

# Quakers and Prayer

For Quakers, prayer is more about listening than talking. Prayer is a way to open ourselves to the Divine presence and wait to hear the leadings of the Spirit. It is part of our individual lives as well as part of Meeting for Worship. Quakers may pray silently, or aloud, as they are led. Some Quakers use the Bible or other spiritual writings when they pray. What is most important to Quakers about prayer is that we listen carefully for what God has to say to us.

## *Holding in the Light*

During or after worship, a Friend may ask the group to “hold someone in the Light.” The person may be sick, dealing with difficult life circumstances, struggling spiritually, or working to serve others.

To hold a person in the Light, imagine them being held in God’s loving presence and offer prayers and love for them. Holding an individual or a group of people in the Light is often part of our practice of prayer.

## *Silent Thankfulness*

Before meals, Quakers typically have a silent grace or a moment of silence to offer thanks for the meal and for the many other blessings they have. Quakers often hold hands during this time.



Langley Hill Friends Meeting

Of the Religious Society of Friends (Quakers)

6410 Old Georgetown Pike, Mc Lean, Va 22101 [LangleyHillQuakers.org](http://LangleyHillQuakers.org)

Worship—Sundays at 10:00, 2<sup>nd</sup> Sunday of the Month at 9:30