

Evelyn Underhill: A Pioneer of Prayer

Evelyn Underhill was born in England in 1875. She was a precocious child, and by the age of 15 she had already written a book of poetry. She went on to study at Oxford University, where she became interested in religion and philosophy. After graduating from Oxford, Underhill worked as a social worker and a teacher. In her spare time, she continued to write about religion and mysticism.



Evelyn Underhill's Prayer Book by James Mallory

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4192 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 140 pages



In 1906, Underhill published her first book on prayer, entitled *The Mystic Way*. This book was a critical and commercial success, and it quickly established Underhill as one of the leading spiritual writers of her time. In the years that followed, Underhill wrote several more books on prayer, including *Praises*, *Worship*, and *The Fruits of the Spirit*.

Underhill's writings on prayer are characterized by their depth, clarity, and practical wisdom. She drew on her own experiences as a mystic to provide insights into the nature of prayer and its role in the spiritual life. Underhill

believed that prayer is not simply a matter of asking God for things, but rather a way of communing with God and experiencing his presence.

Underhill's writings have had a profound influence on generations of seekers. Her work has been translated into many languages, and it continues to be read and studied by people all over the world. Evelyn Underhill was a pioneer of prayer, and her writings have helped to shape the way that we think about this essential aspect of the spiritual life.

Underhill's Insights into the Nature of Prayer

Evelyn Underhill believed that prayer is a universal human experience. She wrote, "Prayer is as natural to man as breathing. It is the expression of his need for God, and the channel of his communication with Him." Underhill believed that prayer can take many different forms, both vocal and nonverbal. She wrote, "Prayer may be a cry for help, a confession of sin, an expression of gratitude, or a simple act of adoration."

Underhill also believed that prayer is an essential part of the spiritual life. She wrote, "Prayer is the key to the spiritual life. It is the means by which we open our hearts to God and allow His grace to flow into us." Underhill believed that prayer can help us to grow in our knowledge of God, to experience his presence, and to become more like him.

Underhill's writings on prayer are filled with practical wisdom and advice. She offered many helpful suggestions for how to pray, including the following:

- Pray regularly, at least once a day.
- Find a quiet place where you can be alone with God.

- Begin by simply opening your heart to God and telling him what is on your mind.
- Don't be afraid to use your imagination and emotions in prayer.
- Be patient and persistent in prayer. Don't give up if you don't feel like you're getting anything out of it.

Evelyn Underhill's writings on prayer are a valuable resource for anyone who is interested in deepening their spiritual life. Her insights into the nature of prayer are both profound and practical, and her advice can help us to pray more effectively and fruitfully.

Evelyn Underhill was a pioneer of prayer, and her writings continue to inspire and guide seekers today. Her insights into the nature of prayer are both profound and practical, and her advice can help us to pray more effectively and fruitfully. If you are interested in deepening your spiritual life, I encourage you to read Evelyn Underhill's writings on prayer.



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