

The Power of Prayer (1 of 4)

Introduction

Welcome from Robin Duncan

- “This is your major problem now. You still make up your mind and then decide to ask what you should do. And what you hear may not resolve the problem as you saw it first. This leads to fear, because it contradicts what you perceive and so you feel attacked. And therefore angry. There are rules by which this will not happen.” ACIM Ch.30.I.3
- The Glass is FULL
- Don’t Leave the Dock

Goals for this Series

- By the time we are finished, my goal is that you will have a strong understanding of:
 - What prayer is and what it isn’t
 - When to use it
 - How it is useful
 - How to use it in an emergency
 - Why you appear to experience delays?
 - What to avoid in order to reduce delays
 - How to apply it in any situation
 - Specific prayers for challenging situations
 - What to do when you do not have time or you are too tired to pray
 - How to navigate distractions
 - Role of Divine Timing and how to align with It
 - How to pray for others
 - Bonus Module – How to Pray with Children

There is no order of difficulty in miracles

- Remember always:
 - “There is no order of difficulty in miracles.” ACIM Ch.1.I.1
 - “There is no order of difficulty in miracles because all of God's Sons are of equal value, and their equality is their oneness. The whole power of God is in every part of Him, and nothing contradictory to His Will is either great or small. What does not exist has no size and no measure. To God all things are possible. ACIM Ch.11.VI.10.5-8

The Song of Prayer – Supplement to A Course in Miracles

What is Prayer?

“Prayer is the greatest gift with which God blessed His Son at his creation...It is the single voice the Creator and creation share; the song the Son sings to the Father...”

ACIM Song of Prayer I.1.1

“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.” ACIM Song of Prayer I.1.5

What is a Prayer of Supplication?

It is a prayer aimed at asking God for something; to supply a need, to fill a gap, to fix a situation. This is not useful because you are asking for illusions to correct your illusions.

Prayer will take the form that will suit your need

“To you who are in time a little while, prayer takes the form that best will suit your need. You have but one. What God created one must recognize its oneness, and rejoice that what illusions seemed to separate is one forever in the Mind of God.”

ACIM Song of Prayer 1.1.2

Prayer is God’s gift to you. Faith will lift you up to Him.

“Faith in your goal will grow and hold you up as you ascend the shining stairway to the lawns of Heaven and the gate of peace... This is the way. It is God’s gift to you.”

ACIM Song of Prayer 1.1.3.3

True Prayer

What is True Prayer?

“Prayer is a way offered by Holy Spirit to reach God. It cannot succeed until you realize that it asks for nothing...It is impossible to pray for idols and hope to reach God. True prayer must avoid the pitfall of asking to entreat. Ask, rather, to receive what is already given; to accept what is already there.”

ACIM Song of Prayer 1.1.1

Ask Holy Spirit for answers to any specific problem

“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. You have also been told there is only one problem and one answer.” ACIM Song of Prayer 1.1.2

Holy Spirit is aware that there are decisions to make here

“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 it is asked. The form of the answer, if given by God, will suit your need as you see it.” ACIM Song of Prayer 1.1.3.3

Seek first the Kingdom of Heaven ~ all else has been given you

“You have sought first the Kingdom of Heaven, and all else has indeed been given YOU.” ACIM Song of Prayer 1.1.3.6

The Secret of True Prayer

“The Secret of true prayer is to forget the things you think you need... 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.” ACIM Song of Prayer 1.1.4

God answer for eternity, but this includes all little answers too

“God answers only for eternity. But still all little answers are contained in this.” ACIM Song of Prayer 1.1.4.7-8

As I shared earlier ...

Prayer is a quiet time of listening and loving

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Prayer is an offering to God. It becomes the altar of God

“Prayer is an offering; a giving up of yourself to be at one with Love. There is nothing to ask because there is nothing left to want. That nothingness becomes the altar of God. It disappears in Him.” ACIM Song of Prayer 1.1.5.5

This level of prayer is not one everyone has attained as yet

“This is not a level of prayer that everyone can attain as yet. Those who have not reached it still need your help in prayer because their asking is not yet based upon acceptance.” ACIM Song of Prayer 1.1.6

We are not mediators. We help others reach up to God.

“Help in prayer does not mean that another mediates between you and God. But it does mean that another stands beside you and helps to raise you up to Him. One who has realized the goodness of God prays without fear. And one who prays without fear cannot but reach Him. He can therefore also reach His Son, wherever he may be and whatever form he may seem to take.” ACIM Song of Prayer 1.1.6.3

Praying to Christ in anyone is true prayer. It is a gift of thanks to His Father.

“Praying to Christ in anyone is true prayer because it is a gift of thanks to His Father. To ask that Christ be but Himself is not an entreaty. It is a song of thanksgiving for what you are. Herein lies the power of prayer. It asks nothing and receives everything.” ACIM Song of Prayer 1.1.7

The answer may come to you or someone else, or both of you

“To pray with one who knows that this is true is to be answered. Perhaps the specific form of resolution for a specific problem will occur to either of you; it does not matter which. Perhaps it will reach both, if you are genuinely attuned to one another. It will come because you have realized that Christ is in both of you. That is its only truth..” ACIM Song of Prayer 1.1.7.7

The Ladder of Prayer

Prayer does change form and grow with learning until it reaches formlessness

“Prayer has no beginning and no end. It is a part of life. But it does change in form, and grow with learning until it reaches its formless state, and fuses into total communication with God.” ACIM Song of Prayer II.1.1

Asking out of need is merely a wanting out of a sense of scarcity and lack

“In its asking form it need not, and often does not, make appeal to God, or even involve belief in Him. At these levels prayer is merely wanting, out of a sense of scarcity and lack.” ACIM Song of Prayer II.1.1.4

Asking out of need could never be made by a Son of God who knows who he is

“These forms of prayer, or asking-out-of-need, always involve feelings of weakness and inadequacy, and could never be made by a Son of God who knows Who he is. No one, then, who is sure of his Identity could pray in these forms.”

