



# The Church & Prayer

WEEK 6

## OPENING PRAYERS:

In the name of the Father, of the Son, and of the Holy Spirit. Amen  
Glory to thee, our God, glory to thee!

### Prayer to Holy Spirit

O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of blessings, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

### Trisagion Prayer

Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for thy Name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

### Lord's Prayer

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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

### Before Study

Lord Jesus Christ, open the eyes of my heart that I may hear thy word and understand it and so fulfill thy will. Amen.

**LESSON / ACTIVITY: See pages below. For each topic, please note Parent roles, notes, and (child responses).**

# Prayers

*Before and after each lesson, please say a short prayer in front of an icon according to your family's prayer rule or the following, taken from the red St Tikhon's Prayer Book:*

## CLOSING PRAYERS:

"Rejoice, O Virgin Theotokos, Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb: for thou hast borne the Savior of our souls.

Pray to God for me, O holy [name of your patron saint], pleasing to God, for with fervor I run to thee, swift helper and intercessor for my soul.

O Lord, save thy people and bless thine inheritance. Grant victories to the Orthodox Christians over their adversaries, and by virtue of thy Cross preserve thy habitation.

It is truly meet to bless thee, O Theotokos: ever-blessed and most pure and the Mother of our God. More honorable than the cherubim and more glorious beyond compare than the seraphim; without corruption thou gavest birth to God the Word: true Theotokos, we magnify thee.

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

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord Jesus Christ, Son of God, through the prayers of thy most pure Mother, of my holy guardian angel, of [name of your patron saint], of [saint(s) of the day], and of all the saints: save me, a sinner. Amen."

# Weekly Activity: Prayer Hands

This week each child will make his or her own ‘prayer book’

1. Cut out the shape of two hands. Or you can make two squares like book covers.
2. Write “I pray” on one.
3. Write ‘[child’s name]’s Prayer Booklet’ on the back of the second.
4. Write each prayer in the family’s daily or weekly routine on a piece of paper between both hands. *See last page for a note on prayer rules, and talk to your priest about any questions.*
5. Tie them together with a string.
6. Each day this week we will add a prayer to this booklet. If you already have a prayer book, find and mark these prayers with a ribbon or string.

*For example:*



# Day 1: The Prayers We Say in Church

**Parent Asks:** “How do we talk to God?” (Prayer) “Can we talk to God by ourselves?” (Yes) “What do we say to God?” (Ask for help before we study, ask for help for people we love, ask for forgiveness, say thanks) “Should we stop and think about God before we pray?” (Yes) “Should we rush through a prayer or think about what we get to do next when we’re praying to God?” (No) “Can we ask a saint or angel to help us pray, or pray with us, or to pray to God for us?” (Yes) “Can we pray to God with other people?” (Yes. ‘Where ever two or three are gathered together in My name, there am I in the midst of them,’ Matthew 18:20) “What do we say to God in church?” (Glory to God, Glory to Thee O Lord, Lord have mercy, Holy Holy Holy, Bless the Lord, Our Father, I believe..., etc.)

**Parent Explains:** “Do you remember what we learned about the word, Amen?” (It means ‘let it be so’ and the priest needs us to say it or the Liturgy can’t continue!) “The church service needs us there to pray together. The word, ‘Liturgy’ means the ‘work of the people.’ We are all there to work together to pray to God for our loved ones, our friends and family, strangers, our world, and ourselves. When we pray, ‘Lord have mercy,’ for all the different people and events, that is called a ‘Litany.’ We pray, ‘Lord have mercy,’ when we ask God for help and forgiveness. We pray, ‘Grant it, O Lord,’ when we ask God for something we hope to happen. Some prayers thank God. We say, ‘Glory to God!’ any time we want to thank and praise God. It’s easy to thank God for something good that happens, or even when someone praises our good work, but can we also thank God for a challenge we face or something bad that happens to us?” (Yes.) “Today, practice thanking God for one thing that did not go your way.”

