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* from [POMOG](#) | ** from [Abbrev. Prayerbook](#)

晨起祈祷

Morning Prayers

耶稣祷文

Prayer of the Publican

早晨起床后，应当聚精会神，毫不懈怠地侍立于主前，画十字圣号，说：

因父及子及圣灵之名。阿们。

然后站立静默片刻，使自己的心神宁静。随即叩拜或躬拜三次，每次念：

主耶稣基督，上帝之子，怜悯我罪人。

随后可加诵以下的圣塞拉芬·萨罗夫斯基的晨祷短诵，每诵一句皆叩拜或躬拜。

主啊，洁净我罪人，并怜悯我。

主啊，你创造了我，也求你怜悯我。

我的罪孽擢发难数，求你怜悯我。

上帝啊，请以你的慈悲宽待我这罪人。

主啊，饶恕我的罪孽和过犯。

君宰啊，我们敬拜祢的十字架，我们颂扬祢的圣复活。

主啊，若我在此日以言以行获罪于你，请因你的仁慈怜悯我这罪人。

On rising, make the sign of the Cross and say:

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

Stand upright with silence, and then recite the prayer of the publican thrice, each time followed by a bow or prostration:

O God, be merciful to me a sinner. (Thrice)

The prayer rule according to St Seraphim of Sarov can used at this point with each petition followed by a bow or prostration. The text can be found in the Manual of Eastern Orthodox Prayers or in modern [English](#).

三圣祈祷文

Trisagion Prayers

随后开始念以下的晨祷经文：

主耶稣基督，上帝之子，藉着你至洁之母和诸圣的祈祷，求你怜悯我们。阿们。

荣耀归于你，我们的上帝，荣耀归于你。

天上的君王，护慰者，真理之灵，无所不在，充盈万有者，圣善的宝藏，赋予生命者：求你降临并居住在我们内，洗净我们的一切污秽，圣善者啊，拯救我们的灵魂！

圣哉上帝，圣哉大能者，圣哉永生者，怜悯我们。（三遍）

荣耀归于父、及子、及圣灵，从今日到永远，世世无尽。阿们。

至圣三位一体，怜悯我们；主，清除我们的罪恶；君宰，赦免我们的过犯；圣者，因你的名垂顾并医治我们的病弱。

求主怜悯。（三遍）

荣耀归于父、及子、及圣灵，从今日到永远，世世无尽。阿们。

Afterwards, recite the following:

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

Glory to Thee, our God, glory to Thee.

Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good gifts and Giver of Life, come and abide 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. (thrice)

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

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

Lord, have mercy. (3 times.)

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

我们在天上的父

Our Father

我们在天上的父，愿你的名被尊为圣，愿你的国来临，愿你的旨意承行于地，如于天。我们的日用粮，求你今天赐给我们；宽免我们的罪债，犹如我们宽免亏负我们的人；不要让我们陷入诱惑，但救我们脱离那邪恶者。

若有司祭在场，则加上惯常的结语：

因为国度、权柄、荣耀都归于你，父、子及圣灵，从今日到永远，世世无尽。阿们。

当没有司祭在场时则念：

因我们诸圣教父的代祷，主耶稣基督我们的上帝，求你怜悯并拯救我们。阿们。

Our Father, Who art in heaven, 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.

If there be a priest, he says:

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.

If there be no priest, say:

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.

向至圣圣三的神颂

The Troparia to the Holy Trinity

从睡梦中醒来，我们即刻敬拜你，当受赞颂者；并向你，大能者，咏唱天使的颂歌：圣哉！圣哉！圣哉！归于你上帝，因着诞神女，求你怜悯我们。

荣耀归于父、及子、及圣灵，

主啊，你既从床榻和睡眠中将我唤醒，求你光照我的精神和心灵，开启我的唇舌，好能赞美你，至圣圣三：圣哉！圣哉！圣哉！归于你上帝，因着诞神女，求你怜悯我们。

从今日到永远，世世无尽。阿们。

审判者将突然降临，每个人的行径都要暴露无遗；但在子夜，让我们怀着敬畏呼求：圣哉！圣哉！圣哉！归于你上帝，因着诞神女，求你怜悯我们。

求主怜悯（十二遍）

As we rise from sleep we worship Thee, O good and powerful Lord, and to Thee we sing the Angel's hymn: Holy, Holy, Holy art Thou, O God; through the Mother of God, have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind, and open my heart and lips to praise Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God; through the Mother of God, have mercy on us.

