

Prayer

"He who is able to pray correctly, even if he is the poorest of all people, is essentially the richest. And he who does not have proper prayer, is the poorest of all, even if he sits on a royal throne" - St John Chrysostom

Prayer is the elevation of the mind and the heart to God in praise, in thanksgiving, and in petition for the spiritual and material goods we need. Our Lord Jesus Christ commanded us to enter into our inner room and there pray to God the Father in secret. This inner room means the heart, the core of our being.

The Apostle Paul says that we must always pray in our spirit. He commands prayer for all Christians without exception and asks us to pray unceasingly.

Orthodox Christians engage in both corporate and personal prayer. One's individual prayer life is balanced with participation in the liturgical services of the Church where the whole community gathers for prayer and worship

In this section, you will find resources to encourage both personal and corporate prayer throughout the season of Great Lent. Perhaps, the most common prayer during this season is the Prayer of St. Ephraim the Syrian. In the following article, our own Fr. John Mashburn and Fr. Stephen Rogers from Franklin, TN offer reflections on this powerful prayer used throughout the Lenten season.

Following that, you will find a description of the corporate prayer of the Church during Lent including a reflection on the Sundays that we will encounter leading to Holy Pascha. Finally, you will also find an article written by Fr. Alex about the mystery of confession.