



The Urantia Book **on How to Pray**

What is prayer?

"Prayer is entirely a personal and spontaneous expression of the attitude of the soul toward the spirit; prayer should be the communion of sonship and the expression of fellowship. Prayer, when indited by the spirit, leads to co-operative spiritual progress. The ideal prayer is a form of spiritual communion which leads to intelligent worship. True praying is the sincere attitude of reaching heavenward for the attainment of your ideals." Jesus 1618:6

What is the reason for prayer?

"Prayer induces the human ego to look both ways for help: for material aid to the subconscious reservoir of mortal experience, for inspiration and guidance to the superconscious borders of the contact of the material with the spiritual...."997:3

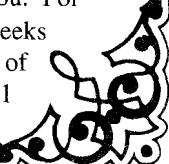
How does one pray effectively?

"Pray as Jesus taught his disciples—honestly, unselfishly, with fairness, and without doubting." 999:8

Is prayer itself a solution to earthly problems?

"Prayer must never be so prostituted as to become a substitute for action. All ethical prayer is a stimulus to action and a guide to the progressive striving for idealistic goals of superself-attainment." 997:7

"Prayer is the breath of the soul and should lead you to be persistent in your attempt to ascertain the Father's will...Again I say to you: Ask and it shall be given you; seek and you shall find; knock and it shall be opened to you. For every one who asks receives; he who seeks finds; and to him who knocks the door of salvation will be opened." Jesus 1619:1



The Urantia Book has much to say about prayer and worship which you may have never heard before. It could be a revelation to you. Below are more references. We hope you enjoy them.

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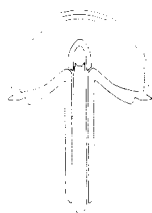
A Mustard Seed Project

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Information about study groups near your home can be obtained from:

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For literature related to *The Urantia Book*, or for additional copies of this brochure, please contact:



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