

## **We should be aware (Elder Sophrony of Essex)**

[Ξένες γλώσσες / In English](#)

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It's not enough for prayer just to proceed from the lips. It's of great importance that we should love Him Whom we're addressing. But we can't feel that love if we repeat prayers mechanically, or even if we concentrate. Unless we struggle with all our powers to observe the Lord's commandments, then we're calling upon His name in vain. But God tells us quite clearly (Ex. 20, 7) that we are not to utter His name unless there's a good reason to. This is why, when we call upon the name of the Lord, we have to be aware not only of the presence of the living God, but also of His true wisdom.