

## **Metropolitan of Kykkos & Tillirias: ‘Strength of prayer becomes even greater when accompanied by fasting’**



**The Church of Cyprus’ Metropolitan of Kykkos and Tillirias, His Eminence Nikoforos, reminds us this week that the days of Great Lent are devoted to prayer and fasting.**

In a sermon, His Eminence notes that “... prayer is conversation with God; a live dialogue with Him; an extraordinary privilege for man ... The strength of prayer, however, becomes even greater when accompanied by fasting.”