



# Praying the Truth: Deepening Your Friendship with God through Honest Prayer

*SJ William A. Barry*

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We don't question our desire to be open with our close friends about our feelings, even if those feelings are difficult to express. We recognize that being honest with our loved ones will only deepen our bonds and help us feel peace in being able to express our innermost thoughts. Why then is it so challenging for us to come as we are, however we are, when approaching God in prayer?

*In Praying the Truth: Deepening Your Friendship with God through Honest Prayer*, William A. Barry, SJ, helps us deepen our friendship with God by examining how to approach God, at any time and with any problem, in complete honesty. Fr. Barry reflects on how secrecy can hurt families, the Church, and ourselves and how what we are keeping secret can get in the way of our connection with God. He acknowledges that we may fear God's reaction when revealing our most intimate truths; but just like with friendships, we risk not developing our relationship with God if we are dishonest about who we are and how we feel.

*Praying the Truth* helps us realize that if we do not approach God in complete honesty, we may be holding back a part of ourselves that needs to be healed. By learning how to communicate honestly with God, our friendship with God and our faith in God's promise to love us unconditionally will be strengthened.

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