

Basics of Orthodox Christian Spirituality

1. Belief in Jesus Christ as our Lord, God and Savior with His Father and the Holy Spirit.
2. Daily Prayer: Morning, Noon, or Night; Develop a rule.
3. Weekly Worship: Sunday Divine Liturgy is the pinnacle of weekly worship.
4. Love of Neighbor: Everyone is your neighbor. Almsgiving: Sacrificial giving to needy.
5. Fasting: Weekly: Wednesdays, Fridays & Communion Fasts; Seasonal Fasts.
6. Sacramental Participation: Confession, Holy Communion, Holy Unction regularly.
7. Spiritual Reading: Daily. Scripture (Lectionary), Church Fathers, Lives of Saints...
8. Education: Catechism, Bible Study, Retreats, Seminars. (active learning).
9. Support the Mission of the Church: Stewardship of time, talents, treasure.
10. Ethical/Moral Praxis & Purity: including thoughts, words, actions. (active living).