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

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

Lord, have mercy. (12 times.)

大圣巴西略所作向至圣圣三的祝文

Prayer of St. Basil the Great to the Most Holy Trinity

从睡梦中醒来，我即感谢你，至圣圣三，因着你丰厚的慈善和宽仁，你并没有对我的懈惰和罪孽动怒，也没有因我的过犯将我毁灭，却显示了你对世人恒常的爱，当我躺卧于绝望中时，你扶助我复起，使我值守晨更，颂扬你的权能。如今，求你光照我心灵的眼目，开启我的唇舌，好能学习你的圣言，明了你的诫命，遵循你的旨意，以衷心的敬慕歌颂你，并赞美你——父及子及圣灵——至圣的名，从今日到永远，世世无尽。阿们。

前来，让我们敬拜俯伏于上帝，我们的君王。（叩拜或躬拜）

前来，让我们敬拜俯伏于上帝基督，我们的君王。（叩拜或躬拜）

前来，让我们敬拜俯伏于上帝基督，我们的君王面前。（叩拜或躬拜）

As I rise from sleep I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou wast not angered with me, an idler and sinner, nor hast Thou destroyed me in my sins, but hast shown Thy usual love for men, and when I was prostrate in despair, Thou hast raised me to keep the morning watch and glorify Thy power. And now enlighten my mind's eye and open my mouth to study Thy words and understand Thy commandments and do Thy will and sing to Thee in heartfelt adoration and praise Thy Most Holy Name of Father, Son and Holy Spirit, now and ever, and to 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 our God.

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

圣咏第五十篇 Psalm 50

上帝啊，求祢按照祢伟大的仁慈怜悯我，依你丰厚的慈爱抹去我的过犯。由我的不义中，求你全然洗濯我，由我的罪恶中，求你洁净我。因为我知道自己的不义，我的罪恶常在我的面前。我犯罪惟独忤逆了你，并在你面前行此恶事，以致在你的断语中显示了你的公义，在你的审判中表明了你的正直。诚然，我在不义中被孕育，在罪孽中我的母亲生养了我。诚然，你爱慕真实，曾将你智能的密藏和隐秘显明于我。你要以牛膝草涤洒我，而我将被洁净；你要洗濯我，而我将比雪更白。你要使我得闻欢欣和喜乐；受挫的骨骸将要踊跃。求你转面勿视我的罪恶，并抹去我的诸般愆尤。上帝啊，求造洁净之心于我内，并复兴正气之灵于我衷。不要从你的面前把我抛弃，不要由我身上将你的圣灵收回。求使我重获你救恩的喜乐，并以你的宰治之灵坚固我。我要向背道者教导你的道路，而不敬者将回头复归于你。上帝啊，我救恩的上帝，求你解救我脱免血债；我的舌头将欢呼于你的义德。主，求你开启我的双唇，我的口要赞美你。因你若愿享祭祀，我已然奉献；全燔祭并不会中悦于你。应献于上帝的祭祀是痛悔的精神；上帝决不轻视破碎谦卑的心。主，求你以你的眷爱施恩于熙雍，使耶路撒冷城垣得以重建，那时你将悦纳公义之祭，牺牲和全燔祭；那时人们必将牛

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 my iniquity, and cleanse me from my sin. For I realize my iniquity, and my sin is before me continually. Against Thee only have I sinned I and done evil in Thy sight, that Thou mayest be justified in Thy words and win when Thou art judged. For, behold, I was conceived in iniquities, and in sins did my mother desire me. For, lo, Thou lovest truth; the unknown and secret things of Thy wisdom Thou hast made known to me. Thou shalt sprinkle me with hyssop, and I shall be cleansed; Thou shalt wash me, and I shall become whiter than snow. Thou shalt make me hear joy and gladness; the bones that have been humbled will rejoice. Turn Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Thy face, I and take not Thy Holy Spirit from me. Restore to me the joy of Thy salvation, and confirm me with a princely spirit. I

信经 The Creed
(Symbol of Faith)

