

An Initial Prayer Rule

using the Sts Peter and Paul prayer book, Daily Prayers for Orthodox Christians

This prayer rule is designed to be simple and easy to accomplish, morning and evening. It is, however, only a beginning prayer rule. The idea is to establish consistency with prayer for a few weeks, then to slowly begin adding to the length of the rule. After about a month, it is a good idea to meet with Fr Paul to begin establishing a longer rule catered specifically for you.

Morning Prayers

Pray pages 21-22, through the words “Through the prayers of our Holy Fathers, Lord Jesus Christ, our God, have mercy on us. Amen.”

Say “Lord, have mercy” 12 times.

Then, page 24-26 (beginning with “O come, let us worship...” and ending with the Nicene-Constantinopolitan Creed)

Pray 50 “Jesus Prayers” on your prayer rope

Finally, say “Through the prayers of our Holy Fathers, Lord Jesus Christ, our God, have mercy on us. Amen.”

Evening Prayers

Pray pages 34-35, through the words “Through the prayers of our Holy Fathers, Lord Jesus Christ, our God, have mercy on us. Amen.”

On pages 36-43, pick at least 3 prayers each night to pray. Alternate these each night so that you pray each of the prayers at least twice each week.

Pray pages 43-44 (beginning with “To thee the Champion Leader...” and ending with “It is truly meet...”)

Pray 50 “Jesus Prayers” on your prayer rope

Finish page 44 (“Glory to the Father...” to the end of the page)