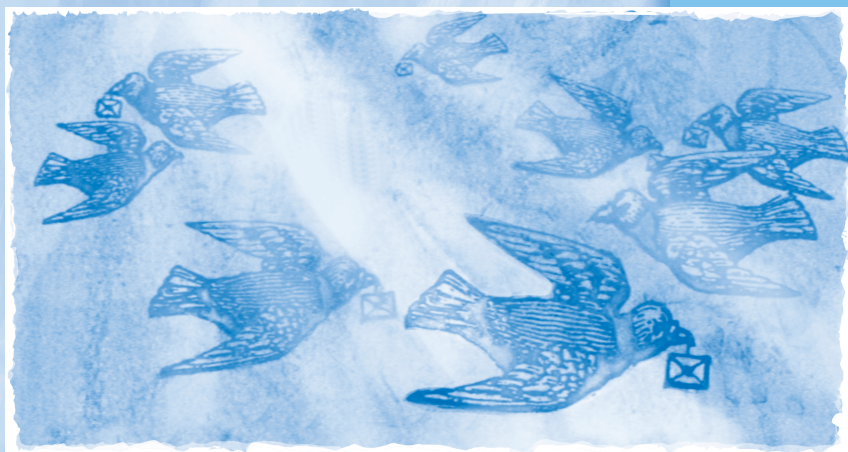


LIVING
PRAYER
B.O.O.K



RON ROTH, PH.D.



IMPORTANT

To begin — Please save this prayer book to your desktop or in another location.

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Many times we go on a search for God and find him/her only to lose that presence because we are not aware that we must also be on a search to discover who we are in God's eyes.

"Know thyself" was a favorite concept among early Greeks and other philosophers. I have come to believe in this concept as one which is of the utmost importance in our lives. To discover one's self is to discover God within. I went on this search and at times it was very painful and uncomfortable, but the healing, the freedom, joy, peace, and love that flowed forth from this inner journey made everything worthwhile. The journey isn't over yet, but I am enthused about what lies ahead.

Through these prayer meditations which I share with you, I began to see more clearly how Spirit was working in my life as she guided and comforted me.

In the Aramaic language, the word "prater" carries the meaning of "setting a trap". For the person in a spiritual oath that is exactly what prayer is: learning to still one's being to the point of setting the mind as a trap to catch the thoughts of God.

Padre Pio, an Italian monk who died in the late 1960's and bore the wounds of Christ on his hands, feet, and heart, admonished those on the spiritual path to find God within. "People are looking for God in books when he can only be found in prayer," he declared.

I remind people in my healing prayer seminars and retreats that information and data alone do not heal. One needs to apply that information to one's life in the form of experience.

In this bedside prayer booklet, it is not my desire to give you a thick treatise on prayer, but to offer you some forms for your personal use that will awaken the Divine Spirit that is within you, no matter what your religious beliefs, traditions, or background.

When I am asked how I pray for results to be manifested in my own life, people are surprised when I respond that I have no specific forms for particular challenges, but am simply led by the Divine Spirit who "prays" through me whatever is appropriate at the time. The form may be vocal, i.e. speaking aloud or in a whisper, it might be singing or chanting. On the other hand it might be meditative, which includes listening to that still small inner voice guide and direct me.

Enlightened persons from all religious traditions speak of the necessity of silence and solitude for expanding and deepening one's spiritual consciousness as well as a way to release the sacred healing energy at the core of our being.

“Behold my beloved, I have shown you the power of silence how thoroughly it heals and how fully pleasing it is to God”

—St. Anthony The Great.

As you reflect on these prayers/mediation, you will be aware of the peace, love, and the presence of God’s spirit. Don’t struggle, just rest in the presence and allow your healing to manifest.

When I am asked to define healing, I describe it as “experiencing the peace and life of God in all areas of our lives”. These meditations have brought healing to various areas of my life. I’m not whole yet, but I’m closer to wholeness and holiness as I submit more and more to the voice of God within me (the Divine Spirit) who loves, guides, leads, and protects me.