我信唯一的上帝，全能的父，天地及一切有形无形万物的创造者。

我信唯一的主耶稣基督，上帝的独生子，在万世之前，由父所生，出自光明的光明，出自真上帝的真上帝，受生而非被造，与父同一性体，万物籍他而造成。为了我们人类，并为了我们的得救，从天降下，由圣灵和童贞玛利亚取得肉躯，而成为人。为了我们，在般雀比拉多手下，被钉十字架，受难而被埋葬。依圣经所言，在第三日他复活了，升了天，坐在父的右边。将在荣耀中再来，审判生者死者，的国度万世无终。

我信圣灵，主，生命的赋予者，自父而发，和父及子同受敬拜同享荣耀，曾籍先知们发言。

我信唯一、神圣、大公、传自使徒的教会。我确认赦罪的圣洗，只有一个。我期待死者的复活，及来世的生命。阿们。

I believe in one God, Father, Almighty, Maker of heaven and earth, and of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God; begotten of the Father before all ages; Light from Light, True God from True God, begotten, not made, of One Essence with the Father, through Whom all things were made: Who for us men, and for our salvation, came down from Heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became Man: And was crucified for us under Pontius Pilate, and suffered and was buried: And He rose on the third day according to the Scriptures: And ascended into Heaven, and sits at the right hand of the Father: And He is coming again with glory to judge the living and the dead; And His Kingdom will have no end: And in the Holy Spirit, the Lord, the Giver of the Life, Who proceeds from the Father, Who with the Father and the Son is equally worshipped and glorified, Who spoke by the Prophets: And in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the

祝文一，大圣玛加里所作

Prayer 1, of St. Macarius the Great

上帝，求你洁净我这罪人，因我未尝在你面前行善；求你解救我脱离那邪恶者，并愿你的旨意承行于我，使我得以不受责罚地开启我不配的唇舌，赞美你——父及子及圣灵——的圣名，从今日到永远，世世无尽。阿们。

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

祝文二，大圣玛加里所作

Prayer 2, of St. Macarius the Great

从睡梦中醒来，我即向你——救主——献上这子夜的颂歌，我向你俯伏呼求说：请勿令我昏睡于罪恶的死亡中，甘愿为我们被钉十字架者，请向我施以慈悯。当我倒卧于懈惰中时，请急速扶持我复起，当我肃立祈祷时，请救助我。夜晚的睡眠已毕，基督我们的上帝，请恩赐我无罪无咎地善度此日，并拯救我。

Having risen from sleep, I offer Thee, O Saviour, the midnight song, and I fall down and cry unto Thee: grant me not to fall asleep in the death of sin, but have compassion on me, O Thou Who wast voluntarily crucified, and hasten to raise me who am prostrate in idleness, and save me in prayer and intercession, and after the night's sleep, bless me with a sinless day O Christ, our God, and save me.

祝文三，大圣玛加里所作

Prayer 3, of St. Macarius the Great

从睡梦中醒来，我即向你奔赴，君宰，热爱世人者，靠托你的慈悲，我将竭力完成对你的事工。我祈求你，援助我于时时刻刻，护佑我于万事万物。解救我脱离此世的种种邪恶，以及魔鬼的一切攻击。拯救我，并引领我进入你永恒的国度。因为你是我的创造者，也是一切善事物的赋予者和供给者，我将所有希望都寄予你，并归荣耀于你，从今日到永远，世世无尽。阿们。

Having risen from sleep I hasten to Thee, O Lord, Lover of men, 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 evil thing of the world and every attack of the devil, and lead me into Thine eternal Kingdom. For Thou art my Creator, the Giver and Provider of everything good, and all my hope is in Thee, and to Thee I send up glory, now and ever, and to the ages of ages. Amen.

祝文四，大圣玛加里所作

Prayer 4, of St. Macarius the Great

主啊，因着你丰厚的仁爱和伟大的慈悯，求你赏赐我，你的仆役，得以善度此夜的余时，免遭邪恶仇敌的诱惑。君宰，万有的创造者，请赏赐我在你的真光中，怀着被启明的心灵，承行你的旨意，从今日到永远，世世无尽。阿们。

O Lord, Who in Thy abundant goodness and Thy great compassion hast granted me, Thy servant, to pass the time of this night without the temptation of any opposing evil, Lord and Creator of all, by Thy true light and with an enlightened heart grant me to do Thy will, now and ever, and to the ages of ages. Amen.

