



## *Orthodox Prayers*

### *A Prayer of St Peter of Damaskos*

*("How to Acquire True Faith")*

"I became as a beast before Thee; yet I am continually with Thee" (Psalms 73:22 - 23).

If Thy desire is that I should be at rest in Thy knowledge, I shall not refuse.

If it is that I should experience temptation so as to learn humility, again I am with Thee.

Of myself, there is absolutely nothing I can do. For without Thee I would not have come into existence from non- existence; without Thee I cannot live or be saved.

Do what Thou wilt to Thy creature; for I believe that, being good, Thou bestowest blessings on me, even if I do not recognize that they are for my benefit. Nor am I worthy to know, nor do I claim to understand, so as to be at rest: this might not be to my profit.

I do not dare to ask for relief in any of my battles, even if I am weak and utterly exhausted: for I do not know what is good for me. "Thou knowest all things" (John 21:17); act according to Thy knowledge.

Only do not let me go astray, whatever happens; whether I want it or not, save me, though, again, only if it accords with Thy will.

I, then, have nothing: before Thee I am as one that is dead; I commit my soul into Thy pure hands, in this age and in the age to be. Thou art able to do all things; Thou knowest all things; Thou desirest every kind of goodness for all men and ever longest for my salvation.

This is clear from the many blessings that in Thy grace Thou hast bestowed and always bestowest on us, visible and invisible, known to us and unknown; and from that gift of Thyself to us, O Son and Logos of God, which is beyond our understanding.

Yet who am I that I should dare to speak to Thee of these things, Thou searcher of hearts?

I speak of them in order to make known to myself and to my enemies that I take refuge in Thee, the harbor of my salvation. For I know by Thy grace that "Thou art my God" (Psalms 31:14).

I do not dare to say many things, but only wish to set before Thee an intellect that is inactive, deaf and dumb.

It is not myself but Thy grace that accomplishes all things. For, knowing that I am always full of evil, I do not attribute such things to my own goodness; and because of this I fall down as a servant

before Thee, for Thou hast found me worthy of repentance, and "I am Thy servant, and the son of Thy handmaid" (Psalms 116:16).

But do not allow me, my Lord Jesus Christ, my God, to do, say or think anything contrary to Thy will: the sins I have already committed are enough. But in whatever way Thou desirest have mercy on me.

I have sinned: have mercy on me as Thou knowest. I believe, Lord, that Thou hearest this my pitiable cry, "Help Thou my unbelief", (Mark 9:24) Thou who has granted me, not only to be, but also to be a Christian.

"It is a great thing," St. John of Karpathos has said, "for me to be called a monk and a Christian." As Thou has said, Lord, to one of Thy servants, "It is no light thing for you to be called by My name" (Isaiah 49:6).

This is more to me than all the kingdoms of heaven or of earth. Let me always be called by Thy most sweet name. O Master, full of compassion, I give thanks to Thee.

### ***Prayer to all Holy Heavenly Hosts***

All Holy Heavenly Bodiless Hosts, vouchsafe us your power to cast down all evil and passions under our feet.

Holy bodiless Seraphim, vouchsafe us to have a blazing heart towards God.

Holy bodiless Cherubim, vouchsafe us to have wisdom for the glory of God .

Holy bodiless Thrones, vouchsafe us to discern the truth from the untruth.

Holy bodiless Dominions, vouchsafe us to dominate over passions, so that the spirit should govern over the flesh.

Holy bodiless Powers, vouchsafe us to have courage in fulfilling the will of God.

Holy bodiless Authorities, vouchsafe us to have the power of victory over evil.

Holy bodiless Principalities, vouchsafe us to serve the Lord God in the purity of our hearts and our hands.

Holy bodiless Archangels, vouchsafe us to fulfill the will of the Lord Jesus Christ.

Holy bodiless Angels, vouchsafe us to instruct the weak

enlightening them in the truth.

### ***Prayer of St. Dimitry of Rostov***

and advice from Elder Nazarius concerning it

< I advise you to memorize the prayer of St. Dimitry of Rostov, which is profitable at the time of communion, and whose words follow. Approaching with such thoughts and feelings, say within your mind: < **"Open, O doors and bolts of my heart, that Christ the King of Glory may enter! Enter, O my Light, and enlighten my darkness; enter, O my Life, and resurrect my deadness; enter, O my Physician, and heal my wounds; enter, O Divine Fire, and burn up the thorns of my sins; ignite my inward parts and my heart with the flame of Thy love; enter, O my King, and destroy in me the kingdom of sin; sit on the throne of my heart and reign in me alone, O Thou, my King and Lord."** < With such good thoughts partake of the Divine Mysteries. <

*Elder Nazarius*

### ***PRAYER FOR THE GRANTING OF PRAYER***

*(From the spiritual diary of St. John of Kronstadt, "My Life in Christ")*

O All-merciful Lord!

Grant me the divine gift of holy prayer, flowing from the depth of my heart.

Gather together the dispersed thoughts of my mind, that it may always strive towards its Creator and Saviour.

Destroy the burning arrows of the evil one, which tear me away from Thee.

Quench the flame of the passionate thoughts that devour me during prayer.

Cover me with the grace of Thy Most-holy Spirit, that to the very end of my sinful life I may love Thee alone with all my heart, all my soul and mind, and all my strength, and in the hour when my soul takes leave of my mortal body, O Sweetest Jesus, take into Thy hands my spirit when Thou comest into Thy Kingdom. Amen.

