

Morning Prayers

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of Life, come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (*thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, wash away our sins; O Master, pardon our iniquities; O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. 3x

Glory to the Father, and to the Son and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the Heavens, 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 debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

For Thine is the kingdom, the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Having risen from sleep, we fall down before Thee, O Good One, and we cry aloud to Thee the angelic hymn, O Mighty One: Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit.

From bed and sleep hast Thou raised me up, O Lord; enlighten my mind and heart, and open my lips that I may hymn Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

Both now and ever, and unto the ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be laid bare; but with fear do we cry at midnight: Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

Lord, have mercy. 12x

Prayer 1

As I rise from sleep, I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou hast not been angry with me, an idler and sinner, nor hast Thou destroyed me with mine iniquities, but hast shown Thy usual love for mankind; and when I was prostrate in despair, Thou hast raised me up to keep the morning watch and glorify Thy power. Enlighten also my spiritual eyes, and open my mouth that I may meditate on Thy words, and understand Thy commandments, and do Thy will, and hymn Thee with a thankful heart, and sing praises to Thine all-holy name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer 2

O God, cleanse me, a sinner, for I have never done anything good in Thy sight; but deliver me from the evil one, and let Thy will be in me, that I may open mine unworthy mouth without condemnation, and praise Thy holy Name of the Father, and the Son and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer 3

Having risen from sleep, I hasten to Thee, O Master, Lover of mankind, and by Thy loving-kindness, I strive to do Thy work, and I pray to Thee: Help me at all times, in everything, and deliver me from every worldly, evil thing and every impulse of the devil, and save me and lead me into Thine eternal kingdom. For Thou art my Creator, and the Giver and Provider of everything good, and in Thee is all my hope, and unto Thee do I send up glory, now and ever, and unto the ages of ages. Amen.

Prayer 4

O Lord, Who in Thine abundant goodness and Thy great compassion hast granted me, Thy servant, to go through the time of the night that is past without attack from any evil of the enemy. Grand also, O Master and Creator of all things, that I might accomplish Thy will in Thy true light and with an illuminated heart, now and ever, and unto the ages of ages. Amen.

Prayer 5

Almighty Lord, God of the Powers and of all flesh, Who livest in the highest and carest for the humble, Who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and ever-living Light, in Whom is no change nor shadow of variation; O Immortal King, receive our prayers which at the present time we offer to Thee from unclean lips, trusting in the multitude of Thy mercies. Forgive all sins committed by us in thought, word or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with watchful heart and sober mind, awaiting the coming of the radiant day of the appearing of Thine only-begotten Son, our Lord and God and Saviour Jesus Christ, when the Judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany Him into the joy and bridal chamber of His glory, where the voice of those who feast is unceasing and indescribable is the delight of those who behold the inexpressible beauty of Thy countenance. For Thou art the true Light that enlightens and sanctifies all, and all creation sings hymns Thee unto ages of ages. Amen.

Prayer 6

My most merciful and all-merciful God, Lord Jesus Christ! In Thy great love Thou didst come down and become flesh in order to save all. Therefore I pray, save me by Thy grace! If Thou shouldst save me because of my deeds, it would not be a gift, but rather a duty. But Thou, my Christ, abundant in compassion and art inexpressible in mercy, hast said: "He who believes in Me shall live and never see death." Thus, if faith in Thee saves the desperate: Save me also, for I believe that Thou art my God and Creator. May my faith replace my deeds, O my God, for Thou wilt find no deeds to justify me. But may my faith be sufficient for all: may it answer for me; may it justify me; may it make me a partaker of Thine eternal glory. And may Satan not seize me, O Word, and boast that he has torn me from Thy hand and fold. Save me, O Christ, whether I want it or not, for Thou art my God from my mother's womb. Come quickly to help me, for I perish. Grant, O Lord, that I may now love Thee as once I loved sin itself, and that I may labor for Thee without laziness as once I labored for Satan the deceiver. Even more I will labor for Thee, my Lord and God, Jesus Christ, all the days of my life, now and ever, and unto the ages of ages. Amen.

