

**An Approach to Prayer**  
**by Bea Fosmire**

In her book, Soul Feast, Marjorie Thompson speaks of the different approaches to prayer. This insightful chapter brought back images of the different times and different ways I have approached prayer.

As a child, I remember looking at the first star of the evening and reciting the familiar “star light, star bright, I wish the wish I wish tonight”. I really had no wishes, so each time I responded, “Whatever you want God, I want”. As the years passed, I found on many occasions that this prayer of surrender to God’s desires have been the most powerful and productive prayers in my faith journey.

Another way I have approached prayer, is to let the Holy Spirit pray for me. There have been times when I have prayed, “Holy Spirit, I do not know what to pray for in this situation, would you pray for me”. And then I imagine the Holy Spirit taking my prayer to the very throne of God and together They prayed the pray I could not pray. I always feel a heavenly peace, knowing that my prayer is in God’s good hands.

Marjorie Thompson also speaks of the importance of being honest in our prayers.

When my husband Bill was killed in an airplane crash, I spent a lot of time in prayer trying to be strong in my faith but not always honest in my feelings. Self pity was not a part of a strong prayer, yet deep in my soul it was there. One day, knowing that I had not been honest with God, I prayed, “Lord, I am going to have a pity party and You, Your Son, the Holy Spirit, and all the hosts of heaven are invited.” I felt surrounded by this heavenly entourage and I smiled. My pity party turned into a celebration feast. Since then, I have tried to be honest in my prayers and when I invite heavenly guests into my prayers I am truly blessed.

I encourage you to read Soul Feast. Perhaps it will stimulate some of your own thoughts as Marjorie Thompson invites you to experience the Christian spiritual life.