



MY FIRST PRAYER BOOK

Illustrated by Yostina Kaoud and

(your name)

Welcome! We're so happy to see that you are excited to grow closer to God through prayer. My First Prayer Book is filled with some beautiful prayers from our Orthodox Book of Hours that you can pray all throughout the day. The more you pray, the closer you'll grow to God. Before you know it, you will have learned some of these prayers by heart.

God uses prayer all the time to heal our hearts from all the sadness and pain that comes from living in a world filled with sin. Prayer is way to keep connected to God, to experience His love and to be healed again and again by His tender touch.

The Bible tells us to pray without stopping so do your best to pray to Him all day long using personal prayers or these prayers here.

Start off your morning with
before each meal and
By doing this, you will be
a day!



STSA CHURCH

a time of prayer, pray
finally, pray at bedtime.
praying at least five times

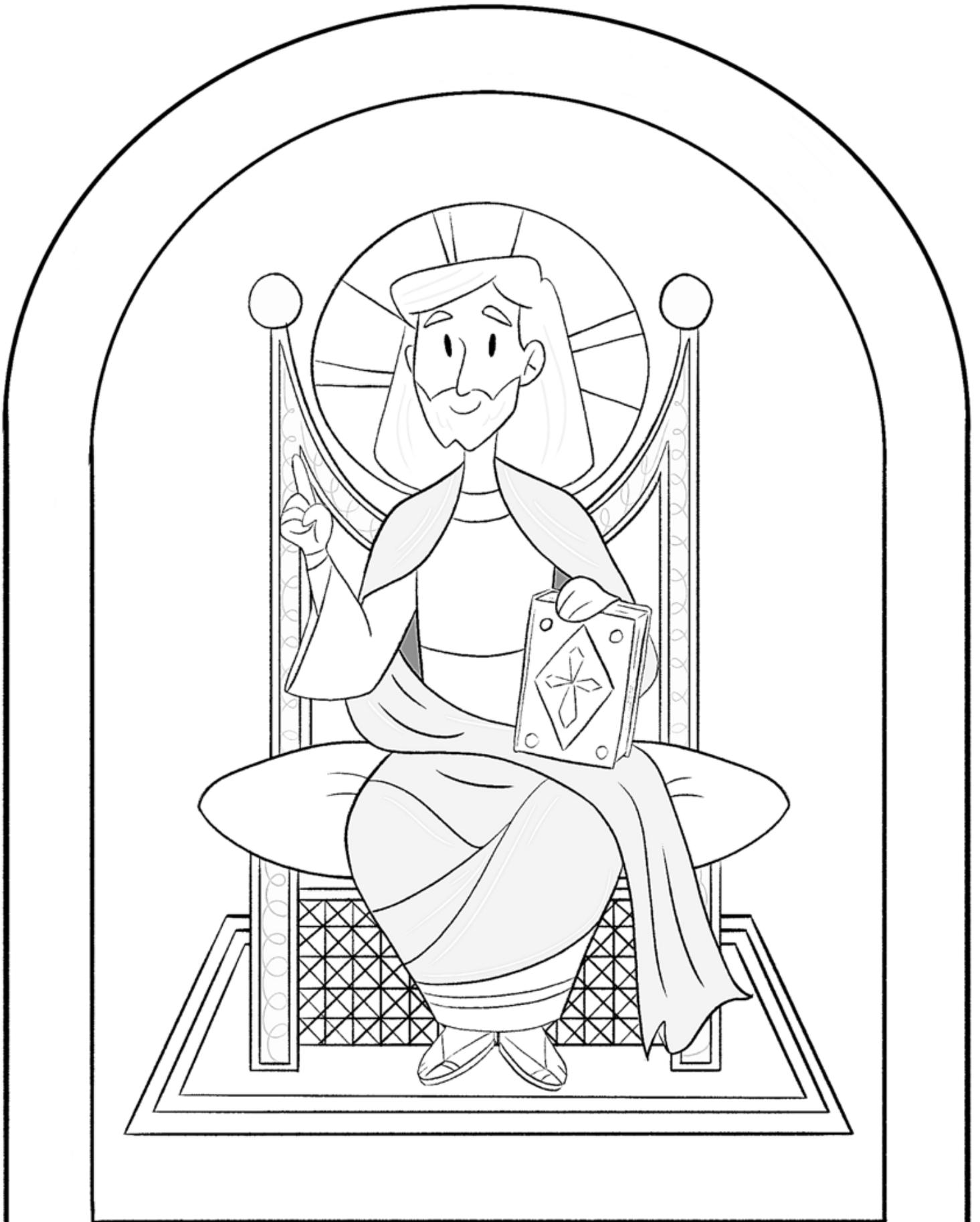
My First Prayer Book is a book that we want you to be a part of making. We want you to illustrate it! You'll see some black-and-white illustrated, kid-friendly icons to color as well as blank picture frames to fill with your own drawings. Be creative and make it your own!

