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DAILY PRAYERS

A Prayer Sheet for Praxis Members

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THE LORD'S PRAYER

(Note 18: Prayer said in loving obedience to our Lord
makes us free to address our Creator.)

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 the 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 unto ages of ages, Amen

*Holy God, Holy Mighty; Holy Immortal One, have mercy
on us. (x3)*

Blessed art thou, O LORD: teach me thy statutes.

“And the peace of God, which passeth all understanding,
shall keep your hearts and minds through Christ Jesus.”
Philippians 4:7 (KJV)

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PRAYER FOR INNER COMMUNION
BY JOSEPH THE VISIONARY

(Note 17: It is not what appears to happen outside us that matters,
but what actually and spiritually happens within our hearts.)

At this moment
when the wine is changed
and becomes Your blood,
may my thoughts be inebriated
with the commixture of Your love.

Stir up within me at this time, Lord,
the sense of wonder at Your cross,
fill me with fervour of faith at this moment,
so that my thoughts may be inflamed
with the fire of Your love,
and may my eyes become for You
rivulets of water to wash all my limbs.

May Your hidden love
be infused into my thoughts
so that my hidden thoughts may flow to You with tears and groans.

May I receive You
not in the stomach that belongs to the body's limbs,
but into the womb of my nous,
so that You may be conceived there,
as in the womb of the virgin.

Blessed art thou, O LORD: teach me thy statutes.

GOSPEL TEACHING

(Note 1: The Truth was always true, but the way in which we can know
it can change.)

“In the beginning was the Word, and the Word was with God,

and the Word was God. The same was in the beginning with God.
All things were made by him; and without him was not

any thing made that was made. In him was life;
and the life was the light of men.
And the light shineth in darkness; and the darkness
comprehended it not.”

Have mercy on us, O Lord, have mercy on us.

VERSES FROM PSALM 119

(Note 2: Although I am not yet certain of the truth, I act having
decided to believe it.)

- 10 With my whole heart have I sought Thee
O let me not wander from Thee commandments.
- 11 Thy word have I hid in my heart,
that I might not sin against Thee.
- 12 *Blessed art Thou, O LORD: teach me Thy statutes.*
- 13 With my lips have I declared all the judgments of Thy mouth.
- 14 I have rejoiced in the way of Thy testimonies,
as much as in all riches.
- 15 I will meditate on Thy precepts,
and have respect to Thy ways.
- 16 *I will delight myself in Thy statutes:
I will not forget Thy word.*

*Holy God, Holy Mighty; Holy Immortal One, have mercy on
us. (x3)*

APHORISM

(Note 3: In my belief, my heart begins to be at peace.)

The hunger for God is a hunger for unity.
This hunger begins to be satisfied in unity with others.
When we are without forgiveness, we are without unity,
so it follows that we are forgiven only when we forgive.
Unity with God is unity with everyone.

Have mercy on us, O Lord, have mercy on us.

APHORISM BY ST. SERAPHIM OF SAROV

(Note 4: A new aim in life begins from a different kind of knowledge.)

“... Prayer, fasting, vigil and all other Christian practices, however good they may be in themselves, do not constitute the aim of our Christian life, although they serve as the indispensable means of reaching this end. The true aim of the Christian life consists in the acquisition of the holy Spirit of God.”

Have mercy on us, O Lord, have mercy on us.

SAINT ISAAC THE SYRIAN, IN A PRAYER

(Note 5: This different knowledge changes the action of the nous,
and the state of the psyche.)

O Lord, make me worthy to know You and love You,
not in the knowledge arising from mental exercise
and the dispersion of the mind,
but make me worthy of that knowledge whereby the nous,
in beholding You, glorifies Your nature in this vision
which steals from the nous its awareness of the world.

Have mercy on us, O Lord, have mercy on us.

APHORISM OF UNITY

(Note 15: And when we become aware of the God of Love in our heart,
we are praying alongside Saint Isaac.)

The unity of Love and true knowledge
is the presence of Being.
This presence responds to the attentiveness
of the still nous
by emerging within us.

Blessed art thou, O LORD: teach me thy statutes.

TRADITIONAL PRAYER

(Note 16: The presence of our Lord within us drives out all that is not
God-given within us.)

O heavenly King; Comforter, spirit of Truth,
who art In all places and fillest all things;
Treasury of good things and Giver of life:
Come and live within us,
and cleanse us from every stain;
and save our psyches, O Good One.

Have mercy on us, O Lord, have mercy on us.

A PRAYER BY SAINT ISAAC THE SYRIAN

(Note 13: As awareness of our Lord flowers in the silent heart, that heart overflows with torrents of love and joy.)

