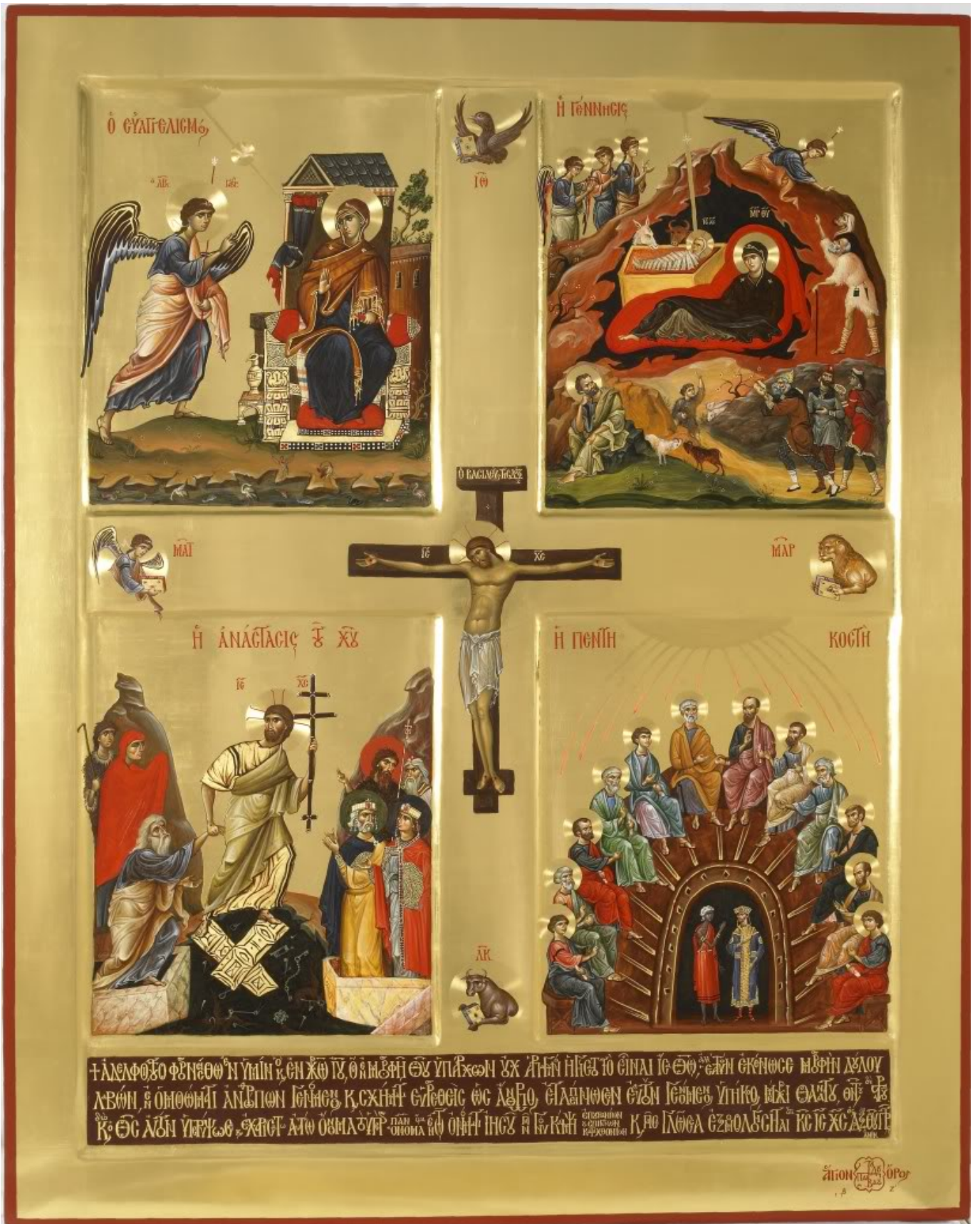


17 Σεπτεμβρίου 2009

## **“These Truths We Hold” (Part X)**

[Ξένες γλώσσες](#) / [In English](#) / [Truths we hold](#)



[Continued from \(Part IX\)](#)

### 3. Orthodox Worship.

## **The Five Cycles.**

### **The Great Cycle of Life.**

The life of an Orthodox Christian can be seen as being composed of five cycles. There is, first of all, the great cycle of life, which embraces the whole life of a man from birth to death, and which consists in liturgical actions which are not repeated, occurring only once in a person's lifetime. These are Holy Baptism, Holy Chrismation, and the Burial Service. In addition, there also belongs in this great cycle the Sacraments or Sacramental Blessings which bestow special grace for a particular office or vocation with the community. These are Holy Matrimony, the Monastic Tonsure and Holy Orders.

### **The Daily Cycle.**

Another major cycle which involves the entire life of an Orthodox Christian is the daily cycle of prayers and praises offered by the Church, once every twenty-four hours. These services express our remembrance of events which happened at certain hours and contain petitions relevant to these memories.

[Read more... \(περισσότερα...\)](#)