

# *The prayer rule of St. Seraphim of Sarov*

**St. Seraphim of Sarov (+1833) taught everyone the following rule of prayer:**

“Let any Christian, upon arising from sleep stand before the holy icons, and read the Lord’s Prayer “Our Father” thrice, in honor of the Most-holy Trinity, then the hymn to the Mother of God “O Virgin Mother of God, hail...” three times as well, and finally, the Symbol of Our Faith once. Having completed this rule, let each one attend to the tasks to which he was appointed or to which he is called.

“During work at home or while traveling somewhere, let him quietly read ‘Lord Jesus Christ, Son of God, have mercy on me a sinner.’ If there are others in his vicinity while he is working, let him silently repeat ‘Lord have mercy...’ until supper.

“After supper, upon completing his tasks, let him quietly read ‘Most Holy Mother of God, save me a sinner,’ and let him repeat this until falling asleep.

“Going to bed, let any Christian again read the above-mentioned morning rule. Thereafter, let him go to sleep, having protected himself with the sign of the Cross.

“Keeping this rule, it is possible, to reach Christian perfection, for the three prayers indicated are the foundation of Christianity. The first, as the payer given [to us] by Christ Himself, is the model for all prayers. The second was brought from Heaven by the Archangel to greet the Virgin Mary, the Mother of Our Lord. The Creed contains in brief all of the salvific dogmas of the Christian Faith.”

**To those who for whatever reason could not complete this little rule, Saint. Seraphim recommended reading it under whatever circumstance: during lessons, while walking, and even in bed. He based this advice on the words of the Scriptures “whosoever should call upon the name of the Lord shall be saved...”**

**St Seraphim’s rule for the morning and evening, was given in particular to those who are occupied with secular work during the day, and is therefore appropriate for use by Christians today.**





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**Waking, stand before your icons, make the sign of the cross (+), and say with concentration:**

## **The Lord's Prayer (x3)**

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

## **Hymn to the Most-Holy Mother of God (x3)**

O Virgin Mother of God, hail, Mary full of grace, the Lord is with Thee; blessed art thou amongst women, and blessed is the Fruit of thy womb, for thou hast borne the Saviour of our souls.

## **The Symbol of our Faith (the Creed)**

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.  
And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages;  
Light of Light; true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made;  
Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man;  
And was crucified for us under Pontius Pilate, and suffered and was buried;  
And arose again on the third day according to the Scriptures;  
And ascended into the heavens, and sitteth at the right hand of the Father;  
And shall come again, with glory, to judge both the living and the dead;  
Whose kingdom shall have no end.  
(+) And in the Holy spirit, the Lord, the Giver of life;  
Who proceedeth from the Father;  
Who with the Father and the Son together is worshipped and glorified;  
Who spake by the prophets.  
(+) And in One Holy Catholic and Apostolic Church.  
I confess one baptism for the remission of sins.  
I look for the resurrection of the dead, and the life of the age to come.

Amen.