We hope you use My First Prayer Book every day to grow, grow, grow in God!

May He bless us all
and purify our hearts
and heal the sicknesses
of our souls and bodies.

Jesus Prayer

My Lord Jesus Christ,
have mercy on me.



Jesus

The Lord's Prayer

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 one.

In Christ Jesus our Lord,
for Thine is kingdom
and the power
and the glory forever.

Amen.

Thanksgiving Prayer

Let us give thanks to the good and merciful God,
the Father of our Lord, God and Savior, Jesus Christ,
for He has covered us, helped us, guarded us,
accepted us unto Him, rescued us, encouraged us,
and gives us life today.

Let us ask Him, the Lord our God, the All-Powerful,
to keep us safe in all peace
this holy day and all the days of our life.

O Master, Lord, God the Almighty,
the Father of our Lord, God and Savior, Jesus Christ,
we thank You for everything
for You have covered us, helped us, guarded us,
accepted us unto You, rescued us, encouraged us,
and gave us life today.

We ask You, who loves all people,
to help us to finish this holy day,
and all the days of our life, with peace
as we honor You and Your power.

Please take all evil away from us,
and from all Your people,
and from this holy place that is Yours.

Please give us those things which are good for us;
for You gave us the power to beat the enemy.
Help us not to be tempted to make bad choices.

Take evil away from us.

We trust in Your love for all people
and in Your only Son,
our Lord, God and Savior, Jesus Christ.
You have all glory, honor, power and praise.

The Father, Son and Holy Spirit
are all One now and forever. Amen.

Psalm 51

God, have mercy on me because of
your never-ending love.

Because your love is so tender and kind,
wipe out my bad choices.

Wash away all the bad things I've done.

Make me clean from my sin.

I know the bad choices I've made.

I can't forget my sin.

You are the one I've really sinned against.

I've done what is evil in Your sight.

So You are right when You give me consequences.

You are fair when You judge me.

I know I've been a sinner ever since I was born.

I've been a sinner ever since I was inside my mom before I
was born.

I know that You wanted my heart to stick with you even when
I was in my mother's body.

You taught me wisdom in that secret place.

Wash me, then I will be whiter than snow.

Let me hear You say, "Your sins are forgiven."

That will bring me joy and gladness.

Take away all my sins.

Erase all the evil things I've done.

God, create a pure heart in me.

Give me a new spirit that is faithful to You.

Don't send me away from You.

Don't take Your Holy Spirit away from me.

Give me back the joy that comes
from being rescued by You.

Give me a spirit that obeys you

so that I will keep going.

Then I will teach Your ways to

those who make bad choices.

and sinners will turn back to You.

You are the God who saves me.

I have made bad choices.

God, take away my guilt.