祝文五，大圣玛加里所作

Prayer 5, of St. Macarius the Great

主，全能的上帝，你由你天国的威能军旅聆纳三圣赞，也求你悦纳我——你的不堪之仆所献上的子夜颂歌。并求赐我在一生的岁月中，得以时时刻刻归荣耀于你——父及子及圣灵，从今日到永远，世世无尽。阿们。

Almighty Lord God, Who dost receive from Thy Heavenly Powers the thrice-holy hymn, receive also from me, Thy unworthy servant, this song of the night, and grant me every year of my life and at every hour to send up glory to Thee, Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

祝文六，大圣巴西略所作

Prayer 6, of St. Basil the Great

全能的主，威能天军和诸血肉凡躯的上帝，你居于至高而垂视卑微，你鉴察我们的内心和情感，你洞见世人的隐秘。你是无变化，无改易，无始无瑕的永恒光明；不朽的君王，而今请收纳我们不洁的唇舌向你奉上的祈祷；我们由思言行为所犯的一切罪过，不论出自有意无意，都求你赦免，并求你洗净我们肉身和灵魂的一切污秽。求赐我们以不眠之心和儆醒之灵度过此生的每个夜晚；恒常期盼你的独生子，我们的主上帝，救主耶稣基督显现的光辉之日的到来，那时，万民的审判者将在荣耀中降临，按照每个人的行为施与赏罚；愿那时候，我们不是陷于昏睡或旷闲，而是儆醒自制，时刻预备同他共享永福之乐，进入他荣耀的神圣殿宇，在那里欢宴者的歌声永不停止，那些瞻仰你圣容无可言喻之美善的人的喜乐是无穷的。因你是启明和圣化万有的真光，所有受造物都歌颂你，世世无尽。阿们。

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 everliving 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 wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of Thy 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 divine palace of His glory, where there is the ceaseless sound of

祝文七，大圣巴西略所作

Prayer 7, of St. Basil the Great

我们赞颂你，至高的上帝，仁慈的主，你恒常对我们施以无数伟大，不可测度，荣耀而可敬畏的奇工妙化；你恩赐我们安眠，好使我们由疲惫中获得休憩，舒缓我们肩负重担之肉躯的劳苦。我们感谢你，因为你没有因我们的罪孽将我们毁灭，却一如既往地爱我们；当我们倒卧在绝望中时，你扶持我们复起，好能颂扬你的权能。因此，我恳求你无可比拟的圣善，光照我们悟性的眼目，将我们的心灵从懈惰的沉睡中唤醒；开启我们的口舌，使之充满对你的赞美，使我们能专心一意地歌颂和宣认你——在万有中受万有之荣赞的上帝——无始之父，偕同你的独生子，及你至圣至善，赋予生命的灵，从今日到永远，世世无尽。阿们。

We bless Thee, O most high God and Lord of mercy, Who art ever doing numberless great and inscrutable things with us, glorious and wonderful; Who grantest to us sleep for rest from our infirmities, and repose from the burdens of our much toiling flesh. We thank Thee that Thou hast not destroyed us with our sins, but hast loved us as ever, and though we are sunk in despair, Thou hast raised us up to glorify Thy power. Therefore we implore Thy incomparable goodness, enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence; open our mouth and fill it with Thy praise, that we may be able undistracted to sing and confess Thee, Who art God glorified in all and by all, the eternal Father, with Thy only-begotten Son, and Thy all-holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

