

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES

PRAYER JOURNAL



REACHING AROUND THE WORLD WITH CHRIST'S LOVE



LET'S GO EXPLORING WITH THE IOCC PRAYER JOURNAL

by Evan, Guest Contributor to IOCC

Hi Everyone!

My name is Evan, and I'm an Orthodox Christian. I'm in the 5th grade and enjoy reading, flag football, and basketball. I serve as an altar boy at my home parish and love spending time at my church.

I'd like to share a favorite quote from St. Paul's letter to the Galatians, "Bear one another's burdens and so fulfill the law of Christ." In this journal, I read about how IOCC

responds to these words by helping people around the world. Whether it's preventing disease in Ethiopia, feeding children in Haiti, or providing shelter in Ukraine, IOCC tries to put Christ's love into action.

Often, we kids wonder, "How can I help people in these faraway places?" Well, we may not be able to serve soup in Montenegro, or give eye treatment in Jordan, but



there is one thing that we can always do— pray. Prayer has the power, as shown in the Bible, to accomplish extraordinary things, and to really touch people's lives.

That is how this prayer journal can help. As you read, you will discover the challenges people face and how IOCC comes to their aid. This fun journal has lots of exciting facts, cool crafts, and ways we can help our community every day! As I read through it, the story that stuck out most to me was the one in Haiti. Did you know that IOCC distributed 16,500 pounds of rice to children and families in need in Haiti? That weighs as much as 8 small cars!

Everyone has their own unique prayer that is heard by God. As we read through the stories in this journal, let's use our prayers to make a difference. A little prayer can go a long way.

Sincerely,

Evan,
11 years old



A NOTE FROM

Constantine M. Triantafilou
IOCC Exec. Director & CEO



IOCC's *Prayer Journal* is a resource for young people, like Evan, that offers a glimpse into the lives of children and families we're helping around the world. This journal aims to encourage you by sharing ways that, together, we reach around the world with Christ's love.

Inside you'll find stories of your impact, plus activities for families, small groups, or Sunday School classes. In fact, please consider using the *Prayer Journal* in your parish in the weeks leading up to IOCC Sunday (November 24, 2024).

I hope that you'll continue supporting IOCC's ministry and those it serves by:

- Praying for people facing hardship whom IOCC is helping.
- Taking a special collection in your parish to support IOCC's ongoing programs like those featured here.
- Using the *Prayer Journal* in your parish in the weeks leading up to IOCC Sunday.

Thank you for your support of IOCC's humanitarian mission.



ETHIOPIA

A Teen Teaches Her Community about Podo

Tena, a 17-year-old student in Ethiopia, had never heard of podo. She learned about it when IOCC gave a presentation at her school that included music, drama, and poetry to teach how to prevent and treat the disease.

Podoconiosis, or “podo” is caused when people walk bare-footed on volcanic soil used for farming. Nearly half a million residents of Ethiopia’s Amhara region have the disease, and many suffer from extreme swelling of the feet and lower legs, plus intense pain.

After the program, Tena shared, “I’ll teach my parents and family to keep their feet clean and wear shoes regularly. I’ll also include podo as a discussion topic in our girls’ club and share with other students by organizing events.”

Together with community educators like Tena, IOCC-operated clinics have helped more than 300,000 sick or at-risk adults and children beat the disease.



DID YOU KNOW ...?

Ethiopia is the second most densely populated country in Africa, and the most densely populated landlocked country in the world.

Tena from Ethiopia became a community educator when she suggested podo as a discussion topic in her girls’ club and shared her knowledge with other students. You can do the same by creating a poster that lists some basic first aid tips for kids. Be sure to ask a parent, teacher, or school nurse for help.



Be a Community Educator

Here are some topics you can include:

BRUISES: When someone bumps into something, it can cause bleeding under the skin. Make an ice pack by wrapping ice into a towel, then apply the ice pack to the bruise to prevent swelling and reduce pain. It’s always best to seek help when someone has hit their head.

CUTS: In the case of a cut or a scratch, use a clean cloth to put pressure on the wound to slow bleeding. When the bleeding has stopped, clean the wound and apply antibiotic ointment and a bandage. Call for help if the cut is deep or will not stop bleeding.

BUG BITES AND STINGS: If someone has a bug bite or a bee sting, wash the area and apply ice for swelling and pain. You can also apply calamine lotion to help with itching. Immediately call for help if the person has an allergic reaction to the sting or bite. In cases like this, prompt medical attention may be required.