To those who give more and more of themselves to the Divine Spirit (the spirit of love, peace and wholeness), the life of the Spirit flows more and more through them. They realize God is real: God is alive, God loves them. God desires for them to be healed and whole. In your moment of prayer, allow yourself to be absorbed by Spirit.

This is the real miracle - to experience the presence of God within you, above you, below you. I share this ongoing miracle with you now. In fact, as you meditate, take a pen and paper in hand and let God’s voice speak to you. It’s beautiful! It’s healing, it’s transforming.

*Come to the Light beloved.
Come to the Water that refreshes.
Peaceful journey,
-Ron Roth*

P.S. Feel free to replace the word “God” with whatever works best for you in referring to a higher power in your life. The same should be urged for references to God as “He” or “Him”, and of other traditional gender vocabulary herein. Please substitute words you find acceptable if the words in the text are uncomfortable in any way.

P.P.S. For further development of one’s prayer life, I recommend my books, *The Healing Path of Prayer*, and *Prayer and the Five Stages of Healing* or visit my website at <http://www.ronroth.com>

Celebrate the New Birth

When the day is done
and the journey over;
When the sun sets forever
and the stars disappear from view;
When the time for sadness and loneliness
passes into oblivion
and the sound of laughter and talk
no longer exist;
Then a new birth will renew us
And an old earth will fade away.

Together, we will embrace
on that glorious day.

Ah, with peace in our hearts
we'll walk together
into the Lord's Promised Land
with nothing to hide -
strengthened forever
By a love
that never died



Celebrate the Sunset

The shadows of night
gently cast their cloak
over the city below,
as the sun prepares to fade
for another day.

In all its final splendor,
the sun's departure
into the horizon explodes
in blazing brilliance.

The bombarding rays of sunset
turn a crimson red
reminding me
of the passion of love itself.

For love too explodes
in the presence of a loved one;
not with lust,
but with joy and laughter.

Looking at the sunset
lifts my heart
high into the endless universe,
as looking at my beloved
leaves my heart soaring as a seagull
into the freedom of the sky.

The sunset and love
so inseparable,
so beautiful,
so exhilarating,
so necessary!
I praise you Father/Mother God.



Celebrate God

Oh God of joy
Oh God of love,
It is you I sought
in myself,
in others,
in the universe.

My journey has been long
And tiring,
almost endless at times;
in my search for truth
and beauty.

Now the earth itself
seems more beautiful,
the air so fresh and clear
and people
more sincere and compassionate.

It is a wonder
how so much
could change
before my eyes...
seemingly from despair
to joy and hope.

But I can't help thinking
has it all really changed -
or is it me
now that I found God?

Oh, thank you so much, Father/Mother God.

Celebrate the Lake

Often times,
Strolling neat the lake,
Thoughts of peace,
Serenity
Fill my mind.

Relaxed and pensive,
My troubled spirit is calmed
By the ripple of the waters.

I think deep thoughts
About my friends,
My family
And even the problems
I encounter in life.

At the lake,
I feel God's presence.
I sense him
Listening - watching
Answering.

Maybe I don't hear him
With my ears
But in my heart
I know...
He's there.
Present
In His church, His handiwork.

I may not discover
All the answers
To my problems .
But...
In that solitude, that tranquility -
That calmness
I have found
One of the answers to life;
Peace.



Celebrate a Ballad to Nature

Snow-capped mountains
Sparkling
Under a clear blue winter sky;
Fresh with life;
A spirit uplifting.

Alone
But not lonely,
A presence
Invades my being.

A mist swirls
Below my feet
As a cloud
From heaven.

Tiny animals
Rustle to and fro
Like so many instruments -
Creating a ballad to nature

A union so sublime
Man and
His creator.

