

General categories for prayer.

Everyone has certain things that “resonate” with them. These are the things that resonate with me. I have them listed for the Jesus prayer (or other prayers, see below – the one I usually use is the first listed, because it is an adaptation of my favorite verse, John17:3) in the morning.

The things that resonate with me and you may be different. This is my list. Make it your own, or make a different list, but, without fail, make a list! The world is full of terrible things, but also the beautiful One, Who abides in our hearts. We must pray about these terrible things, and in so doing, we emulate the Beautiful One. Priest Seraphim Holland seraphim@orthodox.net

<http://www.orthodox.net/trebnic/general-categories-for-personal-prayer.pdf>

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For each category (or group of categories), say:

“Lord, have mercy on ... and grant that they may know Thee, the only True God, and Jesus Christ, Whom Thou hast sent.”

Or:

“Lord, have mercy on ... and grant that they may know come to know Thee, by the Holy Spirit.”

Or:

“Lord Jesus Christ, have mercy on ...”

Or:

“Lord have mercy on ...”

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Contents

General categories for prayer.....	1
General Categories – the Living.....	3
Persecuted because of their faith.....	3
Illness.....	3
Grief and loss.....	3
Personal trials – Personal History.....	3
Personal trials - thoughts.....	3
Mental and Spiritual illness.....	3
Sexual & sexually related sins.....	3
Secular – in the church.....	4
Secular – not in the church.....	4
Priests.....	4
Monastics.....	4
Personal sins.....	4
My personal ministry.....	4
General Categories – the Departed.....	5
Various Prayers for the living.....	6
Prayer of St Silouan of Mount Athos:.....	6
Old Believer Prayer Book, pg 312.....	6
For all I have judged or wronged.....	6
A small prayer.....	6
A prayer for tears.....	6
Pastoral Attentiveness.....	6
I am a wretch.....	6
Help my brother and me.....	6
To pray for someone more diligently:.....	6
Various Prayers for the departed.....	7
O God of Spirits.....	7
Prayer for every departed person.....	7
Troparion for the departed, Tone VIII:.....	8
Kontakion for the departed, Tone VIII, special melody:.....	8
Exapostilaria from the Triodion:.....	8

General Categories – the Living

Persecuted because of their faith

1. All persecuted & being martyred.

Illness

1. All who are dying.
2. All with cancer.
3. All who are in chronic pain.
4. All with disabilities.
5. All who are ill.
6. All who care for the ill, and those who need constant care.
7. Parents of very sick or disabled children.

Grief and loss

1. All who lost someone suddenly.
2. All who had a great loss.
3. All who are troubled by grief.
4. All who have been victims of violence.
5. All who have witnessed or survived violence.

Personal trials – Personal History

1. All who have been abused.
2. All in prison.
3. All slaves.
4. All sexual slaves & sex workers.

Personal trials - thoughts

1. All who are contemplating suicide.
2. All who are without true purpose.
3. All with PTSD
4. All who are anxious.
5. All who are depressed.
6. All who are in despair.
7. All who are in great stress.
8. All who are lonely.
9. All who do not fit in.
10. All who have trouble coping.
11. All who have been or feel abandoned.

Mental and Spiritual illness

1. All who are delusional.
2. All demoniacs.
3. All who are mentally ill.
4. All drug addicts.
5. All with persistent thoughts & fantasies.

Sexual & sexually related sins

1. All who contemplated, had or support abortions, participated in them or are indifferent.
2. All who are sexually immoral.
3. All sexually confused or gender confused.
4. All addicted to pornography & fantasies

Secular – in the church

1. All who are secular.
2. All who baptize their child and do not teach them the Christian life, in word and deed.
3. All who inquire about baptism and do not follow through.
4. All estranged from the church.
5. All ecumenists & false teachers.

Secular – not in the church

1. All schismatics.
2. All heretics.
3. All unbaptized.
4. All atheists.
5. All believers in false gods & religions.
6. All scoffers & blasphemers.

Priests

1. All priests who have failed to serve and protect.
2. All priests who are weary, cynical, or suffering any great temptation.
3. All abusive clergy.

Monastics

1. All monastics who are not watchful.
2. All monastics having great temptations.
3. All monastics who have gone into the world.

Personal sins

1. All who are spiritually ignorant.
2. All who are lazy.
3. All who rarely pray.
4. All who do not know how to pray.
5. All who are not kind.
6. All who are indifferent about the suffering of others.
7. All who are abusive.
8. All who hide their sins or problems.
9. All who do not forgive everyone.
10. All who are bitter.
11. All who know what to do and do not have enough strength or desire to do it.

My personal ministry

1. All in my parish
2. All in my prison ministry
3. All those I have met or influenced.
4. All those I have judged, sinned against, hindered, offended or harmed.

General Categories – the Departed

1. All who died today.
2. All within their 40 days.
3. All who died suddenly.
4. All who died violently.
5. All who died unprepared.
6. All who died of overdose
7. All who died while intoxicated.
8. All who died in despair.
9. All who died in bitterness.
10. All who died in anger.
11. All who died w/o asking forgiveness of those they wronged.
12. All who did not have a burial.
13. All whose family do not pray for them.
14. *ATTGM*: All who died w/o repentance.
15. *ATTGM*: All who died by suicide.
16. *ATTGM*: All who died estranged from the church.
17. *ATTGM*: All who died unbaptized.
18. All who died throughout the ages.

