

February 2004

Book of the Month

Scott Engle

Prayer

by Richard Foster

Richard Foster's book, *Prayer: Finding the Heart's True Home*, has been one of the most popular books on prayer since it was published in 1992. I doubt you could find a contemporary book that will be more helpful as you seek a richer and more enduring prayer life. Foster teaches us about 21 types of prayer as a way of describing the rich diversity that is possible in our conversation with God.

Foster writes that his book is not a book about definitions of prayer or the terminology of prayer or even methods and techniques of prayer. Foster seeks to help us understand that prayer is about a love relationship: "an enduring, continuing, growing love relationship with the great God of the universe."

Note though, my recommendation comes with a caution! Foster's book is so rich that I urge you to avoid trying to consume it all at one time. Instead, consider reading one chapter every couple of weeks or so. Foster notes that "Some people work at the business of praying with such intensity that they get spiritual indigestion." Take your time with this book. Use it as a guide over many months. It will repay a slow, thoughtful, and prayerful reading.