

True Father's words regarding Prayer

God Answers Prayers

Prayer is calling to God and conversing with Him. (270:17, May 3, 1995)

Prayer is a covenant between man and God; it is a pledge. Whatever you pray about, you have to practice.

There is no need to pray for the same thing day after day. You only need to pray for it once with genuine sincerity. Then seek and long for it with a prayerful heart even if it takes ten or twenty years to be fulfilled. (40:299, February 7, 1971)

Prayer is making a wish. By making a wish, you place yourself in an object position to God, the Subject. You set up a subject-object relationship of love.

Having unfulfilled wishes and longings is good, because they motivate us to make this relationship. Because we lack confidence to fulfill them ourselves, we pray . . . clinging to God. (112:54, March 29, 1981)

Through prayer you receive strength. Through prayer you are given wisdom to know how situations will develop in the future. You will be taught how to deal with every work. The wisdom gained through prayer can equip you for a great mission. Prayer is indispensable if you are pioneering such a path. (104:111, April 15, 1979)

[In times of difficulty], pray and ask God for His power to sustain you on the path. Declare your determination: "Father, although I might die for this work, I will do it. Though I suffer from hunger and thirst, I will cling to Thee, my God." Thus, your prayer is a pledge and a proclamation.

Once you have made that proclamation, then on your own, decide your course and determine to accomplish it. Practice love; then surely God will listen and encourage you to go forward. Once you have prayed, as long as you practice what you have prayed about, overcoming obstacles one by one, then God will approve of you and recognize you as a trustworthy person. (112:54, March 29, 1981)

Test the power of your prayer. Pray every day for one person (without telling him). Pray tearfully for his well-being, and see what happen. Amazingly, he will feel a

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magnetic attraction to you. He will feel drawn to you, but he won't know why. (104:113, April 15, 1979)

When you make a request in prayer, it passes through several stages before it is answered. And when it is answered, the answer may come in an unexpected way. Furthermore, when you pray for a blessing, depending on your condition, you may receive a certain amount of blessing, only to have something else taken away...

We are also praying for the world. When your personal devotions and efforts at spreading the Word do not go well, do not worry that your prayers are ineffective. Continue praying, and far away something in the communist world crumbles. Yet it takes time. So pray for something that will not come to pass in your lifetime but thousands of years from now. I am praying such prayers; therefore the work of God will continue to flourish for thousands of years after I am gone, until my prayers are fully answered. (104:110, April 15, 1979)

Prayer Protects Against Evil

Prayer is needed to purify the mind and spirit. It is necessary training to purify the mind and to focus the mind on God. (181:325, October 3, 1988)

When we are going the wrong way, prayer guides us to the right direction. (45:247, July 4, 1971)

Those who pray do not make serious mistakes; they know what to do.

Once you develop the habit of prayer and relish its taste, you will find it tastier than food and more interesting than listening to music or watching a movie. Moreover, you will find that you are better able to distinguish between good and evil and make the correct choices in Life. (128:172, June 12, 1983)

Through prayer you should know the invisible enemy and discern the enemy's manifest works. (19:146, January 1, 1968)

Through prayer, your mind should completely subjugate your body. Through prayer, your conscience will receive energy and become one with God vertically; and Satan will surely flee away. Through a life of prayer, you cultivate the path for uniting mind and

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body and for connecting with God, becoming one with Him. Then God will be within you, and Satan will have no choice but to run away. (229:7, April 9, 1992)

Prayer from the Heart

Do not pray casually, but ask your original mind. Do not pray looking up into the sky, but look into your mind. Open the door of your mind. (308:16, November 21, 1998)

When you pray, your heart should be as desperate as a baby crying for mother's milk. (18:185, June 6, 1967)

When you pray, do not think that God is up in the sky. God is right behind your mind. First you have to battle to focus your mind. As your mind and body become more and more united they rise up, connecting to the realm of resonance. (306:255, September 23, 1998)

Do not pray when you are in a fickle mood. Rather, you should pray when you are in the most profound and heavenly state of mind. Your mind should abide at the center of your heart, not near the borderline.

When you want to pray about an important matter in your life, first purify yourself. Make sure your environment is free from worldly distractions and your inner state is far removed from the borderline; then pray. (123:80, December 12, 1982)

Pray with all sincerity, never wavering... "Heavenly Father, how can I best attend Thee? How sincerely have I attended Thee? Have I properly represented my family, my community, my tribe and my nation before Thee?" You can know the answer at once, and knowing it, you shed tears. Fallen people cannot attend Heavenly Father without tears of repentance. Without cleansing we cannot re-create our environment, which having been lost sorely needs re-creation...

