

# SPF50

SCRIPTURE ■ PRAYER ■ FAMILY



## READING THE BIBLE AS A FAMILY

WEEK	READING
April 26-May 2	John 1 & 2
May 3-9	John 3 & 4
May 10-16	John 5 & 6
May 17-23	John 7 & 8
May 24-30	John 9 & 10
May 31-June 6	John 11 & 12
June 7-13	John 13 & 14
June 14-20	John 15, 16, 17
June 21-27	John 18 & 19
June 28-July 4	John 20 & 21

**Your Goal:** Read Scripture together at least once per week. Feel free to sit comfortably in your living room, at your dining room table, etc. You may wish to have copies of the Bible for each member of the family, but only one copy is necessary. Take turns reading. When children are old enough to read, encourage them to read at least a few verses.

**Tip:** If the selected chapters are too much for one sitting, you can split them in two and read them at two separate times (either on the same day or different days).

*Over the next two months, we will read the Gospel of Saint John. This is the same Gospel that is being read in our liturgical services in church.*

*(Need a Bible? Visit [orthodoxgoods.com](http://orthodoxgoods.com))*

## PRAYING AS A FAMILY

**Your Goal:** Offer these prayers at least once per week. Stand together as a family facing a place of prayer with an icon, etc. You may read them together, or take turns offering the prayers. *For additional prayers, please refer to the "Come to Me" prayer book (available at [orthodoxgoods.com](http://orthodoxgoods.com)).*

### The Usual Beginning Prayers

*Pay special attention to the seasonal changes to these prayers, as noted below.*

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**From April 26 through May 27, sing or say three times:**

Christ is risen from the dead, trampling down death by death and to those in the tombs, bestowing life.

*Then continue with "Holy God..." on the next page.*

**From May 28 through June 6:** Go directly to "Holy God..."

**From June 7 onwards, say:**

Glory to You, our God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, who are in all places and fill all things. Treasury of blessings, and giver of Life, come and dwell within us, and cleanse us from every blemish, and save our souls, O blessed One.

## Usual Beginning Prayers *(Continued)*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us! *(three times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen.

O most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for Your Name's sake.

Lord, have mercy. *(three times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen.

Our Father Who art in heaven, hallowed be Thy Name. Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For Thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever and forever. Amen.

## A Morning Prayer

Having risen from sleep, I flee to You, O Lord, lover of mankind, and by Your loving-kindness I strive to do Your work, and I pray to You: help me at all times, in everything, and deliver me from every evil thing of the world and every evil attack of the devil, and lead me into Your eternal kingdom. For You are my creator, the giver and provider of everything good, and all my hope is in You, and to You I send up glory, now and ever and forever. Amen.

## An Evening Prayer

Lord our God, in Your goodness and love for mankind, forgive me all the sins I have committed today in word, deed, or thought. Grant me peaceful and restful sleep. Send Your guardian angel to guard and protect me from all evil. For You are the guardian of our souls and bodies, and to You we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

# THE PASCHAL GREETING

*Throughout the 40 Days of Pascha—from April 19 to May 27—we greet one another with “Christ is risen!” and the response “Indeed, He is risen!” This isn’t restricted to the church building. We should do this at home, too! Start and end the day sharing this joyful message of the Resurrection with your family members.*

## A Prayer for Our Family

Lord Jesus Christ, You reign on high with Your Eternal Father and the Holy Spirit. By Your presence, You blessed the home of Your Ever-Virgin Mother and the righteous Joseph. Come also to us and fill our home with Your blessings. We humbly pray to You: unite our family in a bond of peace and harmony. Instill in our hearts wisdom and virtue, and help us to obey Your commandments. Banish from us all anger and bitterness, and instead grant us a spirit of forgiveness and peace. Help us to be examples of Your love. In moments of trial and temptation, give us the strength to avoid sin. Send your holy angels to guard us from all misfortune and evil. O Christ, we enthrone You as King of our home: may we also be made worthy of a place in Your heavenly kingdom forever. Amen.

## Praying for Others

*If you would like to pray for specific people...*

Save, O Lord, and have mercy on *(name anyone you wish to pray for at this time)*.

## A Prayer to the Mother of God

Hail Mary, full of grace, O Virgin Birthgiver of God, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have given birth to Christ, the Savior and deliverer of our souls.

## A Prayer to the Holy Trinity

The Father is my hope, the Son is my refuge, and the Holy Spirit is my protection. O Holy Trinity, glory to You!

## Concluding Prayer

Lord Jesus Christ, Son of God, through the prayers of Your most-pure Mother and of all the saints, have mercy on us. Amen.

*From April 26 through May 27, conclude your prayers by singing or saying:*

Christ is risen from the dead, trampling down death by death and to those in the tombs, bestowing life.

And He bestowed upon us eternal life, therefore let us worship His resurrection on the third day!