LIVING THE ORTHODOX CHRISTIAN LIFE: PT II
"Worshipping God through Personal Prayer"

From the Liturgy of St. Basil
O Master, Lord God, THE EXISTING ONE, almighty and adorable Father: It is truly meet and right and befitting the majesty of thy holiness that we should praise thee, hymn thee, bless thee, worship thee, give thanks unto thee and glorify thee, the only truly existing God, and offer unto thee with contrite heart and spirit of humility this our spiritual worship; for thou art he that has graciously bestowed upon us the knowledge of thy truth . . ."

From the Fathers
"When the holy Abba Anthony lived in the desert he was beset by akedia, and attacked by many sinful thoughts. He said to God, "Lord, I want to be saved, but these thoughts do not leave me alone; what shall I do in my affliction? How can I be saved? A short while afterwards, when he got up to go out, Anthony saw a man like himself sitting at his work, getting up from his work to pray, then sitting down and plaiting a rope, then getting up again to pray. It was an angel of the Lord sent to correct and reassure him. He heard the angel saying to him, "Do this and you will be saved." At these words, Anthony was filled with joy and courage. He did this, and he was saved."
-Teaching 1, Teachings of St. Anthony the Great, Alphabetical Sayings of the Desert Fathers

Memory Verse
"And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed." *Mark 1:35*

At Home and in Your Lives
Mechanics of Orthodox Prayer
-   Content: Written prayers and free prayer

-   Posture: Seated, Kneeling, or Standing

-   Orientation: Facing East

-   Gaze: Our Eyes look to the Lord our God

Orthodox Customs
-   Sign of the Cross

-   Metania

-   How to venerate an icon

-   Prostration

    Commit to praying at least twice a day! SEE PRAYER BOOK IN PACKET

For Further Reading
Bunge, Gabriel. *Earthern Vessels: The Practice of Personal Prayer according to the Patristic Tradition.* San Francisco: Ignatius Press, 2002.