 20-25% 25-30%	II 65-80% 15%
Not Important	III 15% 50-60%	IV less than 1% 2-3%

Bold type represents high performance organizations
 normal type represents typical organizations.

	Urgent	Not Urgent
Important	I <ul style="list-style-type: none"> • Crises • Pressing problems • Deadline driven projects, meetings, preparations 	II <ul style="list-style-type: none"> • Preparation • Prevention • Values clarification • Planning • Relationship building • True re-creation • Empowerment
Not Important	III <ul style="list-style-type: none"> • Interruptions, some phone calls • Some mail, some reports • Some meetings • Many proximate, pressing matters • Many popular activities 	IV <ul style="list-style-type: none"> • Trivia, busywork • Junk mail • Some phone calls • Time wasters • "Escape" activities

Taken from First Things First by Stephen R. Covey
 Merrill @ Merrill; Simon & Schuster Publishers

Mark McCormack's Rules

1. Get a system, Any system.
2. Stick to it.
3. Write everything down.

Coach Meyer's Rules

1. Plan the week on Sunday.
2. Plan the next day the night before.
3. Exercise.
4. Say no.
5. Take mini-vacations.
6. Keep a journal (not what you did but what you learned).

DISCIPLINE
 AND
DEMAND
 WITHOUT BEING
DEMEANING

THE ADDICTIVE EXPERIENCE

1. Creates predictable, reliable sensations.
2. Become the primary focus and absorbs attention
3. Temporarily eradicates pain and other negative sensations
4. Provides artificial sense of self worth, power, control, security, intimacy, accomplishment
5. Exacerbates the problems and feeling it is sought to remedy
6. Worsens functioning, creates loss of relationships