O sun of righteousness
by which the righteous beheld their own selves
and became a mirror for their generations,
open up within me the gate to awareness of you;
grant me a joyful mind,
one which sails above the rocks of error,
so that I may reach that serene haven,
as did our fathers of old who pleased you
with their discerning lives.

Blessed art thou, O LORD: teach me thy statutes.

ANOTHER PRAYER FROM SAINT ISAAC

(Note 14: This is why Saint Isaac continues to pray for a repentant heart.)

“I beseech you, O God,
Send me help from your highest heavens
so that I may keep afar from my heart
every evil intention and every carnal wish ...
It is you who grants repentance,
and a sorrowing heart
to the sinner who repents.”

Blessed art thou, O LORD: teach me thy statutes.

A TEACHING OF ST. ANTHONY THE GREAT

(Note 6: The nous then begins to discern the body from the psyche, and changes their relation, creating a new unity.)

“The Nous then starts to discriminate between the body and the psyche, as it begins to learn from the Spirit how to purify both by repentance. Then, taught through this conscious influence, the nous becomes our guide to the labours of body and psyche, showing us how to purify them”

Have mercy upon us, O Lord, have mercy on us.

A PRAYER FROM ST. JOSEPH THE VISIONARY

(Note 7: After this, one no longer takes a body-centred view of things.)

Cause to reside in me a faith that perceives Your Mysteries,
so that I may perceive Your sacrifice as You are, and not as I am.

Have mercy on us, O Lord, have mercy on us.

THE BEATITUDES

(Note 8: A key to the teaching of the Gospel describes a different state of mind given by our Lord, which prepares a man or woman to know God.)

“And He opened his mouth, and taught them, saying,
“Blessed are the poor in spirit: for theirs is the kingdom of heaven.
“Blessed are they that mourn: for they shall be comforted.
“Blessed are the meek: for they shall inherit the earth.
“Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
“Blessed are the merciful: for they shall obtain mercy.
“Blessed are the pure in heart: for they shall see God.
“Blessed are the peacemakers: for they shall be called the children of God.
“Blessed are they which are persecuted for righteousness’ sake: for theirs is the kingdom of heaven.
“Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.
“Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.” (Matthew 5:2-12.)

Have mercy on us, O Lord, have mercy on us.

ANOTHER TEACHING OF ST. ANTONY THE GREAT

(Note 9: The nous, when not lost in thoughts and feelings, perceives our state with sufficient clarity to transform our character.)

“The nous separates us from all the fruits of the flesh which have been mingled with all the members of the body since the first transgression, and brings back each of the members of the body to its original condition, having nothing in it from the spirit of Satan.”

Have mercy on us, O Lord, have mercy on us.

GOSPEL TEACHING

(Note 10: The gospel tells us to give up all that is false in us in order to find a stillness within us in which the divine can dwell.)

“Then said Jesus to His disciples,
If any man will come after me,
let him deny himself, and take up his cross, and follow me.
“For whosoever would save his psyche will lose it:
and whosoever will lose his psyche for my sake will find it.
“For what is a man profited, if he will gain the whole world,
and lose his own psyche?
or what will a man give in exchange for his psyche?”
(Matthew 16:24-26 (KJV))

Holy God, Holy Mighty; Holy Immortal One, have mercy on us.
(x3)

Blessed art thou, O LORD: teach me thy statutes.

APHORISM OF ST. SYMEON THE NEW THEOLOGIAN

(Note 11: The beatitudes are characteristic of that state of stillness, made possible by the coming of Christ in our lives, but brought to fruition through conscious efforts like those taught by the early saints.)

He who does not have attention in himself
and does not guard his nous,
cannot become pure in heart,
and so cannot see God.

He who does not have attention in himself
cannot be poor in spirit,
cannot weep and be contrite,
nor be gentle and meek,
nor hunger and thirst after righteousness,
nor be merciful, nor a peacemaker,
nor suffer persecution for righteousness sake.

Blessed art thou, O LORD: teach me thy statutes.

A PRAYER FROM PIERRE CAUSSADE'S BOOK 'ABANDONMENT TO DIVINE PROVIDENCE'

(Note 12: When the psyche, in love and trust for God, ceases its striving, our God-given nature emerges into the light.)

“O Love eternal, adorable, ever fruitful, and ever marvelous!
May the divine operations of my God be my book,
my doctrine, my science.
In it are my thoughts, my words, my actions and my sufferings.
Not by consulting Your former works
shall I become what You would have me to be;
But by receiving You in everything.
By that ancient road, the only royal road,
the road of our fathers
shall I be enlightened, and shall speak as they spoke.
It is thus that I would imitate them all, quote them all”

Blessed art thou, O LORD: teach me thy statutes.