Various Prayers for the living

Prayer of St Silouan of Mount Athos:

I pray Thee, O merciful Lord, for all the peoples of the world, that they may come to know Thee by the Holy Spirit.

Old Believer Prayer Book, pg 312

O Lord grant mercy unto them that bear hatred or enmity against me, and also unto them that revile or slander me: That none of them may at all suffer any evil, whether in the present or in the age to come, on account of me, who am impure. But cleanse them all in Thy mercy, and protect them by Thy grace, O Thou who art good.

For all I have judged or wronged

My God, have mercy on everyone I have judged and everyone I have wronged – if I have given any alms, give the reward to them instead.

St. Paisios of Mount Athos, quoted in biography "St. Paisios of Mount Athos" by Hieromonk Isaak, pg 425

A small prayer

O Lord Jesus Christ, have mercy on all who are bent over and help them to rise up.

A prayer for tears

Lord, give me tears so that my heart can weep day and night out of love for my brother! St. Silouan An Athonite Gerontikon, page 362, On compunction and tears.

Pastoral Attentiveness

Holy Elder Porphyrios, help me to have pastoral attentiveness and discernment.

"Elder Porphyrios, Testimonies and experiences", by Klitos Ioannidis, pg 94. Italics not in original prayer

I am a wretch.

My God, I am a wretch. Have mercy on me, and the whole world too. "St Paisios of the Holy Mountain", by Hieromonk Isaac. Pg 530

Help my brother and me.

"O God, help my brother and me, through his prayers! (St Gaza of Dorotheos)

To pray for someone more diligently:

From the Old Believer Prayer Book, with line 4 added

Save, O Lord, and have mercy on **Thy servant(s)** _____, [bow]

Deliver him *(her, them)* from every tribulation, wrath and need [bow],

From every sickness of soul and body, [bow]

Forgive him *(her, them)* every transgression, voluntary and involuntary, [bow]

Teach them to pray and to live with purpose.

[bow]

And do whatever is profitable for our souls. [bow]

Various Prayers for the departed

O God of Spirits

O God of spirits and of all flesh, Who hast trampled down death, and overthrown the devil, and given life to Thy world: Do Thou, Thyself, O Lord give rest to the soul(s) of Thy departed servant(s) _____,

in a place of light, a place of green pasture, a place of repose, whence all sickness, sorrow and sighing are fled away. Pardon every sin committed by him (*her,them*), in word, deed or thought, in that Thou art a good God, the Lover of mankind; For there is no man that liveth and sinneth not, for Thou alone art without sin, Thy righteousness is an everlasting righteousness, and Thy Word is Truth.

For Thou art the Resurrection, and the Life, and the repose of Thy departed servant(s) _____,

O Christ our God, and to Thee we send up glory, together with Thine unoriginate Father, and Thy most holy and good and life-creating Spirit, now and ever, and to the ages of ages

Prayer for every departed person

Remember, O Lord our God, Thy servant, our *brother/sister, N.*, who has reposed in the Faith and hope of life eternal, and in that Thou art good and the Lover of mankind, Who remittest sins and blottest out iniquities, do

Thou loose, remit and pardon all *his/her* sins, voluntary and involuntary.

Deliver *him/her* from eternal torment and the fire of Gehenna, and grant unto *him/her* the communion and delight of Thine eternal good things prepared for them that love Thee.

For though *he/she* hath sinned, yet hath *he/she* not forsaken Thee, and *he/she* undoubtedly believed in the Father and the Son and the Holy Spirit; and even until *his/her* last breath did *he/she* confess Thee in Orthodox fashion: God glorified in Trinity, Unity in Trinity and Trinity in Unity.

Wherefore, be Thou merciful unto *him/her* and reckon *his/her* faith in Thee, rather than *his/her* deeds, and in that Thou art compassionate, grant him/her rest with Thy saints; for there is no man that liveth and doth not sin.

But Thou alone art wholly without sin, and Thy truth is forever; and Thou alone art the God of mercies, and compassion, and love for mankind, and unto Thee do we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

In the back of the "Boston" Psalter.

http://www.synaxis.info/psalter/5_english/b_reading/kath_prayers.html
<http://www.orthodox.net/trebnic/prayer-for-every-departed-person-in-the-psalter.html>

Troparion for the departed, Tone VIII:

O Thou Who by the depth of Thy wisdom
dost provide all things out of love for man, /
and grantest unto all that which is profitable,
O only Creator: / Grant rest, O Lord, to the
souls of Thy servants; // for in Thee have
they placed their hope, O our Creator and
Fashioner and God.

**Kontakion for the departed, Tone VIII, special
melody:**

With the saints give rest, / O Christ, / to the
souls of Thy servants, / where there is
neither sickness, nor sorrow, / nor sighing, //
but life everlasting.

Exapostilaria from the Triodion:

O Thou who hast authority as God over both
the living and the dead, / give rest to Thy
servants in the dwelling-place of the elect, /
for though they have sinned, O Savior, // yet
they did not turn away from Thee.

Glory...

Give rest to Thy servants, O Lord, / in the
land of the living / from which pain, sorrow,
and sighing have fled away. / In Thy love
for mankind be merciful to the sins that they
committed in this life: / for Thou alone art
sinless and merciful, // O Master of the dead
and the living.