



■ How we preserve the fruits of prayer

We Should Avoid Everything That Hinders Prayer in the Heart

Spiritual Watchfulness and Vigilance



***T**he admirable Archimandrite Father Vitaly (Sidorenko, 1928-1992), who was born in Russia and reposed in Georgia, was an exceptional spiritual personality, set apart by God from his mother's womb.*

His Life is fragrant, compunctious, and most edifying. We present here below, for the time being, just one instructive page thereof.

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Vitaly tasted of the fruit of prayer from a young age, which is why he began to avoid things that might hinder the prayer from remaining continuously in his heart.

Once, Vitaly went to a club in his village. When he entered, the prayer ceased. He came to the conclusion that he should not visit the club.

Another time, his mother bought him a new cap. Vitaly put it on exactly as his friends wore their caps. The prayer came to a halt.

Vitaly then began wearing it differently, pulling it down over his ears, taking no account of how he would look in other people's eyes, and the prayer began again.



He understood that he should not pay too much attention to his appearance.

Thus, already from his childhood years, Vitaly thought and did only that which might bring him closer to God.

Source: Elder Vitaly: Life, Struggles, and Spiritual Gifts [in Greek] (Thessaloniki: Ekdosies "Orthodoxos Kypsele," 2008), p. 25.