Then my tongue will sing about how right You are

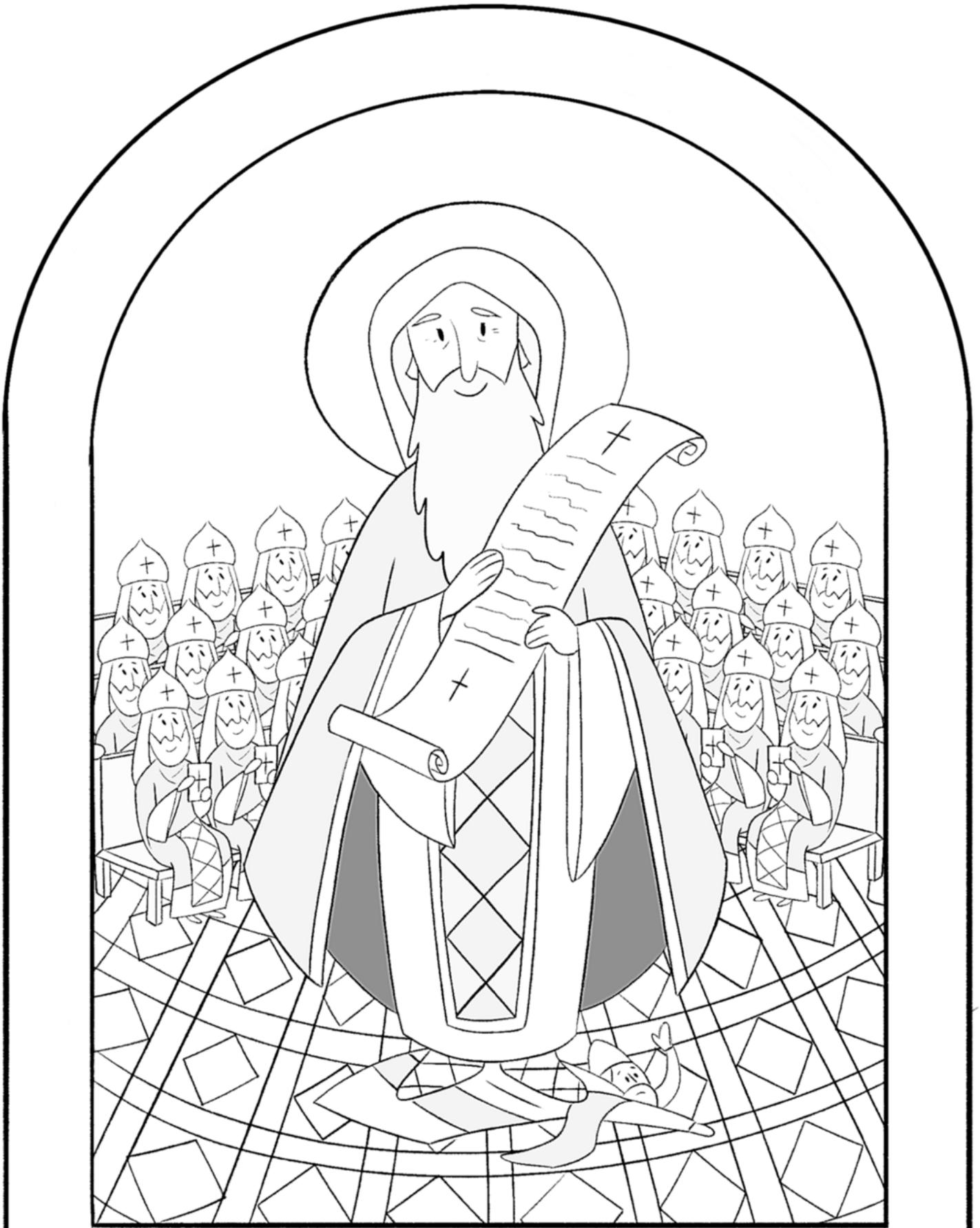
no matter what You do.

Lord, open my lips so that I can speak.

Then my mouth will praise You.

God you want me to turn away from my bad choices and turn

to You. This will make you so happy.



Saint Athanasius

The Creed

What we believe as Orthodox Christians

We believe in one God,
God the Father, the Almighty,
Who created heaven and earth,
and all things, seen and unseen.

We believe in one Lord Jesus Christ,
the Only Son of God,
from of the Father before time began;
Light of Light, true God of true God,
He was always there, and was not created,
He is One with the Father, Who made all things;
Who for us, and for our salvation,
came down from heaven, and
became man by the Holy Spirit and the Virgin Mary.

And He was crucified for us under Pontius Pilate, suffered and
was buried.

And on the third day He rose from the dead, as we know from the Bible, and rose up into the heavens; and sits at the right hand of His Father, and also He is coming again in His glory to judge the living and the dead, whose kingdom does not end.

