

the answer seems obvious to us, it's 'yes!' Sometimes the answer seems to be, 'wait!' We pray about a thing and nothing seems to happen and then a long time later it does happen. Sometimes the answer is, 'it will be answered, but not in the way you expect'. I have prayed for things and they don't seem to have happened, but later I look back and see that in other ways that prayer was answered. And sometimes the answer is, 'my child, no. This isn't the best thing for you in this situation'.

I131 BB: What advice would you give to someone beginning to learn to pray?

DE: Be as natural as you can. You are talking to one who has revealed himself as our heavenly parent, who loves us infinitely, who gave himself in Jesus to die for us and who says, 'come to me in the name of Jesus and I will hear and answer'. So, cast yourself into the sea of his love – it's the relationship that matters.

I141 *'It's the relationship that matters'. But what does it mean to have a relationship with God? Roy Castle was a plain speaker with a straightforward faith. So, we asked him.*

RC: With me, it's been a slow realisation. I've always known a certain feeling – and I'll sort of try and give you a mental picture. I've always felt that I was holding somebody's hand, but never looked up to see who it was and then, gradually, you find that this feeling was Christianity, and the hand you were holding was that of God in Jesus, you know, and it was a slow realisation for me. I always felt that I was a Christian in a way, but never put that tag on it and I wandered away – quite a few times. With show business being the way it is, every now and again I would do things that perhaps, I would now never even consider doing – nothing that bad! – but still wrong. And slowly but surely I've realised where my heart lies and what I really think is right and what makes me feel comfortable. And it's being a Christian.

I151 *Roy Castle. Rachel and Darren Wilson have quite a story to tell. Darren came to faith in prison and Rachel started her journey to faith with a copy of St Luke's Gospel in one hand and a bottle of vodka in the other. We asked Rachel what prayer means to her.*

RW: Prayer – it's my only communication with God, other than the Bible. It's like talking on the telephone to your father. When I'm down, I know that I can turn to him and say, 'help' and when I am really happy I can turn to him and say 'thank you'. Thank you for giving me this life.

I161 *Rachel is a relative newcomer to prayer, of course, whereas the Archbishop of York has been immersed in it for many a long year. We sought his advice.*

JH: Pray as you *can* and not as you can't. Because prayer is a very individual thing and I think, over a lifetime we learn ways which enable us to keep close to God. And I suspect that, as we get older, prayer becomes simpler and simpler and reduced to a few essentials. I find myself these days relying more and more