



"Cross (Ethiopian) Lent"¹

WHY PRAY? It is the means prescribed by God for enjoying His protection. "In this way, we are saved from the peril of falling into temptations of Satan. However, if we do fall, we may nonetheless hold out and conquer. Such temptation could then be transformed from a means of condemnation into a means of vindication."²

Jesus taught His disciples to pray "And lead us not into temptation but deliver us from evil." "Watch and pray that you may not enter into temptation." Matthew 26:41

Keep alert, be on your guard constantly. Pray so you are shielded against temptation and pray so you receive power to overcome temptation.

"For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places ... Stand therefore ... Pray at all times in the Spirit, with all prayer and supplication." Ephesians 6:12, 14, 18

Submit to God resist the devil and he will flee from you. James 4:7

Recognize God is not tempting you. James 1:13-14

Click here to read *Richard Exley's One Minute Devotion* on failures.³

¹ Linoleum block prints by Elizabeth Steele Halstead. Reprinted by permission from Visuals for Worship, ©2006, Faith Alive Christian Resources. pg. 47 "Cross (Ethiopian): Lent."

² El-Meskeen, Father Matta (Matthew the Poor). *Orthodox Prayer Life: The Interior Way* Crestwood: St Vladimir's Seminary Press, 2003, 259

³ Exley's, Richard One Minute Devotion. http://campaign.r20.constantcontact.com/render?llr=kwiquldab&v=00103CKqe2sPwxKqHZ_2IrEr3HwXCbZptZgTKcdkCRItq1Hwff_gM_J4goPXsF5b8pDCLsHrgiSMLE9NjSqeT2Z85oRV7SfePeD5uUbPOA5I2Y%3D (accessed January 20, 2012)