Prayer 8, Midnight Song to the Most Holy Mother of God

圣母啊，我歌颂你的恩惠，
并求你向我的心灵施恩。请
教导我善行于基督诫命之
路。请坚固我，使我于赞美
声中保持儆醒，驱散绝望的
噩梦。我为罪孽的桎梏所束
缚，上帝之净配啊，请以你
的祈祷解救我。请日夜守护
我，驱逐那些攻击我的仇
敌。施生命之上帝的孕育
者，求你使因偏情而垂死的
我重获生气。不灭之光的生
养者，求你光照我昏昧的灵
魂。君宰的奇妙宫殿，求使
我成为上帝之灵的居所。医
治者的母亲，请治愈我灵魂
长年的私欲。请引导我走上
悔改之途，因我身陷于生命
的风暴。解救我免于永火、
毒虫和地狱。不要听凭我沦
为魔鬼的悦乐，尽管我确是
负罪累累。至洁无玷者啊，
求你将我更新，因我自幼在
昏愚的罪过中成长。求使我
远离一切苦难折磨，并为我
祈求万有的君宰。请恩赐我
得以偕同诸圣，共享天堂的
欢乐。至圣童贞女，请倾听
你无用之仆的呼声。至纯洁
者，求赐我激流的泪水，为
能涤净我灵魂的污秽。我向
你献上内心不断的叹息：圣
母啊，请向我敞开心扉，悦
纳我的祈祷事奉，并将其呈
奉于慈悯的上帝。超越了众
天使者，请提升我出离世间的
乱象。光明的孕育者，高
天的帐幕，请向我倾注属灵
的恩宠。至洁无玷者，我向
你举扬被不洁的罪孽所染污
的双手和唇舌，为能赞美
你。求你解救我脱离腐蚀灵

I sing thy grace, O
Sovereign Lady, and pray
to thee to grace my mind.
Teach me to step right in
the way of Christ's
commandments.
Strengthen me to keep
awake in song and dispel
the dream of despondency.
Release me, bound with
bonds of sin, O bride of
God, by thy prayers. Guard
me by night and also by
day, and drive away my
foes who defeat me. O
Bearer of God, the Giver of
Life, enliven me who am
deadened by passions. O
bearer of the unfailing
Light, enlighten my blinded
soul. O Marvellous Palace
of the Master, make me a
house of the Divine Spirit.
O Mother of the Healer,
heal the perennial
passions of my soul. Guide
me to the path of
repentance, for I am tossed
in the storm of life. Deliver
me from eternal fire, from
wicked war and from hell.
Expose me guilty as I am of
many sins. Renew me,
grown old from senseless
sins, O most Immaculate
One. Present me
untouched by all torments,
and pray for me to the Lord
of all. Grant me to receive
the joys of Heaven with all
the Saints. O most holy
Virgin. hear the voice of thy

祝文九，向我主耶稣基督诵

Prayer 9, to our Lord Jesus Christ

我至仁至慈的上帝，主耶稣基督，因你伟大的爱，你降临尘寰，成为血肉凡躯，以拯救万民。我再次祈求你，救主，以你的恩宠拯救我，因为你若凭我的行为施救，那就不复为恩赐，而成为理所应当之事。诚然，因着无穷无尽的慈悯和不可言喻的仁爱，你——我的基督——曾说：‘凡信我的将要生活，永不见死亡。’对你的信德将拯救绝望者，看啊，我信赖你！求你拯救我，因你是我的上帝和创造者。我的上帝，求你但看我的信德而非行为，因为我的所作所为，无一可以使我成义。但愿我的信德可以成全我的行为，愿此信德成为我的保障，愿它使我脱离罪咎，愿它使我成为你永恒荣耀的分享者。圣言啊，不要让撒旦攫获我，并得以自夸说：他从你的手中，从你的羊栈中夺取了我。基督我的救主，无论我意愿与否，都请拯救我。求你疾速降来，因我已濒于毁灭。自我在母胎中时，你就已经是我的上帝。主啊，求赐我热爱你，一如我曾贪爱罪恶；并使我不倦地事奉你，一如我曾奴役于那欺骗者撒旦。愿我以一生的岁月侍奉你，我主上帝耶稣基督，从今日到永远，世世无尽。阿们。

My most merciful and all-merciful God, Lord Jesus Christ, through Thy great love Thou didst come down and take flesh to save all. And again, O Saviour, save me by Thy grace, I pray Thee, for if Thou shouldst save me for my works, this would not be grace or a gift, but rather a duty. Indeed, in Thy infinite compassion and unspeakable mercy, Thou O my Christ hast said: Whoever believes in Me shall live and never see death. If faith in Thee saves the desperate, save me, for Thou art my God and Creator. Impute my faith instead of deeds, O my God, for Thou wilt find no deeds which could justify me, but may my faith suffice for all my deeds. May it answer for and acquit me, and may it make me a partaker of Thy eternal glory. And may satan not seize me, O Word, and boast that he has torn me from Thy hand and fold. O Christ, my Saviour, whether I will or not, save me. Make haste, quick, quick, for I perish. Thou art my God from my mother's womb. Grant me, O Lord, to love Thee now as once I loved sin, and also to work for Thee without idleness. as I

