

SPF50

SCRIPTURE ■ PRAYER ■ FAMILY



WEEK	READING
March 1-7	Mark 1, 2
March 8-14	Mark 3, 4
March 15-21	Mark 5, 6
March 22-28	Mark 7, 8
March 29-April 4	Mark 9, 10
April 5-11	Mark 11, 12
April 12-18	Mark 13, 14, 15
April 19-25	Mark 16

READING THE BIBLE AS A FAMILY

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.

Have you ever read a whole book of the Bible? Over these next two months—coinciding with Great Lent, Holy Week, and Bright Week—you will read the entire Gospel of St. Mark!

(Need a Bible? Visit 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).*

The Usual Beginning Prayers

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

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.

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.

(Continued on other side...)

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.

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 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.

SPECIAL "BRIGHT WEEK" PRAYERS

When you gather for prayer during Bright Week—April 19-25—use the following Paschal Prayers. Try singing "Christ is risen..." together as a family!

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

Christ is risen from the dead, trampling down death by death and to those in the tombs, bestowing life. *(three times)*

Having beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. We venerate Your Cross, O Christ, and we praise and glorify Your holy resurrection; for You are our God, and we know no other than You; we call on Your name. Come, all you faithful, let us venerate Christ's holy resurrection. For, behold, through the Cross joy has come into all the world. Let us ever bless the Lord, praising His resurrection, for by enduring the Cross for us, He has destroyed death by death.

Before the dawn Mary came with the women and found the stone rolled away from the tomb. And they heard from the angel: He abides in life everlasting. Why seek Him among the dead as if He were a man? Behold the burial shroud! Go and proclaim to the world: The Lord is risen and has conquered death. For He is the Son of God and He is the Savior of mankind.

You descended into the grave, O Immortal One; yet You destroyed the power of death. As Conqueror, You arose, O Christ God, saying to the myrrh-bearing women: "Rejoice", granting peace to Your Apostles, and offering resurrection to the fallen.

Christ is risen from the dead, trampling down death by death and to those in the tombs, bestowing life. *(three times)*

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