



Excerpt from *Christ Our Pascha*

### **The Prayer of the Church**

God created human beings in his image and likeness. He thus called them to enter into communion with him. The Lord revealed to his people his desire to communicate with them, and his desire to hear them respond to his word. He longs for his people to come to know him in love; he wants to fill them with his love. (#331)

The prayer of the Church is commonly directed *to the Father through the Son in the Holy Spirit*. “To the Father through the Son” because no one can come to the Father except through the Son; “in the Holy Spirit” because the Spirit prays within us “this sighs too deep for words” (see *Rom 8:26*). By the action of the Holy Spirit, the Church’s prayer rises to the Father through the Son. Every time that we invoke the name of the Most Holy Trinity at the start of our prayers or our daily affairs, we confess our oneness with the Father, the Son, and the Holy Spirit, and fill our whole life with the light of the Most Holy Trinity. (#335)