



A Guidebook to Prayer: Twenty-Four Ways to Walk with God
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MaryKate Morse holds an MA in biblical studies, an MDiv from Western Evangelical Seminary (now George Fox Evangelical Seminary) and a doctorate in leadership from Gonzaga University. In addition to teaching she also serves as a consultant to churches and organizations in transition or with leadership challenges. She has planted two churches with leadership teams in Portland, Oregon. Along with being a Quaker minister and a trained spiritual director, she also does conference and retreat ministries and mentors leaders.

Praying – In Every Possible Way

In MaryKate Morse's new book, *A Guidebook to Prayer*, the constant questions of how one can learn to pray and why it's so difficult are answered. Outlining twenty-four different ways that a person can pray, Morse shows that prayer can offer us spiritual riches beyond our imagination. It increases our faith, draws us to experience love, develops our vision of God and provides perspective on difficult questions.

Morse, a professor of leadership and spiritual formation at George Fox Evangelical Seminary, and the author of *Making Room for Leadership*, has spent a great deal of her adult life encountering people who don't know much about the art of prayer.

"I have taught prayer for over twenty years and was amazed at how little people really understood or practiced prayer," says Morse. "Walking with people as they learned about the various forms of prayer was always moving to me as they encountered God in unexpected ways. I wanted to make a life of prayer more accessible to everyone, rather than viewing prayer as a huge 'spiritual' undertaking."

Throughout the book, Morse outlines twenty-four different ways to pray, walking the reader through prayer with God the Father, God the Son and God the Holy Spirit. Each chapter helps individuals or groups understand the different prayer forms while including personal stories from people who've actually practiced them. Examining and practicing these various types will help readers pray consistently, meaningfully and constantly.

Morse says, "Instead of talking about prayer and prayer practices, I wanted people to see prayer as a way to move closer into a love relationship with God. I also wanted to tell the stories of the many persons I've encountered on this journey. I wanted people to see that prayer is natural, creative and interesting, and anyone can pray."

Essentially, Morse explains that prayer is simply a growing love relationship with God, Jesus Christ and the Holy Spirit. Because of that, there are innumerable ways to know God more fully.

"I find *A Guidebook to Prayer* helpful not as a manual of 'how-tos' but as a guide into the reality of the Father, Son and Holy Spirit to whom and in whom we pray," says Leighton Ford, author of *The Attentive Life* and head of Leighton Ford Ministries. "MaryKate Morse guides us also into the many creative ways in which we can open ourselves (and listen) in prayer. And she guides us into prayer that deeply explores our hearts and brings us into a transforming relationship with our Creator. I found myself pausing to talk to God in ways she suggests. I hope many will read and be so guided!"

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