

27 Ιουλίου 2018

## **The life-belt of the soul (Elder Amfilokhios Makris)**

[Ξένες γλώσσες / In English](#)





Through the prayer 'Lord Jesus Christ have mercy upon me', we'll gain everything. Through this prayer, we're cleansed, burnished and sanctified. This prayer is the life-belt of the body and of the soul. It's the basis of perfection. You won't be weighed down and you'll fly. There's no other way of salvation, purification and sanctification than prayer of the heart. It's filled paradise with saints.