I’M PRAYING FOR:

I THANK GOD FOR:



GEORGIA

Creating Safe Learning Spaces

Sometimes, when a natural disaster or political conflict happens, people who live in the affected area must leave their homes and take shelter in a public building, such as a community center or a school. In Zugdidi, Georgia, 13 kindergarten buildings were used to house people who needed to flee their homes. This left no space for children to learn, play, or meet friends.

When it became time to convert one building back to classroom space, there wasn't enough money to pay for furnishings. IOCC stepped in to provide benches, beds, cabinets, kitchen appliances, mattresses, linens, and computer equipment.

Today, the kindergarten is fully functioning and can serve up to 150 children. IOCC also bought and delivered kitchen appliances, dishes, and utensils, plus computer equipment, for a second kindergarten in a nearby village. In total, IOCC has created a safe learning environment for over 225 students.



DID YOU KNOW ...?

Saint George, the legendary dragon slayer, is a patron saint of the country of Georgia.

St. George was, in reality, not a knight but a Roman soldier who refused to renounce his Christian faith. In one of his

greatest and most legendary feats, St. George slayed a dragon that was terrorizing a village. The image of his victory appears on flags and churches everywhere, and particularly throughout Georgia.

Help St. George Defeat the Dragon!



WHO WANTS TO COLOR?

I'M PRAYING FOR:

I THANK GOD FOR:



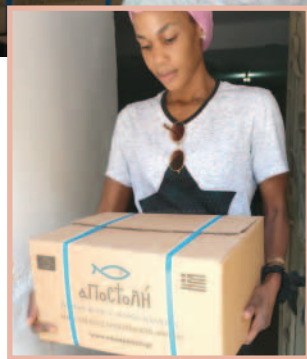
GREECE

Helping Feed Growing Families

Life has been difficult for many in Greece due to natural disasters and ongoing economic struggles. Sotiria, the mother of four children aged 3 to 11, was unemployed for many years, even though she is trained as a pediatric nurse. She recently began a new job as a nurse at a school but needed help to provide for her children after a long period without income.

IOCC, and its partner organization Apostoli, provide Sotiria and others with food parcels to ensure that their families do not go hungry in tough times.

“The needs with four children are so many,” Sotiria said, “and the food parcel helps my family meet our basic nutritional needs. I’m grateful for your support, as it’s the only help I receive. I pray God blesses your work as you help so many people.”



WHO WANTS TO GROW?

Did you know that basil is often used for blessings in the Orthodox Church? The plant’s association with the church comes from the story of St. Helen discovering the Holy Cross in 325 AD. According to tradition, St. Helen followed the scent of sweet basil growing over the spot where the cross was buried, leading her to its discovery. The plant was named Vasiliko, which is Greek for “of the King.”

Grow Your Own Basil Seedlings

Basil is used to sprinkle holy water, and some people bring basil to church to be blessed and then hang it in their homes for health and prosperity.

Basil is easy to grow from seeds in a plastic cup. Fill the cup with potting soil and sprinkle basil seeds, which can be purchased from your local gardening store, on top. Water the seeds, then, after a few minutes, lightly cover the seeds with more soil. Place the cup in a window where it can get sunlight.



In three days, your seeds should start to sprout, followed a few days later by the appearance of leaves. Be sure to keep the soil moist! In about one or two months, your cup should be overflowing with basil leaves. Your plant is then ready to be transplanted to a bigger pot.



DID YOU KNOW ...?

The first Olympic games were held in Greece in 776 BC, and the first event was a 210-yard footrace won by a cook from Elis.

I’M PRAYING FOR:

I THANK GOD FOR:



Paul Jeffrey

HAITI

Food and Security for Children in Need

In Haiti, food prices have skyrocketed as supplies become harder and harder to get. Unstable political and economic conditions have made life difficult—even simple trips to the grocery store are considered unsafe.

IOCC has been active in Haiti ever since the catastrophic earthquake in 2010. Initially responding with emergency aid, IOCC is currently focused on education. Right now, we're helping one Orthodox school keep their doors open, maintaining and securing a safe haven for hundreds of children in the area.

