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Life Row  
What is Prayer?

Spiritual Awakening came upon me over a slow, painful progression; an accumulation of metaphorical black eyes that led to an eventual surrender. The final confrontation was my admission to Life Row. God had to confront and save me because I was unable to save myself. To summarize a recent definition of trauma I'll say when our bodies stress response system is overloaded and incapable of a particular exposure we suffer trauma. Well, this was an overload, I was infamous for the foxhole prayer — "Oh shit, God, please help me. I promise I'll stop. I just need you this one time." What a selfish abuse of prayer and disrespect to my Creator. Especially knowing what I know now — that he/she reads my heart and mind before the bullshit even comes off my lips.

You cannot curse and call on the same God for rescue. This is NOT prayer. Prayer is NOT a last line of defense. Prayer is a relationship that requires reciprocal sacrifice.

Prayer is a phone call to the Almighty, to the perfect Utopian reality, anytime you want, and always answered.

Prayer is a privilege

Prayer is a resource

Prayer is humility as opposed to the dangerous, destructive, and sometimes violent character of arrogance, ego, and pride

Prayer is Hope

Prayer is Confession

Prayer is Promise

Prayer is Fear

Prayer is a pressure release valve

Prayer is throwing your hands up in surrender

Prayer is clapping your hands...

(sometimes slamming down your hands)

Prayer is giving a shit, or sometimes Not.

We're never free from Anger, Frustration, Impatience and Imbalance.

Prayer is Not knowing or understanding (which is all too frequently, right?)

Prayer is Beautiful, Perseverance, Patience, Faith, Trust, and Belief