



*A meaningful life is lived with
attention and intention*

On Prayer – Quotes from Different Traditions

“Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.” — Mother Teresa

“Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.” - Mahatma Gandhi

“The function of prayer is not to influence God, but rather to change the nature of the one who prays.” - Soren Kierkegaard

*As my prayer became more attentive and inward
I had less and less to say.
I finally became completely silent.
I started to listen
-which is even further removed from speaking.
I first thought that praying entailed speaking.
I then learnt that praying is hearing,
not merely being silent.
This is how it is.
To pray does not mean to listen to oneself speaking.
Prayer involves becoming silent,
and being silent,
and waiting until God is heard.
- Soren Kerkegaard*

“The fewer the words, the better the prayer.”- Martin Luther

“For prayer is nothing else than being on terms of friendship with God.”- Saint Teresa of Avila

“Prayer is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.” - Saint Teresa of Avila

“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.” – Mahatma Gandhi

“Bringing joy to one heart with love is better than one thousand repetitive prayer reciting`s.” - Sufi proverb