

On The Road To Emmaus

It seems that in this frenetic 24/7 world, our prayer life takes on the same manic pace. Perhaps its just me but maybe there are times when our prayers are a bit like ordering fast food in a drive through. We also have the drive through expectation in our prayer life of demanding instant service. After all if we can get a burger in just a few minutes why are our prayers not answered in a timely manner? We want instant gratification. We get upset if our expectations are not met, after all we have places to go, things to do. After all, our plans, our activities and our will is most important. So we think. We won't say it out loud but our attitudes and actions give us away.

If we want our prayer life to be effective and satisfying, we must change our perspective on prayer. We have forgotten that preparation is key to everything we do. Preparation is key for the athlete, to the cook preparing a meal, to a student taking a test, to a teacher teaching, to a preacher preaching for anything thing you can think of, preparation is the key. So, too we need to prepare for prayer.

How do I prepare my heart for prayer? The psalmist tells us who can ascend into the mountain of the Lord in Psalm 24:4 (ESV): *"He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully"*. The writer of Proverbs tells us: Proverbs 4:23 (ESV) *"Keep your heart with all vigilance, for from it flow the springs of life."*

The question is, am I preparing my heart to enter into the presence of God?

A Fellow Traveler