

# CONCERNING PRAYER

Prayer is the elevation of the mind and heart toward God. To pray means I stand before God with my mind, I gaze upon Him mentally with faith, and I speak to Him with reverence, and with hope and trust in His mercy.

Prayer is the turning of the human mind and heart to God, both in order to thank and praise Him, as well as to petition for what is beneficial and necessary for our soul.

Prayer is standing attentively before God, with feelings of gratitude and doxology, making our requests known to Him with a contrite and humble heart.

Question: Is it better to pray aloud with our mouth or silently with our mind?

Answer: One must pray with both his mouth and his mind. A point of clarification: When one prays with his mind, one prays using words that are inaudible, using words that are silently uttered within one's heart and mind. A more precise answer is this: One should pray sometimes with words that are audible, and sometimes using words that are inaudible. The significant thing is for our prayer to issue forth from our heart.

One must not only pray aloud with words alone, but with his mind and heart as well. One must comprehend with his mind the words he is voicing with his mouth, and one's heart must sense and share in what the mind is understanding. These are what constitute true prayer.

External prayer on its own is not sufficient. God inspects and listens to the mind, just as one Holy Father states: "God pays attention to our mind, not to our voice."

**"When you pray, go into your room, and when you have shut your door, pray to your Father Who is in the secret place" (Mt. 6:6)**, advises the Lord Jesus Christ. The spiritual "room" is the human heart. This internal, spiritual "room" contains within it both God and His entire Heavenly Kingdom, according to Christ Himself: **"the Kingdom of God is within you" (Lk. 17:21)**.