

Epicurean substitute for prayer

Post by “Mathitis Kipouros” of August 25, 2020 at 11:52 PM

I have a toddler who has a going-to-bed-routine that now involves prayer. The reasons for why this is are rather complex for me to explain here, but it shall suffice to say that it's a deeply ingrained custom.

The prayers are catholic, since this is the religion we were brought up with; I don't feel comfortable making him repeat every night a prayer asking for permission to go to sleep to a non existing being and to thank another for guarding him during day and night.

Since I didn't have a better option, and thinking I'd have opportunity to fix this later on, I let it slip for a while, but now I'm thinking I should stop it early on.

I say I didn't have a better option because I do believe that this ritual puts him in the right state of mind to go to sleep, so I do think having something to reflect upon, and repeat, would be valuable; it's the content of what he's repeating I'm having trouble with.

During my stoic phase I substituted the prayers, with a phrase I took from reading Marcus Aurelius, which goes something like this: “everything suits me that suits your designs oh universe, nothing comes to early or too late but in your own good time oh nature; everything comes from you, everything persists in you, and to you, all things return”

It seems pretty innocuous and neutral, with no supernatural elements except for perhaps the “design” part of it... I think it is better than the catholic ones, but not good enough yet.

Are there any epicurean sayings that you could recommend that could work for this?