

Texting God: Effective Short Prayers 20 min version

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Let's start with three short prayers.

Help. Thanks. No.

Anyone here used the help prayer?

I use the help prayer when I don't know what to do.

Let me give you an example. My husband and I flew to Cuzco Peru. It's over 11000 feet. That night I woke up with all the symptoms of altitude sickness. I went into the bathroom to not disturb my husband. I felt so sick I laid on the floor. It was difficult to pray. I silently asked God, "Help me!" After a few minutes I began to feel better and within half an hour all the symptoms were gone. I was healed. I've flown into high altitude cities many times since and have never had a problem with altitude sickness.

But what if you have asked God for help but feel like you haven't gotten an answer? The key to the help prayer is knowing that God is good.

Let's read Gen 1:27,31

"So God created man in his own image, in the image of God created he him; male and female created he them." "And God saw everything that he had made, and, behold, it was very good."

God is good, the source of good. God created everything good. God is all good, only good. The key to the help prayer is knowing that God is good and that God has already created good. Then we will see the good.

Mary Baker Eddy who wrote this book "Science and Health with Key to the Scriptures" says that good must dominate in the thoughts of the healer.

Good must dominate your thought, then you can see and feel the good that God is providing.

2. What is the next prayer? Thanks

The key to the thanks prayer is to give gratitude to God first.

We don't wait until the healing has happened or the situation has changed.

We give thanks first.

Jesus did this. Jesus thanked God first and he fed the 4000.

Jesus thanked God first and resurrected Lazarus from the dead.

Jesus thanked God first at the Last Supper and was resurrected from the grave. (Matthew 26:27)

Jesus wasn't just a good man or a prophet who lived 2000 years ago. Jesus was the Son of God sent to by God to bring salvation and healing to all humankind.

He illustrates how to heal through his healing ministry. Jesus thanked God first.

Let me illustrate how thanking God first is the key to the gratitude prayer.

A friend of mine had a sinus headache, congestion. When he got home from work he went to bed. It was a Wednesday and every Wednesday Christian Science churches has a service where people share how God has answered their prayers. So he went. People started giving testimonies of how God healed them. He began to be grateful that God had answered their prayers. Then he began to be grateful for all the testimonies of healing he'd heard in that church over the years. Then he thought of all the testimonies of healing he had read in the Christian Science magazines, the monthly Christian Science Journal and the weekly Christian Science Sentinel, and he began to be grateful that those people had been healed. Then he began to be grateful for all times he had prayed to God and God had healed him. As he was being grateful, the congestion drained, the headache disappeared and he was healed. He was grateful first and God answered his prayers.

If you have been praying for awhile, you might try this. You might make a list of answered prayers and be grateful. Giving thanks first is a powerful prayer.

3. What is the third prayer? No! The NO prayer isn't ignoring a problem. The key to the NO prayer is knowing that God is all. God is all powerful.

When we know that God is all powerful we can say NO to anything that's not from God.

Let me give you an example of the NO prayer.

My husband and I lived on a lake that froze in the winter but not in the middle of the lake and not thick enough for a person to walk on. One day we had a storm and my husband couldn't get to work. We lost heat and power, so he went outside to get wood for the wood burning heater. At that moment, he saw the neighbor's big dog chase a Canadian goose onto the ice. The goose took off and the dog fell through the ice. She couldn't get out. We kept a row boat by the water. We ran down to the lake, dragged the boat onto the ice, but it fell through. We had to use the oars to break the ice to get to the dog. This was a lot more exercise than I usually do. After 5 minutes I started spitting blood. In that moment I used the No prayer. I silently prayed No! No to any problem. No to anything but the power of God! The symptoms stopped instantly. I began working again.

Half an hour later, we still had not reached the dog and we were all exhausted.

The dog stopped struggling. My husband and I stopped working. There was a deathly silence. In that moment I did another silent prayer NO prayer. No to death. No to failure. No to anything but the all power of God, who is eternal Life. In that moment, the dog started struggling again. My husband started working and I started breaking ice again. We reached the dog. We got her in the boat, but the dog wasn't moving. I prayed again. My husband got the boat to shore. When we reached the shore the dog suddenly came alive. She jumped out of the boat, gave a little shake, trotted to the top of the hill, turned and waved good bye, and went home. I called my neighbor to tell to wrap the dog in warm blankets. An hour later she called back and said the dog was fine playing with the children as if nothing had happened.

