The image is a religious painting. At the top, a large, golden, circular halo with radiating lines surrounds a face. The face has a large, bright red fire for a mouth, and its eyes are closed in a state of prayer or suffering. Below the face, a jagged, brown mountain peak rises, with a small, dark, cross-like object on its summit. In the foreground, a small, white, lamb-like creature is visible on the left. The background is a deep blue sky with fine, golden lines radiating from the halo. The overall style is reminiscent of Byzantine or Orthodox iconography.

the  
**WAY**  
of the  
Liturgy

praying the liturgy  
from the heart



Glory to God for all things.

For more info:  
**[thewayoftheliturgy.com](http://thewayoftheliturgy.com)**

the  
**WAY**  
of the  
Liturgy

[Praying the liturgy  
from the heart by using  
short repetitive prayers.]

ΜΡ  
ΛΕΤΟΜΕΝΗ

ΘΥ  
ΒΑΤΟ



# PRAYER OF THE HEART

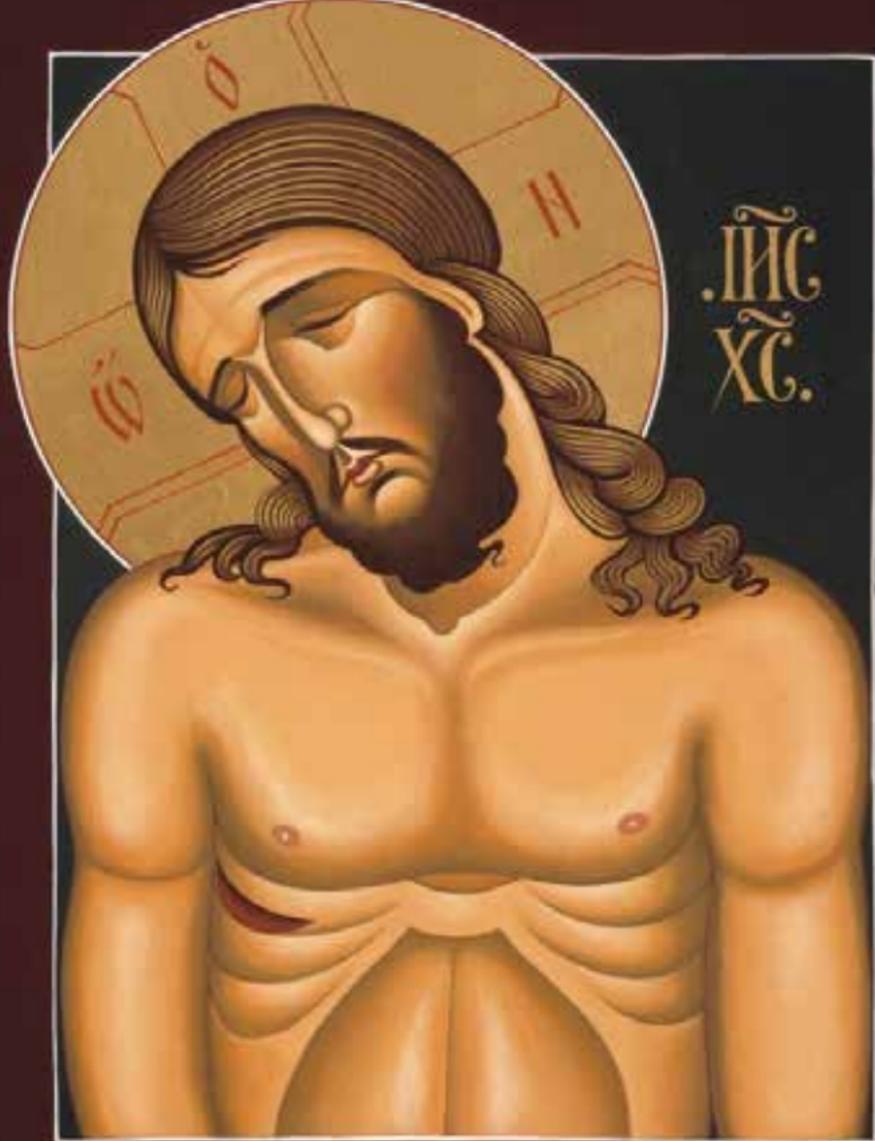
[author unknown]

There is a LIGHT within me  
That is brighter than the sun  
For the sun is mere creation  
But in me is the CREATOR.