Prayer to the Holy Guardian Angel

O Angel of God, my Holy Guardian, given to me from heaven by God for my protection, enlighten me this day, and save me from all evil, instruct me in doing good deeds, and set me on the path of salvation. Amen.

Prayer to the Holy Theotokos

O my most holy Lady Theotokos, through thy holy and all-powerful prayers banish from me, thy lowly and wretched servant, despondency, forgetfulness, folly, carelessness, and all filthy, evil, and blasphemous thoughts from my wretched heart and my darkened mind. Quench the flame of my passions also, for I am poor and wretched, and deliver me from many and cruel memories and deeds, and free me from all their evil effects. For blessed art thou by all generations, and glorified is thy most honorable name unto the ages of ages. Amen.

Prayerful Invocation to Our Saint

Pray unto God for me O holy God-pleaser, *N*, for I fervently flee unto thee, the speedy helper and intercessor for my soul.

Here add prayers for your relatives and friends, those alive and those who have passed away.

It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

A Prayer of the Optina Elders

O Lord, grant me strength to meet with serenity everything forthcoming today. Grant me to submit completely to Thy holy will. At every hour of this day guide and support me in all things. Whatsoever news may reach me in the course of this day, teach me to accept it with calmness and the conviction that all is subject to Thy holy will. In all my words and actions direct my thoughts and feelings. In all unexpected occurrences, do not let me forget that all is sent down by Thee. Teach me to deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone. O Lord, grant me strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive and to love. Amen.

Prayers Before Sleep

Prayers from “Heavenly King...” to “Our Father...” see the beginning of the Morning prayers.

Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, we sinners offer this prayer unto Thee as Master: have mercy on us. Glory to the Father, and to the Son, and to the Holy Spirit.

O Lord, have mercy on us, for in Thee have we put our trust. Do not be angry with us greatly, neither remember our iniquities; but look upon us now as Thou art compassionate, and deliver us from our enemies, for Thou art our God, and we, Thy people; we are all the works of Thy hands, and we call upon Thy name.

Both now and ever, and unto the ages of ages: Amen.

The door of compassion open unto us, O blessed Theotokos, that hoping in thee, we might not perish; but through thee may be delivered from adversities, for thou art the salvation of the Christian race.

Lord, have mercy. 12x

Prayer 1

O Eternal God and King of all creation, Who hast granted me to reach this hour: forgive the sins I have committed this day in deed, word, and thought; and cleanse, O Lord, my humble soul of all impurity of flesh and spirit, and grant me, O Lord, to pass the sleep of this night in peace; that, rising from my lowly bed, I may please Thy most holy name all the days of my life, and thwart the enemies, fleshly and bodiless, that war against me. And deliver me, O Lord, from vain thoughts and evil desires which defile me. For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer 2

O Ruler of all, Word of the Father, O Jesus Christ, Thou Who are perfect: For the sake of the plenitude of Thy mercy, never depart from me, but always remain in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not over to the sedition of the serpent, and leave me not to the will of Satan, for the seed of corruption is in me. But do Thou, O Lord, Who is worshipped God, holy King, Jesus Christ, guard me as I sleep by the Unwaning Light, Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant me, Thine unworthy servant, Thy salvation upon my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel; my soul, with the love of Thy Cross; my heart, with the purity of Thy word; my body, with Thy passionless Passion. Keep my mind in Thy humility, and raise me up at the proper time for Thy glorification. For most glorified art Thou together with Thine unoriginate Father, and the Most Holy Spirit, unto the ages. Amen.

Prayer 3

O Lord our God, as Thou art good and the Lover of mankind, forgive me wherein I have sinned today in word, deed and thought. Grant me peaceful and undisturbed sleep; send Thy guardian angel to protect and keep me from all evil. For Thou art the Guardian of our souls and bodies, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer 4

O Lord our God, in Whom we believe and Whose Name we invoke above every name, grant us, as we go to sleep, relaxation of soul and body, and keep us from all fantasies and dark pleasures; stop the onslaught of the passions and quench the burnings that arise in the flesh. Grant us to live chastely in deed and word, that we may obtain a virtuous life, and not fall away from Thy promised blessings; for blessed art Thou forever. Amen.

