



PRAYER LIFE | The Breath of Life to the Soul

When one is forced to abandon certain parts of religious life and keep only the essential, one thing which can be preserved in the most remote places of the earth or even in prison is prayer. One can do without everything else. But prayer is the breath of life to the soul.

...Everything else takes second place to prayer. Only prayer is essential. It is possible to be a believer without belonging to a particular religion. It is possible to believe in the dogma of a certain religion without actually practising it. But it is not possible to have an authentic spiritual life without prayer.

Among the believers of this world, who are becoming fewer and fewer, many practise the ceremonies of their religion. They are baptized, married, and buried by the church. And some even attend church regularly. But how many experience a deep, living, prayer life?

If religion is a relationship, then prayer is the lifeline of that relationship. When the line of communication with God is broken, unfailingly relationships with others break down, and the weakest ends in suffering the most. Who are, after all, the final victims of human selfishness?

Source: Robert Badenas. Meet Jesus. Autumn House, Lincolnshire, England, 1995. 137 pp.