

## **DO YOU PRAY?**



**I Love this interpretation of a prayer. What is a prayer? Prayer doesn't only happen when we kneel or put our hands together and focus and expect things from God.**

**Thinking positive and wishing good of others is a prayer. When you hug a friend, that's a prayer. When you cook something to nourish family and friends. That's a prayer.**

**We send off our near and dear ones and say, "drive safely" or "be safe". That's a prayer. When you are helping someone in need by giving your time and energy. You are praying. When you forgive someone, that is a prayer.**

**Prayer is a vibration. A feeling. A thought. Prayer is the voice of love, friendship, genuine relationships. Prayer is an expression of your silent being.**

**Keep praying always.**

In life, friendships change, divorces happen, people move on, others die. Money and jobs will come and go. Live long enough and your health and body will change.

It goes with the territory of being human.

The fact that you are still here gives you an advantage.

## **DON'T LOOK BACK.**

Look straight ahead!

Decide to use all of your knowledge, skills, experiences and your life lessons from your mistakes, defeats and setbacks, to start over again.

Life changes.

You may not have the same life as before, but you can still enjoy your life!

— Les Brown



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