



## PRAYER LIFE | Is Prayer Necessary if God Knows Everything?

Some wonder, with a certain amount of irony, why prayer is necessary if God knows everything anyway. Prayer is sharing rather than informing. We bring our needs to the Fountain of solutions. We connect our lives to the Source of life. We widen our understanding in the Fountain of Wisdom. We purify our human love, always so conditional and selfish, in the crucible of generous and unconditional love.

A relationship does not consist of talking to God without sharing our lives with Him. This is even true in the prayer of confession. God doesn't ask us to report to Him our shortcomings because He needs to know about them, but because we need to share them with Him. Confession is necessary for our spiritual growth, not only for the pardon and peace that it brings us, but because it forces us to take time in self-evaluation. By opening ourselves sincerely before God, by meditating upon His will, we see ourselves more clearly. It is then that God can influence our lives and help us to rise above our problems. Prayer is more than simple meditation.

Our spiritual perception is so shortsighted and breaks down so easily. ...Many of us need to find the Master and say:

*"Teach me to pray. Help me to live in relationship with you. Teach me to see how much I need this constant encounter, this life-giving meditation, this transmission of energy in order to recharge my batteries of strength, values, happiness, and love, so that my life will be connected with yours and will be more abundant."*

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