In addition, IOCC recently delivered food to 300 schoolchildren and their families. This included 16,500 lbs. of rice, 300 gallons of cooking oil, 3,000 lbs. of beans, 3,000 lbs. of sugar, and 7,200 packs of spaghetti. It was our way of bringing hope and stability to people who struggle to get enough to eat each day.



DID YOU KNOW ...?

The national dish of Haiti is Soup "Joumou." It's made of squash, beef, pasta, and root vegetables and is a symbol of the freedom Haiti gained in 1804.

WHO WANTS TO MAKE A KIT?

Can you imagine going to school without the necessary tools to learn, like a pencil or a notebook? You can help those who don't have school supplies by organizing a group in your church or community to assemble kits for children in need. By putting together an IOCC School Kit, you can give a less fortunate child the tools needed to do well in school.

Assemble School Kits with your Sunday School Class

Here's what goes inside one school kit:

- One pair of blunt metal scissors (rounded-tip)
- Three 70-count spiral or tape-bound notebooks of 8" x 10-1/2" ruled paper totaling 200-210 sheets. Please do not provide loose-leaf or filler paper.



- One 30-centimeter ruler (12")
- One hand-held pencil sharpener
- Six new pencils with erasers
- One large eraser, 2-1/2"
- One box of 24 crayons (only 24)

For packing information, visit ioccc.org/schoolkits.

Your kits will be collected at a warehouse, prepared for shipping and sent to children in need.



I'M PRAYING FOR:

I THANK GOD FOR:



JERUSALEM, WEST BANK, GAZA

Nutrition for Baby Celia

When conflict broke out in Gaza in the fall of 2023, many Palestinians living there had to move out of their homes and seek safer shelter. Many Christian families moved into Saint Porphyrios Orthodox Church, a church that has been in Gaza since the 5th century.

One of these families welcomed a new baby, named Celia, in October of 2023. Celia was born with some health issues that made it difficult for her to digest milk, and because of this she was not able to grow as well as a baby should. Living under conflict, it was hard for her parents to get medical help.

IOCC was able to provide Celia with a special baby formula that she could digest, as well as medicines to improve her health.

She was able to grow and get stronger, and her family's worries about her were put at ease.



DID YOU KNOW ...?

When a baby is born in Gaza or other parts of the Middle East, the family prepares a dish called "meghli" to celebrate. It is a rice pudding made with spices like anise, cinnamon, and caraway.

A prayer jar can help you organize your thoughts and remember all those in need around the world. It can also help you count your blessings, and express your gratitude for the people, pets and things in your life that are important to you. Making one is easy!



WHO WANTS TO CREATE?

Make a Prayer Jar



To make your prayer jar, all you need is a mason jar or a ceramic mug, acrylic paint in your favorite colors, and a pack of jumbo craft sticks, approximately 6" x 5/8". Make sure the craft sticks are white or natural wood color so you can write on them in ink or magic marker.

Use the paint to decorate the jar or mug any way you like. You can tie ribbon or fabric around it and even hang a small wooden cross or pendant from the top. Then gather up your craft sticks, and on some, write the name of a country where

IOCC works. On others, write the name of a family member or friend who could use God's blessing. You can even write Bible verses on a few of the sticks.

Once complete, place all the sticks inside your jar, then, before you go to bed, pull a stick at random from the jar, and say a special prayer for the person, country, or topic that's written on the side.

- Ethiopia
- Georgia
- Greece
- Haiti
- Jerusalem, West Bank, Gaza
- Lebanon
- Montenegro
- Romania
- Ukraine
- United States

I'M PRAYING FOR:

I THANK GOD FOR:



JORDAN

Expert Care for Children

As a young child, Omar had trouble seeing. His parents had escaped war in Syria and were struggling to not only provide for their children but get Omar the treatment he desperately needed. Finally, Omar's parents learned about health services for refugees and Jordanians in need at the IOCC-supported clinic in the city of Zarqa.

Exams and visits with vision specialists confirmed Omar's need for both glasses and a low-vision device. Omar's family were unable to afford these, but thanks to IOCC, Omar received both. He soon began therapy sessions which improved his fine motor skills and his ability to focus.

Omar can now participate in life more fully, from spending time with his family and friends to learning at school. His parents are grateful for his progress and are happy to see him thriving. Now, with the tools and support he needs, Omar is not letting anything get in his way.



DID YOU KNOW ...?

There are over 100,000 archaeological sites in Jordan. The city of Petra, in Jordan, was settled over 10,000 years ago.

