

# Matters of the Heart

Orthodox reflections on faith and life



## 52 Time to Reflect

It is most useful to live each day in reflection of one's progress along the path of righteousness. In self-reflection we examine our walk with the Lord and the health of our relationship with the Saviour. We contemplate our form, as in a mirror, and carefully examine our character, actions, intentions and faith in God. For such a deep search of our innermost being allows us to become attentive to both the good and bad that lays within us, thereby laying the groundwork for our spiritual progress and enabling us to ultimately achieve growth in Christ.

Reflection on Jesus Christ is also a daily necessity, for it allows us to remain united with the Lord and brings to mind our countless blessings. We ought to continuously reflect on the mercies of God and His infinite love and grace toward us. For in doing so we recognise His presence in our lives and make tangible His ineffable peace which transcends anything that the world may offer.

✦ “Let us search out and  
✦ examine our ways, and  
✦ turn back to the Lord”

✦ Lamentations 3:40

✦ See Also:

✦ Hebrews 3:1

✦ *May God grant me the gift  
✦ of seeing myself as I truly  
✦ am in order that I may  
✦ strive towards the path of  
✦ Christian perfection.*