

General categories for prayer.

Everyone has certain things that “resonate” with them. These are the things that resonate with me. I have them listed for the Jesus prayer (or other prayers, see below – the one I usually use is the first listed, because it is an adaptation of my favorite verse, John 17:3) in the morning.

The things that resonate with me and you may be different. This is my list. Make it your own, or make a different list, but, without fail, make a list! The world is full of terrible things, but also the beautiful One, Who abides in our hearts. We must pray about these terrible things, and in so doing, we emulate the Beautiful One. Priest Seraphim Holland seraphim@orthodox.net

<http://www.orthodox.net/trebnic/general-categories-for-personal-prayer.pdf>
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For each category (or group of categories), say:

“Lord, have mercy on ... and grant that they may know Thee, the only True God, and Jesus Christ, Whom Thou hast sent.”

Or:

“Lord, have mercy on ... and grant that they may know come to know Thee, by the Holy Spirit.”

Or:

“Lord Jesus Christ, have mercy on ...”

Or:

“Lord have mercy on ...”

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Contents

General categories for prayer.....	1
General Categories – the Living.....	3
Persecuted because of their faith.....	3
Illness.....	3
Grief and loss.....	3
Personal trials – Personal History.....	3
Personal trials - thoughts.....	3
Mental and Spiritual illness.....	3
Sexual & sexually related sins.....	3
Secular – in the church.....	4
Secular – not in the church.....	4
Priests.....	4
Monastics.....	4
Personal sins.....	5
My personal ministry.....	5
General Categories – the Departed.....	6
Prayer for all the peoples of the world,.....	7
according to the model of the prayer of St Silouan of Mount Athos.....	7
Prayer of Elder Paisios for the Whole World.....	12
Various Prayers for the living.....	14
Prayer of St Silouan of Mount Athos:.....	14
Old Believer Prayer Book, pg 312.....	14
For all I have judged or wronged.....	14
A small prayer.....	14
A prayer for tears.....	14
Pastoral Attentiveness.....	14
I am a wretch.....	14
Help my brother and me.....	14
Prayer at the beginning of the day, by Gerondissa Makrina.....	14
Blessing of St Mary of Egypt.....	15
Prayer of St Mary of Egypt.....	15
To pray for someone more diligently:.....	15
Various Prayers for the departed.....	16
O God of Spirits.....	16
Prayer for every departed person.....	16
Troparion for the departed, Tone VIII:.....	16
Kontakion for the departed, Tone VIII, special melody:.....	17
Exapostilaria from the Triodion:.....	17

General Categories – the Living

Persecuted because of their faith

All persecuted & being martyred.

Illness

All who are dying.

All with cancer.

All who are in chronic pain.

All with disabilities.

All who are ill.

All who care for the ill, and those
who need constant care.

Parents of very sick or disabled
children.

Grief and loss

All who lost someone suddenly.

All who had a great loss.

All who are troubled by grief.

All who have been victims of
violence.

All who have witnessed or survived
violence.

Personal trials – Personal History

All who have been abused.

All in prison.

All slaves.

All sexual slaves & sex workers.

All in sexual bondage.

Personal trials - thoughts

All contemplating suicide.

All contemplating murder/violence.

All who are without true purpose.

All with PTSD

All who are anxious.

All who are depressed.

All who are in despair.

All who are in great stress.

All who are lonely.

All who do not fit in.

All who have trouble coping.

All who have been or feel
abandoned.

Mental and Spiritual illness

All who are delusional.

All demoniacs.

All who are mentally ill.

All drug addicts.

All with persistent thoughts &
fantasies.

Sexual & sexually related sins

All who have had abortions.

All who have contemplated
abortions

All participants in abortion

All who have forced a woman to
have an abortion.

All indifferent to abortion

All who support abortion.

All who are sexually immoral.

All sexually confused or gender
confused.

All addicted to pornography &
fantasies

Secular – in the church

All who are secular.

All without true purpose.

All who do not pray.

All who baptize their child and do
not teach them the Christian life,
in word and deed.

All who call themselves Christian
but do not live as Christians or
love the church.

All who inquire about baptism and
do not follow through.

All estranged from the church.

All ecumenists & false teachers.

