



**"Kyrie eleison, Christe eleison"—"Lord, have mercy, Christ, have mercy"**

Our help is in the Name of the Lord from Whom this mercy comes.<sup>1</sup>

WHY PRAY? We are commanded to.

Do you not know where to begin? Relax. Romans 8:26 tells us the Spirit Himself makes intercession for us.

Don't worry. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;" Philippians 4:6

Just begin where you are and "Since prayer is a divine commandment, it must be accompanied by obedience to the spirit of that commandment." <sup>2</sup> "Pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."

<sup>1</sup> Thessalonians 5:17-18

"The Lord is very compassionate and merciful." James 5:11b

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<sup>1</sup> Linoleum block prints by Elizabeth Steele Halstead. Reprinted by permission from Visuals for Worship, ©2006, Faith Alive Christian Resources. pg. 17 "Kyrie eleison: Prayers of the People."

<sup>2</sup> El-Meskeen, Father Matta (Matthew the Poor). *Orthodox Prayer Life: The Interior Way* Crestwood: St Vladimir's Seminary Press, 2003, 259