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**Swk499: Integrative Seminar**

**Dr. Devonne Allen**

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**Reflection # 9**

**1. Prayer, say the authors, is the first and indispensable disciple of compassion. How do they explain this?** The author explains this statement by saying that “ prayer is also the first expression of human solidarity”. He went on to further explain that the same Spirit that we connect in our time of prayer, is the same Spirit that leads our brothers and sisters all around the world in unity. The author also explained that the prayer does not separate us from people, but that it actually should bring us closer to them.

**2. Share your thoughts about prayer as entering “into a deep, inner solidarity with all human beings so that in and through us they can be touched by the healing power of God’s spirit.** I agree with this statement. Being that we are all spiritual beings, I believe that whenever we are praying for someone or praying with someone we bring upon ourselves the feeling of that individual. Not because it contaminates us or anything like that, but because the Holy Spirit actually makes us discern or gives us a revelation of what people are going through.

**3. Discuss this statement: “Compassionate prayer does not encourage the self- serving individualism that leads us to flee from people or to fight them.”** Why is knowledge of this so important? This is important because God does not want us to be selfish. If we come to him, with only our worries only, it becomes a limited prayer. However, when we constantly come to God with prayer and supplication on other people’s behalf, we begin to grow and expand our walk with God. This reminds me of when God asked Solomon what he wanted from God and Solomon responded “wisdom to lead God’s people”. God gave him much more than that because he did not just focus on his needs alone.