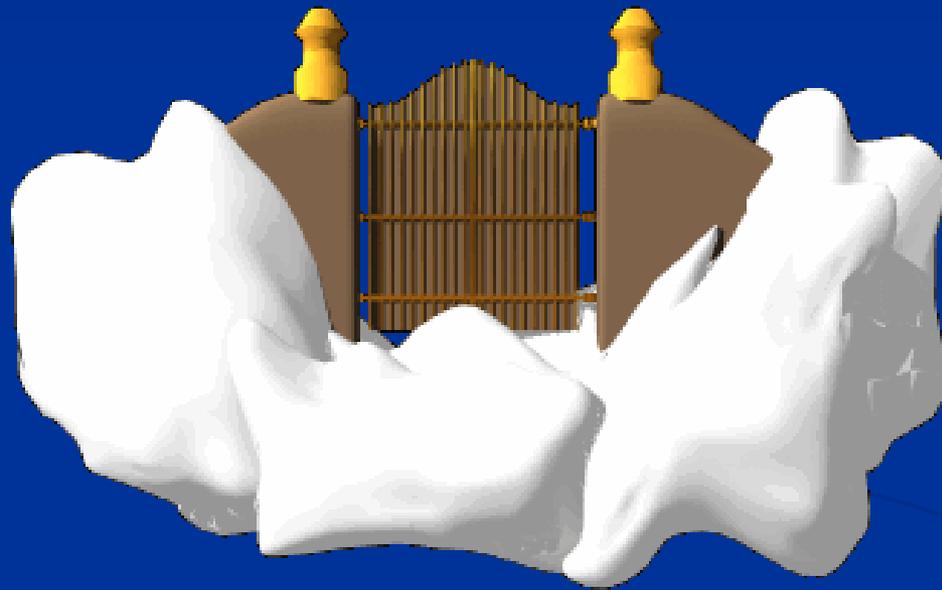




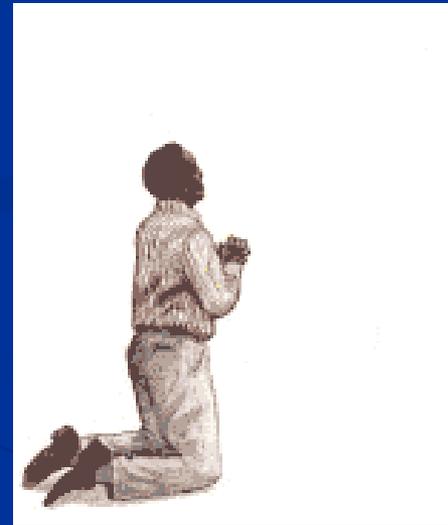
Practicing Ceaseless Prayer



Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak. (Mat 26:41)

WHAT IS IT? HOW DOES IT LEAD TO GOD?

- Prayer is a bridge that links man to God. It has been compared to Jacob's ladder which was set up on the earth, and its top reached heaven (Gen 28:12).
- Prayer is not just words, but a relationship with God, with your heart and with your thoughts...
- Prayer is a feeling that you are in the Divine presence. Without this feeling, prayer would not be a prayer...
- It is the feeling of a heart that is directed to God, feeling that God is with you or that he is standing before Him. As said by Elijah the Prophet, *"As the Lord of hosts lives, before whom I stand"* (1 Kings 18:15)
- Before God, one forgets everything and nothing remains in his mind except God alone. Everything diminishes and God becomes everything, nothing else matters beside Him...



Prayer is a statement of love that we express in words!

- If you love God, you will pray. And if you pray, your love for God will increase.
- “O God, You are my God; Early will I seek You; my soul thirsts for You” (Ps 63:1)
- “As the deer pants for the water brooks, so pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God ?” (Ps 42:1-2).
- Prayer is longing for God, thirsting for Him as a dry land thirsts for water...
- Many pray and do not feel comfort because their prayer is void of love... It is just words!
- God has rejected the prayers of those people and said about them, “...these people honour Me with their lips, but have removed their hearts far from Me” (Is 29:13).
- And the Lord Jesus Christ repeated the same rebuke, concerning the Jews, in the Gospels: `These people draw near to Me with their mouth, And honor Me with their lips, But their heart is far from Me. (Matt 15:8) and St Mark (7:6).
- So then mix your prayer with love. Talk in your prayer to God with sentiment. Prayer is the longing of the soul and being in the presence of God. It is the longing of the limited to the Unlimited, the longing of the created to his Creator and the longing of the soul to its source and to its satisfaction...