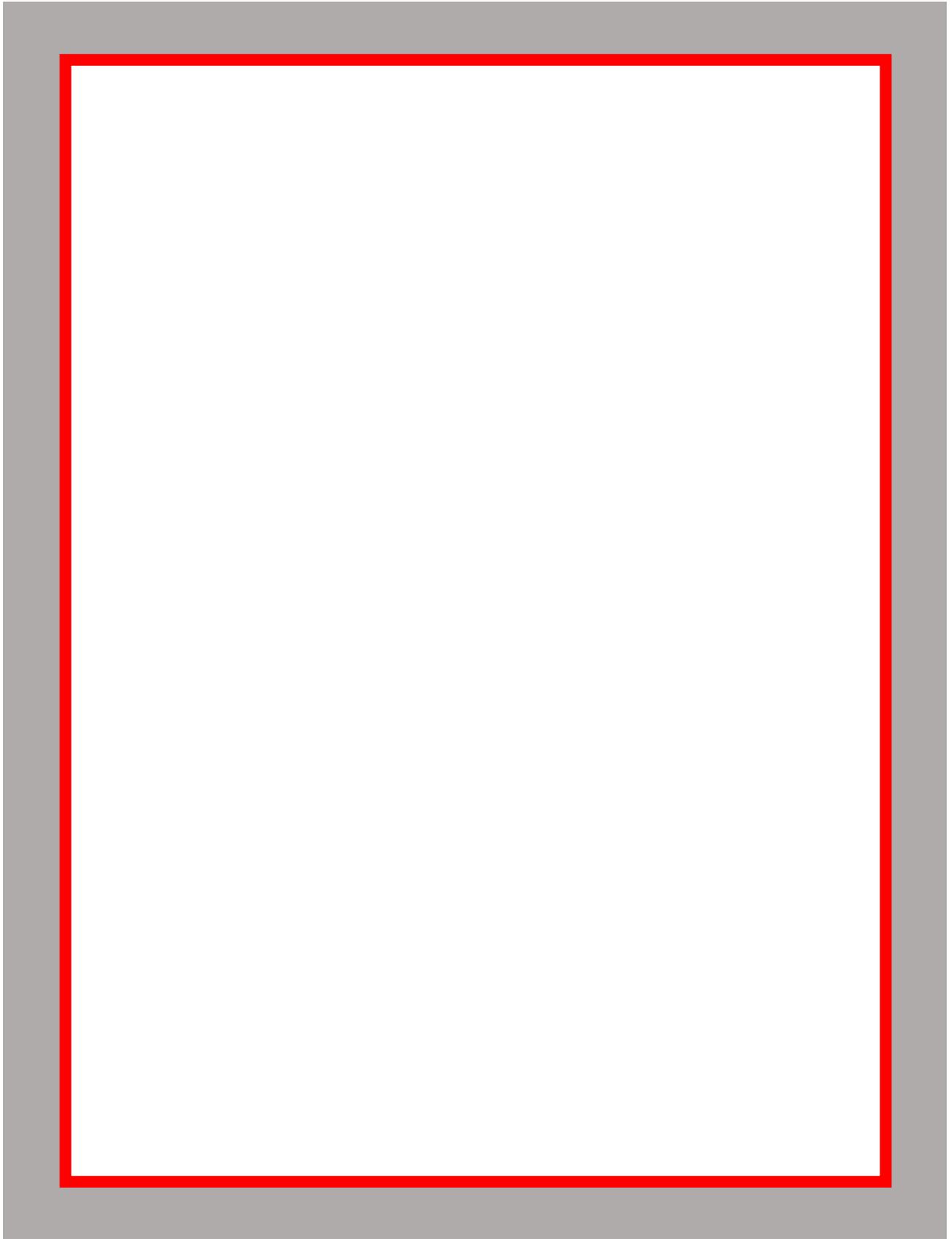
Yes, we believe in the Holy Spirit, the Lord, the Life-Giver,
Who comes from the Father,
Who, with the Father and the Son,
is worshipped and praised, Who spoke by the prophets.

And in one holy, catholic and apostolic church.

We confess one baptism to erase our sins.

We look for the resurrection of the dead,
and the life of the coming age. Amen.

Draw a picture of what you think Heaven is like.