Secular – not in the church

All schismatics.

All heretics.

All unbaptized.

All atheists.

All believers in false gods & religions.

All scoffers & blasphemers.

All who hate Christianity.

Priests

All priests in Missions.

All priests with great burdens larger
than themselves.

All priests who have failed to serve
and protect.

All priests who are weary, cynical,
or suffering any great temptation.

All abusive clergy.

Monastics

All monastics who are not watchful.

All monastics having great
temptations.

All monastics who have gone into
the world.

Personal sins

All who are spiritually ignorant.
All who promote, approve of or practice sin, abuse, immorality, sexual confusion, gender confusion.
All who put their faith in political solutions.
All who are lazy.
All who rarely pray.
All who do not know how to pray.
All who are not kind.
All who are indifferent about the suffering of others.
All who are abusive.

All who hide their sins or problems.
All who do not forgive everyone.
All who are bitter.
All who know what to do and do not have enough strength or desire to do it.

My personal ministry

All in my parish.
All in my prison ministry.
All I have baptized.
All those I have met or influenced.
All those I have judged, sinned against, hindered, offended or harmed.

General Categories – the Departed

All who died today.

All within their 40 days.

All who died suddenly.

All who died violently.

All who died unprepared.

All who died of overdose

All who died while intoxicated.

All who died in despair.

All who died in bitterness.

All who died in anger.

All who died w/o asking forgiveness
of those they wronged.

All who did not have a burial.

All whose family do not pray for
them.

ATTGM: All who died w/o
repentance.

ATTGM: All who died by suicide.

ATTGM: All who died estranged
from the church.

ATTGM: All who died unbaptized.

All who died throughout the ages.

Prayer for all the peoples of the world,

according to the model of the prayer of St Silouan of Mount Athos¹.

I pray Thee, O Merciful Lord, for all the peoples of the world, that they may come to know Thee by the Holy Spirit².

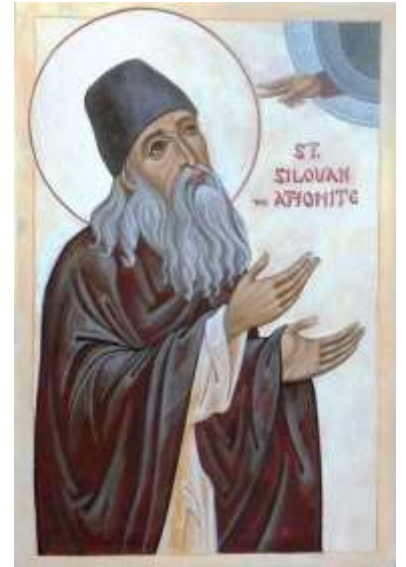
I pray Thee, O Merciful Lord, that Thou wouldst relieve the hunger and suffering of those who do not have enough to eat, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance those who can alleviate the suffering of the hungry, but do nothing, or even actively increase the suffering of Thy servants, they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst relieve the sickness and suffering of those who are ill, and especially those who suffer because of civil war, oppression, neglect and poverty, that they may come to know Thee by the Holy Spirit..

I pray Thee, O Merciful Lord, that Thou wouldst comfort and make safe those who are suffering from war, and killing, and civil unrest, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort and guard from anger, bitterness and despair those who have lost loved ones because of the inhumanity of



men. Help them to not return hatred for hatred or murder for murder, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst enlighten and bring to repentance those who kill and rape and plunder from their fellow man, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort and protect and women and children and men who are trafficked as slaves, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort and protect and women and children and men who are abused physically,

sexually, verbally and emotionally, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou would bring to sobriety, peacefulness and love and those who are angry and nursing grudges, and planning retribution for wrongs they have suffered, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst enlighten and clarify the thinking of those who hate Christianity and the church because of personal experiences, and prejudices, that they may come to know Thee by the Holy Spirit. And if we have caused anyone to stumble because of our sins, we beseech Thee - forgive! and give us a path to rectify our wrongs.

