



# LENT: A TIME TO REVIVE OUR PRAYER LIFE

Prayer has been described as God's breath in man. When we are undone, frazzled: prayer is re-creation. St. John Climacus speaks from the depth of his soul in this beautiful quotation:

“Prayer is the conservation of the world, our reconciliation with God, the mother of tears, the propitiation of sins, the bridge over temptations, the bulwark against assaults and afflictions, the suppression and extinction of war, eternal action, the source of virtues, the procurer of divine graces, spiritual progress, the food of the soul, the illumination of the mind, freedom from despair, the demonstration of hope, the consolation of sorrow, the decreasing of anger, the mirror of religious progress, the index of our stature, the declaration of our condition, the sign of things to come, an indication of future glory.”

Lent is a time to dive deep into our prayer, the dialogue we have with our loving and merciful God.