Do you weep when thinking about your nation? Do you wail in repentance when thinking about the world? Since Heavenly Father is weeping for them, and the Lord [Christ] is also weeping for them, you people on earth should be doing the same. When you stand with God and Christ, you can participate in their life. (171:19, December 5, 1987)

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Whether I am in the east or the west, prayer helps me to move in a circular orbit around the Axis. I can then participate in the realm of life where God dwells. However, people usually do not live centered on the Axis. They live a casual life, as they want... Prayer is what tunes me to the center point. (171:14, December 5, 1987)

How does one make a true prayer? By overcoming obstacles with patience, love, and sacrifice. People who live this way see their prayers fulfilled. They do not even need to pray, since they are already advancing to fulfill it. (112:52, March 29, 1981)

How to Pray

When you pray, you should shed tears and sweat. (112:54, March 29, 1981)

What prayer position do you prefer? The best is to kneel and lower your head. You have to restrict your body. You will feel pain and discomfort, but you must be serious to overcome it. Then God will accept you as His. (104:110, April 15, 1979)

Prayer is powerful. It is a pledge, an oath and a proclamation to Heaven. (240:35, December 11, 1992)

The way of righteousness requires that we declare our intentions and then report what we do. First declare in your prayer, "Father, I will do such and such today," and later on report, "I have accomplished those things today." (308:211, January 5, 1999)

Prayer is to honestly report your situation to God; then you draw closer to Him. Since you are not just saying idle words but reporting what you have practiced, your report remains as a record. Because your report remains as a record, God acts to give you blessings. That is why a person who prays is powerful. Though he prays quietly, he is a powerful person. (233:105, July 30, 1992)

The Tao—the spiritual path—begins with prayer. Traditionally, people pray in the mountains. They pray in the mountains fastness, alone and solitary. In such a place you should cultivate yourself. (157:13, February 1, 1967)

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Pray Constantly, Day and Night

In the Bible we read that we should pray constantly. Why is it a crucial teaching to live by? Satan controls this fallen world. He lures us every which way and continually afflicts us with pain and suffering. The only way God's power can reach us is in the perpendicular direction of the Spirit. (201:208, April 9, 1990)

When you pray for public things all day and all night, your prayer becomes a living prayer. Then every few years the level of your prayer will advance, with different topics for the prayer. (104:112, April 15, 1979)

Pray often to touch limitless spiritual power. That power should become the main spring of your life. (*Way of God's Will* 2.2)

Indescribable joy comes from a life of prayer. You enter the state of God's thought at the time of creation. (29:321, March 13, 1970)

Pray a lot. Although you may live alone, if you pray hard you will never be lonely. Prayer is like breathing. If you pray a lot, you will become spiritually bright. You will become very sensitive and acquire the ability to discern good and evil. Effective prayer requires sacrifices and special devotions. (30:283, April 4, 1970)

Prayer supplies the warehouse of the heart. If you do not have time to pray, pray through the work you do. (27:89, October 26, 1969)

When you become a person of complete character, your life becomes a prayer. (*Way of God's Will* 2.2)

Unselfish Prayer

Your prayers will definitely be realized when they are not for selfish ends but in accordance with God's Will and righteousness. (104:109, April 15, 1979)

Instead of praying to receive a blessing, pray that you can offer devotion for God's sake. To pray out of a desire to receive a blessing is a selfish prayer. It is better to pray asking God's blessing on the nation and the world. (126:339, May 1, 1983)

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My teaching is this: Do not pray for yourself. Pray for the fulfillment of the mission, pray for others, and offer your prayer as words of comfort to God. (91:117, February 3, 1977)

People who are experienced in the spiritual life know to pray for themselves at the very last. If you enter into the realm of the holy, the realm of the spiritual, you will naturally pray for God first. And the moment you meet the Lord, you want to invoke blessings upon Him.

By praying for God's sake, you can know God's heart throughout history. Next you should pray for Jesus; then you will understand his heart when he walked the earth. Then you should pray representing the multitude of saints in Christendom who have fought for the great Will of the dispensation, putting yourself in their places. Following in the footsteps of all the prophets and saints who walked the path of faith since the fall of Adam and Eve, you should pray in tears, "Please allow me to become an offering to cleanse all their sorrows." After you have finished that prayer, you may pray for your beloved children, and lastly for yourself. That is the order, according to heavenly law. (7:328, October 18, 1959)

When in prayer we pledge before God to advance the foundation of Heaven's victory at the cost of sacrificing ourselves, God takes responsibility and fulfills our prayer. To fulfill the content of our prayers, God does not walk an easy path. He goes through many courses to arrive at the place to meet our requests. When you stand in the most miserable situation akin to God's, then God can directly take action; otherwise God cannot act. As long as we stand in a sacrificial and sorrowful situation, and our true heart corresponds with God's desire, then God will recognize us and be merciful to us. (18:269, June 12, 1967)