

# Hope and healing.

## Hope and healing. Security in times of uncertainty.

**(Here are outline points – detailed video translation follows below)**

When we look at our lives, we notice that we have all somehow learned to fend for ourselves on a material level.

As sad as it may seem, we mostly live with material consciousness.

That's why it's hard for us to pray, especially in the evenings, because we've become materialistic during the day.

They say that you get what you pay for, and we got what we paid for that day and our entire life.

We see people around us, and we ourselves, running after this or that.

We are all running after something, achieving something.

Saint Augustine - My heart will not rest until it rests in the Lord.

If we do not build on Christ, then disappointment and loss of hope come into our lives again and again.

Man, by himself, cannot fill himself with certainty, hope, or healing.

Only when we have a close relationship with God can we have and possess all of these things.

Now we live in a time when egocentrism reigns, we often want to cope on our own.

We need to put God at the center of our lives.

And we do this mostly through prayer.

However, the question is how much time we devote to prayer.

It is in prayer that we encounter God, and in Him we have hope and receive healing.

We cannot produce hope and heal ourselves on our own.

When we meet with God in prayer, we possess everything in Him.

God has everything within himself, the answers and solutions to everything.

Contemplating and listening to Christ at his feet, as Mary did.

Mary could have run more like Martha, but she knew what to do because she was with God.

Why do we have so much depression and suicide in the modern world? It's because we don't pray. We don't meet with God, our Healer.

The story of the disciple whose elder "drowned" in the sea.

How often do we meet with friends, or is God a companion for us?

By meeting God, we become partakers of His Kingdom, so prayer enables us to taste this Kingdom of God.

And only after tasting it will we truly begin to seek and desire it, because we cannot seek and desire what we have not "tasted."

Holy person – healed person .

We cannot have hope in a Lord whom we have not met.

For only those who identically experience hope in God can convey the true experience of hope in God to others.

Only through life with God can one truly understand what the true spirituality and teachings of the Church are, adopt it, and pass it on to others.

We can study theology at university - that's important, but we can't directly experience God at the student desk.

What we are taught at university is an important and necessary experience that should encourage us to seek God.

Prayer is something that gives direct experience. As they said in the East, a theologian is one who prays.

Due to lack of prayer, we often fall into false beliefs, make wrong choices, often lose hope. We often grab onto this or that thing, rush into reckless activity, or impose certain responsibilities on ourselves or get carried away by something.

Trying to “fight” with problems alone, we feel that at some point they exceed our strength and capabilities. Thus, we can “break” under their burden.

However, there is a danger of falling into the other extreme, when we are reluctant to do any work or duties, and we run away from responsibility and shift it onto others. We have this attitude: “I’m a thief, I don’t know anything.”

We can be sure that the root of all these negative states, especially the loss of hope and the inability to receive healing, is common.

This is our neglect of our relationship with God, and especially our prayer (first personal, and then communal).

If we don’t pray, but only look for answers in our heads, in this 15 by 20 centimeter space, then we will always look at things subjectively.

Because all the problems and crises are in the head, hope is only in the Lord.

Because we always have our own subjective view, because we only look from our own experience and our limited knowledge.

Because we know very well that the point of view depends on where you sit.

Each of us knows from our own experience that when we “watch” over prayer, then everything else goes well, in God’s harmony and order.

So, when we are faced with a loss of hope, or with some difficulties or trials, let us ask ourselves, how is my prayer doing? How much of a priority is it for me at the moment? Am I making an effort and diligence for it?

So in conclusion, I want to say again that when the Lord comes first, everything else falls into place.

So let's devote time to prayer and then God will become the center of our lives.

When this happens, many things will be resolved by themselves and put in the appropriate places.

We will learn what we should do and what we should not do, what is truly good for me and for my neighbor. We will never lose hope, and receive the spiritual and physical healing that we all need.

**Below is the (unofficial) translation of Bishop Benedict's video presentation:**

Glory to Jesus Christ!

Dear friends, it is incredibly nice for me to meet with all of you today.

We live in incredibly difficult times these last 10 years, especially the most recent three years. We thought that these difficult times are difficult for Ukraine, but here it turns out that America also has its own difficult times. This is a difficult time for us people, and on the other hand, we always have the Lord. The Lord is the creator of history and the Lord is always with us all the time. When we look at our human lives, we can note to ourselves how we learned to give advice with all things. We give ourselves good advice at work, we give ourselves good advice in the family, in our relationships with others. We only remember God when a situation arises that we cannot give advice to ourselves, why so if we give advice to ourselves, because we give advice .

We are used to living in the material world. This world will shape us. Let's look at our first years, even in the first days of life, months, we were taught to walk, speak, function, and so we live in this life, thinking about only the material aspect. So to tell the truth, we are incredibly strongly materialized...very strongly. and this is how we live in this life. We are, I would say materialized, even when we say I am Venedikt, I am Stepan, or I am Peter, Ivan. We are talking about, thinking about only the material aspect. Why is it difficult for us to pray, especially in the evenings or in general? It's difficult because we are driven materially all day.