My heart enlarges and  
Aches with sweetness  
As I welcome my Beloved home  
Only to hear Him  
Welcome me to His home  
To His kingdom, to my heart.

And at that moment  
I know that I am here.  
I am here. I am with I AM.

There is a LIGHT within me  
That makes the sun and all it  
Shines on seem pale.



# VESPERS

[Children of the Light  
come together to worship  
the light of the Holy Trinity.]

A decorative flourish at the top of the page, featuring a central star-like shape surrounded by intricate scrollwork and floral patterns.

Lord Jesus,  
who conquered  
death and darkness,  
we worship You,  
O True Light.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork.



# MIDNIGHT PRAISE

[Through water and fire, God's children  
emerge victorious and singing to the  
All Holy Trinity.]

A decorative flourish at the top of the page, featuring intricate scrollwork, floral motifs, and a central star-like shape.

Holy. Holy. Holy.  
Are You Lord God  
Almighty.

Who was, is,  
and is to come.

Heaven and earth  
Are full of Your glory.

A decorative flourish at the bottom of the page, mirroring the top one with intricate scrollwork and floral motifs.



# MATINS

[As the sun rises, we celebrate  
the Victor Who trampled down death  
by His death and resurrection.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
raise us up with You.

Lord Jesus,  
give us victory.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# CROSSING OF BREAD

[The great exchange:  
We offer up our lives,  
in exchange for His.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right.

Lord Jesus,  
thank You for  
offering up Your life.

Lord Jesus,  
have mercy on me.

A decorative flourish at the bottom of the page, mirroring the top one, with a central teardrop-like shape and symmetrical scrollwork and floral patterns.



# OFFERTORY

[We set our minds and hearts on  
glorifying Father, Son and  
Holy Spirit.]



Lord Jesus,  
come and establish  
Your Kingdom  
within me.





# THANKSGIVING

[We approach the throne of God  
with grateful hearts.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
teach me to see  
the whole of my  
life as a gift.

Lord Jesus,  
thank You.

A decorative flourish at the bottom of the page, mirroring the top one, with a central teardrop-like shape and symmetrical scrollwork and floral patterns.



# LITURGY OF THE WORD

[The Lord Christ IS the Word of God.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
prepare my heart  
to receive Your word.

A decorative flourish at the bottom of the page, mirroring the top one, with a central teardrop-like shape and symmetrical scrollwork and floral patterns.



# PAULINE

[St Paul always invites us  
to live by faith.]



Lord Jesus,  
give me  
a life of  
faith.



LORD SAVE ME



# CATHOLIC EPISTLE

[These epistles call us to live out  
our faith in everything we do.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
let Your word  
bear fruit  
in my life.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# HALI TO MARY

[The Theotokos: the one who bore God.]



Lord Jesus,  
like St. Mary,  
help me to  
bear You -  
the True Word.





