

WORKS OF THE CHURCH

The Fellowship of St. John the Divine

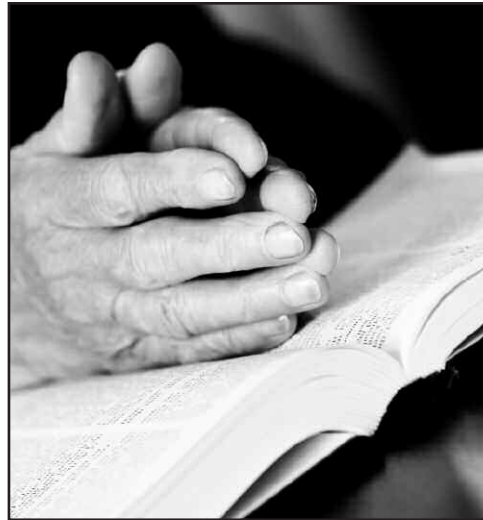
Pray That I Pray More: The St Philip's Prayer Discipline

One often hears a common request: "Pray for me." Standard replies range from, "I shall" to "Likewise!" It has also been said, "I pray for you when I do pray; pray that I pray more." Someone once said, "I used to hate going to the dentist for my twice a year checkup. One day the dentist said, 'Why don't you come more often?' 'What do you mean come more often? It is so hard for me to come only twice a year!' 'I know,' said the dentist, 'but if you come more often it will be less painful and your fear will subside.'"

Granted, praying is not nearly as traumatic as some visits to your dentist or doctor. Yet, the struggle to do the right thing – that is, to pray – for the needs of others and our own spiritual health and salvation is often just as difficult.

As a rule, at a minimum, Orthodox Christians pray twice daily: Morning and Evening.

It is not *just* a matter of making the sign of the Cross upon waking, and before sleep, though it is that. It is not *just* a matter of offering thanks and asking blessing upon each meal, though it is that. It is not *just* a matter of crying out "Lord help me!" and/or mentioning our loved ones to God, though it is certainly that. Attending church services, participating in feasts and fasts? That, too!



Still, there's more.

As a rule we should pray night and day – a Prayer Rule – which incorporates our daily prayers, liturgical and sacramental life, fasting, alms giving, etc. This Rule may differ for different people depending on their situation and station in life, so consult with your Priest, Confessor, or Spiritual Father.

The St Philip's Prayer Discipline, a ministry of the Fellowship of St John the Divine, is designed for Orthodox believers who wish to deepen their spirituality through a regular diet of prayer and study. Because people are

different, the option is given to read the scripture lessons either at morning, noon or evening devotions. Everyone is encouraged to commemorate the Saints of the day, including reading from their life or teaching.

Every new member is provided with the Discipline's Prayer Manual, which contains the form of prayer for every day and some sound Orthodox teaching. In addition, a spiritual book (which is changed periodically) is included for the member's edification. The Fellowship asks for a \$25.00 donation to cover these materials, postage and handling. Please make checks payable to: *Fellowship of St John the Divine*.

Send your name, address, telephone number, email address & donation to the Director at:

Fr Joseph Huneycutt
St. George Orthodox Church
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We are very excited about the opportunities provided by the new St Philip's Prayer Discipline website!

Please visit us at: stphilipsprayerdiscipline.org

And, of your charity, we beg your prayers!

Information provided as a project of the NAC Fellowship of St. John the Divine

