

Lesson 2: Worshipping God through Personal Prayer

From the Liturgy of St. Basil, why does St. Basil think prayer is appropriate?

From the Fathers, St. Anthony was feeling spiritually listless (in casual terms, “squirmy”). He had a vision of a man like himself. What did this vision teach him?

From the Memory Verse, describe our Lord’s prayer practice in your own words.

(Fill in the blank) Orthodox Christians utilize both written prayers and _____ prayers (i.e., prayers in one’s own words).

While saints have prayed to God with many different postures—e.g., seated, kneeling, lying in bed—what is the “default” prayer posture of Orthodox Christians? (Circle one)

Kneeling Standing Seated in a pew In a La-Z-Boy Recliner

(Fill in the blank) If possible, Orthodox Christians pray facing _____.

NOTE 1: ASAP, please visit with your sponsor, the catechumen coordinator, or another member of the clergy (in person) to learn how to make the following prayer gestures correctly: the sign of the cross, metanias, and prostrations.

NOTE 2: If you do not already have a prayer book, please contact the catechumen coordinator immediately.