



What is the heart?

Open, O doors and bolts of my heart that Christ the King of Glory may enter!
Enter, O my Light and enlighten my darkness;
enter, O my Life, and resurrect my deadness;
enter, O my Physician and heal my wounds;
enter, O Divine Fire, and burn up the thorns of my sins;
ignite my inward parts and my heart with the flame of Thy love;
enter, O my King, and destroy in me the kingdom of sin;
sit on the throne of my heart and alone reign in me,
O Thou, my King and Lord.

Prayer by St Dimitri of Rostov

What is the heart?, "Thus, as the bodily heart is the center of the body's life, the spiritual heart is the center of our spiritual life".

Fr Spyridon Logothetis

And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man.

Matthew 15: 16-20

"(God) is the One who has fashioned the heart of every man in an unique and unrepeatable way"

Fr Zacharias Zacharou

"It is astonishingly great that God the Father, poured from His Spirit a noetic sensation (noera aesthis) or breath to the bodily hearts of those who rightly believed in the incarnate Logos".

St Kallistos

A heart that has been made alive by the waters of holy baptism and regeneration of the Holy Spirit has the kingdom of God within, "the kingdom of God is within you".

Luke 17:21

"Since the kingdom of God is within us, the heart is the battlefield of our salvation, and all ascetic effort is aimed at cleansing it of all filthiness, and preserving it pure before the Lord".

Fr Zacharias

The darkness and desolation of a heart ravished by sin is indeed appalling. In a heart that has not been purified, "there are dragons and there are lions; there are poisonous beasts and all the treasures of evil".

St Macarius

"For it is within you, that is, it depends upon your own wills, and it is in your own power, whether or not you receive it. For every man who has attained to justification by means of faith in Christ, and is adorned by all virtue, is counted worthy of the kingdom of heaven".

St Cyril of Alexandria

And with the kingdom we receive all the treasures of Grace. "But there is also God, also the angels, the life and the kingdom, the light and the apostles, the treasures of Grace -there are all things".

St Macarius

The heart is deceitful above all things , and desperately wicked: who can know it? I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

Jeremiah 17: 9-10

Source: <http://findingthewaytotheheart.blogspot.com/2010/04/prayer-that-brings-self-discovery.html>