

Saint (1995, Russian Orthodox Church) Philaret the Metropolitan of Moscow (1782 – 1867, Feast Nov 19)

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day, reveal Your will to me. Bless my dealing with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, pray You Yourself in me. Amen.

O Lord, grant me to greet the coming day in peace.

“Heavenly King, Comforter, the Spirit of Truth, present in all places and filling all things, Treasury of good things and Giver of Life, come and abide within us and cleanse us of every stain and save our souls O gracious Lord.”

“When you pray, you yourself must be silent... You must be silent; let the prayer speak. Silence is ... an attitude of attentive alertness, of vigilance, and above all of listening. The person who prays is the one who listens to the voice of prayer in his own heart, and he understands that this voice is not his own but that of Another speaking within him.”
(Kallistos Ware, The Power of the Name)

*“Prayer changes me, not necessarily the situation.
(Becoming a Healing Presence: Rossi, pg. 46)”*

“Peace I leave to you, My peace I give to you; not as the world gives, give I to you. Let not your heart continue being troubled, nor being fearful.
[Jn. 14:27]

Help me in all things to rely upon Your holy will. In every hour of the day, reveal Your will to me.

We cannot obey God until we have buried self-love

- ❖ Obedience is the burial place of the will and the resurrection of humility (John of the Ladder, Step 4)
- ❖ From obedience come humility And from humility comes discernment (the ability to know the will of God)

“Only a humble person can pray, because only when we are humble do we not rely wholly on our own judgments, actions, and capabilities.” (Thirty Steps to Heaven, pg. 37)

- ❖ Obedience is greater than fasting and prayer (John Chrysostom)

How to discern God's will

- ❖ The Conscience: “Let our God-directed conscience be our aim and rule in everything. (John of the Ladder, Step 26, On Discernment)

“For whenever the Gentiles, who have not *the* law, do by nature the things of the law, these, who have not *the* law, are a law to themselves, ¹⁵who show the work of the law written in their hearts, their conscience also bearing witness, and *their* thoughts one with another accusing or also excusing, [Rom. 2:14,15]

- ❖ The “God-directed” conscience is one purified from self-will
- ❖ Seek the counsel of others and not rely solely on our own judgment
- ❖ Immerse ourselves in the scriptures – reading the Word of God is a form of prayer, of listening and being taught

Bless my dealing with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all.

“...the way we interact with our neighbors, both those close to us and those more remote, is the way we interact with Christ, with the living God...During our interactions with others we know when we are giving them strength and hope. That is, we know when we empower them or when we diminish them...we are all called to be a healing presence to others, always...Christ is the healing presence is us who moves through us to heal others.” (Becoming a Healing Presence, Rossi, p. 15-16)

In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You.

“...be transfigured by the renewing of your mind, in order for you to put to the test what *is* the good and well-pleasing and perfect will of God. ³For I say, through the grace which is given to me, to everyone that is among you, not to be high-minded beyond what is needful to be minded, but to be minded so as to be sober-minded, as God allotted a measure of faith to each. [Rom. 12:2,3]

All things are allowed by God – “...keep on being filled with *the* Spirit, ¹⁹speaking to one another in psalms and hymns and spiritual songs, singing and chanting in your heart to the Lord, ²⁰giving thanks always for all things to the God and Father in the name of our Lord Jesus Christ, ²¹subordinating yourselves to one another in *the* fear of Christ. [Eph. 5:18-21]

Teach me to act firmly and wisely, without embittering and embarrassing others.

“But in all things commending ourselves as ministers of God, in much patience ... in long-suffering, in kindness, in *the* Holy Spirit, in love unfeigned, in *the* word of truth, in *the* power of God ... always rejoicing; as poor, but enriching many; as having nothing, and *yet* possessing all things. [2 Cor. 6:4-10]

“And there is no need for a servant of the Lord to fight, but to be gentle toward all, apt to teach, forbearing, in meekness instructing those who oppose themselves, if perhaps God might give them repentance to a full knowledge of the truth, [2 Tim. 2:24,25]

Give me strength to bear the fatigue of the coming day with all that it shall bring.

“Come to Me, all ye who labor and are burdened, and I will give you rest. ²⁹“Take up My yoke upon you and learn from Me, for I am meek and humble in heart; and ye shall find rest to your souls. [Mt. 11:28,29].”

“For this reason, I bow my knees to the Father of our Lord Jesus Christ ... He would grant you, according to the wealth of His glory, to be strengthened with might through His Spirit in the inner man, that the Christ might dwell in your hearts through faith, having been rooted and founded in love ...[Eph. 3:14-19]

Direct my will, teach me to pray, pray You
Yourself in me. Amen.

“And likewise, the Spirit also helps *us in* our weaknesses. For we know not what we should pray for as we ought, but the Spirit Himself intercedes for us with unutterable groanings. And the *one* who searches the hearts knows what *is* the mind of the spirit, because according to God he intercedes for *the* saints.[Rom. 8:26-28]”