“Some prayers are short. Others are long. Some prayers thank God. Some prayers ask Him for help or forgiveness or blessings. What are some short prayers you can think of?” (Glory to the Father and to the Son and to the Holy Spirit. Lord Have Mercy. Oh Lord Jesus Christ, the Son of God, have mercy on me a sinner. Glory to Thee, O God, Glory to Thee. Glory to God. O most holy Theotokos save us. O Lord Bless this food, Holy Saint \_\_\_\_ pray to God for me.) “What are some longer prayers?” (Psalm 50/51 or 22/23, O Heavenly King prayer to the Holy Spirit, Trisagion, Creed, prayers in church) “When we go to church, we say some short prayers and some long prayers. In the next few days we’ll talk about those prayers. Just like when we’re in church, wherever we are praying, it’s important to remember that we are not just talking, we are talking to God. When we pray we should stand, bow, or kneel with reverence (in awe of God’s goodness and power). Before we say today’s closing prayer, let’s think about how good God is.”

**Activity:** *See next page for this week’s activity.*

# Day 2: O Heavenly King, Trisagion, and The Lord's Prayer

**Parent Asks:** “We often start by praying to the Holy Trinity: the Father, Son and Holy Spirit. Before beginning this lesson, we just prayed first the the Holy Spirit. What did we say? Fill in the blanks, *pause for child responses*: ‘O heavenly King, the \_\_\_ (Comforter), the Spirit of \_\_\_ (truth), Who art \_\_\_ (everywhere) present and fillest all things, \_\_\_ (Treasury) of blessings, and \_\_\_ (Giver) of life: come and abide \_\_\_ (in us), and \_\_\_ (cleanse) us from every impurity, and save our \_\_\_ (souls), O \_\_\_ (Good One).’”

“In the Trisagion prayer, how many times do you think we call God holy?” (Three times.) “Can you fill in the blanks? *Sing along if it's helpful*. ‘Holy \_\_\_ (God), Holy \_\_\_ (Mighty), Holy \_\_\_ (Immortal), have mercy on us.’ We also sing this three times as the reader approaches the altar with the Epistle reading. God is holy, mighty, and immortal. What do those words mean? (God is sacred, powerful, and living forever/never dying)

The next prayer has two different names. We can call it the Lord's Prayer, or we sometimes call it ‘The Our Father,’ because of the first two words. In this prayer, who are we praying to?” (God the Father) “Why is it called the Lord's Prayer?” (Jesus told us in Matthew 6:9-13 and in Luke 11:2-4 to pray with these words.)

“Complete the prayer: ‘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 \_\_\_\_\_ (debts), as we \_\_\_\_\_ (forgive) our debtors. And lead us not into \_\_\_\_\_ (temptation), but deliver us from \_\_\_\_\_ (the evil one).’”

**Activity:** Write the Lord's Prayer, or all three, in your “I Pray” booklet.

# Day 3: Prayers Before Reading Holy Scripture

**Parent Asks:** “What is holy Scripture?” (God’s word.) “Is reading the Bible the same as reading another book?” (No. It’s special.) “Before we read God’s Word, we should say a prayer. In Church, before the priest reads from the Holy Gospel, we might hear him pray to God, ‘Illumine our hearts, O Master who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy Gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto the ages of ages. Amen.’

We might pray this or a shorter prayer before reading the holy Scripture: ‘O Lord my God, enlighten my mind with the light of the understanding of Thy holy Scripture, and teach me to do Thy will.’

Besides reading the holy Scripture, can you name something else can we pray to God for before we do it?” (Eating, sleeping, waking up, Little Church School lessons, etc...anything) “How about after we do something?” (Anything)

**Activity:** *Write one of these prayers on one page of your “I Pray” booklet.*

# Day 4: The Creed

**Parent Asks:** “In church everyone says or sings a special prayer together called The Creed. It begins with, “I believe in one God the Father almighty...’ and we hear the bells during this prayer. Why do you think it’s so important?” (Symbol of Faith, it’s our belief)