Maintaining good eye health is very important. Imagine sitting at your desk unable to see the whiteboard at the front of the class. Or what if the words in your textbook were too blurry to read? It would hinder your education and dramatically affect your future. You might enjoy sports like baseball or football, but you can't play as well as you want because you have trouble seeing the ball.

Take Good Care of Your Eyes

Even if your vision check-ups are good, you can still harm your eyes through strain or injury. Here are some things you can do to maintain good eye health:

- Eat foods that are good for your eyes: carrots, blueberries, spinach, eggs, oranges, and nuts.
- Explore the outdoors. This is a great way to exercise your eyes, because you'll be looking at clouds or mountains in the distance, or observing flowers, birds, or brightly-colored stones up close. Just don't stare at the sun!
- Take frequent breaks from looking at your TV, phone, tablet, or computer screens. Backlit monitors can cause eye strain. A good rule of thumb is the 20-20-20 rule: every twenty minutes, look away from your device and spend twenty seconds focusing your eyes on something that is twenty feet away.



I'M PRAYING FOR:

I THANK GOD FOR:



LEBANON

Meals for Students, Income for Mothers

The girls pictured above have big plans! Hadeel, age 10, wants to be a lawyer; Ritaj, age 10, dreams of becoming an Arabic teacher; Loukaya, age 12, plans to become a veterinarian; and Lynn and Jana, both 10, dream of becoming doctors. Those ambitions can now flourish because the girls receive meals at school that keep them healthy and help them make the most of their education.

This year, an IOCC program in Lebanon is providing sandwiches (plus fruits and vegetables) to nearly 64,000 Lebanese and Syrian refugee students in 101 public schools. The program aims to keep students from dropping out, and to improve their ability to concentrate by ensuring they don't go hungry during the school day.

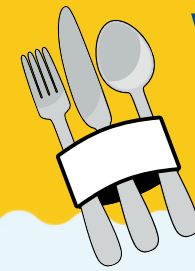
In addition, over 100 mothers work in the kitchens to prepare the meals, earning extra income to help them support their families. In all, this IOCC program is creating job opportunities for women and giving students a better shot at realizing their future goals.



DID YOU KNOW ...?

Lebanon's name has remained unchanged for 4,000 years, making it the oldest name of a country in the world that still exists.

Here's a fun way to kickstart family conversations at the dinner table.



WHO WANTS TO TALK?

Silverware Rollups

Take a sheet of construction paper and cut it into strips around 1" x 8-1/2". Make enough so there is one strip for every person, family member, or guest who will be joining you for dinner that night. On one of the strips, write a question or statement, such as:

- I am praying for _____.
- I feel blessed because _____.
- What can we do to help children in Lebanon (or the name of another country where IOCC is responding to people in need)?



Then, gather up the silverware that will be at each person's place setting, (for example a fork, knife, and spoon), wrap each group with one of strips of paper and tape it sealed. Be sure to roll the strip with your question so that it is inside the loop, and unseen when wrapped around the silverware.

Place all the silverware together in the center of the table. Finally, at mealtime, invite everyone to choose a group of silverware, then, following the evening's prayer, unwrap them together.

The person who is holding the strip with your question will read it out loud and be the first to answer. Others around the table can answer, too, in turn, or a discussion might begin based on the initial response. Do this once a week to involve everyone in your family.

I'M PRAYING FOR:

I THANK GOD FOR:



MONTENEGRO

Nourishing Bodies and Souls

In Montenegro (a small country in Southeastern Europe), IOCC is working with an Orthodox parish to upgrade a soup kitchen that prepares and delivers meals to families in need. Before IOCC got involved, the kitchen was in poor condition, making it difficult to prepare the food. IOCC renovated the space, and installed a new industrial oven, a deep freezer, and a meat grinder. IOCC also provided vegetable slicers, metal bowls, baking trays, portable electric stoves, and other small appliances. Now the kitchen is able to deliver over 350 meals a day, improving the health and well-being of local people.

IOCC is also helping the kitchen grow its own food by expanding the parish’s farm in Podgorica, Montenegro’s capital city. New greenhouses supply vegetables, and production has expanded to include open fields, an egg-laying farm, and vegetable-processing facilities. Together, the renovated kitchen and the parish farm are helping the Orthodox Church serve more people in need.



DID YOU KNOW ...?