Why Should We Pray?

- **Prayer is pleasing God**
 - Give unto the Lord the glory due to His name; Worship the Lord in the beauty of holiness. (Psalm 29:2)
 - Tell God “I love You.”
 - But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. (John 4:23)





Why Should We Pray?

- **It is a sin not to pray**
 - Moreover, as for me, far be it from me that I should sin against the Lord in ceasing to pray for you (1 Sam 12:23)





Why Should We Pray?

- **Prayer protects us from sin**
 - Your word I have hidden in my heart, That I might not sin against You! (Psalm 119:11)



HOW CAN I GROW TO LOVE THE LIFE OF PRAYER?

- To love prayer, Decide, for yourself, on a short prayer that suits you.
- For Example you may try practising the “Jesus Prayer”...
“My Lord Jesus Christ have mercy upon me a sinner”
- You may repeat it several times, in depth, expressing your personal feelings.
- Keep saying the prayer as frequently as you could all the day long.
- When time of prayer comes you feel very comforted.
- If you are occupied all day in business only, without reciting these words, then when you stand to pray you will find difficulty to contemplate on God.
- We need to enter in an unceasing dialogue with God all day long. Hence when it's time to stand before God in prayer you will feel comforted.
- It will also be a chance to judge our conscious and repent.





Practicing a life of Prayer

- Use this prayer at your leisure to keep yourself busy lest your thoughts should wander over silly things. That is how you can gain a double profit: praying and also resisting evil thoughts. At the same time, you use your time in what helps you spiritually.



Practicing a life of Prayer

- Keep your mind busy with prayer while you are among people whose talk may hinder your salvation. You will not benefit from such talk, and, at the same time, you'll be embarrassed to walk away from the conversation. Stay there physically, but keep your heart busy with God in prayer without anybody noticing.
- If anyone talks to you during these prayers, do not ignore them but answer them briefly and quietly, then go back to your prayers...





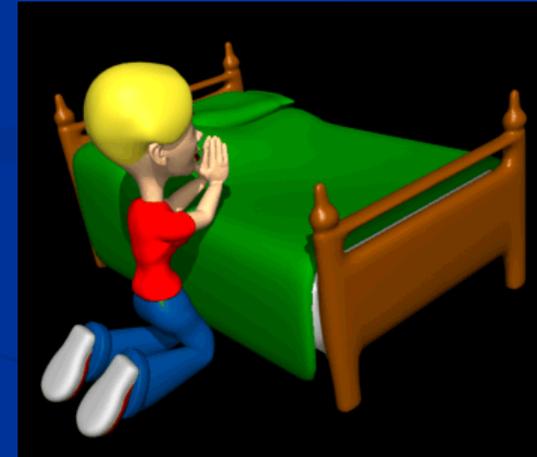
Practicing a life of Prayer

- You may also busy yourself with these prayers during the time you spend in public transport or in waiting for it or while you are waiting for somebody. This could also save you from anxiety.
- You may repeat these short prayers while you are having your meals. It feeds your spirit while your body is receiving its food. At the same time, you'll keep table etiquette.
- Whenever you find a chance to pray, take advantage of it. That is how you overcome the problem of "wasting time" and get used to prayer.



Practicing a life of Prayer

- You may also repeat these prayers while you are in bed before you go to sleep. This will keep your subconscious busy with spiritual things, besides the act of praying. By doing this, your bed will be sanctified and your dreams kept pure.
- When you wake up, start also by repeating these prayers, even before washing your face. Thus your first thought becomes spiritual and the first one you talk to will be God.
- All these prayers shall not prevent you from practicing the Agpeya prayers (the Book of Hours) or your personal prayers, and standing in reverence before God...



Practicing a life of Prayer

- All these prayers shall not prevent you from practicing the Agpeya prayers or your personal prayers, and standing in reverence before God...





- *“O God, you are my God, early will I seek you; my soul thirsts for You, my flesh longs for You, in a dry and thirsty land where there is no water.” (Psalm 63:1)*

- *“And you will seek Me and find Me, when you search for Me with all your heart.” (Jer 29:13)*

