



72<sup>nd</sup> Year

August 25, 2024

Pamphlet #34 (3717)

---

## **THE SUNDAY GOSPEL (Matthew 14:22-34)**

### **It is I, do not fear**

*At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.*

---

## **THE VALUE OF PRAYER**

Many times, as humans, we have little faith. A spirit of fear disturbs the inner peace of our soul, as the Apostle Peter in

the 9th Sunday Gospel of Matthew. Sometimes when God allows us to be tested, we may have thoughts of doubt and little faith. The trials and difficulties that happen to us, make us feel that we are at the edge of the abyss, from which it is impossible to return. This abyss is the darkness of ignorance and the fear of the captivity of death.

## **The life of prayer**

Only the energy of "sanctified despair," prayer, the invocation of the Lord's name, this inner cry of our heart, will help us to overcome this gloomy situation.

Prayer provides us with an experience of spiritual freedom. Spiritual freedom is the highest grace. And it is important to emphasize that man with his own free will, determines himself throughout eternity. Christ does not violate human freedom. He does not abolish human free will. He leaves everything to our own will.

## **Our entry into the life of God**

Through prayer, we enter the divine life. That is why prayer is not a request for benefits; it is not a way by which we turn God into a servant and ask Him to hasten to satisfy our wills. It is tragic to tell God what to give us, because, when we do this, we are implying that we know something which He does not know and that therefore we are wiser than Him.

Real prayer is for man to not ask for anything but God Himself, the Kingdom of God and His righteousness, and everything else that we really need, will be given to us without asking. "Father, ... rather not my will, but yours be done" (Luke 22:42). Let this be the last word in each of our prayers.

In our prayer, we do not need many words, but few and simple ones. Christ showed that the quality of prayer does not depend on the multitude of words, but on the prayer of the soul. And because the warmth of prayer can easily cool down, we should pray often during the time of the day, in order to maintain the fervor of prayer. We can pray mentally and invoke God, doing

whatever activity in our home or work area. Thus, with a life of prayer, despite trials and painful situations, the presence of the Lord will remain in our hearts as a quiet peace and a flood of light-bearing thoughts. When God is with us, all the sufferings of life do not seem terrible, because with Jesus Christ "we have passed from death to life" (1 John 3:14).

† F. A.

---

## **About prayer**

We must constantly, without interruption, say the Jesus Prayer. In our heart and in our mind, only the name of our Christ should remain; because, when we leave prayer (our communication with God), then the devil begins with the passionate thoughts, and he makes us dizzy, and we no longer know neither what we want, nor what we are saying, nor what we are doing. The soul must constantly be ready and alert, and always be connected to the spiritual military headquarters, God. The more often one prays inwardly, the more spiritual security he feels. When someone is doing manual work, it helps a lot to be saying the Jesus Prayer, and to be observing the work here and there, as well. But when someone is doing some delicate work, e.g. when he is driving a car or operating on a patient, then he must be saying the Jesus prayer, on the one hand, in order to be helped and be enlightened by God, but he must also be saying it with his heart; with his mind he must pay great attention to the external work, so that he doesn't make any mistake.

(From the book of the Apostolic Ministry:  
*Anthology of Counsels of Saint Paisios the Hagiorite*)

August 25, 2024: 9<sup>TH</sup> SUNDAY OF MATTHEW  
Titus the Apostle, Bishop of Gortyna of Crete; the Return of the Relics of  
the Apostle Bartholomew.  
Pl. 4<sup>th</sup> Tone – Eothinon: 9 – Epist: 1 Cor. 3:9-17 – Gsp: Matt. 14:22-34  
NEXT SUNDAY: September 1<sup>st</sup>, Beginning of the Ecclesiastical New Year  
Epistle: 1 Timothy 2:1-7 – Gospel: Luke 4:16-22

## **FROM THE EDUCATIONAL ACTIVITIES OF THE DIRECTORATE OF CATECHISM AND ORTHODOX TESTIMONY**

The witness of love of the Apostolic Ministry, which it wants to offer to the supreme work of Catechism and to the helping of fellow man, is evident from the operation of the following educational departments within the Directorate of Catechism and Orthodox Testimony:

- a. Training School for Candidate Catechists
- b. Catechists Training Seminar
- c. Greek Sign Language Learning Seminar

Find more information on the website of the Missionary Organization [www.apostoliki-diakonia.gr](http://www.apostoliki-diakonia.gr) in the section: Meet Us – Catechism and Orthodox Mission.

---

Follow the Program of the Radio Station of the Church of Greece:

**[www.ecclesia.gr](http://www.ecclesia.gr)**

---

*VOICE OF THE LORD*, a weekly pamphlet of Orthodox faith and life of the "Apostolic Ministry of the Church of Greece". Iasiou 1, 115 21 Athens. Publisher – Director: Metropolitan of Phanariou, Agathangelos. Editorial office, tel. 210.7272.331. Processing, tel. 210.7272.388. Through the holy churches, it is distributed free of charge. From the Printing Office of the Apostolic Ministry.

---

The *VOICE OF THE LORD* worldwide via the Internet:

**[www.apostoliki-diakonia.gr](http://www.apostoliki-diakonia.gr)**

---