祝文十，向护守世人生命之天使诵

Prayer 10, to the Guardian Angel of Human Life

神圣的天使，我苦恼灵魂和不幸生命的护守者，请勿遗弃我这罪人，勿因我的失节而远离我。勿容狡诈的恶魔藉着我可朽肉躯的偏情而挟制我。请坚固我软弱无力的双手，引导我行走于得救之路。上帝所遣之圣天使，我可怜的灵魂和肉躯的守卫与保护者，请宽恕我一生中每天给你带来之忧伤凌辱。如若昨夜我曾身陷任何罪孽，请护佑我今日不复再犯。保全我免于仇敌的种种诱惑，使我不因犯罪而招致上帝的义怒。请为我祈求主，愿他坚定我对他的敬畏，使我成为堪当他圣善恩赐的仆役。阿们。

O Holy Angel, interceding for my wretched soul and my passionate life, forsake me not, a sinner, nor shrink from me for my intemperance. Give no place for the subtle 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. O holy Angel of God, guardian and protector of my wretched body and soul, forgive me for all the insults I have given thee every day of my life, and for whatever sins I may have committed 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 strengthen me in His fear, and make me, His slave, worthy of His goodness. Amen.

祝文十一，向至圣诞神女诵

Prayer 11, to the Most Holy Mother of God

至圣诞神女，我的圣母，靠托你神圣大能的祈祷，求你将发自卑劣之心和暗昧之灵的失望、善忘、昏愚、懈怠及所有不洁，邪恶和褻渎的思想从我——你微贱而不配之仆——内驱散。又求你平息我的偏情之火，因我确是卑微可怜。请解救我脱离众多邪恶烦恼的记忆和幻梦，释放我于一切邪行；因你当受称颂于万代，你的至尊之名当受荣赞，世世无尽。阿们。

My most holy Lady, Mother of God, by thy holy and all-powerful prayers banish from me, thy humble, wretched servant, despondency, forgetfulness, folly, carelessness, and all impure, evil and blasphemous thoughts out of my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and deliver me from my many cruel memories and deeds, and free me from all their bad effects; for blessed art thou by all generations, and glorified is thy most honorable name to the ages of ages. Amen.

圣母赞词

Prayers to the Mother of God

庆哉，童贞诞神女，满圣宠者玛利亚；主与你同在。你在众女子中受赞颂，你胎之果并受赞颂，因你诞生了我们灵魂的救主。

上帝之母，我们投奔于你的慈怀；至洁、至福者，在急难中，请勿拒绝我们的祈祷，但求解救我们于危难。

最荣耀的永贞童女，基督我等上帝之母，请将我们的祈祷呈奉于你的圣子——我众之上帝，藉着你的转求，愿他拯救我们的灵魂。

Virgin Mother of God,
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 Saviour of
our souls.

Under thy tender
compassion we run, O
Mother of God, reject not
our prayer in our trouble,
but deliver us from harm,
only pure, only blessed
one.

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

向众圣天使诵 Prayer for

Intercession to the Angelic Hosts

天使及总领天使之天军，请为我罪人祈祷。

O Heavenly Hosts of holy
Angels and Archangels,
pray for us sinners.

向诸圣诵 Prayer for

Intercession to all Saints

荣耀的众使徒，先知，殉道者及诸圣，请为我罪人祈祷。

O glorious Apostles,
Prophets and Martyrs, and
all Saints, pray for us
sinners.

向本名圣者诵 **Prayerful Invocation to
the Saint whose Name we bear**

圣 (某名), 我满怀热忱向你
奔赴, 因你是我灵魂迅疾的
援助者和代祷者。

Pray for me Saint ... (name),
for with fervour I come to
thee, speedy helper and
intercessor for my soul.

十字圣架圣颂

The Troparion to the Cross

主啊, 请拯救你的子民, 并
降福你的嗣业。恩赐虔诚君
王克胜夷狄, 并以你十字圣
架护佑你的会众。

O Lord, save Thy people
and bless Thine
inheritance. Grant victory
over all enemies to
Orthodox Christians and
protect Thy people with Thy
Cross.