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I pray Thee, O Merciful Lord, that Thou wouldst make steadfast and those who are suffering persecution, deprivation, slander and danger because of their true belief in Thee, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort, protect and bring to repentance those who are incarcerated, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort and guard from ill Thoughts and actions and those who are suffering unjustly for something they did not do, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort, give purpose and joy and those who are in despair, feel no purpose in their lives, or are contemplating suicide, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to full sobriety, mental clarity those who suffer from mental illness, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to full sobriety, mental clarity those who are possessed or oppressed by demons, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst enlighten and bring to repentance those who kill and torture and dominate others in the name of a false God, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, That Thou wouldst enlighten and bring to repentance those who kill and profit from and promote the killing of babies in the womb, and children, and the elderly and the feeble, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort and enlighten and bring to repentance and fill with true joy, purpose and those who are contemplating killing their unborn child, and those who have killed their children, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help those who have committed a great sin, and have great sorrow, to know thy forgiveness and to grow in hope, and love, and joy, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and those who are advocating for or attempting to impose abortion upon anyone, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and true belief and moral purity and politicians who promote and subsidize all immorality, the killing of the unborn and feeble and disenfranchised or the

subjugation the poor, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and true belief and moral purity and those who teach indecent things because of greed, or ignorance or any other hidden sin, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help and those who know what is right and are afraid to speak the truth, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou would enlighten and bring true belief and purpose those who do not believe in Thee, or oppose Thee, that they may come to know Thee by the Holy Spirit.

I pray Thee O Merciful Lord, that thou wouldst increase peace in families, and mutual love between all, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst teach spouses to put aside any divisions and grow to perfection in Thee through loving each other, with peace, mutual comfort, and tranquility, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help spouses to keep their marriage bed undefiled, never with lust or selfishness or perverse practices, and always increasing their love for Thee, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst guard children from the pernicious effects of our unbelieving society and that they would grow in their faith, unto the stature of a perfect man, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help Fathers and Mothers to do the one thing needful for their children, and with patience and wisdom raise them in the fear of Thee and piety and remember to pray for them with tears every day, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst teach siblings to love each other as their neighbor and not have petty squabbles and disputes, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst prosper the church and not let any one of our children, loved ones and friends be lost to unbelief, lukewarmness or depravity,

that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and purity and those who fornicate and do impure sexual things, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst break the bondage of those who are addicted to pornography and all uncleanness and bring them to the knowledge of Thee, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to wholeness and purity and those who are engaged in the homosexual lifestyle or gender confusion and give strength to those who have illicit sexual attractions to live in purity and holiness, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst give courage and steadfastness to those Who have true belief in Thee, whose lives, families and property are at great risk because of the spectre of militant Islam, atheistic governments, or any totalitarian system that hates true Christianity, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst comfort and give true joy and to those who are in despair because of drug addiction, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help those who do not live according to purpose to learn their purpose, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst enlighten and bring to repentance and true faith those who proclaim heresies, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst bring to repentance and Christian action and those of us Who do very little to help our suffering brother, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst forgive me my terrible sins, and not let any one of them cause my brother to stumble, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help me to love my enemies, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst open my heart to the sufferings of others, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help me to judge rightly regarding my brothers, but never to disdain them because of their sins, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst season my foolish words with salt, that all may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst teach me to pray with attention and love, that all may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, that Thou wouldst help all peoples to have the remembrance of death and to have their treasure in heaven and not among the things of the world which are passing away, that they may come to know Thee by the Holy Spirit.

I pray Thee, O Merciful Lord, for all the peoples of the world, that they may come to know Thee by the Holy Spirit. Amen.

Prayer of Elder Paisios for the Whole World

Our Lord Jesus Christ:

Do not abandon Thy servants who live far away from the Church. May Thy love convict them and bring them back to Thee.

Lord have mercy on Thy servants who are suffering from cancer.

Lord have mercy on Thy servants who suffer either from small or serious ailments.

Lord have mercy on Thy servants who suffer from physical infirmities.

Lord have mercy on Thy servants who suffer from spiritual infirmities.

Lord have mercy on our leaders and inspire them to govern with Christian love.

Lord have mercy on children who come from troubled homes.

Lord have mercy on troubled families and those who have been divorced.

Lord have mercy on all the orphans of the world, on all those who are suffering pain and injustices since losing their spouses.

Lord have mercy on all those in jail, on all anarchists, on all drug abusers, on all murderers, on all abusers of people, and on all thieves.