Celebrate the Sunrise

The trees sway smoothly
As if waltzing to Viennese music,
As I sit here
Watching the early morning sunrise,
Sensing the serenity
Which surrounds and encompasses me.

My eyes wander to the beauty
Of the flowers resting at my feet;
The soft blue sky hovering above me,
The majestic mountains standing guard
 Before me,
The calm, peaceful lake lying still beside me.
They are mine to enjoy,
For they lead me to my Lord
That he might embrace me with His love.
My heart gently swells with joy
As I feel my Lord's presence
Coming closer and closer
To teach me his ways to follow.

Come Lord God,
Come.
Touch me with your peace
That I might create brotherhood
In the family of mankind and
 Be at peace myself.

Come Lord God,
Come.
Touch me with Your joy
That I might bring happiness
To all the downtrodden - releasing me
From the bonds of loneliness.

Come Lord God,
Come.
Touch me with your love
That I might bring courage
To the fearful - and no longer
Be afraid of embracing.

Come Lord God,
Come.
Touch me with your life
That I might live.

Celebrate Our Union with God

The sun before me,
The stars behind me,
Encircled by flowers,
Dew drops as crowns
upon my head.

Stardust ever falling,
Clouds below my feet;
A canopy
Of golden sunset
Over my bodiless spirit.

Enraptured,
Peaceful,
In union with God
And the universe.
I'm in love!
Thank you my heavenly Father/Mother.

Celebrate Life's Beauties

The warmth of a sunset.
The beauty of a field
Of flowers.
The tranquility
Of an early morning summer breeze.
The tender touch
Of a loving friend.
The Spirit of God
Over the land.
The sweetness of life itself
Found in man's awesome journey,
His destiny,
His odyssey
In search of love.

Celebrate Finding Yourself

I traveled the country roads
And big city streets;
The grassy plains
And desert wastelands
The rocky mountains;
And seven seas
Longing to be free.

Sweet thoughts,
Bitter memories.
I sweated
And slaved
to be free.

Happy songs
Sad songs;
I heard them all
seeking to be free.

I fought,
Cursed
And cried
In my struggle
To be free.
I sought heaven
Found hell
Looked for angels
Embraced the devil.

I wandered far
From home
In my search
To be free,

In place of freedom
I found a prison
Without a guard
Or a guide.



The miles were long
The roads winding
and steep;
an empty heart
till I saw
the familiar
country road.
Tears stopped.
Fresh air.
A white house peeking
from behind
The dense pine trees.

People waving,
Joy so deep.
Memories revisited.
Love -
Embraces.
I was home.



The Spirit of Life

A warm feeling of gladness
Is slowly engulfing me
Bringing forth sunshine
Into a darkened soul.
Alive - ever alive
With the wonder of spring.
Fresh,
Clean,
Pure
As the trail of water
Which hesitantly makes its way
Down a mountainside.
Peaceful;
As the freshly fallen snow
that nestles in the pines
of a desolate mountain top
yet unruffled by the wind.
Bright as the sunburst of
a summer morning
exploding over an arid, quiet
desert.
Refreshing as the first splash
Of water in a pool
On a hot, sunny afternoon.
Free as the gulls
That fly
Uncharted, limitless skies.
Reborn
As the flowers of spring,
Having slept thru the long
winter

Now stretching forth their
petals
Seemingly yawning at daybreak.

Transformed
As a radiant butterfly
Charting a course
Toward the stars.
Eternally young
With no thought
Of ever growing old.
Filled with enthusiasm
And a joy
For life itself.
The Spirit of Jesus
The Spirit of life
Within each of us
Looking for the chance to
LIVE - Really *LIVE*!

*Be Yourself...
Your Higher Self*

We are
Here on this
Earth to
Experience
God
And to
Extend
Peace.

*Psalm 138: Thanksgiving for
Favors Received*

Thank you, Lord,
For hearing me.
I asked for something
And, as always, you came through.