# ACTS

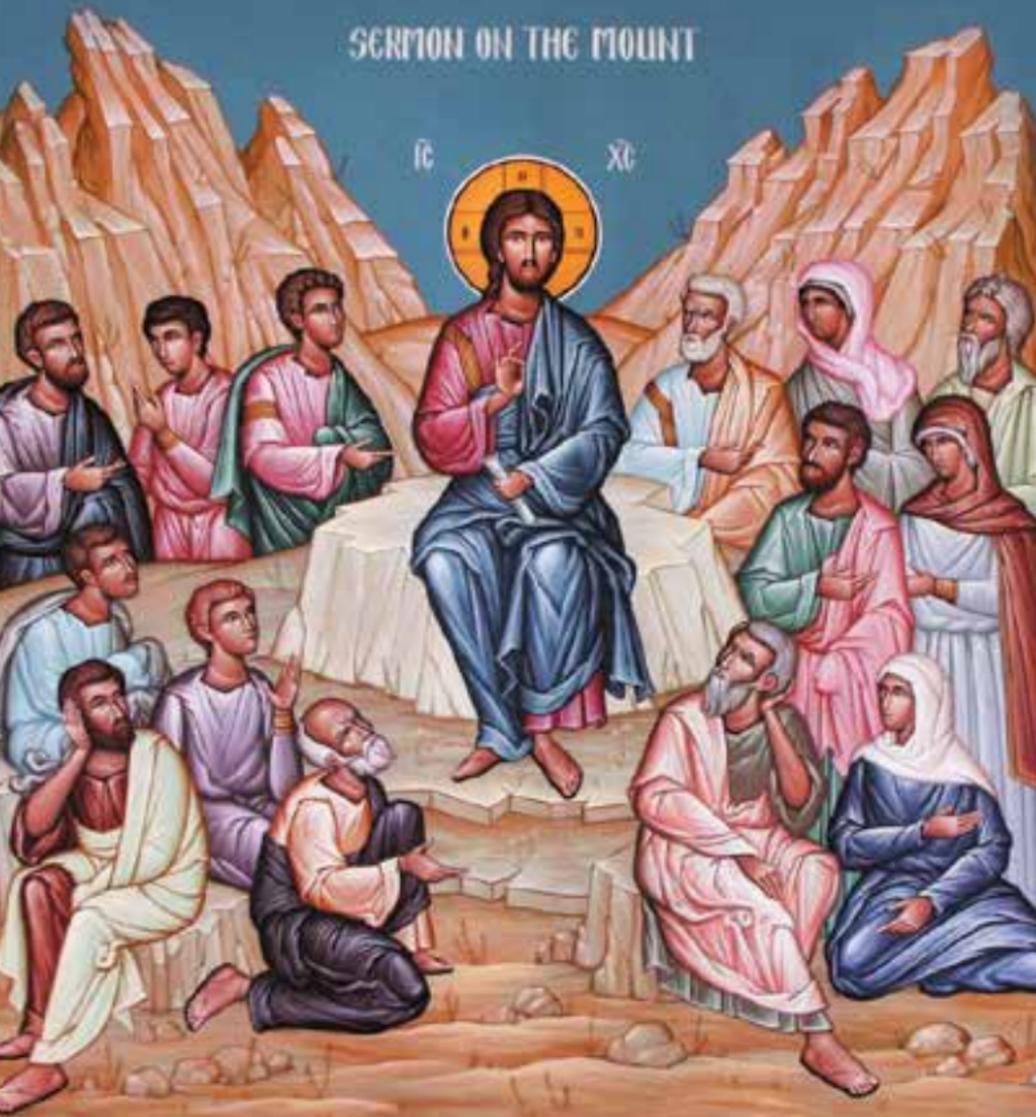
[When we live out our faith in action  
we participate in the life of the Church.]



Lord Jesus,  
manifest Yourself  
to Your  
Church.



## SERMON ON THE MOUNT



# GOSPEL

[The Lord Jesus Himself  
comes to speak His good news to us.]



Lord Jesus,  
open my eyes  
to Your true  
presence  
among us.





# RECONCILIATION

[Created in the image of the God  
who is Community - we are called  
to become one with each other.]

A decorative flourish at the top of the page, featuring a central star-like shape surrounded by intricate scrollwork and floral patterns.

Lord Jesus,  
make me one  
with You,  
my brothers  
and my sisters.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# ANAPHORA

[We are lifted up. We stand in awe.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right.

Holy. Holy. Holy.

Lord Jesus,  
I lay aside all  
earthly cares.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# INSTITUTION NARRATIVE

[The Lord is both Priest and Offering.]

A decorative flourish at the top of the page, featuring a central star-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
bless, sanctify, take  
and break me also.

