

When we were doing the classes on the Spiritual Life a few months ago one of the major questions was, "How do we do it?". There are several ways to "do" the spiritual life, the goal of which is to become closer to God.

Among the many aspects of the Spiritual Life one of the main ones is to pray. Prayer has been called the dialog between us and God. One of the ways to pray was taught to me by one of my teachers, William O. Paulsell. He says the following about the Spiritual Life in his book, *Taste and See: A Personal Guide to The Spiritual Life*.

"To summarize briefly, we might consider the following outline as a starting point for our time of prayer:

1. A doxology or verse from a Psalm
2. A brief period of silence for settling down, which may include repetition of the Jesus prayer, a verse of Scripture, a simple phrase, or just quiet
3. The reading of some Psalms
4. Prayers of petition
5. The Lord's prayer

"As we begin to grow, we want to expand what we do." P 91 Paulsell

If you are wondering how to "do" the spiritual life, this is a good first step in the whole process and a good first step in the spiritual discipline of prayer.

If you want get started on the spiritual life or just want a disciplined way to pray, try this.

Blessings!