

## Holy Ascension Orthodox Mission of Melbourne, Australia

I believe in one God, the Father Almighty, Maker of Heaven and Earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one essence with the Father, by whom all things were made;

Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man;

And was crucified for us under Pontius Pilate, and suffered, and was buried;

And arose again on the third day according to the Scriptures;

And ascended into the heavens, and sits at the right hand of the Father;

And shall come again, with glory, to judge both the living and the dead; whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of life; who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets.

In One, Holy, Catholic, and Apostolic Church.

I confess one baptism for the remission of sins.

I look for the resurrection of the dead, and the life of the age to come. Amen.



Holy Ascension  
Orthodox Christian Mission  
[www.ascensionorthodox.org](http://www.ascensionorthodox.org)

In Peace,  
Let us  
Pray to  
the Lord



*"And a harvest of  
righteousness is sown in  
peace for those who make  
peace." James 3:18*

What Does It  
Mean for us to  
Pray in Peace?

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# Praying In Peace...

## Here are 3 Stages and the Result of Praying in Peace during the Divine Liturgy

1. The Peace that is from within...
2. The Peace that is "from above"...
3. The Peace that is for the whole world...

**What is God's Response to this belief and faith?**

### In Peace, let us pray to the Lord

Orthodox Christians begin the Divine Liturgy with these words. We establish this fact from the onset: we cannot experience the joy of the Kingdom without participating in a "spiritual space" of peace. We acknowledge that we cannot experience the joy of the Kingdom without peace. We begin by seeing our inner state as one of peace banishing thoughts of division, resentment, hostility, bitterness, and inner grumbling. We let all these things go to pray in peace.



The Peace that is from above

This second stage is not merely a psychological self induced state, but a true peace that comes from above. It comes from above as a gift of God beyond anything we can muster up ourselves. Therefore, we have to open our hearts and receive this grace and mercy from God above. And, for the Salvation of our Souls. This is the Peace that gives us Wholeness of Life...and it is a gift of God for us to accept.

**For the peace of the whole world, the stability of the holy churches of God and for the unity of them all.**

This is Stage 3. The peace that we seek is not just inward looking as in Stage 1, or world denying as in Stage 2, but it is onward going practical and active not just for ME but for others and WITH OTHERS. Peace sought selfishly is vanity. Peace sought for others...is divine. Peace and Unity go hand in hand. One cannot not exist without the other.

**What is God's response to such belief and faith?**

Later in the service, the Priest speaking for God says "Peace be with you all." This is not just some dead liturgical utterance. It is a mystical transmission of God's grace and peace. The Peace of God that "passes all understanding" (Phil 4:7). Christ said at the last supper "My Peace I give to you. Not as the world gives but as I give to you" (Jn. 14:27). The effect of this God given Peace is this: unity with ourselves; unity with God; unity with others round us.