It is difficult for us to be with the Lord who is who is the Lord who is the spirit. We look at each other well... it is difficult for us to be with the Lord, who is not in the narrow sense only material, so he gives existence in the material sphere, which is why, when we look at ourselves, we will see that we are constantly running for something, to gain something, we understand each of our wants. Except for what we didn't get. We didn't get anything. Well, something was wrong. We wanted something. We thought it would bring us some great joy, some happiness. We achieve a material goal, but all the same, it will never wash us full of joy, full of happiness. St. Augustine says that my heart will experience peace until it knows you, the Lord, it seeks. Therefore in our life, if we do not build our life on the Lord, various disappointments will constantly come into our life, especially in the context of my topic, loss of hope. Our people say very simply; without God there is no threshold.

It is not time to be a theologian, you do not need to know a lot, but to understand that without God, you are not at the threshold, then without him, without him, you cannot do anything by yourself, a person by himself cannot assure himself of certainty, he cannot heal himself with hope. Only when we have a close, deep connection with the Lord can we have and overcome everything because all the crises, problems, difficulties, depression without a way out, all the solutions are given in our head by the Lord. We live in a modern world where self-centeredness reigns. Why do we want to give advice to ourselves? It is important to put God at the center of our lives and most of all, we put God in the center of our lives through our prayer. So here we have to ask ourselves, how important prayer is to us?

Once I studied sociology, the professor told us that everything can be counted. It was a bit difficult for me to understand. Moreover, it was already after my doctorate in theology of spirituality. I thought, how can everything be calculated? How can you calculate Hope, Faith, Prayer? One day I realized it's true. Everything can be calculated and our relationship with God can be calculated. We have, for example, 24 hours in a day. A week is 148 hours. When you look at the average Christian, he may say, I spend 10 minutes in prayer, God grant in the morning, God grant in the evening 10 minutes, 20 minutes a day. This is one and a half hours a week. two hours at most. We pray in God's temple for another hour and a half. A good three hours to 4 hours a week we dedicate to God. 96% of our time we invest and save in something we leave on earth. The only question we have to ask ourselves: how much time do I devote to

prayer? How much time do I devote to God? Because it is in prayer that I meet God. It is in prayer that I receive the hope of healing by myself. I cannot produce hope or healing in myself. The Lord is the healer, the answer to everything.

When we look at the Gospel example of Martha and Mary, Martha took care of many things that we take care of. Christ praised Mary. We can think that Mary did nothing, this is untrue, untrue. Look at Mother Teresa...how could this small fragile short woman do so much? Because she prayed a lot. The example of Mother Teresa's sisters pray a lot during the day, although at first glance it seems to us that they are such social workers, but we forget that they pray 5-6 hours a day. In prayer they get what they need. We can run after anything, but when we put God first...his Mary from the parable presented to us in the Gospel, as Mother Teresa wrote, put God first. If we do not, we can never get Hope or receive healing. Why do we have so many suicidal depressions in the modern world? The answer is very simple, we do not pray, friends. We do not meet with God, who is our healer. I remember one monk, one young monk came to an elder monk and said, Father, teach me to pray. The elder said Come walk with me, He took him to the shore and into the water. Walk with me further, go, go, go. They reached the place where the water was up to their necks. The elder takes the young monk by the hair and pulls him under water. He's lost his mind from fasting, thought the young monk. He is keeping me down, trying to drown me. Finally, the old man let him go. Exhausted, the young man barely got to the shore and collapsed. I think as soon as I gain strength I will run away so that he doesn't drown me. And later it came to him: How you longed for air, long for God and you will always find him.

I want to tell everyone, if we want to pray, we will always find time for the Lord and in prayer we will find answers to everything and therefore the question is whether we meet the Lord in prayer, or he is a friend. We meet with friends because they are important to us. If we find time for friends we want to be with, then why do we not meet the Lord? In meeting the Lord, we become participants in his kingdom. We begin to possess everything that the Lord possesses and therefore having tasted the Lord and realizing his value, we will never want to leave him. We will always gain in him. We cannot have hope for the Lord whom we have not met.

We cannot heal ourselves when we have not met the Lord, so whoever experiences this experience of meeting God can convey hope, because we can talk about Hope and Healing in theory, but when we ourselves have not experienced it in God with God, how can we speak for others? Only by living with God, we can also understand what is true of spirituality, what is the true teaching of the church. We can gain knowledge from a book on theology, but we can experience the Lord only by meeting him. As they say in the East; the Theologian - He is the one who prays. Our whole life is our journey and prayer is what gives us direct experience.

Due to lack of prayer, we often fall into false beliefs, make wrong choices, often lose hope. We often grab onto this or that thing, rush into reckless activity, or impose certain responsibilities on ourselves or get carried away by something.

We try to overcome one or another problem at such and such a time, or such and such situation. We get overwhelmed, lose hope and break down. Why is this? The essence is always the same. The root of those problems is always the same as us. We put prayer in some unknown extreme place, therefore the neglect of prayer, the neglect of our relationship with the Lord leads to crises in our lives. Let's look at the Lord Jesus Christ. He lived in the same circumstances as the apostles lived in such circumstances as the saints lived, they lived in such circumstances as they lived, but they were with God and God was a source of hope for them. They were with the Lord and the Lord gave them certainty. It is not that now only for certain times, certain times have always been, but when the foundation of life is the Lord, then we will always, always, find the answer.

May the Lord always and always give us this desire to seek God above all, finding God, you will be with him, being with the Lord, we will always find Faith, Hope, Love, we will always receive healing from the Lord, all we need.

May the Lord bless us all.



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