

## “These Truths We Hold” (Part XXXVII)

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### **Mechanics of Prayer.**

The Church of Christ teaches us prayers composed by righteous and holy men. The Holy Fathers and Ascetics of the Church, enlightened by the grace of God, have composed many beautiful prayers, filled with holy thoughts and deep feeling for the guidance and admonition of Christians. We hear these prayers in Church during the Divine Services, but for private prayer at home, each Christian must recite the prayers contained in the Prayerbook.

When we begin to pray, we do not immediately break off from our daily tasks and just start praying, but we must prepare ourselves. As the Prayerbook says: “Stand in silence for a few moments until all your senses are calmed.” Furthermore, as Holy Scripture tells us: Before offering a prayer, prepare yourself; and do not be like a man who tempts the Lord (Sirach 18:23). In addition to this, before entering into prayer, one must prepare himself not only inwardly, but also outwardly.

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