

Based on the book "An Altar in the World" by Barbara Brown Taylor
Week Six Reading - Chapter 11

Week Six Discussion Questions

"God is happening and I am lucky enough to know that I am in the midst." - Barbara Brown Taylor

1. Begin by sharing any insight or benefit you gained from engaging the homework practices last week.
2. Taylor opens chapter eleven with a candid admission of being really bad at the practice of prayer. For many, this makes her extremely relatable. How would you candidly describe your prayer practice? Has it evolved for you? If so, how? Are you aware of anything that blocks or hinders your practice of prayer?
3. How essential do you think the practice of prayer is? What is the ultimate aim and purpose of prayer for you?
4. What experiences, writings, or teachings have expanded your idea and practice of prayer?
5. When and how have you experienced prayer without words?
6. When have you experienced an answer to prayer? How did you know? Do you agree that "divine response to prayer is one of those beauties that remain in the eye of the beholder" (182)?
7. When was the last time you held still long enough for the shy deer-soul inside of you to step into the clearing and speak? (page 185)
8. Have you ever prayed with your whole body, "entirely submerged in the act of surrendering your whole self to God/Higher Power" (189)? Please discuss.

Notes:

Week Six Practices

1. Make a list of 5 things that matter to you. Take one of these each day, over five days, and pray about it. Take "it" into prayer.
2. Dedicate one day to "noticing God/Presence... no matter where you are or what you are doing." Please note your observations and experience at the end of the day.
3. Pick one day and set a timer to alert you 3 times during your day. Select times when you can take 5 - 10 quiet minutes to state this mantra and sit in meditative prayer.
"In God, I live and move and have my being. I exist in God and God exists in me."
Please note your observations and experience at the end of the day.