

Message from Fr. George for Friday, June 2, 2023

"When you don't live with Christ,
you live in melancholy, in
sadness, in stress, in grief...The
greatest of all medicine is to offer
oneself in devotion to Christ.

Everything gets healed.
Everything functions properly.

God's love transforms all;
it alters, it sanctifies, it corrects, it
changes, it modifies everything."



St. Porphyrios

A Reflection on Prayer

1. Time is sacred. It is God's gift to us. We are called to devote time to daily prayer daily. Praise the Holy Trinity and ask for help from our Savior, the Lord Jesus Christ.
2. Prayer is dialogue and communication with our living God. We should seek in body and spirit to be deeply conscious of what we read and say to our Lord Jesus Christ.

3. Prayer requires focus and devotion, but often, we become distracted as we pray. Thus, read a Holy Father's words or a New Testament text to enable your mind to transition into a spiritual search with your prayers. With deliberate focus, read the spiritual text to warm your heart and spirit to offer prayer to our Lord Jesus Christ and be attentive to His response.
4. We should ensure that our spirit is in our prayer. We should read with expectation and not mechanically. Ask the Holy Spirit to guide your soul to Christ no matter how tired or persecuted you feel. If we don't feel like participating in the prayer, we can repeat it.
5. It is important that we use and interpret the sign of the cross correctly. This is the symbol of the victory of our Lord Jesus Christ.
6. Prayer is to be done daily to praise and worship God. It is not only offered when we need the help of our Lord Jesus Christ. We can sing the Trisagion Hymn every day in honor of the indivisible Holy Trinity. We can thank Christ for mercy and seek the love and unity of the Holy Trinity, the one true God.
7. When we pray, we must be present in spirit and humility. Let us pray knowing that our sins harden our conscience. Let us ask the Lord to have mercy on us and forgive our sins. Let us seek His help to avoid temptation from them. Let us repent and seek to change the way we live to avoid further sins. Let us not drift aimlessly in our feelings, nor complain or criticize others as we seek God's will through our prayers.
8. Let us pray fervently because we desire to become closer to God. Prayer is not a chore; it is not done out of duty. We should not rush. Prayer is

done with love in our spirit because we are thirsty and want to talk to Christ and give thanks to Him and to ask for His help.

9. We must set aside the right space and time for prayer. Seek to find enough time to avoid rushing through your prayers. Find a quiet place where you can be uninterrupted and use sacred icons, a burning candle, and incense to help you be reminded that you are in your “little church at home” but still part of the Body of Christ, surrounded by God’s angels.
10. Prayer is practiced as an art that is constantly evolving. We should not neglect to pray. We should not delay our prayer with excuses. Seek to schedule daily time for prayer and make it a habit. Never forget that when we want to pray, evil puts obstacles in our way. We need to resist evil and keep praying. The devil is engaged in spiritual warfare to keep us from praying. Resist evil until your last breath.

Glory to the Father, and to the Son and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

Prayer of the Holy Spirit for Pentecost (This Sunday)

Heavenly King, Comforter, Spirit of Truth, present in all places and filling all things, treasury of good things and giver of life: come; take Your abode in us; cleanse us of every stain, and save our souls, O Good one.

May Their Memory Be Eternal!



The 40-Day
Memorial for
Patricia and
Mary will be
on Sunday,
July 9, with
a Memorial
Brunch
afterwards.

