

“So how IS your prayer life?”

As we continue our journey this Easter season, it's important to take stock of how well we are growing closer to Jesus, particularly in our prayer life. As you assess, ask yourself these questions: “How do I pray?” and “What am I using to help me pray?” But even more importantly, we ask, “WHEN do I pray?” When have I carved out time in my day to spend time with my Creator? When do I talk with and hang out with my Lord and Savior? When do I share with the One whom I should be allowing to help me bear my life's crosses, and in whom I should be telling all my joys and sorrows to so He is able to rejoice and share in all things with me?

“...the essence of prayer is about relationship. It's not about doing something, but about getting to know someone.” Father John Bartunek writes this in his book, *A Quiet Place*, and it is a beautiful reminder of what we are supposed to be about in our prayer life.

Because how can you get to know someone if you don't spend time with them? If you didn't talk, text, email, Facebook message, or in any other way communicate with your best friend for a year, how good of a “best friend” would they be at the end of that year? Or what if you didn't speak to your spouse for a week? How good would the relationship be? Probably not too good! Common sense and reason tells us that communication is the key to any relationship, and if you look around at good relationships, you tend to see that the better the communication, the better the relationship is.

And prayer is no different. To paraphrase St Teresa of Avila, “Prayer is simply a conversation between friends,” but just like any friendship, we need to prioritize the relationship. We need to put it first by not only making the time, but by actually spending the time.

So during this Easter season, try to make prayer your “first thing.” Your first thing in the morning, your first thing at meals, your first thing as you get ready to go to sleep at night. Jesus is waiting for you when you wake up, when you sit down to meals, and when you prepare to sleep at night. In fact, He desires to be share every waking moment with you. So give him some extra time today and meet him in prayer, and I would be willing to wager that Jesus will give back to you tenfold whatever it is that you entrust to Him today. “So how IS your prayer life?”