

# Five ways of sustaining faith in difficult times - prayer

You know if we're not praying people, in love with God and taking time each day to fall deeper in love with God then I don't know what faith is about. For me prayer is to enable us to deepen our loving relationship with God through Christ.

Desire for God is at the heart of prayer and silence enables to God to meet that desire and to fulfil it. So I would encourage anyone to spend some time in silence each day.

If you watched the television programme the 'The Big Silence' narrated by Fr Christopher Jamieson you will have seen five people step back from their hectic lives and experience silence and all of them without exception had to face a difficult journey as they moved beyond themselves but it was a life-giving journey. It might be difficult to move beyond that which often fills our hearts and minds, ourselves, but it is the most extraordinary experience that become impossible to live without. So, take time each day to be still and to be silent and open your heart to God.

Silence restores us and brings us wellsprings of hope within that we never knew existed. It is the source of our power to bring unconditional love into the world we live in.

- **Light a candle.**
- **Take time to breathe.**
- **Use a sacred word to get you to a place of inner quiet.**
- **Repeat your word gently as you need to focus your attention.**