Enlighten these people and help them to straighten out their lives.

Lord have mercy on all those who have been forced to emigrate.

Lord have mercy on all those who travel on the seas, on land, in the air, and protect them.

Lord have mercy on our Church, the bishops, the priests and the faithful of the Church.

Lord have mercy on all the monastic communities, male and female, the elders and eldresses and all the brotherhoods of Mt. Athos.

Lord have mercy on Thy servants who find themselves in the midst of war.



Lord have mercy on Thy servants who are being pursued in the mountains and on the plains.

Lord have mercy on Thy servants who are being hunted like birds of prey.

Lord have mercy on Thy servants who were forced to abandon their homes and their jobs and feel afflicted.

Lord have mercy on the poor, the homeless and the exiled.

Lord have mercy on the nations of the world. Keep them in Thy embrace and envelope them with Thy holy protection. Keep them safe from every evil and war. Keep our beloved homelands in Thy protective embrace day and night. Embrace her with Thy holy protection defending her from all evil and war.

Lord have mercy on those who have been abandoned and have suffered injustice. Have mercy on families that are going through trying times. Pour Thy abundant love upon them.

Lord have mercy on Thy servants who suffer from spiritual and bodily problems of all kinds.

Lord have mercy on those who are despairing. Help them and grant them peace.

Lord have mercy on those that have requested that we pray for them.

Lord grant eternal rest to all those who have passed on to eternal life throughout the ages.

This prayer of his was given to a convent which had asked the Elder for a prayer rule that could be used by the nuns in their evening vigils. This directive was given to the nuns during the final years of his life. It would be correct to add intentions as your heart directs, and to say this prayer as part of your daily rule.

<http://www.orthodox.net/trebnic/of-elder-paisios-for-the-whole-world.doc>
<http://www.orthodox.net/trebnic/of-elder-paisios-for-the-whole-world.pdf>
<http://www.orthodox.net/trebnic/of-elder-paisios-for-the-whole-world.html>

Various Prayers for the living

Prayer of St Silouan of Mount Athos:

I pray Thee, O merciful Lord, for all the peoples of the world, that they may come to know Thee by the Holy Spirit.

Old Believer Prayer Book, pg 312

O Lord grant mercy unto them that bear hatred or enmity against me, and also unto them that revile or slander me: That none of them may at all suffer any evil, whether in the present or in the age to come, on account of me, who am impure. But cleanse them all in Thy mercy, and protect them by Thy grace, O Thou who art good.

For all I have judged or wronged

My God, have mercy on everyone I have judged and everyone I have wronged – if I have given any alms, give the reward to them instead.

St. Paisios of Mount Athos, quoted in biography "St. Paisios of Mount Athos" by Hieromonk Isaak, pg 425

A small prayer

O Lord Jesus Christ, have mercy on all who are bent over and help them to rise up.

A prayer for tears

Lord, give me tears so that my heart can weep day and night out of love for my brother!

St. Silouan An Athonite Gerontikon, page 362, On compunction and tears.

Pastoral Attentiveness

Holy Elder Porphyrios, help me to have pastoral attentiveness and discernment.

"Elder Porphyrios, Testimonies and experiences", by Kitos Ioannidis, pg 94. Italics not in original prayer

I am a wretch.

My God, I am a wretch. Have mercy on me, and the whole world too.

"St Paisios of the Holy Mountain", by Hieromonk Isaac. Pg 530

Help my brother and me.

"O God, help my brother and me, through his prayers!

(St Gaza of Dorotheos)

Prayer at the beginning of the day, by Gerondissa Makrina

My Christ, strengthen me that I may pass through this day without grief Thee and that I may sing hymns to Thee.³

Blessing of St Mary of Egypt

"Blessed is God Who cares for the salvation of men and their souls."

Prayer of St Mary of Egypt.

"O God, defend us from the evil one and from his designs, for fierce is his struggle against us."⁴

To pray for someone more diligently:

From the Old Believer Prayer Book, with line 4 added

Save, O Lord, and have mercy on

Thy servant(s) _____, *[bow]*

Deliver him (*her, them*) from every tribulation, wrath and need *[bow]*,

From every sickness of soul and body, *[bow]*

Forgive him (*her, them*) every transgression, voluntary and involuntary, *[bow]*

Teach them to pray and to live with purpose. *[bow]*

And do whatever is profitable for our souls. *[bow]*.

