

Practical Tips For Practicing Orthodoxy In Our Daily Lives

1. Prayers are said morning and evening, either together as a family or individually.
2. A blessing is said by the head of the family before a meal, and a prayer of thanks afterwards.
3. On entering a room where there is an icon, bless yourself with the sign of the Holy Cross before it and say a brief prayer; for example, ***“Glory be to God!”***
4. When leaving one’s dwelling, make the sign of the cross over the door and pray for its protection.
5. On seeing a Bishop, priest, abbot or abbess, writing to them, or even when phoning them, always ask for their blessing.
6. Before going to bed, make the sign of the cross over your pillow and pray for protection during sleep.
7. When you hear of anyone’s death, immediately say a prayer for their eternal memory.
8. If discussing or planning the future, say: ***“As God wills”*** or ***“God willing.”***
9. If you offend or hurt anyone, say as soon as possible, ***“Forgive me,”*** always trying to take the blame on yourself.
10. If something turns out well, say ***“Glory be to God!”***
11. If something turns out badly, if there is pain, sickness or any kind of trouble, say ***“Glory be to God for all things.”***
12. If you begin some task, say ***“God is my helper”*** or ***“His hands before my hands”*** or if someone else is working, say ***“May God be with you,”*** or ***“May God bless your work.”***
13. Bless yourself with the Holy Cross and say a brief prayer before even the shortest journey by car.
14. When you receive a blessing after prayer, always remember to thank God. You may add a prayer of thanksgiving to your daily prayers or make an offering. **Never neglect to give thanks!**

Adapted from the writings of Mother Pelagia