

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

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### **Orthodox Prayer.**

The goal of the Christian's life on earth is salvation in our Lord Jesus Christ and, at the same time, communion with God. The means for this communion is prayer, and through his prayer the Christian is joined in one spirit with the Lord (I Cor. 6:17). Prayer is the focal point and foundation of spiritual life and the source of salvation. Without prayer, as St. John Chrysostom says, there is no life in the spirit. Without prayer man is deprived of communion with God and can be compared to a dry and

barren tree, which is cut down and thrown into the fire (Matt. 7:19).

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