

Verbal- and Practical Ways of Praying, and Expressing Our Gratefulness to God

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The universe is magnificent. Praise to God for Creating it.

Scientists estimate that there are 6-20 trillion galaxies in the world, including Milky Way, 2×10^{23} stars in the universe and there are 100 billion stars in Milky Way, including our own sun. There are 8 planets, 146 moons and more than 3700 comets and many asteroids in our solar system. Farthest galaxy from us is 13.5 billion light-years away, and the diameter of a hypothetical sphere containing all galaxies is about 8.8×10^{26} meters.

Scientists also estimate that there are 37.2 trillion cells in our bodies.

We have been blessed by God infinite number of ways.

We can just look at our own body and see how different parts and cells are functioning so beautifully, and in complete coordination with each other.

Looking at flowers, plants, birds, and animals and all other things around us, including all the galaxies, stars, planets, moons, comets, asteroids and all the life forms on- and in earth, and possibly in other places, we can see the same excellence and magnificence in creation.

All these make us more humble to God, who created them, and make us to express our gratefulness to the Creator more often.

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Verbal- and Practical Methods of Praying and Asking God for a Favor.

When we face a problem, or have a special need, it is customary to pray to God to solve that problem for us and meet our request. We often ask the other people to pray for us too, and ask God to meet our needs. This is **a verbal prayer**, and it is very simple.

When our request or “demands” are not met, we may become frustrated as to why God does not meet our prayers, or the prayers of the other people who tried to help us.

A practical prayer would be to make every effort, and make use of all the knowledge we have to solve the problems we are facing, or find the ways to satisfy our needs, then pray and trust God that He will help us when is the best time. Trusting that God has devised the Order of the Universe; that nothing can happen which defies this Order, and this Order is for the best for us and all beings, help us to be content, and remain patient until our prayer is answered.

Verbal and Practical Methods for Expressing Our Thanks and Gratefulness to God.

When someone does a favor- or does something for us, it is only right and polite, to express our gratitude to him or her. God, Who Has Created us with billions and billions cells, each of which knows exactly how to function, by itself and in complete coordination with the other cells, it is only right for us to express our gratitude to Him.

We can also look at the nature around us and discover how well our bodily needs are met; learn how well we can discover some of the secrets of nature, make use of our discoveries and create

more comfort for ourselves, and to meet all our other needs, This should be done, both verbally and in a practical way.

It is wonderful to learn that it is part of our creation that when we express our gratefulness to God, we feel happy and joyous.

A verbal expression of our gratefulness is to simply think of the blessings we have, and express our gratitude for that blessing. We can spend a little time every night, may be just before sleeping, and write down our blessings and our gratefulness. This can be done in a notebook so that we can refer to it often and read the blessings, and the gratefulness we expressed, on any particular date.

A Practical method of expressing our gratitude and gratefulness to the Lord, who has given us so much, is to make every effort ***to render the most effective and unconditional service to those who need it most.*** The joy and happiness associated with such a service is just tremendous. A prayer may be to ask God to provide means for us to do just that, without any expectations, and only as a duty, and only as a means to express our gratefulness to God for having created us the way He has, and having given us so much.

I believe the following:

With the Grace of God and by rendering of the most effective unselfish service to those who need it most, along with unconditional love and the possession of human values, we ascend spiritually, and attain a deep and long-lasting happiness.

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