Lord Jesus,  
I am Yours.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# EPICLESIS

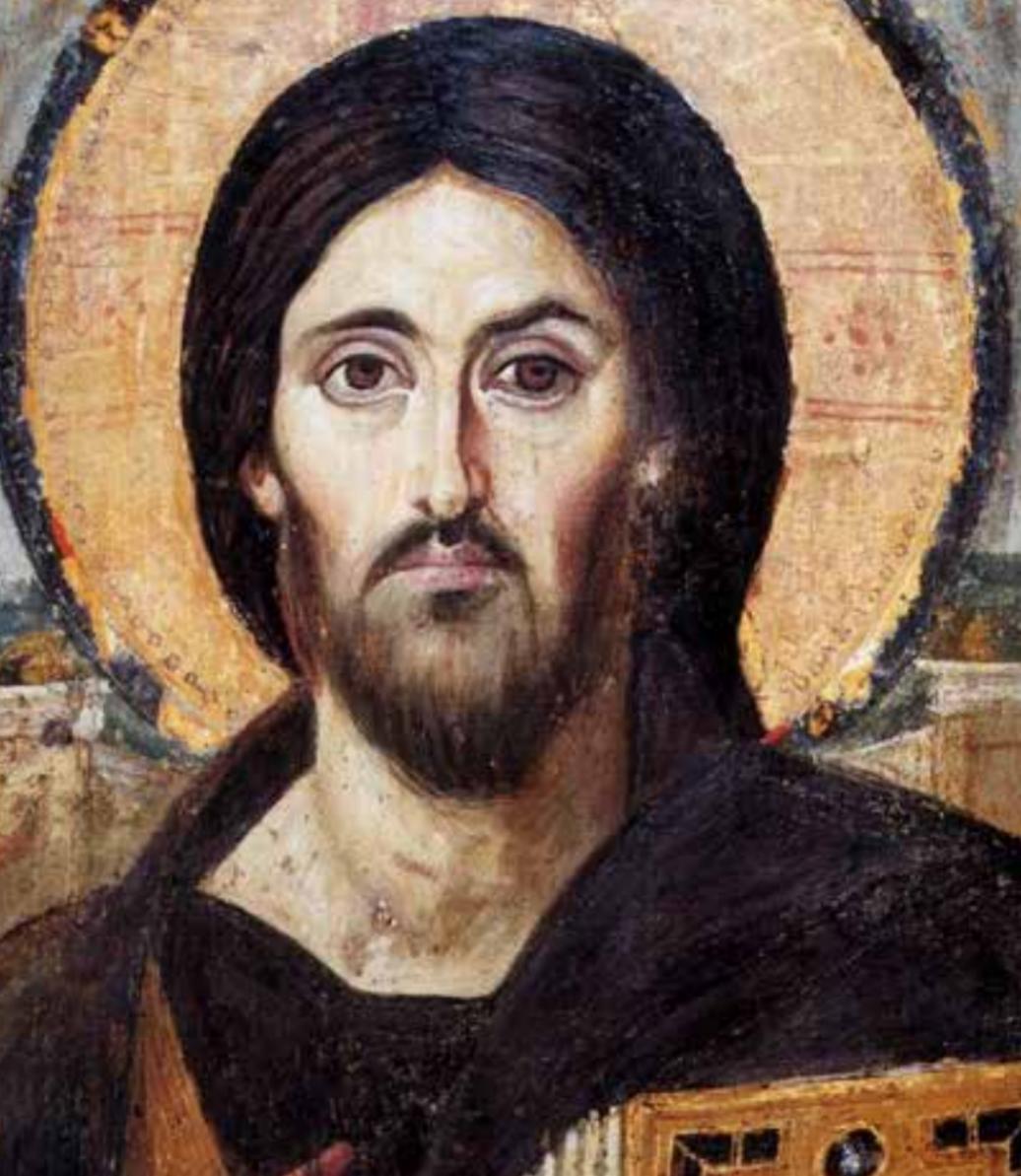
[The Holy Spirit descends  
and we are all transformed.]

A decorative flourish at the top of the page, featuring a central cross-like shape with intricate scrollwork and floral patterns extending to the left and right.

Holy Spirit,  
come and fill us.

Holy Spirit,  
transform us into the  
body of the Lord.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# LITANIES

[We now cry out for all creation.]



Lord Jesus,  
have mercy  
on Your  
creation.





THE SAINTS OF NORTH AMERICA

# COMMEMORATION

[As we remember the holy ones before us,  
we remember our calling to holiness.]



Lord Jesus,  
You are my true  
home -  
I am a pilgrim here.



# FRACTION

[He is broken for us to be whole.]