Prayer 5

O Lord, deprive me not of Thy heavenly good things. O Lord, deliver me from eternal torments. O Lord, if I have sinned in mind or thought, in word or deed, forgive me. O Lord, deliver me from all ignorance, forgetfulness, faint-heartedness, and stony insensibility. O Lord, deliver me from every temptation. O Lord, enlighten my heart which evil desire hath darkened. O Lord, as a man I have sinned, but do Thou, as the compassionate God, have mercy on me, seeing the infirmity of my soul. O Lord, send Thy grace to my aid, that I may glorify Thy holy name. O Lord Jesus Christ, inscribe me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good beginning. O Lord, sprinkle into my heart the dew of Thy grace. O Lord of heaven and earth, remember me Thy sinful servant, shameful and unclean, in Thy kingdom. Amen. O Lord, accept me in repentance. O Lord, forsake me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears, remembrance of death, and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity, and obedience. O Lord, grant me patience, courage, and meekness. O Lord, implant in me the root of good, Thy fear in my heart. O Lord, vouchsafe me to love Thee with all my soul and mind, and in all things to do Thy will. O Lord, protect me from evil men, demons, and passions, and from every other unseemly thing. O Lord, I know that Thou doest as Thou wilt: Thy will be done also in me a sinner; for blessed art Thou unto the ages. Amen.

Prayer to the Theotokos

O good Mother of the Good King, most pure and blessed Theotokos Mary, do thou pour out the mercy of thy Son and our God upon my passionate soul,

and by thine intercessions guide me unto good works, that I may pass the remaining time of my life without blemish, and attain paradise through thee, O Virgin Theotokos, who alone art pure and blessed.

Prayer to the Guardian Angel

O Angel of Christ, my holy guardian and protector of my soul and body, forgive me for all the sins I have committed this day. Deliver me from all the evil of my militant Enemy, that I may not anger my God by any sin. Pray for me, a sinful and unworthy servant, that you may show me worthy of the goodness and mercy of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and all the saints. Amen.

O Theotokos and Virgin, rejoice, Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the Fruit of thy womb, for thou hast borne the Savior of our souls.

Kissing your cross and making the sign of the Cross over your bed, say: Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.

Prayer to the Venerable Cross

Let God arise, and let His enemies be scattered; and let those who hate Him flee from His face. As smoke vanishes, let them vanish; and as wax melts from the presence of fire, so let the demons perish from the presence of those who love God and who sign themselves with the Sign of the Cross and say with gladness: Hail, most precious and life-giving Cross of the Lord, for Thou drivest away the demons by the power of our Lord Jesus Christ Who was crucified on thee, went down to hell and trampled on the power of the devil, and gave us thee, His honorable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me with our holy Lady, the Virgin Theotokos, and with all the Saints throughout the ages. Amen.

Prayers Before and After Communion

O Sovereign Lord Jesus Christ our God, Who alone has authority to forgive men their sins, overlook in Thy goodness and love for men all my offenses whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Thy divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification and as a pledge of the life and kingdom to come, as a protection and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For Thou art a God of mercy and compassion and

love for men, and to Thee we send up glory, with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

I know, O Lord, that I partake of Thine immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of Thou my Christ and God. But taking courage from Thy compassion I approach Thee, for Thou hast said: 'He who eats My Flesh and drinks My Blood abides in Me and I in him.' Therefore have compassion, O Lord, and do not make an example of me, a sinner, but deal with me according to Thy mercy; and let these Holy Things be for my healing and purification and enlightenment and protection and salvation and sanctification of body and soul, for the turning away of every fantasy and evil deed and diabolical activity working subconsciously in my members, for confidence and love towards Thee, for reformation of life and security, for an increase of virtue and perfection, for fulfillment of the commandments, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Thy dread Tribunal, but not for judgment or for condemnation.

