

Prayer and spirituality transcript of video

Speaker 1

Prayer is such a personal experience for each individual and for me, it's very private. I like to pray alone, but this can be when I'm out and about on a walk, if I get a hymn in my head. If I feel like saying a prayer about the beauty of a summer's day or the crisp autumn leaves, that kind of thing. Anything can prompt a prayer. And as an Elder, I think it's really important before meetings to pray, to remember that it's all about God. And when you're going to speak to someone in the past oral side of things, if you know you've got a difficult conversation coming up or just any conversation, pray beforehand to have God with you in that conversation with that person. And that's really, really helpful to remember that God is beside you.

Speaker 2

Prayer is a very important part of my life as a Christian and by prayer I'm thinking, speaking, listening, being with God and building that relationship. I'm always struck by the number of people who say, "Oh, I couldn't do that I'm not very good at it". And particularly praying in front of other people and I don't think that should be a barrier to becoming an Elder, because with prayer, there's no right way to do it I don't think. And when we say we're not good at it, I think mostly we mean we're not very confident.

Speaker 3

Prayer for me, is a lifeline. It's like water. You need it every day. You can't do without. I believe that prayer has the power to change the course of events in our lives. Praying and always seeking God's mercy and forgiveness and giving God thanks for each day, for every situation that we face and most of all is trusting in God.

Speaker 4

What we can do is, as an Eldership, kind of being an Elder helps to focus those prayers because that praying energy in a way, because you become more responsible for prayer within the church, you're in a position more often where you are responsible for leading prayer of a group of people. And that really makes you think about how you're doing it, because what

you're trying to do is not to dictate how people should pray but helping people to come together and channel their prayers in the way that they need to do. It's a responsibility the more you think about it. And that helps your prayer life as well. It helps you think about how you pray, the words you use, how you structure it. I've definitely found that being an Elder has helped to enrich my prayer, definitely makes me think about it more.