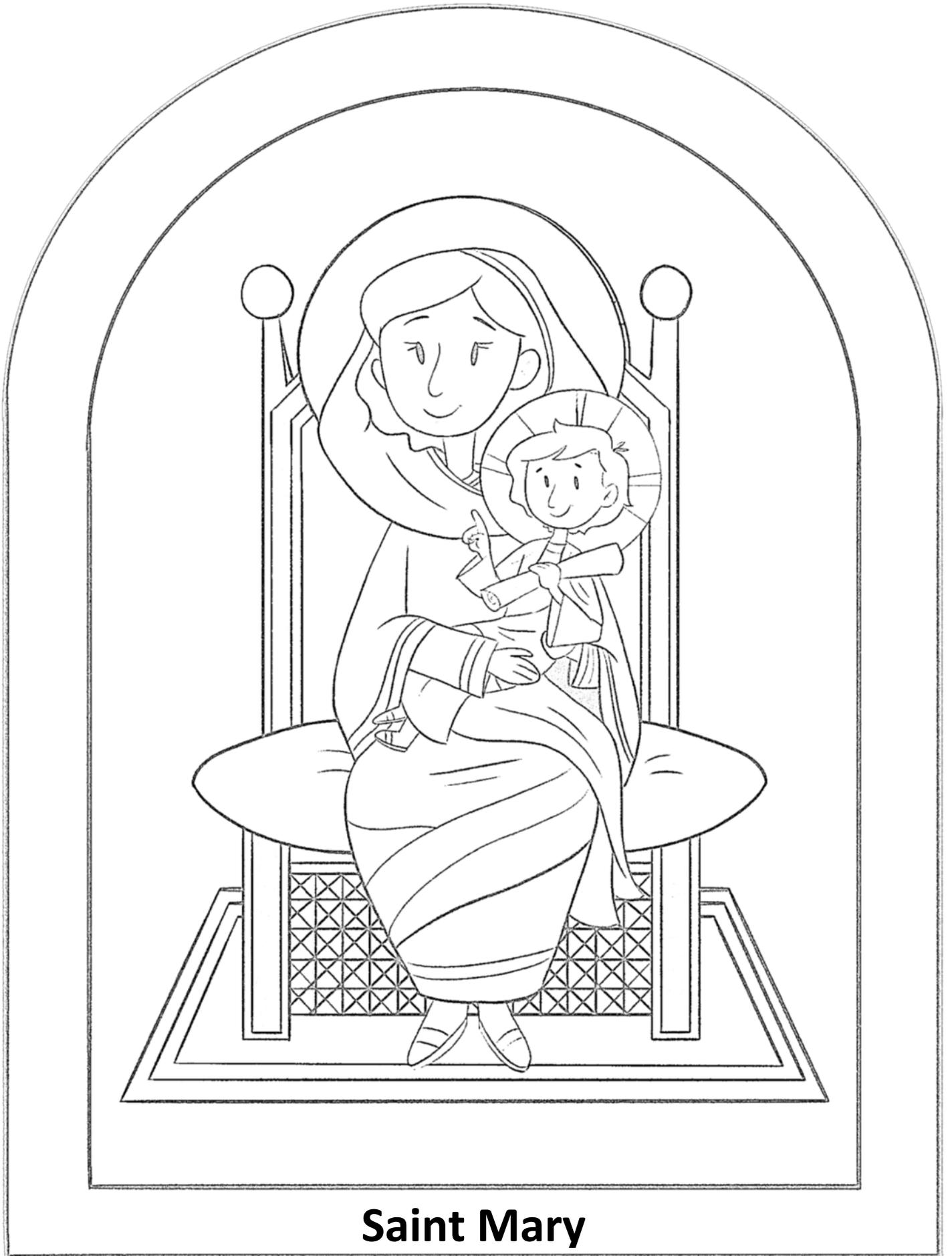
Trisagion

Holy God, Holy Mighty, Holy Immortal,
Who was born of the Virgin,
have mercy on us.

Holy God, Holy Mighty, Holy Immortal,
Who was crucified for us,
have mercy on us.

Holy God, Holy Mighty, Holy Immortal,
Who rose from the dead and ascended into the heavens,
have mercy on us.

Glory to the Father,
and to the Son,
and to the Holy Spirit,
now and forever
and unto the ages of all ages.
Amen.



Saint Mary

Good Morning Prayer

1st Hour Absolution

O God Who causes the light to burst forth,
Who lets His sun shine upon everyone,
Who created the light that
shines on the whole world,
Give light to our minds,
our hearts and our understandings,
O Master of all,
and help us to please You today.

Keep us safe from every bad thing,
from every sin,
and from every bad power;

We ask this in the name of Jesus Christ our Lord and the Holy Spirit, who gives us life and is One with You, now and forever.

Amen.

Prayer for Anytime

Conclusion of Every Hour

Have mercy on us, O God, and have mercy on us, who is worshipped and praised at all times and everywhere. Christ

our God, the good, the patient,
who shows so much mercy and great kindness,
who loves the good and has mercy on sinners like me;

Who does not want a sinner to die
but wants them to return to Him and live,
who wants everyone to be rescued so they can have
wonderful blessings like He promised.

Lord we know you always hear our prayers
now and all the time.

Give us peace in our lives and guide us to obey You.

Set apart our spirits for You. Cleanse our bodies.

Guide our thoughts. Help us to make good choices.

Heal our diseases. Forgive our sins.

Deliver us from every evil sadness. Surround us by Your holy angels, that we may be protected and guided, and have unity of faith, and know Your amazing and never-ending glory.

For You are blessed forever. Amen.

Goodnight Prayer

12th Hour Absolution

Lord, all the sins that we did
against You today,
by our words or our thoughts
or through our senses, please erase and forgive us, because
of Your holy name,
since You are good and love all people.