Olive trees have been grown in Montenegro for thousands of years. Bar is home to the country’s oldest known olive tree, estimated to be over 2,000 years old.

The work of IOCC is inspired by Matthew 25: 35-36, 40: “For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you welcomed me; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me... as you did it to one of the least of these my brethren, you did it to me.”



Make a Kindness Calendar

Use the *Kindness Calendar* here to reflect on the different ways someone can show kindness to someone else, and see if you can find opportunities to perform acts of kindness every day! As you do your good deeds, use the checklist to check off your progress.

- Say a prayer for someone who’s sick
- Call up a grandparent or family member to say “Hi”
- Give a friend a compliment
- Donate a toy or piece of clothing
- Thank a parent for their help
- Hold a door open for a stranger

These are just a few examples of kindness—after you’ve checked off these activities, you can brainstorm your own *Kindness Calendar* with your parents or Sunday School class!

MONDAY
Act of Kindness: _____

TUESDAY
Act of Kindness: _____

WEDNESDAY
Act of Kindness: _____

THURSDAY
Act of Kindness: _____

FRIDAY
Act of Kindness: _____

SATURDAY
Act of Kindness: _____

SUNDAY
Act of Kindness: _____

I’M PRAYING FOR:

I THANK GOD FOR:



ROMANIA

Helping Children Stay Connected to School

In Romania, school dropout rates have risen, especially since the COVID-19 pandemic. With the move to online education, many children from poor and rural areas lost their access to education because families could not afford computers, phones, or internet.

To help turn this trend around, IOCC strengthened the connection to school for 35 students in poorer areas through counseling and social-educational support. These youngsters took part in fun and educational activities, such as sewing, decorating, painting, and singing, as well as academic tutoring to help improve their grades.

Some children received additional counseling, while families and communities learned about the importance of school attendance, and how dropping out could have negative consequences for their future.

In addition, IOCC provided furniture and educational materials so that future students will also be encouraged to continue their education.



DID YOU KNOW ...?

Elder Cleopa, the abbot of a Romanian monastery known for his wise spiritual advice, was recently proposed for canonization as a saint by the Orthodox Church.

Did you know you can help those who are less fortunate by donating books for them to read? Education is important, but not everyone has access to a library or can afford books.



WHO WANTS TO READ?

Go on a Book Hunt!

You can help enrich people's lives by donating books so that they can learn and open their minds to things they never imagined!

See if you can hunt down **5-10 books** from around the house, whether they're old or new, and put them together in a box for donation.

Once you've done that, talk to your parents about bringing the books to a local library or book drop, where they'll be collected and distributed to people in need. If possible, talk to your Sunday School teacher about organizing a **Book Day**, a day where everyone in class brings books to collect and sort for donation.



I'M PRAYING FOR:

I THANK GOD FOR:



UKRAINE

Fleeing Conflict and Finding a New Home

In February 2022, life changed drastically in Ukraine when conflict erupted in the country. One woman, Kateryna, had been living a happy life with her nine-year-old son Dmytro, but soon it became clear that they needed to leave home for their safety and mental well-being. After a typical eight-hour drive to Western Ukraine became a difficult five-day journey, Kateryna and Dmytro found shelter in a school building. But when the summer months ended and school resumed, they had to move on. Kateryna had no money left to pay rent for a place to live.

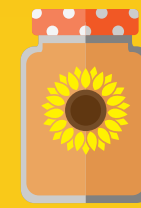
Fortunately, a new shelter opened at St. Olga's Church, funded by IOCC. Once they moved in, Dmytro was able to go back to school and Kateryna found a job working with displaced children. Because their living situation was taken care of, they could start to get back to normal routines and feel more secure. As Kateryna said, "Everything is fine now. I am very grateful for the Shelter and the opportunity to help other people!"



DID YOU KNOW ...?

Ukraine is one of the world's biggest exporters of sunflowers, sunflower seeds, and sunflower oil, producing almost 14 million metric tons of sunflower seeds a year.

You can try making your own sunflower seed butter at home, which is a good source of protein and a tasty alternative to peanut butter. **Make sure you get your Mom or Dad to help you!**



WHO WANTS TO COOK?

