



A Course in Miracles Mentoring ©

DAY 4 – Prayer & Listening

Key Topics:

- The highest form of prayer is gratitude
- Holy Spirit provides answers that meet your needs
- What would you have me do, say, and to whom?
- The Secret of True Prayer
- Listening without agenda

The highest form of prayer is gratitude

Prayer is communication with God and all forms of prayer are sacred because they are attempts at reaching the Creator. This effort is always blessed and sanctified. Through the ages, prayer has been used mostly for asking God for help with something. In A Course in Miracles, we learn that the highest form of prayer is a prayer of gratitude for what has already been given. You will learn steps today that will refine your prayers, so you can experience more noticeable results.

You may not feel like you've been given much to be thankful for, or perhaps, you feel that what you've been given has been inconsistent or taken away. Remember that you are always looking at the effects of your belief system. Your eyes are not seeing the truth. They are "reporting to you what you believe".

By accepting the false idea that you can be separate from God, you are now looking upon a world of separation. This is called, "projection". A Course in Miracles shares that the world you see with your eyes is not the real world. It is the world you "made up" in your attempt to deny the truth of your own reality. As your thoughts and misperceptions are healed, the world you see will reflect the healing.

In the world of separation, everyone is vulnerable, powerless, inadequate, prone to illness, lack, rejection, and other forms of suffering. Once you reclaim your true and natural state of being, as God created you, you will also reclaim the Divine Inheritance that you are entitled to. This will happen naturally through your commitment to remembering the truth and with your consistence practice of these principles.

Holy Spirit provides answers that meet your needs

In the Song of Prayer, one of the supplements to A Course in Miracles, it says, "You have been told to ask the Holy Spirit for the answer to any specific problem, and that you will receive a specific answer if such is your need... There are decisions to make here, and they must be made

whether they be illusions or not. You cannot be asked to accept answers which are beyond the level of need that you can recognize. Therefore, it is not the form of the question that matters, nor how is it asked. The form of the answer, if given by God, will suit your need as you see it.” I like this verse because it reminds me that we will always be given answers to our specific needs. It recognizes that we have decisions to make while we are here, and the answers will come in a form we can understand and apply.

What would you have me do, say, and to whom?

For every decision you make throughout the day, it is wise to ask Holy Spirit to reveal His plan to you by asking:

- What would You have me do?
- Where would You have me go?
- What would You have me say, and to whom?

ACIM Lesson 71.9.3-5

This might seem like a lengthy process, yet it is the one that will guarantee the highest and happiest outcome, along with a peaceful life of uninterrupted bliss. Once you understand this process, you can shorten the process down by saying, “What would you have me do?” before making any decision. Within this one question, you are implying all the rest. Be sure not to shorten it down until you have practiced all three steps in full for a few days. Shortcuts are not useful if the content is lost.

Secret of True Prayer

In the Song of Prayer (section 1) it says, “The secret of true prayer is to forget the things you think you need. To ask for the specific is much the same as to look on sin and then forgive it. Also in the same way, in prayer you overlook your specific needs as you see them, and let them go into God’s Hands. There they become your gifts to Him, for they tell Him that you would have no gods before Him; no love but His. Prayer is a stepping aside; a letting go, a quiet time of listening and loving. It should not be confused with supplication of any kind, because it is a way of remembering your holiness.”

In the above section, you are learning the secret of true prayer. True prayer and communion with God is not one of asking for something. It is a quiet time of listening, loving, and remembering your holiness. God created you as Eternal Spirit; free of all limits, innocent, sinless, safe, light-filled, loved, healed, and whole. True prayer is a wonderful way to claim and celebrate your true identity. As you reclaim your true identity, you also reclaim the Divine Inheritance that God has already given you. Your Divine Inheritance will become known to you, once you have abandoned the false image of yourself (that you made up), along with your misperceptions and judgments about others.

Listening without agenda

The more you know and trust God, you will find that every detail in your life, and desire you have, is already known by Divine Intelligence. In other words, you don't need to give God "a list" of your needs. Divine Intelligence is fully aware of every one of your perceived needs and desires.

Because everything is already known, this enables you to enter the state of prayer in quietness and without agenda. Prayer is a time for stillness and quiet listening, without deciding what you are listening for, or what you should hear. I call this "listening without agenda". When you listen without agenda, you become a much better listener and you are more open to hearing and acting on any guidance or revelation you receive.

It is helpful to think of prayer time and decision making time as two different things. Prayer time is for acknowledging, receiving, and celebrating the greatness of God's Love for you and for listening without a question or agenda. For any decision that needs to be made throughout the day, you can turn to Holy Spirit, your Teacher of Peace, to ask for help on what to do, where to go, what to say, and to whom, and then His Plan for your peaceful outcome will be given to you. If there are steps for you to take, you will be told what they are.

"Let this day be a day of stillness and of quiet listening... In stillness we will hear God's Voice today without intrusion of our petty thoughts, without our personal desires, and without all judgment of His holy Word. We will not judge ourselves today, for what we are can not be judged. We stand apart from all the judgments which the world has laid upon the Son of God... Today we will not listen to the world, but wait in silence for the Word of God."

ACIM Lesson 125.1, 3.1-3, 3.5