Various Prayers for the departed

O God of Spirits

O God of spirits and of all flesh, Who hast trampled down death, and overthrown the devil, and given life to Thy world: Do Thou, Thyself, O Lord give rest to the soul(s) of Thy departed servant(s) _____,

in a place of light, a place of green pasture, a place of repose, whence all sickness, sorrow and sighing are fled away. Pardon every sin committed by him (*her, them*), in word, deed or thought, in that Thou art a good God, the Lover of mankind; For there is no man that liveth and sinneth not, for Thou alone art without sin, Thy righteousness is an everlasting righteousness, and Thy Word is Truth.

For Thou art the Resurrection, and the Life, and the repose of Thy departed servant(s) _____,

O Christ our God, and to Thee we send up glory, together with Thine unoriginate Father, and Thy most holy and good and life-creating Spirit, now and ever, and to the ages of ages

Prayer for every departed person

Remember, O Lord our God, Thy servant, our *brother/sister, N.*, who has reposed in the Faith and hope of life eternal, and in that Thou art good and the Lover of mankind, Who remittest sins and blottest out iniquities, do Thou loose, remit and pardon all *his/her* sins, voluntary and involuntary.

Deliver *him/her* from eternal torment and the fire of Gehenna, and grant unto *him/her* the communion and delight of Thine eternal good things prepared for them that love Thee.

For though *he/she* hath sinned, yet hath *he/she* not forsaken Thee, and *he/she* undoubtedly believed in the Father and the Son and the Holy Spirit; and even until *his/her* last breath did *he/she* confess Thee in Orthodox fashion: God glorified in Trinity, Unity in Trinity and Trinity in Unity.

Wherefore, be Thou merciful unto *him/her* and reckon *his/her* faith in Thee, rather than *his/her* deeds, and in that Thou art compassionate, grant him/her rest with Thy saints; for there is no man that liveth and doth not sin.

But Thou alone art wholly without sin, and Thy truth is forever; and Thou alone art the God of mercies, and compassion, and love for mankind, and unto Thee do we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

In the back of the "Boston" Psalter.

http://www.synaxis.info/psalter/5_english/b_reading/kath_prayers.html
<http://www.orthodox.net/trebnic/prayer-for-every-departed-person-in-the-psalter.html>

Troparion for the departed, Tone VIII:

O Thou Who by the depth of Thy wisdom dost provide all things out of love for man, / and

grantest unto all that which is profitable, O
only Creator: / Grant rest, O Lord, to the souls
of Thy servants; // for in Thee have they placed
their hope, O our Creator and Fashioner and
God.

Kontakion for the departed, Tone VIII, special melody:

With the saints give rest, / O Christ, / to the
souls of Thy servants, / where there is neither
sickness, nor sorrow, / nor sighing, // but life
everlasting.

Exapostilaria from the Triodion:

O Thou who hast authority as God over both
the living and the dead, / give rest to Thy
servants in the dwelling-place of the elect, / for
though they have sinned, O Savior, // yet they
did not turn away from Thee.

Glory...

Give rest to Thy servants, O Lord, / in the land
of the living / from which pain, sorrow, and
sighing have fled away. / In Thy love for
mankind be merciful to the sins that they
committed in this life: / for Thou alone art
sinless and merciful, // O Master of the dead
and the living.

¹ <http://www.orthodox.net/trebnic/prayer-for-all-peoples-of-the-world-according-to-the-model-of-the-prayer-of-silouan-of-mount-athos.doc>
<http://www.orthodox.net/trebnic/prayer-for-all-peoples-of-the-world-according-to-the-model-of-the-prayer-of-silouan-of-mount-athos.pdf>

This is a personal prayer, modeled on St Silouan's original, short prayer. Priest Seraphim, seraphim@orthodox.net

² This is St Silouan's original prayer, quoted by Fr Zacharias in one of his books.

³ from "Words of the Heart", page 114

⁴ From her life, edited. In the life, it begins: "May God..."