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The Power and Benefits of Meditative Prayer

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Most of us are bombarded regularly by the responsibilities of work, school, family, and home. Our days are filled with distractions and demands of all kinds. Add to that the stress often associated with daily commutes and the never-ending lure to engage in social media, and you have a breeding ground for disquietude. In this setting, it becomes especially challenging to find or create quality quiet time or actual silence. This reality has hindered many of us from practicing meditative prayer. We experience silence so rarely—thanks in part to the hyper lifestyle we've adopted—that we tend to have difficulty embracing it when we do encounter it. Silence seems foreign, weird. Is it because the advances in technology have changed society and the way we communicate and socialize?

