

**Lessons from the Half Moon Bay, CA Teaching Mission Group
transmitted by Susan Kimsey**

A lesson on Prayer from Olfana Oct. 31, 1993

Prayer touches the Father's heart. Praying uplifts the soul, allowing moments of ecstasy, connection and serenity. Prayer binds you to the Father, allowing your petitions. Prayer binds you to the Father in a relationship of trust. Your petitions are heard. Never doubt this. They are received and recorded faithfully. Much prayer from mortals reflects your imperfect state, yet we see the innocent trust of your prayers as edifying. Prayers to the Father are a component of the music of the spheres. Prayers to the Father reverberate throughout the universe as music of the spheres. Praying allows you moments of contemplation of the many ways in which God moves through your life. It marks the events of your life as directed by guidance from the Thought Adjuster. Praying for God's guidance in your life opens opportunities for much intervention. Pray with intention. Pray with trust. Allow for the possibility of answers to your prayers coming from many sources. Reach out to the Father with courage. Pray for strengthened desire to do his will. Pray for patience. Pray that your motives in life can evolve with love and support from the Thought Adjuster. Rededicate yourself in prayer to follow the Father's will. Pray for the support of angels in your efforts to do this. Realize your prayers create a music in the heavens. Faith-filled exhortations to the Father are indeed a chorus of trust, and love, and praise. Render your desires and hopes to the oversight and supervision of God's counselors. Pray that your life can demonstrate to others a model of inspiration. Pray that you demonstrate yourself to be a faith-filled child of God. Then allow time for reflection that your petitions to God are indeed being delegated to beings whose desire is to help you fulfill your stated requests. Realize how prayer can be a steadying influence on your emotional nature-- that the guidance you seek is from a higher source than your own emotional nature. Prayers of thanksgiving are beautiful gifts to God. Imagine your words of praise and thanksgiving flowing to the Father. He hears these expressions of your faith as joyful notes of your soul's music. Pray for God's support of those you see in need. Realize your requests, indeed, create opportunities for God's intervention in their lives. Pray for peace. This is a balm to soothe your weary planet. Your requests for peacefulness for yourself and others indeed encourage this atmosphere. Prayers for peace encourage such an atmosphere to be created among you. Recognize the many ways in which you, indeed, are empowered to ask of God for blessings in your lives. This is how it should be. You are his children, deserving of his protection and his bounty. Always pray with a trusting heart, yet realize that answered prayers may not demonstrate themselves to you immediately. Time and patience are a part of this process. Pray first for the knowledge to know God's will. Pray second for courage and faith to carry out this guidance. Rest your trust in the knowledge that your petitions are valued and deserving of attention. Remain hopeful that all sincere prayers rise heavenward, with your hopes.