After Communion

I thank Thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast suffered me to be a partaker of Thy holy things. I thank Thee that, unworthy as I am, Thou hast enabled me to receive of Thy most pure and heavenly gifts. And yet moreover I beseech Thee, O Lord and Lover of mankind, who for our sakes didst die and rise again, and hast provided us these dread and life-giving mysteries unto the benefit and hallowing of our souls and bodies. Grant that these Thy gifts may be even unto me for the healing of soul and body, and the driving out of every adversary; for the enlightening of the eyes of my understanding, and peace for the powers of my soul; for faith unashamed, and love without dissimulation; for the fullness of wisdom, and the keeping of Thy commandments; for the increase of Thy divine grace, and an inheritance in Thy kingdom. That preserved by them in Thy holiness I may be ever mindful of Thy grace, and not henceforth live unto myself but unto Thee, our bountiful Lord. And when I have departed this life in the hope of life everlasting, vouchsafe that I may enter into eternal rest, where the voice of those who feast is unceasing, and the gladness of those who behold the goodness of Thy countenance is unending. For Thou art the true desire and the ineffable joy of those who love Thee, O Christ our God, and all creation sings of Thy praise for ever. Amen.

Various Prayers

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 heaven, 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 Heaven, 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 proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the prophets. 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.

Ten Commandments

1. I am the Lord Thy God, thou shalt have no other gods before Me.
2. Thou shalt not make for thee any graven image or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; thou shalt not bow down to them, nor serve them.
3. Thou shalt not take the name of the Lord thy God in vain.
4. Remember the sabbath day, to keep it holy. Six days thou shalt labor and do all thy work, but the seventh day is the sabbath of the Lord thy God.
5. Honor thy father and thy mother, that it may be well with thee, and that thy days may be long upon the earth.
6. Thou shalt not murder.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.
9. Thou shalt not bear false witness against thy neighbor.
10. Thou shalt not covet thy neighbor's wife; thou shalt not covet thy neighbor's house, nor his field ... nor anything that is thy neighbor's.

The Beatitudes

1. Blessed are the poor in spirit: for theirs is the kingdom of heaven.
2. Blessed are those who mourn: for they shall be comforted.

3. Blessed are the meek: for they shall inherit the earth.
4. Blessed are those who hunger and thirst after righteousness: for they shall be filled.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the pure in heart: for they shall see God.
7. Blessed are the peacemakers: for they shall be called the sons of God.
8. Blessed are they that are persecuted for righteousness sake: for theirs is the kingdom of heaven.
9. Blessed are you when men shall revile you and persecute you, and say all manner of evil against you falsely, for my sake. Rejoice and be exceedingly glad, for great is your reward in heaven.

Prayer During Great Lent

O Lord and Master of my life, drive away from me the spirit of idleness, dependency, ambition and idle talk. (*Prostration*).

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*Prostration*).

Yea, O Lord and King, grant me to see mine own transgressions and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*Prostration*).

Psalm 50 (51)

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from guilt of bloodshed, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I would have

given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Psalm 90 (91)

He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. He shall say unto the Lord: 'Thou art my helper and my refuge. He is my God, and I will hope in Him.' For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders will He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the thing that walketh in darkness, nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, by unto thee shall it not come nigh. Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; no evils shall come nigh thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample upon the lion and dragon. For he hath set his hope on Me, and I will deliver him; I will shelter him because he hath known My name. He shall cry unto Me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him, and I will show him My salvation.

Prayer to Jesus Christ

Thou who at every season and every hour, in heaven and on earth, art worshipped and glorified; O Christ our God, who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil and distress. Compass us about with Thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Prayer Before Reading the Holy Scriptures

Make to shine in our hearts, O Master who lovest man, the incorrupt light of Thy divine knowledge, and open the eyes of our mind to the comprehension of the preaching of Thy Gospel. Implant also in us the fear of Thy blessed commandments that, trampling down all carnal desires, we may pursue a spiritual way of life, both thinking and doing all things well-pleasing unto Thee. For Thou art the enlightenment of our souls and bodies, O Christ God, and unto Thee do we send up glory, together with Thy Father, who is without beginning, and Thine all-holy, and good, and life-creating Spirit, now and ever, and unto ages of ages. Amen.

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