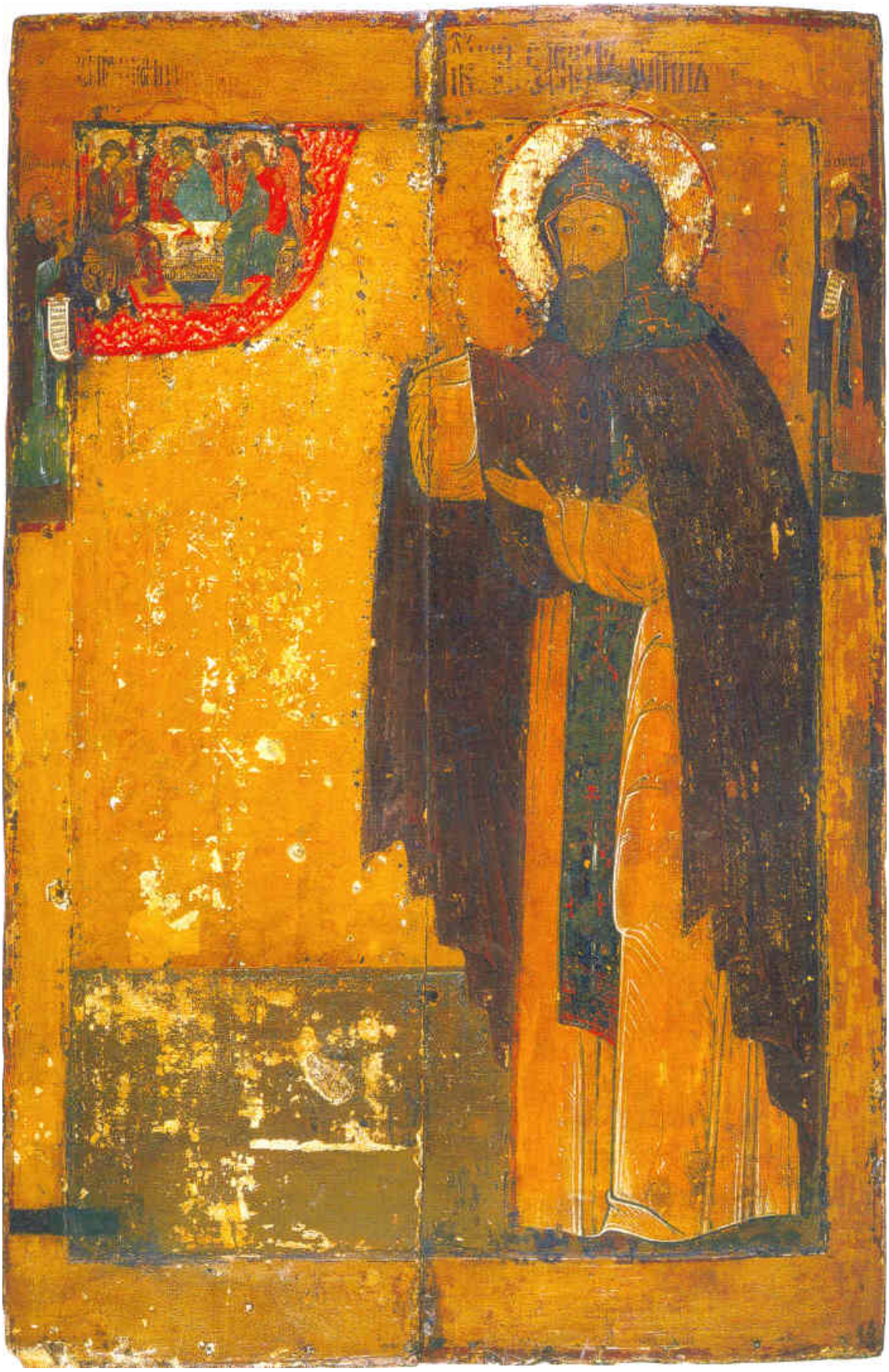
19 Σεπτεμβρίου 2009

St Ephraim on Prayer

Ξένες γλώσσες / In English



A beautiful, inspiring, and deeply comforting short homily by St Ephraim the Syrian:

Not to sin is truly blessed; but those who sin should not despair, but grieve over the sins they have committed, so that, through grief they may again attain blessedness. It is good, then, to pray always and not to lose heart, as the Lord says, And again the Apostle says, ‘Pray without ceasing’, that is by night and by day and at every hour, and not only when coming into the church, and not bothering at other times. But whether you are working, lying down to sleep, travelling, eating, drinking, sitting at table, do not interrupt your prayer, for you do not know when he who demands your soul is coming. Don’t wait for Sunday or a feast day, or a different place, but, as the Prophet David says, ‘in every place of his dominion’.

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