

Prayer

In the spiritual life, prayer is as necessary as breathing, and with practice becomes as just natural. The goal of prayer is not merely to “say prayers,” but rather to *become* prayer, to acquire a prayerful way of being in the world, to embody a peaceful and joyful presence.

Making Prayer a Part of Daily Life

One of the best ways to begin making prayer a part of our daily routine is to learn a few simple prayers we can use in different situations: in the morning, in the car, at work, before meals, and before sleeping. Here are a few examples of prayers that can be used throughout the day:

The Jesus Prayer

In the Orthodox Tradition, one of the most simple and beautiful prayers is the Jesus Prayer, “Lord Jesus Christ, have mercy on me.” This prayer may be repeated meditatively with the help of a “prayer rope,” or may simply be said from time to time throughout the day while breathing in and out slowly and peacefully.

The Lord’s Prayer

The Lord’s Prayer is the prayer which Jesus taught His disciples when they asked, “How should we pray?” This is a beautiful prayer to say in the morning and evening, before meals, or at any time we seek God’s blessing upon our endeavors.

Our Father, who art in the heavens, 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 the evil one

For Thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and always, and forever and ever. Amen.

A Prayer to the Holy Spirit

The Holy Spirit is the mysterious presence of God in all things, the one who makes all things one. This is a beautiful prayer to say at the beginning of the day, or whenever we are seeking a deeper sense of connectedness:

O heavenly king, Comforter, the Spirit of truth; You are present everywhere and fill all things; The treasury of blessings and the giver of life; Come and dwell in us and cleanse us from every stain; And save our souls, O good Spirit.

Prayer Fellowship

God desires that all people come to knowledge and truth through His Son, and be saved. So whatever we ask for ourselves-healing, greater faith, peace-we can request for others in Christ's name. At St. George, we pray for others through our Prayer Fellowship Ministry. To add prayer requests please call the Church office at 541-683-3519 or email Fr. Jerry.