圣母赞词

称你为有福，确实是理所当然的；永远蒙福，至洁无玷的诞神女，我众上帝之母。你的尊荣超越了革鲁宾；你的荣耀远逾于塞拉芬；你无瑕地诞生了上帝圣言；真正的诞神女啊！我们颂扬你。

荣耀归于父及子及圣灵，从今日到永远，世世无尽。阿们。

求主怜悯。（三遍）

主耶稣基督，上帝之子，藉着你至洁之母，我们可敬而心怀上帝的众教父及诸圣的祈祷，求你怜悯并拯救我们众罪人。阿们。

It is truly meet and right to bless thee, the Ever-Blessed and Most Pure Virgin and Mother of our God. More honourable than the Cherubim, and incomparably more glorious than the Seraphim, thou who in virginity didst bear God the Word, thee, true Mother of God, we magnify.

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

Lord, have mercy. (3 times)

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 and save us. Amen.

奥普钦那修道院长老的晨祷祝文

A Prayer of the Optina Elders **

至此晨祷完毕，可随意加诵以下
'奥普钦那修道院长老的晨祷祝文'

主啊，求使今日我所遭遇的一切，均能带给我灵性的宁静。求赐我能全然听命于你的圣意。

求你在此日的每时每刻，指引扶助我于万事万物。对于今日将会在我身上发生的一切，都请你教导我以平静的灵魂和坚定的信德去接纳，因为万有无不臣服于你的圣意。

求你在我一切的言语行止中引导我的思想和情感。在所有的意外中，请提醒我不要忘记凡事都是出自你的圣意。

求使我公正明智地对待我所遇见的每一个人，不要让任何人因我而受到伤害或烦扰。

主啊，请赐予我力量以忍耐今日的劳苦，以及此日所要发生的一切。请指引我的意念，教导我祈祷，诚信，盼望，忍耐，宽恕巴爱。阿们。

At this concluding point of the morning prayers, the following optional prayer of the Optina Elders may be added:

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.

叙利亚的圣厄弗冷祝文

Prayer of St Ephraim the Syrian **

在大斋期的平日（即周六和主日之外）在晨祷和晚祷之后加诵叙利亚的圣厄弗冷祝文：

主，我生命之君宰，勿许我陷于懈惰，好奇，图权及空谈之偏情。（叩拜）

但求赐节制，谦逊，忍耐及爱慕之德于你的仆役。（叩拜）

诚然，主我的君王，求赐我认识自己的过犯，而非判断我的弟兄；因赞颂归于你，世世无尽。阿们。（叩拜）

随后躬拜十二次，每次念：

上帝，洁净我罪人！

随后再将以上祝文完整诵念一遍，并叩拜一次：

主，我生命之君宰，勿许我陷于懈惰，好奇，图权及空谈之偏情。但求赐节制，谦逊，忍耐及爱慕之德于你的仆役。诚然，主我的君王，求赐我认识自己的过犯，而非判断我的弟兄；因赞颂归于你，世世无尽。阿们。（叩拜）

最后诵以下诵句结束祈祷：

因我们诸圣教父的代祷，主耶稣基督我们的上帝，求你怜悯并拯救我们。阿们。

The following prayer is recited at the conclusion of the morning and evening prayers during Great Lent, excluding Saturdays and Sundays:

O Lord and Master of my life, drive away from me the spirit of idleness, despondency, 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).

Then follow by twelve bows, each time saying:

God, clean me a sinner!

The whole prayer of St Ephraim is recited once again followed by one prostration at the end:

O Lord and Master of my life, drive away from me the spirit of idleness, despondency, ambition and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. 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).

纪念生者亡者 INTERCESSION

Commemoration of the Living and Departed

以下纪念生者亡者的祷词是修道者的日诵经课。平信徒可在晨祷以后或日间随意加诵。

主耶稣基督我们的上帝，请纪念你永恒的慈悲和宽仁，你因之降生成人，甘愿承受十字架而死，以拯救那些对你怀有正信的人，并由死者中复活，上升天庭，坐于上帝圣父之右，垂鉴全心呼求你者卑微的乞求；而今求你侧耳俯听我——你不堪之仆的祈祷，我以此为灵性之香，为了你的全体子民而将其奉献给你。首先，请垂念你以自己的宝血所赢取的神圣、大公、传自使徒的教会。求你稳固并坚定她，使之扩展增长，保全她于平安祥和，永远不为地狱的权势所摇撼。请平息教会内的纷争，挫败黑暗势力的阴谋，停止国家的战乱；迅速地摧毁并根除异端的兴起，以你圣灵的能力打击它们，使之归于乌有。（叩拜）

