Hi everyone,  
  
I hope you had a chance to watch the video I sent you a few days ago about this book exploring prayer in two languages: art and words. Just in case you haven’t watched it, here it is again: <https://youtu.be/XCzeosoVn2E>  
  
Perhaps instead of giving something up for Lent you can try out this book.  
The title of the book is **"Prayer: Forty Days of Practice," by Justin McRoberts and Scott Erickson**  
  
I am doing a group order so please let me know as soon as possible if you would like a copy. Alternatively, you can order it yourself or get it as an e-book.  
  
Here is a reflection by Henri Nouwen that explains why this book might be meaningful:

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| **Learn to Trust God** |
| Most of us distrust God. Most of us think of God as a fearful, punitive authority or as an empty, powerless nothing. Jesus’ core message was that God is neither a powerless weakling nor a powerful boss, but a lover, whose only desire is to give us what our hearts most desire.    To pray is to listen to that voice of love. That is what *obedience* is all about. The word obedience comes from the Latin word *ob-audire*, which means “to listen with great attentiveness.” Without listening, we become “deaf” to the voice of love. The Latin word for deaf is surdus. To be completely deaf is to be absurdus, yes, absurd. When we no longer pray, no longer listen to the voice of love that speaks to us in the moment, our lives become absurd lives in which we are thrown back and forth be- tween the past and the future.    If we could just be, for a few minutes each day, fully where we are, we would indeed discover that we are not alone and that the One who is with us wants only one thing: to give us love. |

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With that in mind, here is the link to the slides for today: [Sunday Jan. 24th, 2021](https://1drv.ms/p/s!AhIsmK7XfsGDk2XZL_tlC66frG4K)

If the the slides don’t work for you for any reason, please let me know and I can send them to you in a different format.

If you have any questions/comments/thoughts please do not hesitate to contact me.

Andreas