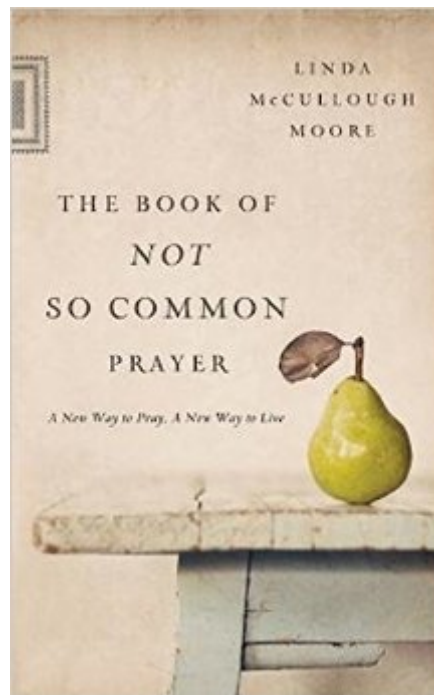


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# The Book Of Not So Common Prayer: A New Way To Pray, A New Way To Live



## Synopsis

Do you want to pray deeper, longer, more fervently? Do you want to move from the same old, same old prayer routine to a radical, challenging, and inspiring prayer life? Do you want to put more meaning and effort into your conversations with God? The Book of Not-So Common Prayer is a handbook that combines spiritual insight with practical action steps you can take to change your prayer habits and change your life. In describing her own transformation from a person who prayed on the run to a person who prays four times a day, Linda McCullough Moore builds a compelling case for a life founded on prayer. Drawing inspiration from the ancient practice of meditation, Moore shows how any time spent in prayer will transform the time you spend with your family, at work, or in play. She then delivers a well-supported methodical process you can follow to experience more depth, meaning, and joy in your prayers. A masterful blend of useful models and stories of transformation, this beautifully written, evocative, and intelligent handbook will inspire you to embark on a new adventure in faith . . . one step at a time.

## Book Information

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## Customer Reviews

I am a sucker for nearly any book on prayer. If prayer is in the title, I'll at least read the jacket to see if it is truly something I want to read. The Book of Not So Common Prayer was just the thing I was looking for and I read it eagerly. Linda McCullough Moore has a conversational writing style that makes me wish I could have her come sit in my kitchen with a tall glass of iced tea and talk about prayer, pray, talk about prayer, and pray some more. I feel like we'd be friends, just based on this

one book. What I like best about the book is her practicality. She doesn't leave anything out of her descriptions, and she sets out to give instructions for prayer. As she talked about Brother Lawrence and his eight specific times a day for prayer, I could see her studying him and how he managed that, men don't multi-task that well, or so my husband says. I could also see her setting down a schedule that allowed her to pray four times a day. She took on different prayer "practices" to make her prayer life new and alive, she engaged herself into prayer with other believers to keep herself accountable, and she studied her own relationship to God in order to bring herself closer to Him. Her opinions and teachings so closely mirrored my own, that at times, I seemed superfluous even to myself. She encourages, cajoles, prods, urges, and all but begs us to bring our relationship with God to the fulness God deserves from us. She wants us to know Him, to walk with Him, to see His presence with us, and to hear Him. She wants us to be so immersed in Him, that our lives become prayers in and of themselves. The question of why she wants that is because this is what God wants, and in finding her heart's home with Him, she wants to share that. Some of the prayer methods she uses are Lectio Divina, Contemplative Prayer, writing to God, listening to what God has to say to us, and living out our prayers. I haven't moved to pray four times a day like she has, but I do have my phone set up to remind me to pray for three friends who all have the same first name. An alarm goes off daily so that I will pray for them--it just happens to be Bugs Bunny saying, "Ooh, this looks like fun!" Whatever the tool, if it reminds me to get in touch with God, it's worth it. The book is easy to read, but deep enough that it should be taken in short segments and digested. Easily Five Stars, Two Thumbs Up, and a postage-paid letter to God.

I was really impressed with this book. Moore's book is not a "how to pray" book so much as it is a challenge for us to pray regularly "four times a day. She arrived at the four times after hearing about Brother Lawrence praying eight times a day. She thought half of what he did would be a good start. She is very honest in her growing the the practice of praying this way. She developed her habit in fits and starts, sometimes quitting altogether. She started with fifteen minutes of prayer four times a day. She thought it might be really difficult but "prayer is what we are made for." Moore explains her various methods of prayer. Sometimes she prayed prayers from saints through the ages. Sometimes she prayed Scripture. Sometimes she would sing hymns. She used various body postures and different locations. She explains how taking tiny steps in self-discipline served her well. She gives several suggestions for ways to pray and helps us understand how to hear from God and distinguish His ideas from our own. I found her section on memorizing Scripture to be especially enlightening. I also liked her reasons for writing out our

prayers. I was challenged by her writing about functional theology. You will be convinced of the importance of prayer and challenged to make it a priority. You will see that we are meant to be abiding, working, and resting in our Savior, with every thought and impulse trained on Him. This book is a challenge and I highly recommend it. Food for thought: "Prayer is, most simply put, being consciously in the presence of God." "For saints, prayer comes first. It just does." "We must make God our habit, till he becomes our dwelling place. God is not someone we visit." I received a complimentary e-galley of this book from the publisher for the purpose of an independent and honest review.

When I wrote Linda McCullough Moore a fan email after reading her story "On My Way Now" in the April, 2014 issue of The Sun Magazine she described herself as "deeply Christian". I asked her in a follow-up email what she meant by this. Now having read her book, *The Book Of Not So Common Prayer*, I understand much more clearly what she meant. Linda McCullough Moore is not a "cultural Christian". She is a real one and lives the life bringing herself to prayer 4 times per day for 20 minutes, a practice she spends a 160 page book explaining. She explains her prayer life and what she wants it to be in every day language with wit, humbleness, and clarity that made me admire her and maybe want to emulate her practice. I see prayer a little differently than she does, her approach being more traditionally Christian, and I, a former Roman Catholic and now a Unitarian Universalist, more eclectic perhaps, and based on Aldous Huxley's *Perennial Philosophy*, the writings of the Stoics, the meditative practices of Osho, and the prayer practices recommended in the workbook of *A Course In Miracles*. I don't imagine God as an "other person" who I talk to like an imaginary friend, but rather as an experience of Love's presence getting into a flow state of becoming one with everything as the state of bliss pursued by meditation. I told Linda in an email, I think of God as a verb, the ultimate force of the universe, the unified Godhead, and taking 20 minutes 4 times a day to connect to this wellspring does change one's sense of oneself and the world, no question about it. I have great respect and gratitude of Linda's sincerity, genuineness, and candor in discussing what for most people is a very intimate and rarely described experience: praying. With the encouragement of Linda's book, I am going to work at my prayer life more seriously, regularly, and enthusiastically. For that, *The Book Of Not So Common Prayer*, is a great blessing.

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