



Spiritual Canon: Guidelines to Spirituality

Bishop Seraphim

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Spiritual Canon is an extensive and broad subject. It is not limited to the Canonical prayers or the Lord's prayer or even genuflecting, (Matania), neither is it the reading of the Bible and spiritual books, nor adhering to the Sacraments of Confession and Eucharist. It is more intense than that. We should not be concerned only with the external appearance of the Spiritual Canon: counting how many times we prayed or how well recited. More importantly is the spirit by which we carry our spiritual practices. May our Lord enlighten us and bestow on us His grace to practice these Rules. May the Holy Spirit pave the path and help us in our spiritual walk all the days of our lives.

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