

***Pray then Listen* by Teresa O'Driscoll**

Teresa O'Driscoll has written a helpful prayer guide to aid readers in having two-way conversations with God. For this, she uses her own experiences as a starting point and they are experiences that many of us will be able to relate to.

Alongside her own thoughts on this sometimes complex aspect of Christian faith and living, Teresa offers several suggestions for short, simple meditations and prayers to use in a wide variety of situations. These reflect many practical experiences of prayer in the day to day tasks and worries of life. She offers good reminders of simple things we often forget. Although personally, I would have valued a greater depth and use of insights from others, not just her own thoughts and views.

In my own book, *Finding Stability in Times of Change* (Endulini 2022) I write about how we have made prayer 'Oh so complicated'. Teresa O'Driscoll reminds us that prayer can at times be 'Oh so simple' and still enable us to encounter God within it.

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