### ***Lenten prayer of Nersess the Gracious***

1. I confess with faith and adore , Father, Son, and Holy Spirit, uncreated and immortal essence, creator of angels, of humans, and of all that exists.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

2. I confess with faith and adore Thee, O Light indivisible, consubstantial Holy Trinity

and one Godhead, creator of light and dispeller of darkness. Dispel from my soul the darkness of sin and ignorance, and at this hour enlighten my mind, that I may pray to Thee according to Thy will, and receive from Thee the fulfillment of my supplications.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

3. Heavenly Father, true God, who sent Thy beloved Son to seek the wandering sheep, I have sinned against heaven and before Thee; receive me like the Prodigal Son, and clothe me with the garment of innocence, of which I was deprived by sin.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

4. Son of God, true God, who descended from the bosom of the Father, and took flesh of the Holy Virgin Mary for our salvation, who was crucified and buried, and rose from the dead, and ascended to the Father, I have sinned against Heaven and before Thee; remember me like the robber, when Thou comest into Thy kingdom.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

5. Spirit of God, true God, who descended into the Jordan and into the upper chamber, and who enlightened me by baptism in the holy font, I have sinned against Heaven and before Thee; cleanse me with Thy divine fire as Thou didst purify the holy Apostles with fiery tongues.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

6. Uncreated Essence, I have sinned against Thee in mind, soul and body; do not remember my former sins for the sake of Thy Holy name.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

7. Beholder of all, I have sinned against Thee, in thought, word and deed; erase the record of my offences, and write my name in the Book of Life.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

8. Searcher of secrets, I have sinned against Thee willingly and unwillingly, knowingly and unknowingly, grant me —a great sinner— forgiveness, for since I was born of the holy font until this day I have sinned before Thee, by my senses, and by all the members of my body.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

9. All provident Lord, place Thy holy fear as a guard before my eyes so they may not look lustfully; before my ears so that they may not delight in hearing evil words; before my mouth so that it may not speak any falsehoods; before my heart so that it may not think evil; before my hands so that they may not do injustice; before my

feet, that they may not walk in the paths of injustice; but so direct them, that they may always be according to all Thy commandments.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

10. Christ, who are the Living Fire, inflame my soul with the fire of Thy love, which Thou didst send forth upon the earth, that it may burn the stains of my soul, sanctify my conscience, purge the sins of my body, and kindle in my heart the light of Thy knowledge.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

11. Jesus, wisdom of the Father, grant me wisdom, that I may always think, speak, and do that which is good in Thy sight; save me from evil thoughts, words and deeds.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

12. Lord, who wills that which is good, and are the director of the will, let me not follow the inclinations of my heart, but lead me to live always according to Thy good will.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

13. Heavenly King, grant me Thy kingdom, which Thou hast promised to Thy beloved; strengthen my heart to hate sin, and to love Thee alone, and to do Thy will.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

14. Protector of Thy creatures, by the sign of Thy cross keep my soul and body from the allurements of sin, from the temptations of the devil and unjust people, and from all perils of soul and body.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

15. Christ, the guardian of all, let Thy Right Hand guard and shelter me by day and by night, while at home and while away, while sleeping and while awake, that I may never fall.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

16. my God, who opens Thy hand and fills all things living with Thy bounty, to Thee I commit my soul; do care for me and provide for the needs of my body and soul forever.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

17. Thou who didst bring back the wanderers, turn me from my evil ways to good ones and imprint upon my soul the recollection of the dreadful day of death, the fear of hell and the love of Thy Kingdom that I may repent of my sins and do righteousness.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

18. Fountain of immortality, make the tears of repentance flow from my heart, like those of the adulteress, that I may wash away the sins of my soul before I depart from this world.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

19. Bestower of mercy, grant that I may come to Thee with true faith, with good works and by the communion of Thy Holy Body and Blood.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

20. Beneficent Lord, commit me to a good angel, that I may deliver up my spirit in peace; convey it undisturbed by the malice of evil spirits that are under the heavens.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

21. Christ, True Light, make my soul worthy to behold with joy the light of Thy glory, in that day when Thou callest me and to rest in the hope of good things in the mansions of the just until the day of Thy glorious coming.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

22. Righteous Judge, when Thou comest in the glory of the Father to judge the living and the dead, enter not into judgement with Thy servant, but deliver me from the eternal fire, and make me worthy to hear the blissful call of the just to Thy heavenly kingdom.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

23. All-merciful Lord, have mercy upon all Thy faithful, on those who are mine and on those who are strangers; on those whom I know and on those whom I know not; on the living and on the dead; and forgive all my enemies, and those who hate me, the trespasses that they have committed against me; turn them from the malice which they bear towards me, that they may be worthy of Thy mercy.

*Have mercy upon Thy Creatures and upon me, a great sinner.*

24. Glorified Lord, accept the supplications of Thy servant, and graciously fulfill my petitions, through the intercession of the Holy Mother of God, John the Baptist, the first martyr St. Stephen, St. Gregory our Illuminator, the Holy Apostles, Prophets, Divines, Martyrs, Patriarchs, Hermits, Virgins and all Thy saints in Heaven and on Earth. And unto Thee, O indivisible Holy Trinity, be glory and worship forever and ever. Amen.

*Nersess the Gracious (1100-1173) is revered by the Armenian Orthodox Church as a saint.*

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