

Epicurean substitute for prayer

Post by “Mathitis Kipouros” of August 26, 2020 at 2:34 PM

[Quote from JJElbert](#)

I find myself alive in the universe. I know that there is sorrow, and fear, and that life sometimes hurts—but I also know that it is wonderful, really wonderful, sometimes sublime, just to be alive here. There is beauty and delight here that will move me even at my last breath. There is knowledge and philosophy to dull my pains, and to enhance my pleasures. There is friendship, romance, love, art, and literature—all the choicest fruits of a peaceable and prosperous age, in a free and civil society. To say that I am grateful is simply to say that I appreciate it. To appreciate something, and to appreciate the gift of something, are two different things. One who appreciates wine recognizes its worth and its specialness in a deep and penetrating way.

That's what it is to appreciate life and its blessings; to pause for a time and take stock. To see it deeply, and recognize its worth.

Yes, I agree with you. It's a matter of appreciation and to gifting to yourself that pleasureable feeling of wonder. Perhaps, what could be a good prayer would be something that comprises this: An expression of acknowledgement of our existence as something wonderful, and with this renewed vision, an appreciation of whatever concrete things we have experienced during that day.