

Autumn Prayer Group September 1st - November 15, 2022

Instructions:

On your own, whenever and wherever you are able, find a quiet spot to pray each day. There are no designated times or places as long as you pray at some point each day. We all have joys and sorrows, and when praying for each other, we hold each other up spiritually, celebrating and supporting each other.

Start with the Trisagion Prayers:

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

O Heavenly King, Comforter, the Spirit of Truth, who are everywhere present filling all things, Treasury of blessings and Giver of life, come and abide in us, and cleanse us from all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: Have mercy on us. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake. Lord, have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; Thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

Read the daily Epistle and Gospel readings. Use a bible that you have. There are also many apps to read or listen to the daily readings available: Suggestions:

The Orthodox Study Bible: published by Thomas Nelson has plain English explanations as footnotes. Also available on Kindle.

The Path;Strength for the Journey on Ancient Faith Podcasts Daily readings are read to you with a short explanation. Great for listening. Available weekdays.

On <https://www.goarch.org> The daily readings are there quick and easy, no looking up in your bible.

An App called “Daily Readings” is also available for reading.

Say the Jesus Prayer 33-50 times with the breathing: Take a slow breath in, hold and say the prayer, exhale. Repeat. If you don’t have time for 33 or more then just say as many as you can given your allowed time:

"Lord Jesus Christ, Son of God, have mercy on me, a sinner"

or

“Lord Jesus Christ Son of God have mercy on me.”

Read ONE, yes only ONE, Psalm.

One per day keeps on the straight and narrow way.

Read the corresponding chapter in the book, Christ in the Psalms by Patrick Henry Reardon. Father Reardon writes a short chapter explaining each individual Psalm in plain English, so we can actually understand what they mean! The book is available in both paperback and as an ebook at The Ancient Faith Store at ancientfaith.com, or on Kindle or paperback on Amazon. It may be available at our own Holy Spirit bookstore as well. I will check with Jim and David.

Pray for everyone on the Prayer Group list that I will send you if you choose to join us.

Thank you for praying with me and for me! Feel free to invite anyone you think may benefit, just let me know, so I can add their name to our list.

Lots of Love,
Anna