主啊，求你拯救并怜悯正教会的诸位宗主教，都主教，总主教，主教；我们至福的（此处纪念本自主或自治教会的首席主教：某地某名）我们最可敬的（此处纪念本教区主教：某地某名）。以及众司祭，辅祭，和全体你所按立，事奉于教会，牧养你灵性羊群的神职人员；藉着他们的祈祷，也求你拯救并怜悯我罪人。（叩拜）

主啊，求你拯救并怜悯我们国家的元首，我国及各国执掌权柄的人 海陆空二军的

The following commemoration of the living and the departed is according to the monastic daily office. Non-monastics can add these prayers after the morning prayers or at some other time during the day.

Remember, O Lord Jesus Christ our God, Thy mercies and bounties which are from all eternity, and through which Thou didst become man and didst will to suffer crucifixion and death for the salvation of those who rightly believe in Thee, and having risen from the dead didst ascend into heaven, and sittest at the right hand of God the Father and regardest the humble entreaties of those who call upon Thee with all their heart: incline Thy ear, and hear the humble prayer of me, Thy worthless servant, as the fragrance of spiritual incense, which I offer to Thee for all people. And first remember Thy Holy Catholic and Apostolic Church, which Thou hast provided through Thy Precious Blood. Confirm, strengthen, extend, and increase her, and keep her in peace, and for ever proof against the power of hell. Calm the dissensions of the Churches, and foil the plans of the powers of darkness, dispel the

为亡者的安息

For Those Departed in Sleep

主啊，求你纪念那些离开此世的人：虔信正教的君王和王后，王子和公主，正教会的宗主教，都主教，总主教，主教，司祭和辅祭，以及那些侍奉于你的修道者，教会内的平信徒，各教堂和修道院蒙福的建造者；求赐他们偕同诸圣安息于你永恒的居所。（叩拜）

Remember, O Lord, those who have departed from this life, Orthodox kings and queens, princes and princesses, Orthodox Patriarchs, Metropolitans, Archbishops and Bishops, Priests and Deacons and those who have served Thee in the Monastic State, and the laity of the Church, and the blessed founders of all Churches and monasteries, and grant them rest with the Saints in Thy eternal dwellings. **Bow.**

为已故的双亲 Prayer of

Remembrance for Parents Departed in Sleep

主啊，求你纪念你已故的奴婢，我的父母（某名），以及我所有已故的亲人；请赦免他们一切有意无意的过犯，求赐他们天国和你永生之福的欢乐。（叩拜）

Remember, O Lord, the souls of Thy servants who have departed in sleep, my parents (names), and all my relatives according to the flesh; forgive them every transgression, voluntary and involuntary; grant them the Kingdom and a part in Thy eternal joys, and the delight of Thy blessed and everlasting life. **Bow.**

为诸已故修道者和安息于圣域者

Prayer for Monastery Brotherhood

主啊，求你纪念所有已故的神父，修士，修女和我们的所有主内昆仲——怀着复活永生的盼望而安眠者，以及安息于此地及各地的诸位正教基督徒，求使他们偕同诸圣憩息于你慈颜光照之处，并请怜悯他们，因你是良善而热爱世人者。阿们。（叩拜）

以下祈求诵念三遍，每遍叩拜一次：

主啊，求你将罪过的赦免赐于我们所有怀着信德和复活的希望而离世的父祖，昆仲，姊妹；并使他们永蒙纪念。

Remember, O Lord, also all Fathers and Sisters and members of our Brotherhood who have departed in sleep with the hope of resurrection and eternal life, and all Orthodox Christians who lie here and in all the world, and with Thy Saints give them repose where the light of Thy Face shines and have mercy on us, for Thou art good and the Lover of men. Amen. **Bow.**

At the end, say three times:

Grant, O Lord, remission of all sins to our Fathers, Brothers and Sisters departed in the faith and hope of resurrection, and grant them memory eternal.