

What is present for you

The article, *Spiritual Direction in the Orthodox Christian Tradition*, explains and helps us to explore the different practices in the Orthodox tradition. Something that is very present for me in this article, is their definition of prayers.

The article essentially focused one of its sections on prayers and addresses the following, prayer is the direction of everything. If prayers are right, everything is right. For prayers will not allow anything to go wrong.” I totally agree with this statement of prayer because it is so accurate with my personal and Christian perspective of prayers. Additionally, another piece of information that is present for me is the orthodoxy of the mystical union of Christians in the body of Christ, and also they see the sacraments as the main base of the Spiritual life. For me, these practices are very interesting

and important because they have some similarities and differences but are still centered on the same living Christ. The article also explains that spiritual direction goes beyond the confines of the sacraments. As for other religions in the Orthodox, spiritual direction is essential. This is very important because as Christians we all need to aim to be spiritually directed. In their tradition, this practice plays an important and respected role.

What did I learn

Something I learned and found interesting from this article was the explanation of the process of spiritual transformation in the Orthodox tradition. According to the article, "Protestants generally define salvation as a legal, jurisdictional or forensic term. Christ's death pays the just

penalty for man's sin". For Orthodox Christians, the different perspectives of salvation is a matter of concern because many people can be wrong when it comes to defining and interpreting the term salvation. In other words, not every Christian is clear enough about the original meaning of salvation. This could represent a misunderstanding for future generations. However, the article also tells that Orthodox do not consider sin as a legal penalty of death for breaking the law, and it makes reference to Adam and Eve at the beginning of creation.

Moving forward, I will approach my discipline by getting even deeper into the Holy Scriptures, this will help me to find the original meaning of many beliefs that may be interpreted in

the wrong way. However, I will approach the discipline through prayers, asking God for His divine Spiritual direction.