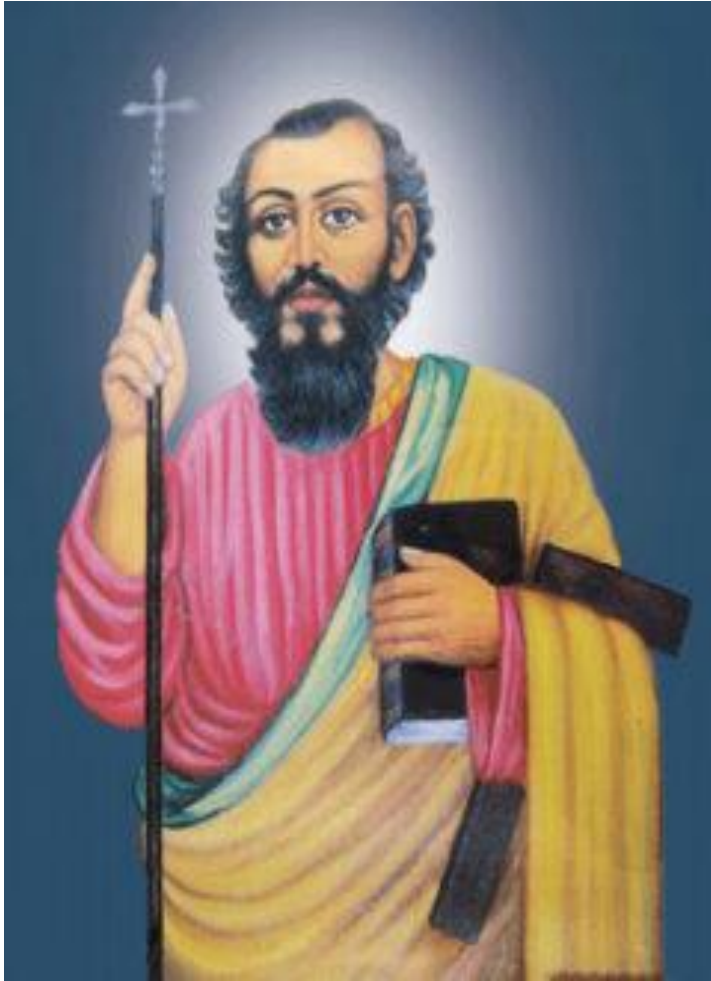


Why Pray/ Church History and Prayer- The Eastern Orthodox Church



Eastern Orthodox Church

- A typical Christmas Service looks like this..
- How we are taught to pray in the Orthodox church and what do we believe in (Syrian roots in our rituals)
- My personal experience (Orthodox church to what I believe in today)



Praying to deal with Sin & Suffering

- Sitting in the presence of God
- Prayer is being able to access God's heart
- What did Jesus say about His heart?

Examples from the Bible :

- How did Cain deal with God's judgement ?
- How did King David do it instead ?

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am GENTLE and LOWLY IN HEART, and you will find rest for your souls. For my yoke is easy, and my burden is light *(Matt 11:28-30)*

Psalm 51 Excerpts

Have mercy on me, O God according to your steadfast love

For I know my transgressions and my sin is ever before me

Against you, you only have I sinned

Create in me a clean heart, O God and renew a right spirit within me

Cast me not away from Your presence, and take not your Holy Spirit from me

A broken and contrite heart, O God, you will not despise