Paths to Prayer: Finding Your Own Way to the Presence of God by Patricia D. Brown

With step-by-step instructions for over forty ways to pray, this valuable guide contains a wealth of timeless spiritual prayer practices that Christians have used over the last 2000 years from cultures around the world. Among the prayer practices you'll encounter in this book are the daily office, the prayer shawl, praying with icons, centering prayer, fasting, prayer beads, walking a labyrinth, pilgrimage, anointing for healing, and praying the scriptures. Paths to Prayer offers a whole-person approach to prayer that takes into account each person's individuality and doesn't assume we all relate to God in the same way. A prayer styles self-assessment will help you reflect on your life, your preferences, and your unique way of interacting with the world. Try new dimensions of praying—innovative, searching, relational, and experiential—to deepen your encounter with the divine.

My Personal Review:
Finally, I can begin to stop feeling guilty or deficient because I don't get up at 3am and pray on my knees for hours on a stone floor in the cold! Trisha Brown encourages us to explore and find the how to pray that works for us as individuals...maybe the stone floor one time, maybe the stream of consciousness conversation while driving down the road at another time.

I lead an adult education group at the church where I serve as DRE and we've been using this book as a resource and guide as we explore ways and means of prayer. We have been making our own sets of Anglican prayer beads, a new concept to many of the participants, and in the creation and construction of them we've discovered that that too is a way of prayer.

Thank you, Trisha, for helping to free us from the one way and opening doors to deeper, very personal ways to develop our relationship with a living God.

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