

SOAK UP THE SON: RESOURCE LIST

RESOURCES FOR PRAYER

PRAYER BOOKS

Ascetic Lives of Mothers: A Prayer Book for Orthodox Moms by Annalisa Boyd

Annalisa knows motherhood—its challenges, its joys, and its potential for spiritual growth. In this prayer book she offers a wide selection of prayers mothers can use to intercede for their families as well as to grow in virtue themselves. Published by Ancient Faith Publishing.

Daily Prayers for Orthodox Christians edited by N. Michael Vaporis

This book contains prayers taken and translated from the Synekdemos to guide you through the day. It also includes the Communion prayers. This book contains both English and Greek in facing page format. Published by Holy Cross Orthodox Press

Hear Me by Annalisa Boyd

The very popular prayer book for Orthodox youth, *Hear Me*, has now been revised to include more prayers, answer more questions, and tackle additional difficult subject matter that our young people are constantly faced with. The mission of *Hear Me* remains the same: to inspire young people to pray, to challenge Orthodox teenagers and young adults in their walk with Christ, to offer encouragement, help answer questions, give direction, and ultimately be an added guide in finding one's own path toward theosis. Published by Ancient Faith Publishing.

My Orthodox Prayer Book

The popular pocket-sized prayer book is intended for both personal and family devotions. This book of new and traditional prayers features a fresh format and contemporary language. It also offers clear direction about prayer, Bible Studies, Confession and Holy Communion. This book encourages one to pray and to grow in prayer. Also available in the e-book format. Published by the Greek Orthodox Archdiocese Department of Religious Education

My Prayer Book by Dionysios and Egle-Ekaterine Potamitis

This book intends to help the family unite in prayer. It consists of two parts. In the first part the prayers and the dismissal hymns of the most important ecclesiastical feasts are accompanied by vivid iconographic style illustrations; the explanations in the second part of the book help the adults, or older children to understand and explain the Christian Faith. Published by Potamitis Publishing.

Special Agents of Christ by Annalisa Boyd

You're never too young to be one of the "special agents" God uses to accomplish His will in the world. *Special Agents of Christ* serves as a "training manual" to prepare children for serving Christ in the real world, with sections for daily prayers, prayers for life's challenges, preparation for confession, and much more. The examples of special agents of the past—the saints—encourage these "young saints" to serve God here and now. Published by Ancient Faith Publishing.

Table Top Prayer Guide

This book offers prayers and meditations for the Orthodox Christian family. Connecting your family and Church for the greater glory of God and the well-being of His people is the goal. Published by the Greek Orthodox Archdiocese Center for Family Care.

BOOKS

The Art of Prayer: An Orthodox Anthology compiled by Igumen Chariton of Valamo A spiritual anthology drawn from the Greek and Russian traditions, concerned in particular with the most frequently used and best loved of all Orthodox prayers--the Jesus Prayer. Texts are taken chiefly from the letters of Bishop Theophan the Recluse, along with many other writers. Published by Faber and Faber.

Beginning to Pray by Anthony Bloom

This book has established itself as a modern spiritual classic. This book is written by and Orthodox Archbishop for people who have never prayed before and has been read and loved by persons at all levels of spiritual development. Published by Paulist Press.

Every Time I Do My Cross by Angel Alatzakis

This children's book follows a boy (named James) through his Sunday; waking up, going to church, liturgy, church school, a soccer game, riding his bike, eating with his family, and going to bed. During these events in his day, he tells us why he does his cross. Published by The Orthodox Children's Press.

On Prayer by Archmandrite Sophrony

A collection of articles on prayer and the spiritual life, together with some of the author's own prayers. A moving testimony to the relevance of Christ, who, for Archimandrite Sophrony, is "all, and in all, the beginning and the ending" of all things (Col 3:11; Rev 1:8). Published by St. Vladimir's Seminary Press; Crestwood, New York.

Orthodox Prayer Life: The Interior Way by Matthew the Poor

Saints who experience the power of prayer say it gives them wings to fly: wings of elation from being in proximity with Jesus Christ and relief from the burden of a sinful conscience. Once engulfed in the grace of the Holy Spirit, the person in prayer experiences death to sin, resurrection in the Spirit, and mystical ascension to the Father. The visible touches the Invisible, and joy wells up in the human heart. This volume evolved experientially: the fruit of fifty-five years of solitude by a contemporary desert monk besieged by prayer. Published by St. Vladimir's Seminary Press.

Renewed Day by Day by Fr. Alexander Goussetis

The main body of this workbook is composed of a series of spiritual exercises designed to introduce facets of the Orthodox prayer tradition in a concise and digestible format. Though primarily geared toward individual use, it can also be a

valuable resource in a parish setting for use in an instructional class on how to develop a daily rule of prayer. Published by Light and Life Publishing.

The Way of a Pilgrim and the Pilgrim Continues His Way

This classic of world spiritual literature is the firsthand account of a pilgrim's journey as he endeavors to live out Saint Paul's instruction to "pray without ceasing." The narrator, an unnamed nineteenth-century peasant, sets out on his pilgrimage with nothing but a Bible, a rosary, and some dried bread. As he walks, he recites the Jesus prayer—a prayer that is said to quiet anxiety and fill the heart with love for all creation. Published by Shambhala Classics.

WEBSITES AND APPS

Greek Orthodox Archdiocese Online Chapel

The Online Chapel has a variety of Orthodox prayers and services for the faithful to access for worship at home and in church. Additionally it has information on saints, bible readings, and seasonal hymns.

Daily Readings App (Greek Orthodox Archdiocese of America)

Using this app on your mobile device is the easiest way to access the day's Bible readings prescribed by the Lectionary of the Greek Orthodox Church. The Daily Readings App also lets you read the lives of the saints or lookup fasting guidelines for each day right on your device as well as read daily prayers.

Orthodox PrayerBook

Orthodox PrayerBook is a prayer assistant for Orthodox Christians. Not only does it allow you to carry your prayers around, it was designed from the ground up for the iPhone to allow you to pray in the least distracting manner possible. Carry with you all the prayers, information about daily saints and fasting schedules. Keep a list of people you want to pray for and have them automatically embedded into the prayers.