Make Your Own Sunflower Butter

Here's how to make it:



- Pour 2 ½ cups of roasted, hulled sunflower seeds into a food processor
- Pulse a few times, then let the processor run for 10 minutes, stopping every 2 minutes to scrape the sides
- Halfway through, feel free to add a sweetener, such as honey, sugar, agave, or maple syrup to taste
- After 10 minutes, the sunflower butter should be creamy and ready to go!

You can put sunflower butter on muffins or banana bread, or you can pick out your favorite jam or jelly flavor and make **sunflower butter and jelly sandwiches! Yum!**



I'M PRAYING FOR:

I THANK GOD FOR:



UNITED STATES

Energizing Youth for Service

IOCC’s youth leadership conference, Serv-X-Treme, teaches skills and lessons that teenagers can use to serve Christ. Tim C., of Christ the Savior Orthodox Church in Southbury, Connecticut, spent time with Serv-X-Treme, and shared his experiences with IOCC.

“Since returning from Serv,” Tim said, “I have been supplying Fr. Moses, my priest, with a list of needs for the local food bank. We have posted those needs in our church hallway, listed them in our bulletins, and handed them out on paper to parishioners at the end of Liturgy. Over the past couple of months, people have donated hundreds of food items that were needed at the food bank.

“We are also involved in our annual ‘Snack Pack for Backpack’ drive at church, collecting and packing bags of ‘school snacks’ for kids whose families visit our food bank. Last year we packed 100 snack packages; this year, we are hoping to exceed that.”

Tim’s project is just one example of how Serv-X-Treme alumni are finding ways to help others.



DID YOU KNOW ...?

The US is the only country to have all five major climate zones: tropical, dry, temperate, continental, and polar.

Research food banks near your parish or home and contact one to find out which food items they need; also ask how many people they serve in a day or week. Get a group of friends together, or perhaps make it a Sunday School classroom project.



Paper Bag Food Drive



Collect paper grocery bags, preferably with no printing on the sides. Your local supermarket may be able to provide them, or you can ask a parent to purchase some online.

Decorate the grocery bags with your group or class name, plus stickers, drawings, or cutouts from magazines or newspapers that show the importance of combatting hunger, particularly for children. Create as many as you can.

Then design a poster that invites people to take home an empty bag, fill it with groceries they want to donate, and return the bags to your church or classroom on a specific date.

Ask your priest’s permission to display the poster in church, above a stack of the paper bags. As a class or as a family, deliver your collected food to the food bank, and thank them for the work they do.



I’M PRAYING FOR:

I THANK GOD FOR:



INSPIRED BY FAITH, DRIVEN BY PURPOSE

“I was thirsty and you gave me drink;
I was a stranger and you took me in;
I was naked and you clothed me;
I was sick and you visited me;
I was in prison and you came to me.”
... And the King will answer and say to them,
“Assuredly, I say to you,
inasmuch as you did it to one of the least
of these My brethren, you did it to me.”

— Matthew 25:35-36, 40



SAY YOUR DAILY PRAYERS

When we pray as Orthodox Christians, we can grow closer to God by giving thanks, asking for forgiveness, asking for help, or telling God how much He means to us.

On the following pages are Orthodox daily prayers to help you as you pray each day. While we can always pray on our own, it is helpful for us to also use daily prayer routines passed down through our Church, so we learn how to pray regularly and thoughtfully.

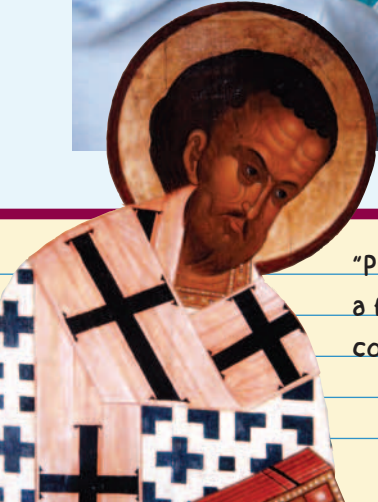
With these prayers, try to find a special time and place that works for you, and start your own prayer routine. After a while, with daily prayer we feel less worried, more happy, more loved, and protected by God— just as St. John Chrysostom tells us.

“Prayer is the place of refuge for every worry,
a foundation for cheerfulness, a source of
constant happiness, a protection against sadness.”