I was feeling bad
And had no one
To turn to
Whom I could trust.

All around me
I find trouble
And it's tough
to keep my head
above water.

Then I realized
I could trust You
Because you loved me.

So as usual
I called upon you.
You heard me
And I was glad.

Thanks, God
For being there
when I needed you

People

People come in all sizes
And shapes.
They have different dispositions
And feelings.

Sometimes we can't get along
With them
Yet, we really can't get along
Without them.

When we are down,
The laughter and sincerity
Of a friend
Lifts us up.

When we are lonely,
The companionship
Of another
Warms our heart.

When we want to reach out
To another
He is there,
To grasp our hands.

When we are joyous
And want to share that joy,
We need only to look around the corner
To find another person.

What would it be like
With no people?
Awfully lonely!



Eyes

They say eyes
Are the windows
Of the heart.

What the heart feels,
The eyes
Will eventually show

You cannot hide
Your thoughts and feelings,
Because the eyes
Will give you away.

The feelings of love,
Anxiety,
Anger,
All show up
In the eyes

We talk to one another
With our mouths,
But we communicate
With our eyes.

The eyes
Speak words
Of love
And of friendship.

The eyes,
No matter
What color,
Are beautiful, Lord.

For they are You
Showing Yourself
Through another.



Friendship

I'd like to take some time, Lord,
To say thanks
For the great gift
You have given me.

I just realized tonight
What a great thing I have.
It's funny, God,
That I haven't thought
Of it before
It was always there.

It's that thing called friendship.
Tonight I was with my friend
And we joked
We laughed
And we talked seriously.

He was a comfort to me,
Because I trust him,
I understand him,
And I love him.

When I leave his presence,
I am a happier person
Because he takes me for what I am,
And I take him for what he is.

You know God,
He doesn't pretend to be something
He isn't
And I love that sincerity.

I guess some people
Know what they are talking about
When they say
A friend is a real treasure.

I found that treasure
And I'm not going
to let it go.
Thank you, God.

Housewife's Prayer

As I look around the house
I can only think one thing, Lord,
Help!

The dishes are piling up,
The beds need to be made,
And I got to get the kids
Off to school.

That's not too bad, Lord,
But getting the husband
Out of bed -
Well, that's another story.

Everybody is so crabby
In the morning
That I too
Get crabby.
I feel like the last grain
Of wheat
That went through the mill.
But that's all in a days work
For a housewife.

Boy do I need strength,
But it seems that whenever I do,
You're there
To give me that extra push

Well Lord
Today I need a big push
To get started.

How about a shove, Lord,
For ole' times' sake?

Thanks.

Husband's Prayer

Sometimes I come home from work, Lord,
And the house is a mess.
The dishes aren't done
And the beds aren't made.

I get so furious
And wonder,
Just what does she do all day.

I forget that she takes care
Of our sick children,
She mends the cloths
And cooks our meals.

Many times
She helps a sick friend
And gets involved
In many charitable activities.

When I come home
She smiles
And says, hello.
She tries very hard
To make the home
A place where the heart is.

I guess at times
I don't appreciate
The many things
She does for me.
At times
she gets on my nerves,
But I should overlook that,
Because of all her good qualities.

She is good to me
And the children,
For that I'm grateful, Lord.

I'll try to be more appreciative
For her sake,
And my own.

Sincerity

There's something
We often forget, Lord;
And that is,
Whatever we are -
We have to be ourselves.

We can't think
What others want us to think;
Nor can we do
What others want us to do.

We have to be true
To our own thoughts;
We have to do
What we think is right

When we look
Into the mirror
We have to be happy
With what we see.

We have to be true
To that image
At all times,
Because it's our real self.

Whether we are black,
brown, red or white;
Fat or thin
Doesn't matter.

Being truthful
And sincere
Is the thing
That really matters.

