

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.

O Lord Jesus Christ our God, forgive our iniquities. Through the intercessions of thy most pure Mother, save the suffering Russian people from the yoke of the godless authority. Amen.

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

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.

Save, O Lord, Thy people, and bless Thine inheritance; grant Thou victory to Orthodox Christians over enemies; and by the power of Thy Cross to Thou preserve Thy commonwealth.

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.

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

Lord have mercy. 3x

O Lord bless.

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 each asks forgiveness of the others and begins their daily tasks.

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 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.

Having risen from sleep, we fall down before Thee, O Good One, and the angelic hymn we cry aloud to Thee, 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

As I rise from sleep, I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou wast not 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. And now enlighten my mind's eye, and open my mouth that I may meditate on Thy words, and understand Thy commandments, and do Thy will, and hymn thee in heartfelt confession, 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.

O come let us worship God our King.

O come let us worship and fall down before Christ our King and God.

O come let us worship and fall down before Christ Himself our King and our God.

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 blood-guiltiness, 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 had given it; with whole-burn 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 Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of

righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

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 the heavens, 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 the heavens, 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 proceedeth 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.

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 done in me, that I may open mine unworthy mouth without condemnation, and praise Thy holy name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

O Holy Angel that standeth by my wretched soul and my passionate life, forsake not me a sinner, nor shrink from me because of mine intemperance. Give no place for the cunning demon to master me through the violence of my mortal body, strengthen my poor and feeble hand, and guide me in the way of salvation. Yea, O holy angel of God, guardian and protector of my wretched soul and body, forgive me all wherein I have offended thee all the days of my life; and if I have sinned during the past night, protect me during the present day, and guard me from every temptation of the enemy, that I may not anger God by any sin. And pray to the Lord for me, that He may establish me in His fear, and show me, His servant, to be worthy of His goodness. Amen.

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. And quench the flame of my passions, for I am poor and wretched, and deliver me from