

Necessity and Efficacy of Prayer

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Based on the Book “Orthodox Prayer Life” by Fr. Matthew the Poor



“Let him who does not pray expect nothing whatsoever from God- neither salvation nor renewal no direction nor grace. Rather, he is consigned to the whims and fancy of his own mind, the will of his own ego, and the direction of his own thinking” (Fr Matthew the poor)

What is Prayer

- Prayer: Definition from Wikipedia,
 1. Object of worship through deliberate communication.
 2. Prayer a form of religious practice, may be either individual or communal and take place in public or in private. It may involve the use of words or song. When language is used, prayer may take the form of a hymn, or a formal creed,
- In short: Prayer is a conversation with God
 - Do you get excited about conversation with others???

Every member prays

■ The whole body members prays:

- Raising of hands
- Bowing of heads
- Kneeling of knees
- Raising of eyes to heaven
- Thoughts of the mind
- Movement of the heart

All the senses are used during prayer (story of 2 boys)



Prayer is a life

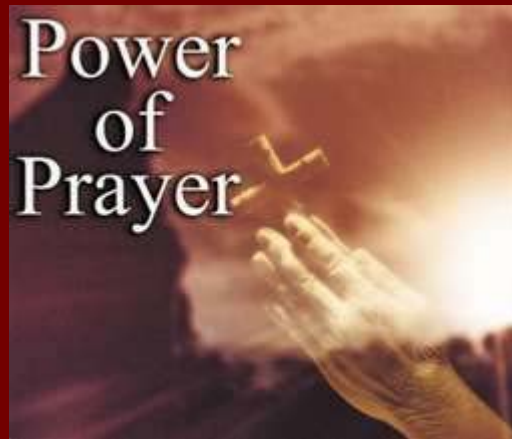


- Prayer is the relationship between the Creator and His Creation.
- It is not Just repetitive words or thoughts between Humans and their God.
- It is an essential action thru which conversion, renewal, and the growth of one's soul take place
- Prayer is life itself, you feel it in every minute of your daily life:
 - During supper, conversations with others, work, or even during sleep.

In essence it is a relationship that never ceases. (story of best friend)

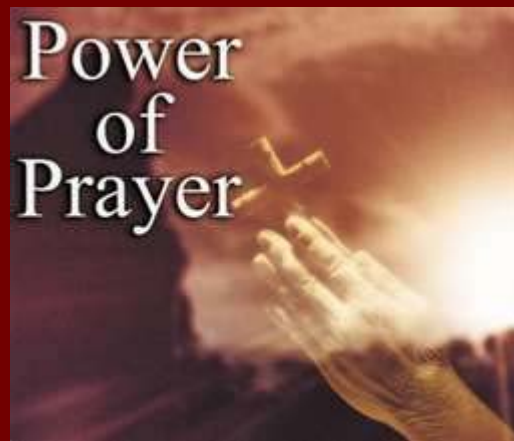
Benefits of Prayers

- Prayers teaches you how to enjoy meditation.
- Prayer is a weapon to fight the Devil. It is our refuge.
 - money, greed, sensual pleasure, etc..
- Prayer teaches you to be Silent in the right occasions
(Sometimes being silent is prayer in itself)



■ Prayer reminds us daily:

- we are not of this world. We are the children of light.
- we ought not to have communion with the immoral.
- restrains our hearts from coveting injustice.
- supplies us with a deep insight, so that we may refrain from involvement in wrongdoing or condoning or praising improper behavior.



Necessity of Prayers

Bible Verses

- “Apart from me you can do nothing” (Jn 15:5)
- “Pray that you may not enter into temptation” (LK 22:40)
- “Call upon me in the day of trouble, I will deliver you and you shall glorify Me” (Ps 50:15)
- “How much more will the Heavenly Father give the Holy Spirit to those who ask Him” (LK 11:13)
- “whatever you ask the Father in My name He may give you.” (Jn 15:16)

- The human soul's relationship with God and the longing to speak with him are essential elements of man's very being
- The tree appeals to eyes of the gardener as one of good quality by yielding expected fruit. So does man who prays in good season appeal to God.
- The fruit is the gardener's ultimate hope in planting the tree, watering/tending it. Fruit is the relationship that binds the tree to the gardener's heart and thought. It is also the main purpose that motivates him to care for it and keep it in his garden.

