



# **Lord, Teach Us To Pray: Twenty-one Days of Developing Spiritual Practices**

*Tony Whelan*



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Richard Rohr said that "When the Church is no longer teaching the people how to pray, we could almost say it will have lost its reason for existence. Prayer is the ultimate empowerment of the people of God." This book will introduce you to twenty-one ways of prayer in the Christian tradition: vocal prayer, meditation, contemplation and various ways of praying with scripture. You will be introduced to a different way of prayer each day for twenty-one days. It will take about five to ten minutes a day. If you do something for twenty-one days in a row it becomes a habit; the goal is to develop the habit of daily prayer. On the last day you will be invited to choose which of the ways of prayer you would like to make part of your daily practice as you continue your spiritual journey. Spirituality is very personal, so a variety of ways are introduced for you to experiment with and choose from. The book also contains the Divine Office Night Prayer for each day of the week, which is the prayer that priests, monks and nuns pray daily. There is also an appendix about how to pray about and know God's will for your life. Is this a self help book? In a way, because God is within and you are invited to help yourself! Prayer is a grace, a gift. The book is called Lord, Teach Us To Pray because it will be the Spirit of God who will walk with you and teach you to pray as you work your way through the book. The book is appropriate for adolescents and adults seeking to deepen their life of prayer and faith. If you are interested in a discounted bulk order, please contact Tony at tonywhelan4@gmail.com



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