**Parent Explains:** “Right before we say this prayer, the priest says, ‘Let us love one another, that with one mind we may confess.’ First, we need to love each other--we can’t truly love God and offer gifts to Him if we hate our neighbor. In Matthew 5:23-24, Jesus tells us, ‘So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift.’ What do you think this means?” (being kind and loving to others is the most important thing we can do for God) “Second, St. Paul describes the Church as ‘one body and one Spirit’ in Ephesians 4:4. Together with our church parish, we say the symbol of our faith, what we believe, with one voice. *Repeat once together; then children should summarize each section in their own words, with guidance.*

I believe in one God the Father almighty, maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages, Light of Light; true God of true God; begotten, not made, of one Essence with the Father, by whom all things were made;

Who, for us men, and for our salvation came down from heaven, and was incarnate of the Holy Spirit, and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried, and the third day He rose again, according to the Scriptures,

And ascended into heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In One, Holy, Catholic, and Apostolic Church, I acknowledge one baptism for the remission of sins.

I look for the Resurrection of the dead, and the life of the world to come. Amen.”

**Activity:** Write the Creed on one page of your “I Pray” booklet.

# Day 5: Pre-Communion Prayer of St. John Chrysostom

**Parent Asks:** “Which of the Holy Mysteries are we offered each Sunday?” (Holy Communion / the Eucharist) “As a sacrament or Holy Mystery of the Church, should this be a special event?” (Yes.) “What special thing can we do to prepare?” (Ask others to forgive us, say special prayers, and fast from food if we’re old enough)

**Parent Explains:** “We say the Creed, proclaiming--saying--what we believe about God before we partake of His Holy Communion. There’s also another special prayer we say, both at home and together in church, before receiving the Eucharist, that says--or confesses--our beliefs about Holy Communion. It begins with ‘I believe, O Lord, and I confess...’ Can you finish the prayer together? Each week you can read along until you know it all by heart.”

“I believe, O Lord, and I confess that Thou art truly Christ, the Son of the Living God, Who camest into the world to save sinners, of whom I am first. I believe also that this is truly Thine own most pure Body, and that this is truly Thine own precious Blood. Therefore I pray Thee: have mercy on me, and forgive my transgressions, both voluntary and involuntary, of word and of deed, committed in knowledge or in ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins and unto life everlasting. Amen.

Of Thy Mystical Supper, O Son of God, accept me today as a communicant, for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom. May the communion of Thy Holy Mysteries be neither to my judgement, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.”

“After receiving Holy Communion, we say a special prayer either in Church or at home to thank God. It begins, ‘I thank Thee, O Lord my God, for Thou hast not rejected me a sinner, but hast made me worthy to be a partaker of Thy Holy Things...’”

**Activity:** *Write these prayers, or your entire pre-and post-Communion prayer rule, in your “I Pray” booklet.*



# Day 6 - Prayers We Say at Home, Communion with God

**Parent Discusses with Children:** (*Children answer according to individual household prayer rules*) “What prayers do we say at home together? What prayers do you say by yourself? When do you pray each day? Where do you pray each day? Where else can you pray? Who or what do you want to pray for today? If you have a question, who can you ask about prayers?” (Mom or Dad, a Godparent, your priest)

“Take a moment now and think about God. Prayer is a type of Communion with God. You don’t always need to use words for prayer, to connect with God, but you can if it helps. I will set the timer for 30 seconds, and we will try not to let our minds get distracted, but we will pray to God quietly together.”

# Day 7: Prayer Booklet

**Parent Explains:** “Today we will add other prayers from our family’s daily or weekly prayer rule to the papers inside your ‘I Pray’ booklet. A ‘prayer rule’ isn’t like a normal rule. Although it might sound like something we are told to do, the word, ‘rule,’ in ‘prayer rule’ comes from the Greek word, ‘kanon,’ which means, ‘a guideline.’ So the ‘prayer rule’ is actually more like a measuring ruler, a tool you can use to try to keep your everyday prayers and special prayers guided on a straight line towards Communion with God. *Older children with personal prayer books might mark some prayers with bookmarks, ribbons, or strings.* We can keep these prayer hands, or our new prayer booklet, by our prayer corner, or somewhere within reach if we want to read a prayer before meals, before studying, or before and after other daily tasks.

If you have any questions about your family’s prayer rule or about any prayer, ask the priest.”