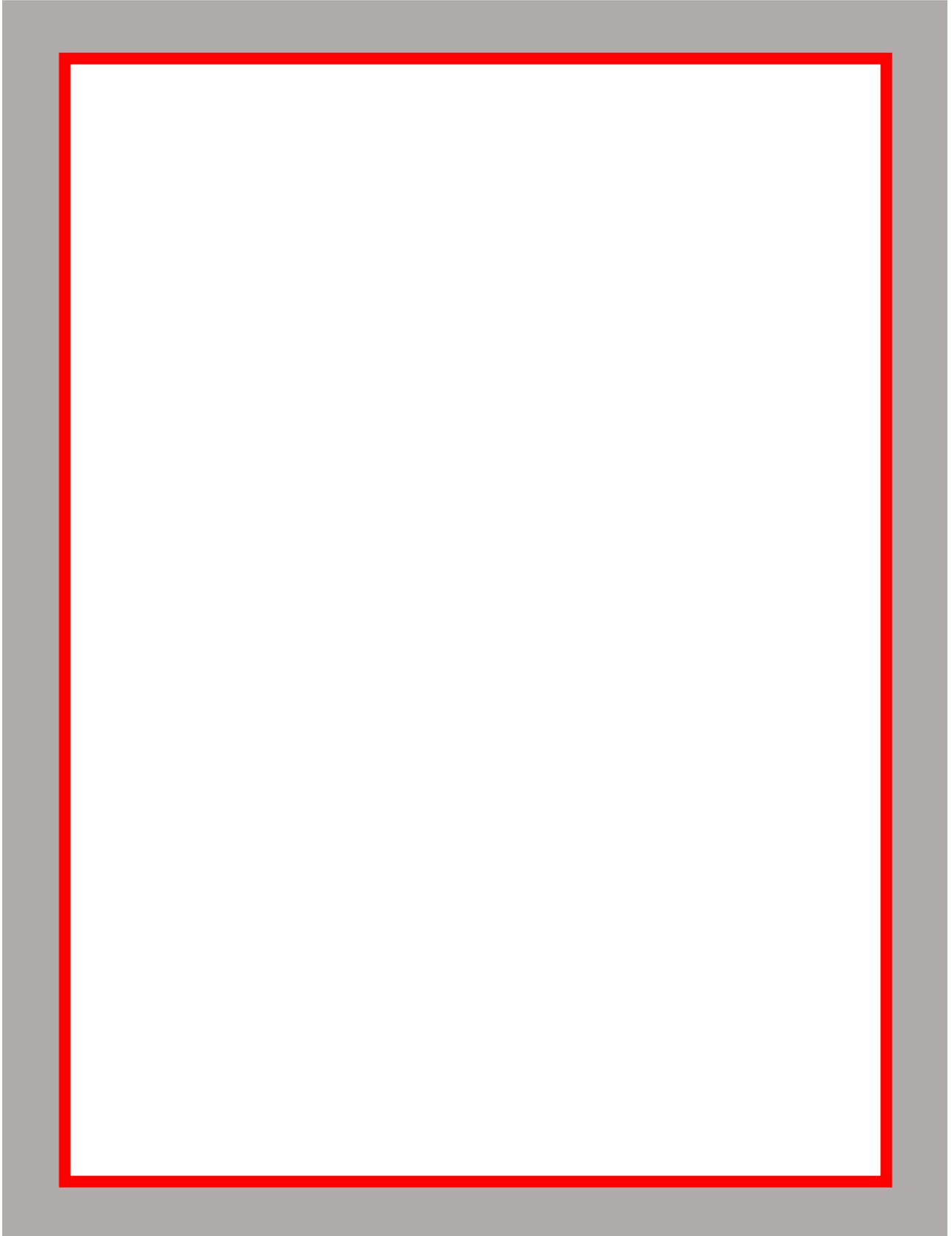
God, please give us a peaceful night
and a sleep without any fear.

And send us an angel of peace

to protect us from every evil, and every pain, and every
temptation of the enemy;

Your Son, Jesus, loves all people and shows us all grace and
kindness. You, the Father, Your Son, Jesus, and the Holy Spirit
have all glory, honor and power, now and forever. Amen.

Draw an angel watching over you as you sleep.



Psalm 1

Blessed is the person who obeys the law of the Lord.

They don't follow the advice of evil people.

They don't make a habit of doing what sinners do.

They don't join those who make fun of the Lord and his
law.

Instead, the law of the Lord gives them joy.

