

Prayer Rule Form

Personal Prayer Rule, Scripture Reading, Confession, Fasting and Alms Giving and Service

Personal Prayer Rule

“But as regards prayer, it is certainly our bounden duty to use it every day, morning and evening, before and after both dinner and supper, as far as possible, at the beginning and ending of every work” (Q&A #551 The Longer Catechism of the Orthodox Church – by Metropolitan Philaret, 1830).

A prayer rule is the outline of our daily prayer routine. It is important to have a thought out rule. The small red Service Book sold in the St Andrew Bookstore has daily prayers, as well as other prayer books available in the bookstore or elsewhere. There are also fine resources for developing one’s Prayer Rule online. One link is: <http://www.orthodoxprayer.org>.

Name: _____

Answer the questions below regarding your Personal Prayer Rule:

When will you privately pray during each day?

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What will you pray?

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What about prostrations? (What will do if you can’t do prostrations?) The Jesus Prayer?

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Where will you pray?

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When will you pray as a family?

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What will you pray as a family?

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What non-obligatory services will you attend at Church?

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Name: _____

Scripture Reading

We should read scripture daily. There are Orthodox online scripture readings available, including links on the St Andrew website. There are Orthodox daily scripture reading apps available for smart phones, and there is a “Read the Bible in a Year” outline available on the St Andrew website to aid you in your scripture reading. How will you approach learning the “whole counsel of God”?

Please answer the questions below regarding your daily scripture reading:

When will you read Holy Scripture?

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What will you read?

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Fasting

Do you know and are you keeping the Church standards for fasting?

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Do you need to fast from anything particular other than that expected of every other Orthodox Christian?

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Almsgiving and Service

Besides your tithes are there areas of service you wish to make an offering to God on a regular basis?

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Confession

When will you make your confession? (After you do your life confession)

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How will you prepare?

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