A decorative flourish at the top of the page, featuring a central star-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
open my eyes  
in the breaking  
of the bread.

Lord Jesus,  
You are so beautiful.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



# COMMUNION

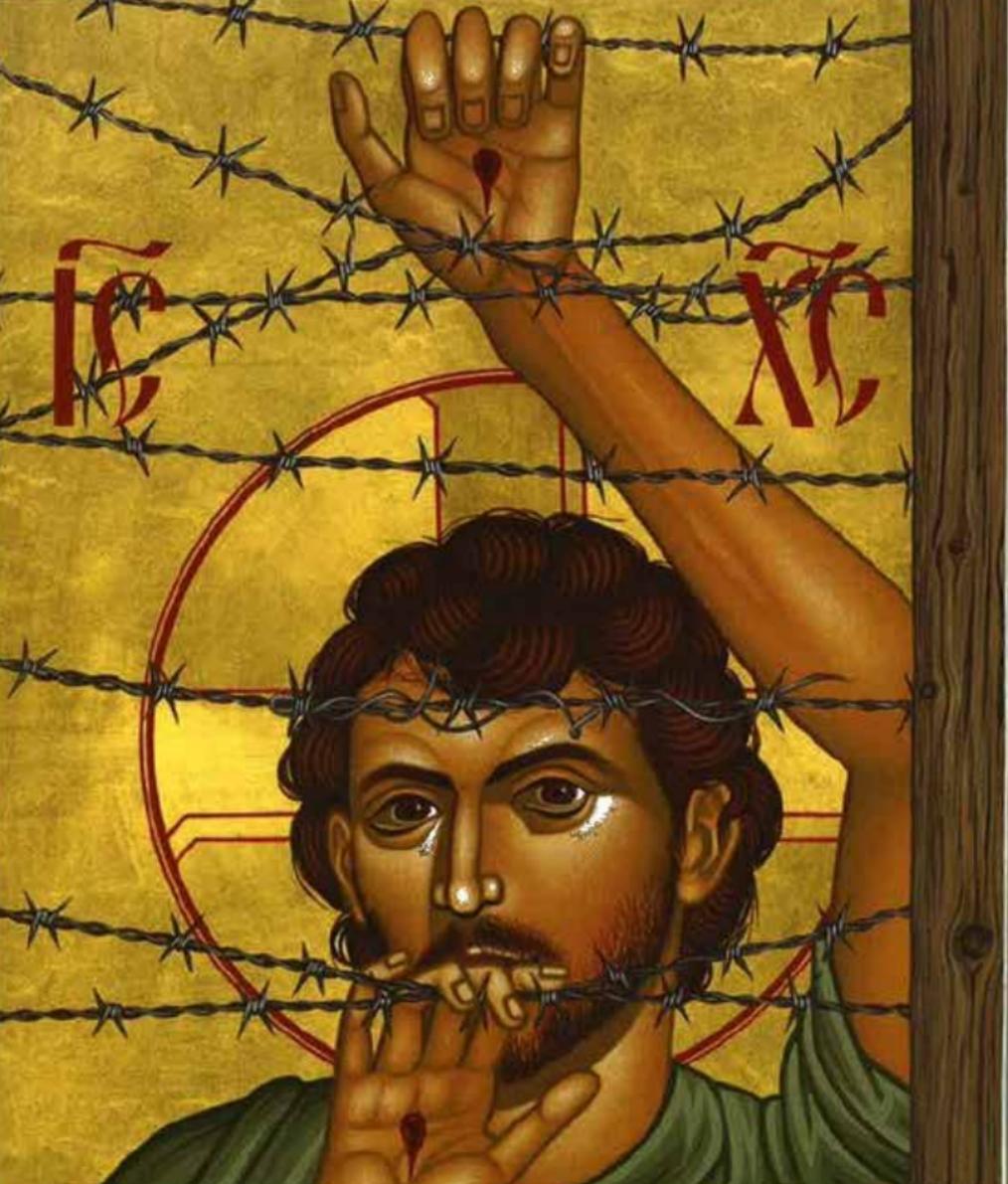
[Abide in loving union with your Beloved.]

