



A Living Prayer

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Meditations for a
World of Peace

compiled from
Windows of Heaven
Glenn Clark, 1954

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and other writings on creative spiritual living. Near the end of his life he was asked to compile the most vital passages from his books and publish them as daily meditations. The result was the beautiful book *Windows of Heaven*, twelve weeks of daily meditations.

Windows of Heaven has been out of print for some time but its beauty, simplicity, focus and message is eternal & we want to share it with you!

This booklet is the second of a planned trilogy of booklets – each containing 7 meditations from *Windows of Heaven*. It is our hope that CFOers around the world will join in using these meditations in their daily quiet times (*note the suggested day of the week for each one*). We believe that such a focus can have a profound effect on our spiritual growth – both individually and as the body of Christ.

The Trilogy:

2001: Fifteen Minutes for a New World

2002: A Living Prayer

2003: Thy Kingdom Come

We invite you to share how you are led to use these ‘meditation gems’. Your experiences may be helpful to someone else. Send to CFO International Office (*address on back cover*).

Reflections:



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A Living Prayer Sunday

“For whosoever will lose his life for my sake, the same shall save it ..”Luke 9:24

There are times when the world seems to be whirling through dark clouds and the situations in which we find ourselves from day to day are increasingly depressing. At such times I find it is necessary to rise before dawn and go up into the mountain, figuratively speaking, to pray alone. Never have the mists remained when I went into my closet for prayer and meditation, whether early or late.

But the highest art of living consists of making prayer such a natural and continual expression toward God that it works itself into the muscles, and the mind processes, then every act of our daily lives reflects the Love and Joy of Christ's presence. Each day is no longer a fast filled with fear but a feast filled with faith. There is no more monotony, for we live life as a poem or sonata in which every need harmonizes or synchronizes with its perfect fulfillment. To see in a sparrow's fall, or the closing of a door, or the change of a season a part of the rhythm of eternal things--this lifts prayer above mere words and puts it in our eyes, our ears, our sense of touch. This takes prayer out of the meeting house, and forms, and special days, and fills it with the fragrance of prairies, the tang of mountains, the freshness of the seas. This creates the music and the poem in every soul that has eyes to see and ears to hear the eternal rhythms and harmonies.

So little is accomplished by a flimsy perfunctory five or ten minute prayer! But ABSOLUTELY NO EVIL CAN STAND BEFORE A TWENTY-FOUR HOUR, LIVING PRAYER POURING FROM A SURRENDERED SOUL. Everything Jesus had to say about the kingdom of heaven can be summed up in these words: give all that you have and all that you are to the Father.

This is prayer in its highest, most perfect expression. This is the wedding of a soul to Christ. This is the feast of thanksgiving which comes after a season of planting and tilling and gathering in the harvest.

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Opening The Door To God
Monday

“Be still and know that I am God” - Ps. 46.10

PRAYER is not a striving and a seeking, so much as it is a trustful opening of the doors of our spirits to let God enter, as the heart of a flower receives the sunlight when the petals unfold from the bud. Prayer is a listening, and a deepening of the consciousness that God is present when we call. “... before we call Him He will answer.”

It is helpful to begin the listening period with concentration on a simple promise of scripture. This is like taking a lantern and holding it in front of us to light our way. Sometimes God comes to us as inner vision on the canvas of the imagination, and we see realities beyond sensory perception. Sometimes He comes as a Voice speaking to the heart, or just as music upon the soul. The shepherds, watching their flocks by night, did not see the star; they heard the angel choirs. The wise men did not hear the music; they saw the star.

And so we do not strain to move from thought to thought in verbal prayer, but quietly and confidently we dwell upon some sentence from the Bible or other inspirational reading which helps us to realize anew the Loving-kindness of God, His all-pervading power, His willingness to impart peace and joy to the soul.

When others need our prayers we simply wait until the lamp we hold has driven back the shadows of our doubt and fear, and we see no evil. Then, recognizing the need of the sufferer, with perfect faith in God's power to transform pain into release and joy, we let Him do His perfect work.

When we remain in the awareness of the Presence of God we need not strive for any results whatever. For we know that He has a perfect plan, and that in His time and way our prayers will be answered. We do not make vain efforts, we do not suffer in our concern, when we rely on the strength of Christ and not upon our own. Then when God directs us to take action or give guidance, it will be a natural and pleasurable expression, growing out of sincere Love.

he Art Of Balance
Saturday

“... and I will be their God and they will be my children.”
Rev. 21:7

There is only one way to overcome fear and that is to keep in balance.

Fears of physical injury are overcome when we learn how to move rhythmically and with easy co-ordination. Muscles at the back of the neck must be relaxed so that the head is kept in easy balance at the top of the spine. Skilled gymnasts and trained athletes are never afraid of falling because they know how to fall into balance.

Fears of the mind are overcome when the imagination is well-balanced. An arrested and inhibited imagination continually creates tensions by falsifying reality. When we can view life as a whole instead of in segments, when we can see beneath the appearance of evil to the divine progression toward fulfillment of needs, quietness and calmness is our portion. And then our ideas come to us in perfect order and sequence.

Fears of the soul are overcome when the spirit is brought into balance. As tightened neck muscles unbalance our bodies, constricted love unbalances the spirit. When we can see all other persons as they really are—inherently perfect beings in a perfectly planned universe governed by a perfectly loving God—we have lost all fears. For Love is such a strong force that it needs no other forces to support or sustain it.

When we are balanced in body, mind and soul we are ready to rise up on wings as eagles” to the heights of living where we truly belong. And then as we “fall” according to the pull of divine forces, we are safe and all our relationships are perfectly adjusted and harmonious.