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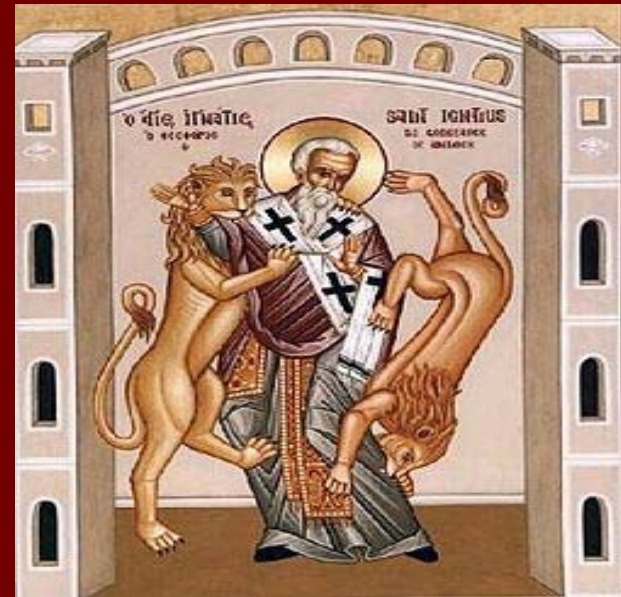
- Prayer grants us every day with a new heartfelt peace in return for that which we lose as a result of the provocations and injustices that we face in the world. Had it not been for God's grace, we could have been blighted with anxiety and morbidity.



- God does not seek mere believers. Rather, he seeks “true worshipers...who worship him... in spirit and truth” [John4:23, 24]. Here, Christ refers to the lawful state of prayer that is recognized by the Father. (story \$100 bill)
- For God is truth, and he accepts no prayer except in truth.
- God is Spirit, and he accepts no prayer except in spirit. Such a prayer knows what eternal life is and submits to the Spirit of God. **Therefore, the prayer that is in spirit and truth is the only prayer acceptable to God.**

Sayings of the Fathers on the necessity of prayers:

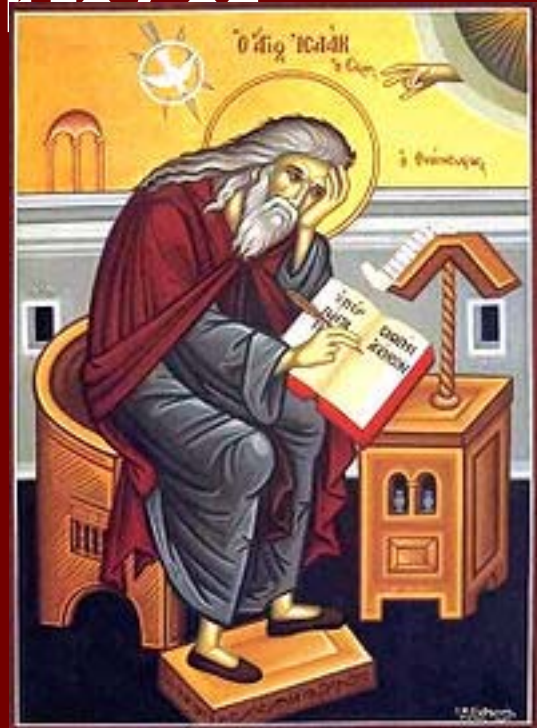
1. **God does not need our prayers! He knows what we need before we even ask. He is all merciful and he pours his abundant bounties even on those who ask Him. It is for us that prayer is indispensable; it appropriates man to God. (Bishop Ignatius)**



Sayings of the Fathers on the necessity of prayers: (St. Isaac the Syrian, the four books)

By means of words we find access to mysteries, for prayer draws the mind near to God

Prayer is superior to all other Virtues.



Sayings of the Fathers on the necessity of prayers:

- 1. Virtues are formed by prayer. Prayer preserves temperance, suppresses anger, restrains pride and envy, draws down the Holy Spirit into the soul, and raises man to heaven. (St. Ephraim the Syrian)**



Efficacy: Definition,

to describe the characteristics of Scripture. The efficacy of the scripture means that it is united with the power of the Holy Spirit and with it, not only demands, but also creates the acceptance of its teaching and that this teaching produces faith and obedience. Efficacy further means that Holy Scripture is not a dead letter, but rather, the power of the Holy Spirit is inherent in it.

We receive hidden gifts all the time

Love, humility, patience

Prayer manifest these hidden gifts to us. The manifestation of Christ becomes visible in us.

Prayer will then,

1. **Set a guard over our mouth and lips.**
2. **Censor our eyes.**
3. **Make our ears a gate of divine fortress.**

**The heart will desire nothing but to please
God and enjoy his love**

If a man does not pray, he can never be changed or renewed. He will have no genuine or effective relationship with Christ.

His worship, however active, is nothing but an outward superficial growth.

In the end it breaks off bearing no fruit

All this can be realized only when prayer becomes our supreme concern, our main preoccupation, which outweighs all other cares. It becomes more pleasurable than earthly one's.

Then we would pray at all times, all places, all circumstances, and in all conditions.

Glory be to God forever.....