

Prayer is the converse and union of man with God
By reason of its action upholds the world
Brings about reconciliation with God
It is the mother and also the daughter of tears
The propitiation for sins
A bridge over temptations
A wall against afflictions
A crushing of conflicts
A work of angels
The food of all the bodiless spirits
Future gladness
Unending activity
A source of virtues
A means of obtaining graces
Invisible progress
Food of the soul
Enlightenment of the mind
An axe against despair
A demonstration of hope
A cure for sorrow
The wealth of monks
The treasure of hesychasts
The reduction of anger
The mirror of progress
The disclosure of stature
An indication of one's condition
A revelation of future things
A sign of glory

For him who truly prays, prayer is the court, the judgment hall,
and the tribunal of the Lord before the judgment to come.

Step 28 - Verse 1 - On Prayer
The Ladder of Divine Ascent - St John Climacus

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