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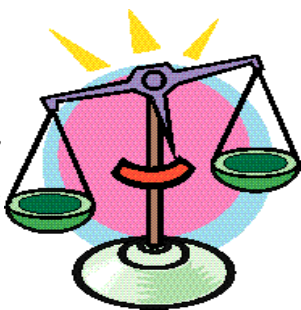
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You Become What You Adore
Friday

“... they that wait upon the Lord ...”
Isa. 40. 31

Experts on handwriting claim they can read personality in handwriting. Physiognomists claim that character is revealed in the finer points of skin texture, shape of the nose and set of the jaw. Phrenologists ponder the bumps on the skull. Psychologists claim that personality traits, emotional tendencies and vocational aptitudes can be determined by charts and test.

But I can show you a simpler way. Tell me what you adore and I will tell you what you are. If you adore gossip your face will wear the mask of a gossip. If you adore money, the dollar sign will darken your brow and shape your handclasp. If you adore landscapes and sunsets, tranquility will be expressed in your gaze and your voice. If you adore Jesus and look up to him long and often, you will take on the aspects of divinity.

Everyone should read a book about Jesus each year. Better yet, read each day from the gospel records, and come to know the Carpenter of Nazareth. As he becomes real to you through the words he spoke and the report of his deeds on earth, his Presence and Power will be transforming you. You will walk with a new dignity, according to the stature of a child of God. Your motions will be graceful and relaxed because you have yielded to the controlling guidance of that inner Light. Your countenance will radiate Love, and your features will be softened in that radiance until you appear as you really ARE. For the first time you will have become what you sincerely adored all the years before.



Three Levels Of Worship
Tuesday

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.” John 16:6

There are three levels of worship. Jesus told the Samaritan woman: “Ye worship that which ye know not.” Hers was ignorant worship. The Jews said, “We worship that which we know.” Theirs was intelligent worship. But the highest level of worship was introduced by Jesus Christ: “The hour cometh and now is, when the true worshippers shall worship the Father in spirit and truth.”

To worship in spirit is to look Upward with love; to worship in truth is to look Upward with trust. When Peter tried to walk upon the water toward the Master and took his gaze from Jesus’ face to look down at the water, he began to sink. To worship in spirit and in truth, then, is to trust God’s absolute and infinite loving power.

As spirit is not bound by time or space neither should we be limited to a certain time or place for worship. Begin every day with a prayer of trust. “Acknowledge him in all thy ways and he shall direct thy paths.” Then, whenever problems arise during the day direct your thoughts immediately toward God, in a silent prayer for guidance. You will discover that He was already coming toward you on the water!

So, think of God as ALL-LOVING, ALL-POWERFUL, ABSOLUTELY PERFECT. Think that in Him is no imperfection, no selfishness, no hate, no anger, no unworthiness of any sort. Then, with your gaze steadily fixed upon Him, walk out, innocent and pure, to meet Him face to face. You will feel petty annoyance and prejudice and selfish desire fall away from you like cheap garments you can gladly discard, to take on finer raiment. As you present yourself to your Master, Christ, God the Father will bless you.

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I Am That I Am
Wednesday

“The Lord’s Prayer” Matt. 6:9-13

When one views life from the highest dimensions he discovers that there is only one Being in all the universe and that one is God; there is only one Love and that comes from the Heart of God; there is only one Time and that is the Eternal Now; there is only one Space and that is the Infinite Here. And finally there is only one Motion and that is the motion of keeping in perfect balance in relation to all of these.

Perfection of any kind is attained when we discover our Center in God and learn to keep balanced there. When we have only one emotion and that one is Love, filling us so full there is no room for fear, then we know bliss. When we are content in the Now without regrets for the past and without concern for the future, then we have joy. When we are content in the Here without envy or yearning to be elsewhere, then we find peace. In other words when we are content with the motionless motion of resting in the Center of God’s Love Here and Now, then we experience heaven.

And then we do not seek ideas; Love will draw them to us in perfect order and perfect sequence. We do not seek people; Love will draw the right ones to us when we want to be with them. We do not hunt for riches, Love will bring us our daily bread and all else as we need it. When we look carefully at the Lord’s Prayer we find in that masterpiece Jesus’ instructions for achieving this perfect balance in the Center of God.



How To Become An Irresistible Person
Thursday

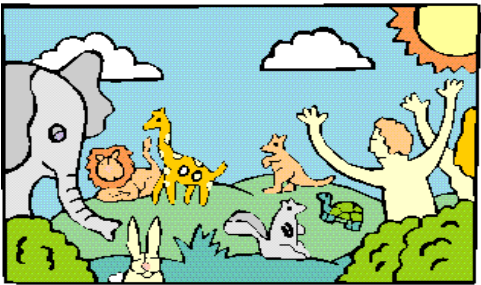
“Trust in the Lord with all thine heart ..”.
Prov. 3:5

Since God has arranged all things in this universe, and has appointed the time for the rising and the setting of the sun, and for the ebb and flow of the tides, He has also appointed the time that you should be in this world. He has selected the parents and duties that shall be yours. Whatever your present capacities or present opportunities for service, God’s Plan for you is far more important than you now realize. His Plan for your life is to be a healthy, happy expression for the good of all. And so any work in which you have a natural sense of harmony with others, and which gives you joy, is yours to do now.

The essential purpose of life is to keep in touch with the Father and allow the Divinity that is in you to manifest. When a man or woman is attuned to God’s Will he is irresistible, no matter what duties he performs. Never did the world so need men and women with this cosmic sense of destiny. Never did God so need irresistible persons!

Since God has appointed the time for your influence to be spent here, let it be a time and an influence that builds for the Kingdom!

Our Father, we do not pray for easy lives; we pray to be stronger men. We do not pray for tasks equal to our powers; we pray for powers equal to our tasks. Turn our disappointments into Thy appointments.



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