ACIM Song of Prayer II.2.2

No one who is uncertain of who he is can avoid praying in this way

“Yet it is also true that no one who is uncertain of his Identity can avoid praying in this way.” ACIM Song of Prayer II.2.3

It is possible to reach a higher form of asking-out-of-need

“It is also possible to reach a higher form of asking-out-of-need, for in this world prayer is reparative, and so it must entail levels of learning. Here, the asking may be addressed to God in honest belief, though not yet with understanding. A vague and usually unstable sense of identification has generally been reached, but tends to be blurred by a deep-rooted sense of sin.” ACIM Song of Prayer II.3

At this level, you will continue to ask for things of this world

“It is possible at this level to continue to ask for things of this world in various forms, and it is also possible to ask for gifts such as honesty or goodness, and particularly for forgiveness for the many sources of guilt that inevitably underlie any prayer of need. Without guilt, there is no scarcity. The sinless have no needs.”

ACIM Song of Prayer II.3.4

Praying for one's enemies is a curious contradiction

“The contradiction lies not in the actual words, but rather in the way in which they are usually interpreted. While you believe you have enemies, you have limited prayer to the laws of this world, and have also limited your ability to receive and to accept to the same narrow margins. And yet, if you have enemies you have need of prayer, and great need, too.” ACIM Song of Prayer II.3.4

What does “Praying for One's Enemies” really mean?

“Pray for yourself, that you may not seek to imprison Christ and thereby lose the recognition of your own Identity. Be traitor to no one, or you will be treacherous to yourself. An enemy is the symbol of an imprisoned Christ. And who could He be except yourself? The prayer for enemies thus becomes a prayer for your own freedom. Now it is no longer a contradiction. It has become a statement of the unity of

Christ and a recognition of His sinlessness... It acknowledges the Son of god as he was created.” ACIM Song of Prayer II.3.4.6-5.6

Never forget that prayer is always for yourself

“Let it never be forgotten that prayer at any level is always for yourself. If you unite with anyone in prayer, you make him part of you... Pray truly for your enemies, for herein lies your own salvation. Forgive them for your sins, and you will be forgiven indeed.” ACIM Song of Prayer II.6

Prayer is a ladder reaching up to Heaven

“Prayer is a ladder reaching up to Heaven. At the top there is a transformation much like your own, for prayer is part of you... There is no asking, for there is no lack. Identity in Christ is fully recognized as set forever, beyond all change and incorruptible. The light no longer flickers, and will never go out. ACIM Song of Prayer II.7

Prayer is a ladder reaching up to Heaven. There is no asking. There is no lack.

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Prayer without words, thoughts or needs can become what it was meant to be

“Now, without needs of any kind, and clad forever in the pure sinlessness that is the gift of God to you, His Son, prayer can again become what it was meant to be. For now it rises as a song of thanks to your Creator, sung without words, or thoughts, or vain desires, unneedful now of anything at all. So it extends, as it was meant to do. And for this giving God Himself gives thanks.” ACIM Song of Prayer II.7.7

God is the goal of every prayer, giving it timelessness instead of end

“God is the goal of every prayer, giving it timelessness instead of end... Prayer in its earlier forms is an illusion, because there is no need for a ladder to reach what one has never left... Prayer is tied up with learning until the goal of learning has been reached. And then all things will be transformed together, and returned unblemished into the Mind of God... The stages necessary to its attainment, however, need to be understood, if peace is to be restored to God’s Son, who lives now with the illusion of death and the fear of God.” ACIM Song of Prayer II.8

Teaser for Next Week on “Praying for Others”

“Praying for others, if rightly understood, becomes a means for lifting your projections of guilt from your brother, and enabling you to recognize it is not he who is hurting you. The poisonous thought that he is your enemy, your evil counterpart, your nemesis, must be relinquished before you can be saved from guilt.”

ACIM Song of Prayer III.1.4

Now what??

- You are learning that prayer is a means of communication with God. It is meant to be a sharing and a song of gratitude

- You are learning that it is not helpful to ask for anything in True Prayer because you already have it, and asking for it is a denial that you have it
- Instead, you should ask to receive what you have already been given
- You are learning that praying for your enemies is a contradiction because by calling them your enemy, you are declaring who they are to you.

Ask Holy Spirit to heal your misperceptions

- It is still a prayer of reparation, yet it is a higher form because you realize where the problem is coming from
- All healing is of the mind
- Your part is the invitation. Holy Spirit's function is to accomplish the healing.
- Miracles are the effect of understanding that what you are looking at is not the truth

Miracles in Prayer Book (150 Prayers for Everyday Living)

- Free eBook Download at <http://FreePrayerBook.com>
- Buy the book at: <http://MiracleCenterStore.com>

Example: (Lack & Scarcity)

Holy Spirit,

I lift my projections of guilt and lack and suffering that I have placed upon myself. I am learning that it is not the Will of God that I should suffer, struggle, or be without something I need. Please "decide for me" about this. I am the Holy Child of God; free of all limits, safe, and healed, and blessed, and whole. I am worthy because God created me as worthy. I place every perceived need into the Hands of God and release them from my mind and heart in their entirety. I have no other gods before Him. Thank You, in advance, that the Light of Christ shines within me and within every other person. I gladly receive the great blessings that God has already given me. If there is any place in my mind where I am denying His Love or rejecting my blessings as they have already been given, please heal that part of my mind. Your Will be done.

Amen

Final Prayer & Closing