A decorative flourish at the top of the page, featuring a central star-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Come, Lord Jesus,  
come!

Lord Jesus,  
abide in me forever.

A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.



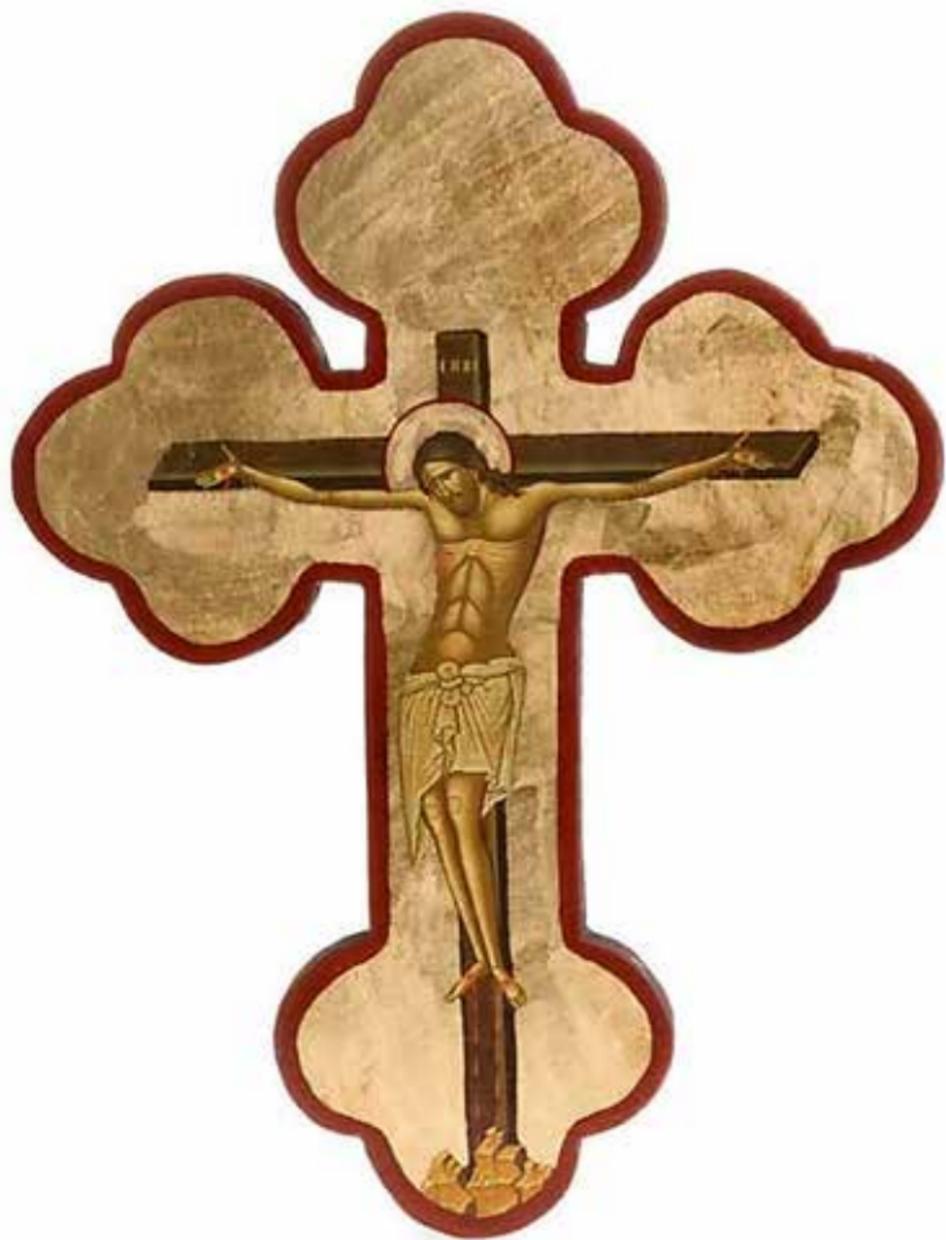
# DISHISSAL

[We are sent out.]

A decorative flourish at the top of the page, featuring a central star-like shape with intricate scrollwork and floral patterns extending to the left and right edges.

