

Lighten my eyes, O Christ God, lest I sleep in death, and lest my enemy say: I have prevailed over him.

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

Be my soul's Defender, O God, for I step over many snares. Deliver me from them and save me, O Good One, in Thy love for men.

Now and ever, and to the ages of ages. Amen.

Let us not silently hymn the most glorious Mother of God, holier than the holy Angels, but confess her with heart and mouth to be the Mother of God, for she truly bore God incarnate for us, and prays without ceasing for our souls. Amen.

Kiss your cross, and make the sign of the Cross from head to foot of the bed and from two sides, and then say:

Let God arise, and let His enemies be scattered; and let those who hate Him flee from His presence. 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 in gladness: Hail, precious and life-giving Cross of the Lord, for Thou drivest away the demons by the power of our Lord Jesus Christ crucified on thee, Who went down to hell and trampled on the power of the devil, and gave us thee, His venerable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me with our holy Lady, the Virgin Mother of God, and with all the Saints throughout the ages. Amen.

Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.

Into Thy hands, O Lord Jesus Christ, my God, I surrender my spirit and body; bless me, save me, and grant me eternal life. Amen.

O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, our holy and God-bearing fathers and all the saints, have mercy on us. Amen.

And we ask forgiveness of each other and retire to our rooms for sleep.

Evening Prayers

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

Lord Jesus Christ, Son of God, by the prayers of Thy most pure Mother and of our holy and God-bearing fathers and of all the Saints, have mercy on us. 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 One, have mercy on us. 3x

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, blot out 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 to 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 to the ages of ages. Amen.

Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, this prayer do we sinners offer unto Thee as Master: have mercy on us.

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

Lord, have mercy on us, for we have hoped in Thee, be not 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; all are the works of Thy hands, as we call upon Thy name.

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

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

Lord, have mercy. 12x

O Eternal God and King of all creation, Who hast vouchsafed me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

To Thee, the Champion Leader, we Thy servants dedicate a feast of victory and of thanksgiving as ones rescued out of sufferings, O Theotokos: but as Thou art one with might which is invincible, from all dangers that can be do Thou deliver us, that we may cry to Thee: Rejoice, Thou Bride Unwedded!

Most glorious, Ever-Virgin, blessed, Mother of Christ our God, present our prayer to thy Son and our God, and pray that through thee He may save our souls.

I put all my hope in thee, O Mother of God. Guard me under thy protection. O Virgin Mother of God, despise not me, a sinner, needing thy help and protection, and have mercy on me, for my soul hopes in thee.

O God, absolve, remit, and pardon our voluntary and involuntary sins, in word and deed, known and unknown, by day and by night, in mind and thought; forgive us all, in Thy goodness and love for men.

O Lord, Lover of men, forgive those who hate and wrong us. Do good to those who do good. Grant our brothers and relatives their saving petitions and eternal life. Visit the sick and grant them healing. Guide those at sea. Travel with travelers. Struggle alongside the Orthodox. To those who serve and are kind to us, grant remission of sins. On those who have charged us, unworthy as we are, to pray for them, have mercy according to

Thy great mercy. Remember, O Lord, our fathers and brothers who have fallen asleep, and grant them rest where the light of Thy countenance shines. Remember, O Lord, those who bear fruit and do good works in Thy holy churches and grant them their saving petitions and eternal life. Remember also, O Lord, us Thy humble, sinful and unworthy servants, and enlighten our minds with the light of knowledge of Thyself, and guide us in the way of Thy commandments, by the prayers of our immaculate Lady, Mother of God, and Ever-Virgin Mary, and of all Thy Saints, for Thou art blessed to the ages of ages. Amen.

I confess to Thee, my Lord, God and Creator, to the One glorified and worshipped in Holy Trinity, to the Father, Son and Holy Spirit, all my sins which I have committed all the days of my life, at every hour, in the present and in the past, day and night, in thought, word and deed; by gluttony, drunkenness, secret eating, idle talking, despondency, indolence, contradiction, neglect, aggressiveness, self love, hoarding, stealing, lying, dishonesty, curiosity, jealousy, envy, anger, resentment, and remembering wrongs, hatred, mercenariness; and by all my senses: sight, hearing, smell, taste, touch; and all other sins, spiritual and bodily, through which I have angered Thee, my God and Creator, and caused injustice to my neighbors. Sorrowing for this, but determined to repent, I stand guilty before Thee, my God. Only help me, my Lord and God, I humbly pray Thee with tears. Forgive my past sins by Thy mercy, and absolve me from all I have confessed in Thy presence, for Thou art good and the Lover of men. Amen.

(To be said pointing at the bed): O Lord, Lover of men, is this bed to be my coffin, or wilt Thou enlighten my wretched soul with another day? Here the coffin lies before me, and here death confronts me. I fear, O Lord, Thy Judgment and the endless torments, yet I cease not to do evil. My Lord God, I continually anger Thee, and Thy immaculate Mother, and all the Heavenly Powers, and my holy Guardian Angel. I know, O Lord, that I am unworthy of Thy love, but deserve condemnation and every torment. But, whether I want it or not, save me, O Lord. For to save a good man is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of Thy mercy. But show the wonder of Thy mercy on me, a sinner. In this reveal Thy love for men, lest my wickedness prevail over Thy unutterable goodness and mercy. And order my life as Thou wilt.

With the Saints give rest, O Christ, to the souls of Thy servants where there is no pain, no sorrow, no sighing, but life everlasting.