

## Climbing the Ladder of Prayer – Lecture One Handout

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Prayer is communion of the mind with God. What sort of state does the mind need so that it can reach out to its Lord without turning back and commune with Him without Intermediary. (Evagrius, *On Prayer*, 3)

One who wishes to pray in truth must not only govern the irascible and concupiscible parts [of the soul], but also be beyond mental representations tied to the passions. (Evagrius, *On Prayer*, 53).

If you long for prayer do nothing that is opposed to prayer, so that God may draw near and journey with you (Evagrius, *On Prayer*, 63).

### Beatitudes of Prayer

Blessed is the mind which has obtained perfect formlessness in the time of prayer (*On Prayer*, 117).

Blessed is the mind which becomes immaterial and dispossessed of everything at the time of prayer (*On Prayer*, 118)

Blessed is the mind which, praying without distraction, continually increases its desire (*On Prayer*, 119).

Blessed is the mind which obtains perfect insensibility at the time of prayer (*On Prayer*, 120).

Blessed is the man who has attained the unsurpassable unknowing that is found in prayer (St. Isaac the Syrian, *Homilies*, 23).

Blessed is he who has attained boundless infinity, transcending all that is transitory (St. Thalassios the Libyan, *On Love*, 1:56).

Blessed is he who is not attached to anything transitory or corruptible (St. Maximos the Confessor, *Centuries on Love*, 1:18).

Blessed is the intellect [*nous*] that transcends all sensible objects and ceaselessly delights in divine beauty (St. Maximos the Confessor, *Centuries on Love* 1:19).

Blessed is he who can love all men equally (St. Maximos the Confessor, *Centuries on Love*, 1:17).