— St. John Chrysostom

I’M PRAYING FOR:

I THANK GOD FOR:





Majdy Al-Jidah

A PRAYER OF REPENTANCE BEFORE SLEEP

Lord our God, by Your goodness and mercy
forgive all the sins I have committed
this day in thought, word, and deed.
(Specify your sins to God, and repent of them.)
Grant me peaceful and undisturbed sleep,
and deliver me from all temptations and attacks
of the evil one. Raise me up again in the morning
that I may glorify You. For You are blessed, together
with Your Son and Holy Spirit, now and forever. Amen.

FOR TIMES OF TROUBLE*

O Lord of hosts, be with us.
For in times of distress we have no other help
but You. O Lord of hosts, have mercy on us.

* Prayers marked with an asterisk are from the Ancient Faith Prayer Book, compiled and edited by Fr. Vassilios Papavassiliou, published by Ancient Faith Publishing. Used with permission.



AN EVENING PRAYER OF ST. JOHN CHRYSOSTOM*

O Lord, grant that I may love You
with all my heart and soul,
and that I may obey Your will in all things.

THANKSGIVING AFTER DELIVERANCE FROM TROUBLE*

Almighty and merciful God, I most humbly and
heartily thank Your divine majesty for Your loving
kindness and tender mercy, for You have heard
my humble prayer and graciously granted me
deliverance from my trouble and misery.
I entreat You to continue granting Your helping grace,
that I may lead a life pleasing to You, and that I may
continually offer to You a sacrifice of praise and
thanksgiving, to the Father and to the
Son and to the Holy Spirit, now and forevermore. Amen.

MORNING PRAYER

O Lord, grant that I may meet the coming day in peace.
Help me in all things to rely upon Your Holy will.

In every hour of the day, reveal Your will to me ...

In all my words and actions,

guide my thoughts and feelings ...

Direct my will and teach me to pray, to believe,
to hope, to be patient, to forgive, and to love. Amen.

MID-DAY PRAYER

O Christ our God, who at this hour stretched out
Your loving arms upon the Cross that all people might
be gathered unto You, help us and save us
who cry unto You: Glory to You, O Lord.

EVENING PRAYER

Lord Jesus Christ, You received the
children who came to You, receive also
from Your child this evening prayer.

Shelter me under the protection of Your wings
that I may lie down in peace and sleep.
Awaken me in due time that I may glorify You,
for You alone are good and love all people.

Into Your hands, O Lord Jesus Christ,
I commend my spirit and body; bless me,
save me, and grant me eternal life.

The Father is my hope,
the Son is my refuge,
the Holy Spirit is my shelter.
Holy Trinity, Glory to You.

Lord Jesus Christ, Son of God, have mercy on me.

PRAYER BEFORE MEALS

Christ our God, bless the food, drink, and
fellowship of Your servants, for You are holy always,
now and ever and unto ages of ages. Amen.

PRAYER AFTER MEALS

We give thanks to You, Christ our God, that You have satisfied
us with Your earthly blessings; deprive us not also of
Your Heavenly Kingdom. As You came to Your disciples and
granted them peace, so come to us and save us, Savior.

HYMN TO THE THEOTOKOS

It is truly right to bless you, 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 you gave birth to God the Word.
True Theotokos, we magnify you!

PRAYER FOR THOSE IN NEED

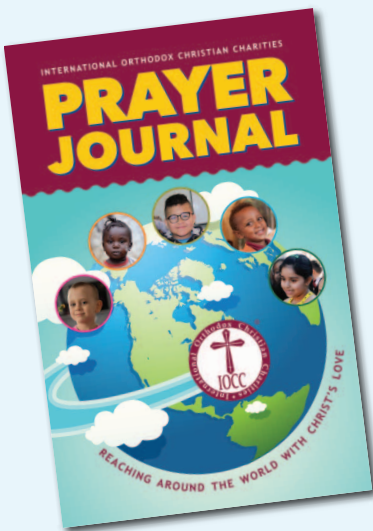
Christ, Who alone are our Defender:
Be mindful, Lord, of the young and the old;
orphans and widows; the sick and the suffering,
the sorrowing and the afflicted, all captives,
and the needy poor; upon them all send forth Your
mercies, for You are the Giver of all good things.

PRAYER FOR THE SICK

Christ, Who alone are our Defender: Visit and heal
Your suffering servant [Name], delivering him/her
from sickness and grievous pains. Raise him/her
up that he/she may sing to You and praise
You without ceasing, through the prayers of the
Theotokos, You Who alone love humankind.



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