

## [Practical Tips for Orthodox Living](#)

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- 1) Prayers are said morning and evening, either together as a family or individually.
- 2) A blessing (grace, we called it) is said by the head of the family before a meal, and a prayer of thanks afterwards.
- 3) On entering a room where there is an icon, cross yourself before it and say a brief prayer.
- 4) When leaving ones dwelling, make the sign of the cross over the door and pray for its protection.
- 5) On seeing a priest, abbot or abbess, or even when phoning them or writing to them, always ask their blessing.
- 6) Before going to bed, make the sign of the cross over it and pray for protection during sleep.
- 7) When you hear of anyone's death, immediately say a prayer for their eternal memory.
- 8) If discussing or planning the future say: As God wills.
- 9) If you offend or hurt anyone, say as soon as possible, Forgive me, always trying to take the blame yourself
- 10) If something turns out well, say Praise be (to God).
- 11) If something turns out badly, if there is pain, sickness or any kind of trouble, say Praise be to God for all things, since God is all good and, though we might not understand the purpose of these things, undoubtedly they have been permitted by God
- 12) If you begin some task, say, God help me, or if someone else working: May God help you, (How sad that this expression is so perverted in the modern exclamation God help you!)
- 13) Cross yourself and say a brief prayer before even the shortest journey by car.
- 14) For a longer and more difficult journey, ask a priest to sing a Moleben, failing that, at home say the troparion and kontakion for a journey.
- 15) If there is a possibility of future trouble of any kind, either for yourself or for someone you care for, say an Akathist to the Mother of God.
- 16) When you receive a blessing after prayer, always remember to thank God; if it is a small thing, you may add a prayer of thanksgiving to your daily prayers or make an offering. For matters of

greater import, ask the priest to serve the Thanksgiving Moleben. But NEVER neglect to give thanks.

- by **Mother Pelagia of Lesna Convent**

h/t [Simply Orthodox](#)