



# The Prayer

Give relief  
to those in distress,  
visit the ailing,  
help the poor:  
this is prayer.  
Prayer is good,  
and its works are beautiful.  
Prayer is accepted  
when it gives relief  
to one's neighbour.  
Prayer is heard when  
it includes forgiveness of affronts.  
Prayer is strong  
when it is full of God's strength.

Aphraates, "the Sage"