

# Prayer

*Where to start*

*& how to keep going*



## **Prayer - Where to start & how to keep going reflections**

**Our next series of email reflections begin on Monday 19th April and look at prayer. You're signed up to our reflection emails and so will begin receiving these automatically.**

**You'll receive a reflection email each weekday, from 19<sup>th</sup> to 30<sup>th</sup> April.**

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There is no right way of praying. There are just the ways that are right for you. But there is also the great heritage of praying that we can learn from and explore.  
The Archbishop of York, Stephen Cottrell

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It's the simplest thing in the world, yet it can seem so difficult. It's as natural as breathing, yet it's hard to find the right words. Just how do you learn to pray?

This short reflection series considers ten basic questions about prayer and offers simple helps for making prayer a part of everyday life. These include:

- What prayer is;
- When and where to pray;

- Whether words are always needed;
- What to do when prayer seems impossible;
- Praying alone and with others.

No one ever becomes an expert in prayer, but this series sets out to help you become more open to God's presence, which is the heart of prayer. It draws on the wisdom of Christians across the ages and offers a selection of easily-memorised favourite prayers to encourage you as you journey into prayer.

## Special programmes exploring Prayer on BBC Radio 4

Themes of Prayer: Where to Start and How to Keep Going will be explored each day on the BBC Radio 4 Daily Service, running in parallel with our daily e-mail and audio reflections.

Archbishop Stephen will also be among a range of contributors exploring more of the themes in special programmes featuring prayers, readings and music, Monday to Friday from 19th April to 30<sup>th</sup> April on the BBC Radio 4 Daily Service.

Invite your friends and family to join in