We have to live
With ourselves;
And this can be
A terrible burden,
If we aren't sincere.

We all know
That we don't like
Insincere people.

How then can we like ourselves
If we cannot be true
to ourselves?

God, you know
Sincerity is so important
For a happy life.
Why can't we realize that?

We try to be so sophisticated
And use terms like
Diplomacy, and tact
As a cover up for insincerity.

This will never work,
Because we are only fooling ourselves.

Help us to not go on this way -
And realize
Before it's too late
That sincerity is the doorknob
On the door to happiness.



Sickness

There's so much
That needs to be done today.
But here I am
Lying in bed, sick.

God, I hate to be sick
When there's so much to do.
It makes me feel worthless
And useless.

How come you let me get sick?
What did I ever do
To deserve this sickness?

What's that, God?
This is for my benefit?
You must be nuts.
How could this be good for me?

You say
It gives me time
To think.
Think about what?

What I'm doing with my life?
Where I'm heading?
How I'm not using my talents,
Nor my abilities?

Gee, I never looked at it that way.
I always thought
Sickness was a punishment.
I guess that's where I'm wrong.

Now that I'm knocked out of
commission
I can spend time
Answering those questions.
That's my problem
You know

I never take time out
For myself.
I never ask myself
How everything is going
With me.

I take for granted
All is well;

At least 'til I get sick!

God, don't laugh
But you would have made a won-
derful doctor.

Yeah, I feel great already.

Thanks, God for your help.

Tears

Tears are a funny thing
They come when we are sad;
They come when we are happy.

They are an outlet
For the many feelings
We keep bottled inside us.

Sometimes
When we keep things
Inside ourselves
We become very miserable

But when we let them out
in the open,
we feel so much better.

Tears can tell another
Our deepest feeling,
Because
They wash away our masks.

Lord,
When you built
This body of ours
You sure knew
What you were doing.

You knew that we needed
Each other
To lean on
And to share our thoughts.

You know that some of us would
use masks
To cover up
Our real feelings.

But with such things
As tears
You teach us
That masks are worthless.

We must be ourselves
And not another,
If we really want
To be happy.

We are human
Therefore we are emotional,
And emotions are good.

They show others
That we also have feelings,
And some of our feelings
Are very strong.

Lord, we need more insights
Into ourselves
Like this;
Because it makes us better
And more human.





Act of Love

O my God,
I love you more than anything else
I have;
More than my car,
My house,
My athletic equipment.

But words of love are never enough,
Are they, Lord?
We must prove love
By our actions.

So to prove my love for you, Lord,
I shall try my best
To love people,
Even when they hurt me.

To show my good intentions,
I forgive those
Who have hurt me,
And ask forgiveness
From those
Whom I have hurt.

*At Day's End:
A Thanksgiving*

Thank you Lord for a beautiful day,
with its many joys;
its beautiful sunshine;
its pleasant memories.

Thank you for the good times
I spent with people
Who enjoy life
And laughter.

Thank you for the day's conversations;
Some filled with sorrows,
Others filled with joy;
But all filled with sincerity.

Thank you for everything
This day has brought, Lord.

Thank you.

Good-bye

A tear in my eye,
A lump in my throat,
An empty feeling in my stomach
And the word, "Good-bye."

It sure makes a person
Feel sad
As a loved one
Walks away.

His thoughts turn
To their next meeting
And a desire
That it will be soon.

It's almost as if
my heart is being torn
from my body
when I hear that word.

Gee, Lord,
Its such a sad word,
Unless we realize
That good-bye is not forever.
We will see each other again,
Hopefully,
Very soon.

This helps to take the sting
From our breaking heart.

However,
There is a bright side
To saying "good-bye."

Each time
We meet
We will become
Closer and closer.

Until the day
When no one
Will be able
To separate us.

It's something
To look forward to, Lord.
An endless eternity
Of being together
And never having to say,
"Good-bye."

