

LIVING THE ORTHODOX CHRISTIAN LIFE: PT III
“Public Prayer: A Sacrifice of Praise”

From the Liturgy of St. Basil

“A mercy of peace, a sacrifice of praise.”

From the Fathers

“The brethren came to Abba Anthony and laid before him a passage from Leviticus. The geronda went out into the desert, secretly followed by Abba Ammonas, who knew that this was his custom. Abba Anthony went a long way off and stood there praying, crying in a loud voice, “God, send Moses, to make me understand this saying.” Then there came a voice speaking with him. Abba Ammonas said that although he heard the voice speaking with him, he could not understand what it said.”

-Teaching 26, *Teachings of St. Anthony the Great, Alphabetical Sayings of the Desert Fathers*

Memory Verse

“Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.”

- 1 Timothy 4:13

In the Church

Overview: Participating in Public Worship

- The ONE Criticism we get:
- (Un)Importance of Experience
- Following along in books . . . or not

Postures and Movements

- When to make the Sign of the Cross
 - o At “Father, Son, and Holy Spirit”
 - o Petitions
 - o Some, mention of Theotokos
- When to Bow
 - o When incensed
 - o When blessed at peace be to all
 - o During entrances
- When to Sit and Stand
 - o Default Posture
 - o Gospels and Psalm Readings
 - o *Royal Doors hack*
- When to Kneel
 - o During Consecration
 - o Some Priestly Prayers: Akathists, Great Compline
- When to make Prostrations
 - o Feasts of the Cross
 - o During Lent: Lenten Apolytikia, Great Canon of St. Andrew of Crete
 - o Other times

At Home and in Your Lives

Locate and study the upcoming weekend and festal service texts at antiochian.org/litrugicday

Commit to regular worship, outside of Sunday morning services!

For Further Reading

Danias, George and Christina Hatzithanasi-Dania. *Christ Amongst Us: An Easy to Understand Commentary on the Orthodox Divine Liturgy*. Columbia, MO: New Rome, 2017.