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Matters of the Heart

Orthodox reflections on faith and life



Offering the Heart to God 29 Prayer, as St John Climacus describes, unites the soul with its Creator. But the challenge lies in our inability to attain this union with God as a result of our worldly distractions

and daily affairs. Accompanying each day are 🕂 various stresses, pains, disappointments and an array of other emotions. But these sentiments need not hinder us from intentionally lifting our hearts and minds to the Lord. Rather all emotional and mental sufferings may be offered to God as a continual sacrifice, as a means to connect with the Lord and attain from Him the sustenance needed to overcome the day.

In this way one may obtain divine peace and an abundance of graces from the Wonderful Counsellor and Healer. Our hearts will be stirred and our days filled with heavenly inspirations. Above all, a fiery desire to serve the Lord God will be ignited within the soul.

"...and the peace of God, which surpasses all ⊹ ᠿ understanding, will guard ⊹ vour hearts and minds 42 through Christ Jesus."

Philippians 4:7

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See Also: Isaiah 9:6

ᠿ My Lord and Healer, ⊹ empty my heart of ⊹ all its anxieties and sorrows, and fill it with your unending peace.