They think about his law day and night.

**That kind of person is like a tree that is planted near a
stream of water.**

It always bears its fruit at the right time.

Its leaves don't dry up.

Everything godly people do turns out well.

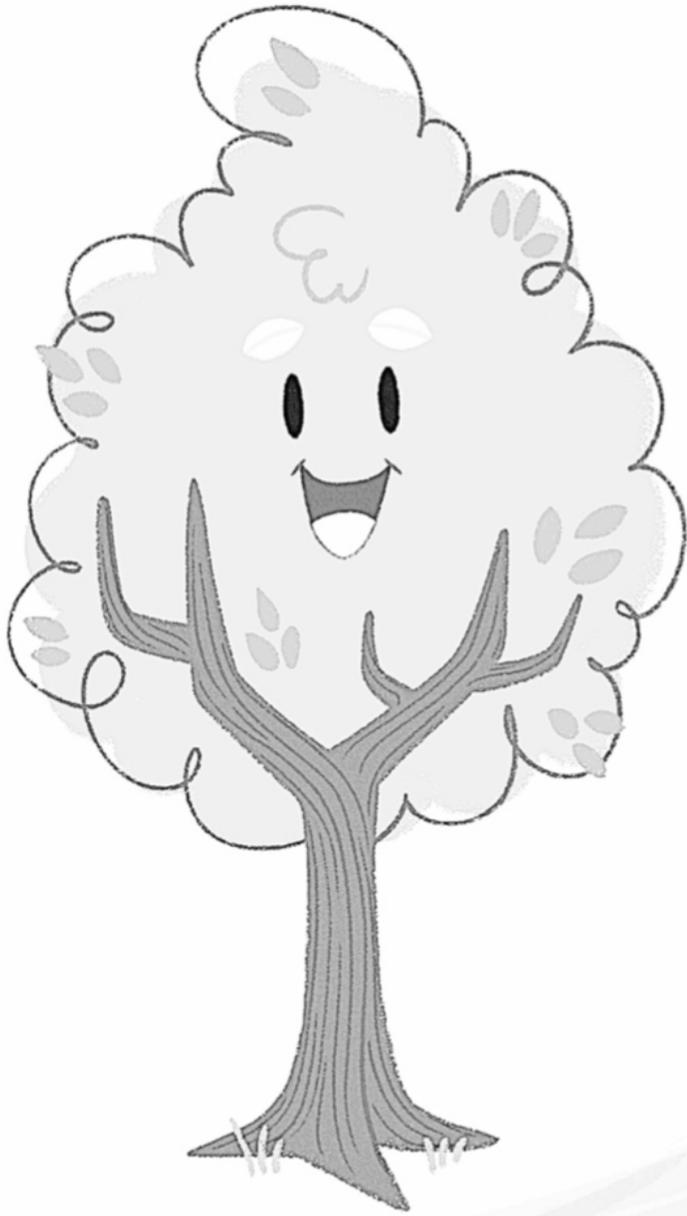
Sinful people are not like that at all.

They are like straw that the wind blows away.

When the Lord judges them,
their life will come to an end.

Sinners won't have any place
among those who are godly.

The Lord watches over the lives of godly people.
But the lives of sinful people will lead to their death.



Psalm 23

The Lord is my shepherd. He gives me everything I need.

He lets me lie down in fields of green grass.

He leads me beside quiet waters.

He gives me new strength.

He guides me in the right paths

for the honor of His name.

Even though I walk

through the darkest valley,

I will not be afraid.

You are with me.

Your shepherd's rod and staff

comfort me.

You prepare a feast for me

right in front of my enemies.

You pour oil on my head.

