



# **An Inner Step Toward God: Writings and Teachings on Prayer by Father Alexander Men**

*Father Alexander Men*

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According to Fr. Alexander Men (1935-1990), the Russian Orthodox priest and popular spiritual teacher who was publicly martyred in 1990 in the former USSR, prayer is "the flight of the heart toward God." This work, available for the first time in English, is a collection of his writings, lectures, and sermons on prayer. You will discover both ancient and modern wisdom, and you will see how one Eastern Orthodox priest taught his parishioners to pray.

"His simple but profound teaching on the absolute necessity of a prayer life could change the world. " Scott Cairns, Poet

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