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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.”