

A DAILY SPIRITUAL ROUTINE FOR ORTHODOX CHRISTIANS

By the Rev. Simeon B. Johnson
Saturday, March 31, 2012 (NS). St. Innocent of Moscow.

1. When getting out of bed, place your feet on the ground, make the sign of the cross and bow three times towards the east saying "Glory to Thee, O God, Glory to Thee."
2. Come to your icon corner or home altar and light your vigil lamp/candili; also light your censer¹ if you have one.
 - a. As you light place the incense on the charcoal, say the Prayer of Incense:
Incense we offer unto thee, O Christ our God, as a savour of spiritual sweetness which do thou receive upon thy most heavenly altar and send down upon us in return the grace of thine all-holy Spirit.
3. Say the prayer rule of St. Seraphim of Sarov.
 - a. When you have Psalm 50 memorized, you can take a hand censer from room to room while saying the psalm, making the sign of the cross in each room and at each door and window of your home.²
4. As you leave for work, say the prayer of the Optina Elders (*Grant unto me, O Lord, that I may face all that this new day is to bring with peace of mind . . .*)
5. Before eating or drinking throughout the day, make the sign of the cross over yourself and your food/drink.³
6. As part of your evening routine, light your candili and say the rule of St. Seraphim again along with any private devotions and prayers that you want to say.
7. Read the daily lectionary selection from the Scriptures.
 - a. Say the Prayer Before the Gospel before beginning to read:
"Illumine our hearts, O Master who lovest mankind, with the pure light of thy divine knowledge. Open the eyes of our minds to the understanding of Thy Gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen."
8. Before going to sleep, make the sign of the cross and say "Glory to God for all things."



¹ The home censer is not a universal Orthodox Custom. If you have one, be mindful of smoke alarms and fire. Keep a METAL can filled with sand near your home altar to extinguish the charcoal when you have finished praying, or remove the censer to a balcony until the smoke has cooled. Do not put a hot charcoal into the garbage.

² If you do not have a hand censer with an insulated handle, be careful that you do not burn yourself and drop the censer. This practice is not important enough that you should risk burning your house down.

³ Do not do this if a priest/bishop is present, the clergy will make the sign of the cross over the food.