

## **THE FOUR SOURCES OF PRAYER**

**BY**

**ST. JOHN CASSIAN**

**"These, then, are the four rich sources of prayer. Out of contrition for sin is supplication born.**

**"Prayer comes of the fidelity to promises and the fulfillment of what we have undertaken for the sake of a pure conscience. "Pleading comes forth from the warmth of our love.**

**"Thanksgiving is generated by the contemplation of God's goodness and greatness and faithfulness.**

**"And all this, as we know, often evokes the most fervent and fiery prayers.**

**"Hence all of these types of prayer of which I have been speaking are valuable for all men, and indeed quite necessary.**

**"And so one man will now offer supplication, prayer then, later the purest and most zealous pleas."**

**St. John Cassian.**

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**"But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world."  
Galatians 6:14**