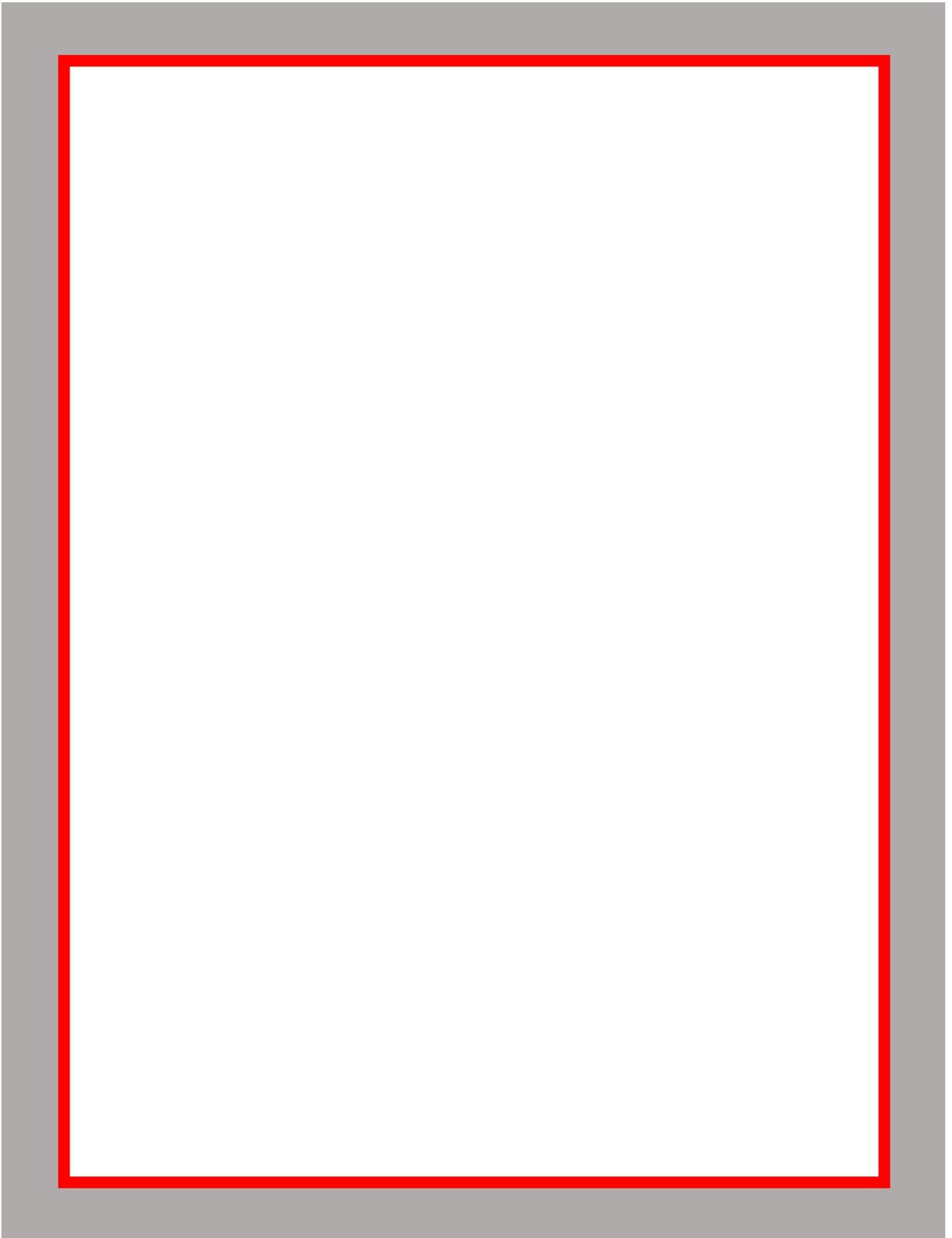
My cup runs over.

I am sure that Your goodness and love will follow me

all the days of my life.

And I will live in the house of the Lord
forever.

Draw picture of God with you.



Psalm 91

Whoever rests in the shadow of the Most High God
will be kept safe by the Mighty One. I will say about
the Lord, "He is my place of safety. He is like a fort to me. He
is my God. I trust in him."

He will certainly save you from hidden traps
and from deadly sickness.

He will cover you with his wings.
Under the feathers of his wings you will find safety. He is
faithful.

He will keep you safe like a shield or a tower.

You won't have to be afraid of the
terrors that come during the night.

You won't have to fear the arrows
that come at you during the day.

You won't have to be afraid of the sickness
that attacks in the darkness.

You won't have to fear the plague

that destroys at noon.

A thousand may fall dead at your side.

Ten thousand may fall near your right hand.

But no harm will come to you.

You will see with your own eyes

how God deals with sinful people.

Suppose you say, "The Lord is the one who keeps me safe." Suppose you let the Most High God be like a home to

you. Then no harm will come to you.

No terrible plague will come near your tent.

The Lord will command his angels

to take good care of you.

They will lift you up in their hands.

Then you won't trip over a stone.

You will walk on lions and cobras.

You will crush mighty lions and poisonous snakes.

The Lord says, "I will save the one who loves me.

I will keep him safe, because he trusts in me.

He will call out to me, and I will answer him.

I will be with him in times of trouble.

I will save him and honor him.

I will give him a long and full life.

I will save him.”