Lord Jesus,  
inflame our hearts  
for all creation.

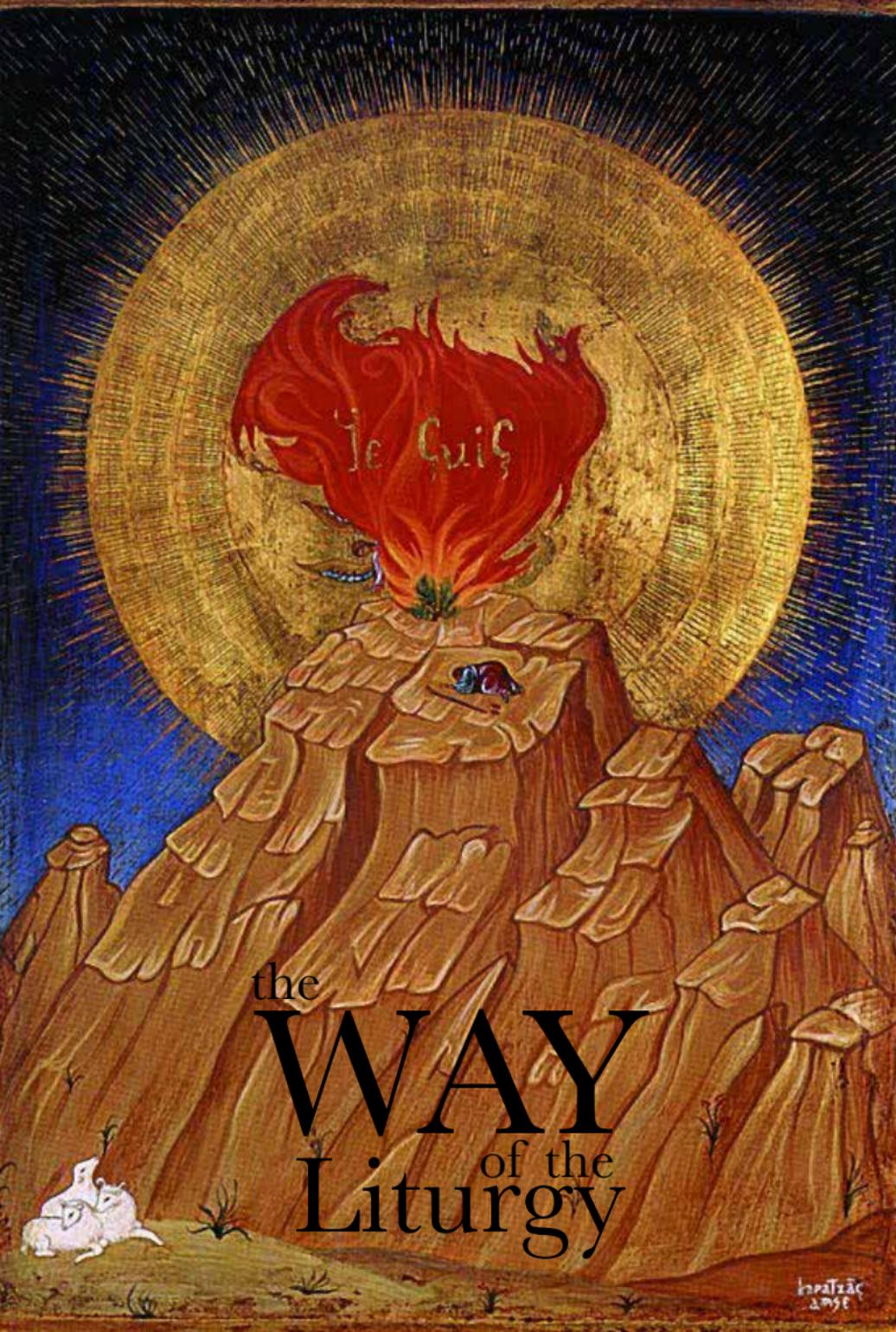
A decorative flourish at the bottom of the page, mirroring the top one, with a central pointed shape and symmetrical scrollwork and floral patterns.





Glory to God for all things.

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Je Qui

the  
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Liturgy

1921