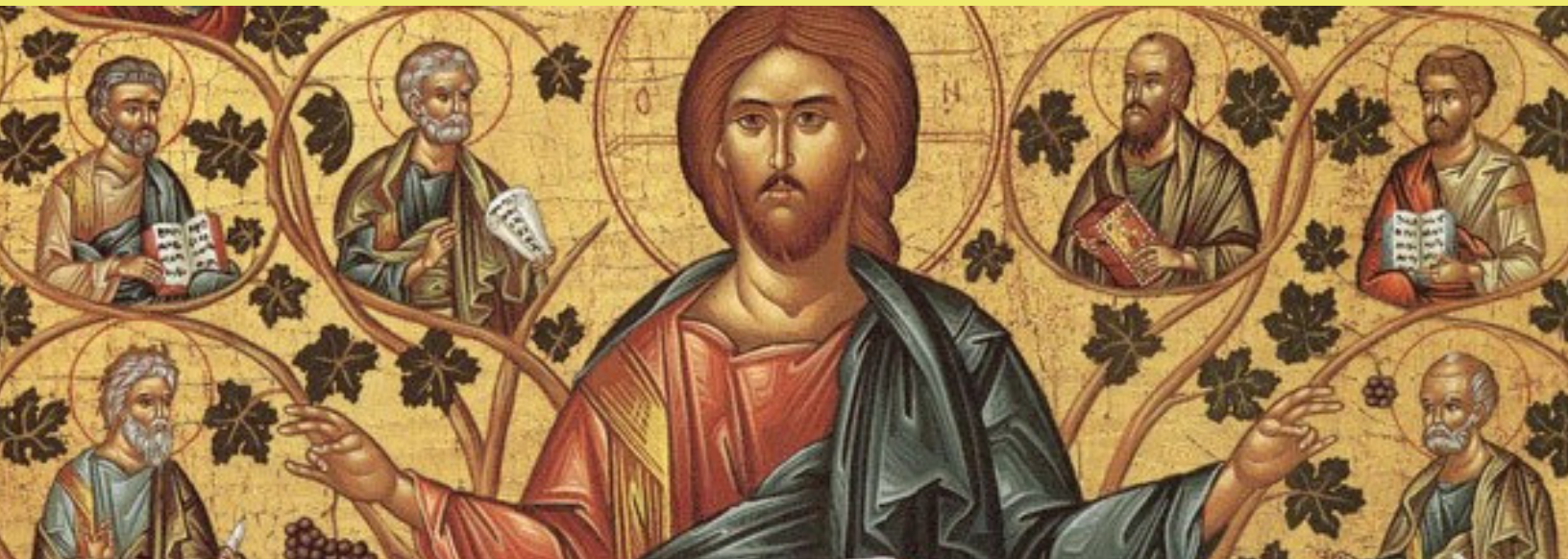


# Matters of the Heart

Orthodox reflections on faith and life



# 01

## Abide in Me

As the New Year draws near, it is an appropriate time to reflect on the quality of our walk with Christ, and make the necessary adjustments in order to begin the year in a manner well pleasing to Him. Our life in Christ demands our spiritual efforts, and in return is met with an abundance of grace. Let us therefore take this opportunity to re-examine ourselves and reconnect with God. Let us endeavor to meet the King of Kings at His dwelling place. Let us welcome Him in to the inner kingdom of our hearts, dining with Him and communing with Him through prayer and the Holy Bible. Let us meet Him at the Kingdom of His church and commune with Him through the Eucharist and His mystical Sacraments. Only then can we truly unite with Him as a branch to a Vine.

*"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me."*

John 15:4

*Our Lord the True Vine, bless my spiritual endeavours for the New Year and grant that I may forever abide in You.*