

"PRAYER PROMPTS"

A WAY TO ESTABLISH PRAYER PATTERNS

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*"See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all. Rejoice always, **pray without ceasing**, in everything give thanks; for this is the will of God in Christ Jesus for you." | Thess 5:15-18*

How can we help our students remember to pray more often during the day? Keep in mind that we all have "triggers" that remind us of something in the past, whether good or bad. Why not offer our students a list of "triggers" or "**Prompts**" that will remind them to say a prayer!

Here is a list of **Prayer Prompts** to share with your students. Review the list with your students, and at the next few classes, ask if they helped. Encourage you students to use an Orthodox Prayer Book when they say their morning and evening prayers.

PRAYER PROMPTS



1. **When you wake up in the morning**, before you even get out of bed, make the sign of the Cross then ask God to bless the day.
2. **When you sit down to eat**, make the sign of the Cross then thank God for your food. Ask Him to bless the meal and those who prepared it, and to guide people throughout the world to help those who have little to eat.
3. **When you hear the bell at school**, thank God for your teachers and friends. Ask Him to help you concentrate on your studies and learn what you are taught.
4. **When a commercial comes on TV**, ask God if you should continue watching that program. Would you watch it if He were sitting next to you? Pray for others who may also be watching.
5. **When you get into a car**, make the sign of the Cross and pray for safety. Pray that the Lord will guide you as you travel and throughout you live.
6. **When you hear music**, praise God for His goodness and mercy. Thank Him for giving us His Son Jesus Who died for our salvation. Ask Him to keep a song in your heart. Finally, would you be listening to this music if He were standing next to you?
7. **Getting ready to go anywhere?** Keep a Bible verse or favorite prayer taped to the bathroom mirror. Read it whenever you wash your hands. Try to make it a part of your life.
8. **When you pass an Orthodox Church**, make the sign of Cross and ask God to help you remain strong in your Faith.
9. **Before you go to bed**, make the sign of the Cross, then review the events of your day. Ask God to forgive any wrong you have done and to help you to be a better Christian tomorrow. Thank Him for the blessings of the day. Ask Him to bless all those whom you love and do not love. And Jesus said, "*love your enemies.*" Matt 5:44

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