Later that night, my shoulders began to hurt. At first I couldn't think of any reason why, and then I remembered the dog rescue. Again, I silently prayed No! to anything but the all power of God. The pain left instantly and never returned. I was completely healed.

The key to the NO prayer is knowing God is All-powerful.

There are a lot of short prayers in the Bible.

Here are some of Jesus' short prayers.

“Fear not” “have faith” “watch and pray” “get thee behind me Satan”
“your sins are forgiven” “peace, be still”

Mary Baker Eddy the author of this book experienced the healing power of short prayers. In February 1866 she was walking to a temperance meeting when she took a fall in the icy streets and sustained severe internal injuries. Three days later her friends told her they didn't expect her to survive. She asked for her Bible. She read two of Jesus' healings and she had a remarkable experience. She was physically healed by reading these two short healings in the Bible, but it was more than a physical healing. She felt lifted up. Her thought was transformed. Mary Baker Eddy discovered that salvation included physical healing.

Here are some additional short prayers that I've found to be helpful in healing.

For direction and guidance....

Proverbs 3:5,6

“Trust in the Lord with all your heart; and lean not unto your own understanding.
In all your ways acknowledge him, and he shall direct your paths.”

The key is to put aside human will. We have to let go of whatever it is that we think we want so much and truly allow God to direct us. The key to praying for guidance is to not tell God what you want. God knows what you need. Let God guide you. God's plan is always the best plan.

For employment problems and human relationship problems:

Romans 8: 28

“We know that all things work together for good to them that love God, to them who are the called according to his purpose.”

The key to this prayer is to be cheerful. One of the definitions of patience is cheerful waiting. This is having confidence in God and not worrying. So the key is being patient and cheerful while God is working His purpose.

Let's look at one of the specific prayers by Mary Baker Eddy. Mary Baker Eddy said she prayed this every day. “God bless my enemies; make them thy friends; give them to know the joy and the peace of love.” This is such a wonderful prayer I don't want to reserve it just for enemies. I use it with family and friends. God bless my son, make him Thy friend, give him to know the joy and the peace of love. Or the pray for people at work. God bless my supervisor, make him/her Thy friend, give them to know the joy and the peace of love. God bless the customer service

representative. God bless the government. You can pray for anyone or any group this way. This is a powerful prayer.

Let's talk about one more type of short prayer. This prayer is so short there are no words. There are no words at all.

Wordless prayer is simply love.

Let me illustrate how wordless prayer heals.

A woman had difficulty walking until she couldn't walk at all. That's when she called me as a Christian Science practitioner. The Bible verse that came to me was I John 4:7,8.

"Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love." We talked about God as Love and that divine Love heals.

I prayed for her and felt after a few days I felt that she was healed. But she didn't feel that way. In fact she felt worse. So I prayed to know what was obstructing the healing and that it would be revealed to us. A couple days later she told me that she had a lot of resentment about her mother. Her mother had died years ago, but it was relevant because she was still feeling resentment. So we talked more about divine Love, the allness of Love, and the all power of Love. She said it was more difficult than she realized but one day she realized that God had loved her mother just as much as God loved her, and that God had been guiding her mother just as much as God was guiding her. With that the resentment faded away. As she continued praying about divine Love, one day after we talked she suddenly felt surrounded by God's love. There were no words involved. She simply felt embraced by divine Love and that was the healing. She was completely and permanently cured.

Christian Science is simple but it's not superficial. There's a whole book here the Bible. Try reading the Psalms and New Testament looking for short prayers.

Then there's this book Science and Health with Key to the Scriptures. The short chapter on Creation is wonderful. Also the short chapter on Prayer.

If you read this book carefully with an open heart, it will heal you.

You are the beloved idea of God. God sees all the good that is in you. God sees all the good that you are doing and that you want to do. God is cherishing you. God is protecting you. God is guiding you. God is keeping you safe. You are never alone. God is always with you. God is loving you. God loves you. And you can experience the healing power of effective short prayers.