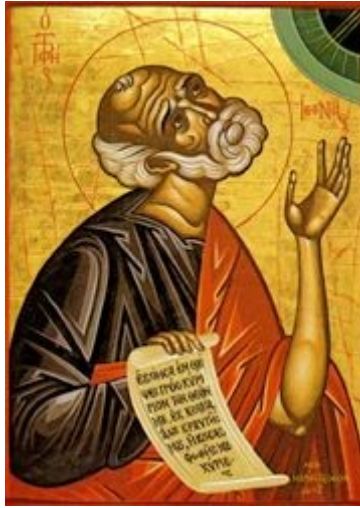


Orthodox Prayer Rule

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Orthodox Prayer Rule

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

Glory to You, our God. Glory to You.

O Heavenly King, the Comforter, the Spirit of Truth: You are everywhere filling all things; Treasury of blessings and Giver of Life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One!

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

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

O Most Holy Trinity, have mercy on us! O Lord, cleanse us from our sins! O Master, pardon our transgressions! O Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy.

Lord, have mercy.

Lord, have mercy.

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

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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one. 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 ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Come, let us worship God, our King!

Come, let us worship and fall down before Christ, our King and our God!

Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 120

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper: the Lord is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The Lord shall preserve thee from all evil: he shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Psalm 137

I will praise thee with my whole heart: before the gods will I sing praise unto thee. I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name. In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul. All the kings of the earth shall praise thee, o Lord, when they hear the words of thy mouth. Yea, they shall sing in the ways of the Lord: for great is the glory of the Lord. Though the Lord be high, yet hath he respect unto the lowly: but the proud he knoweth afar off. Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me. The Lord will perfect that which concerneth me: thy mercy, o Lord, endureth for ever: forsake not the works of thine own hands.

Psalm 150

Praise ye the Lord. Praise God in his sanctuary: praise him in the firmament of his power. Praise him for his mighty acts: praise him according to his excellent greatness. Praise him with the sound of the trumpet: praise him with the psaltery and harp. Praise him with the timbrel and dance: praise him with stringed instruments and organs. Praise him upon the loud cymbals: praise him upon the high sounding cymbals. Let every thing that hath breath praise the Lord. Praise ye the Lord.

After The Psalms

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. Alleluia, Alleluia, Alleluia! Glory to You, O God! Alleluia, Alleluia, Alleluia! Glory to You, O God! Alleluia, Alleluia, Alleluia! Glory to You, O God!

Great Doxology

Glory to God in the Heights, and on earth peace, goodwill among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord God, heavenly King, Father Almighty; O Lord, only-begotten Son, Jesus Christ, and Holy Spirit. O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us. Thou Who takest away the sins of the world, receive our prayer. Thou Who sittest at the right hand of the Father, and have mercy on us. For Thou only art holy, Thou only art the Lord, Jesus Christ, in the glory of God the Father. Amen. Every day I will bless Thee, and praise Thy name for ever and ever. Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, God of our fathers, and praised and glorified is Thy Name for ever. Amen. May Thy mercy, O Lord, be upon us, as our trust is in Thee. Blessed art Thou, O Lord: teach me Thy rights. Blessed art Thou, O Master: grant me to understand Thy rights. Blessed art Thou, O Holy One: enlighten me by Thy rights. Lord, Thou hast been our refuge from generation to generation. I said: Lord, have mercy on me; heal my soul, for I have sinned against Thee. Lord, I flee to Thee. Teach me to do Thy will, for Thou art my God. For with Thee is the source of life, and in Thy light we shall see light. Continue Thy mercy to those who know Thee.

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.

Holy Immortal One, have mercy on us.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us.

Prayer for our Enemies

Bless my enemies, O Lord. Even I bless them and do not curse them.

Heavenly Father, forgive them; for they know not what they do.

Lord Jesus Christ, Who didst command us to love our enemies, and those who defame and injure us, and to pray for them and forgive them; Who Thyself didst pray for Thine enemies, who crucified thee: grant us, we pray, the spirit of Christian reconciliation and meekness, that we may heartily forgive every injury and be reconciled with our enemies. Grant us to overcome the malevolence and offences of people with Christian meekness and true love of our neighbor. We further beseech Thee, O Lord, to grant to our enemies true peace and forgiveness of sins; and do not allow them to leave this life without true faith and sincere conversion. And help us repay evil with goodness, and to remain safe from the temptations of the devil and from all the perils which threaten us, in the form of visible and invisible enemies.

Bless my enemies, O Lord. Even I bless them and do not curse them.

Heavenly Father, forgive them; for they know not what they do.

Prayers of Repentance

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.

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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one. 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 ages of ages. Amen.

The Symbol of Faith

I believe in one God, Father, All-Sovereign, 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 Life, Who proceeds from the Father, Who with the Father and the Son is equally worshipped and glorified, Who spoke 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.

INTERCESSION Commemoration of the Living and Departed

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 prejudice of the nations, and quickly ruin and root out the risings of heresy, and frustrate them by the power of the Holy Spirit. *Bow.*

Save, O Lord, and have mercy on our president and all in authority throughout the world, commanders-in-chief of armies and navies and airfleets, governors of provinces and cities, and all the Christ-loving navies, armies and police; protect their power with peace, and subdue under their feet every enemy and foe, and speak peace and blessing in their hearts for Thy Holy Church, and for all Thy people, and grant that in their calm we too may lead a quiet and peaceful life in true belief, in all piety and honesty. *Bow.*

Save, O Lord, and have mercy on Orthodox Patriarchs, Metropolitans, Archbishops and Bishops, the Priests and Deacons, and all who serve in the Church, and whom Thou hast ordained to feed Thy spiritual flock; and by their prayers, have mercy on me, a sinner. *Bow.*

Save, O Lord, and have mercy on our father (parish priest or abbot of monastery), with all his brethren in Christ, and by their prayers have mercy on me, wretch that I am. *Bow.*

Save, O Lord, and have mercy on my Spiritual Father (*name*) and by his prayers forgive me my sins. *Bow.*

Save, O Lord, and have mercy on all workers in this holy community, our brethren and all manual workers, and lay-workers, and farm labourers of this monastery, and all Christians. *Bow.*

Save, O Lord, and have mercy on my parents (*names*), my brothers and sisters and all my relatives, and the neighbours of my family, and friends - and grant them Thy worldly and spiritual goods. *Bow.*

Save, O Lord, and have mercy according to the multitude of Thy bounties, on all priests, monks and nuns, and on all living in virginity, devotion and fasting, in monasteries, in deserts, in caves, on mountains, on pillars, in hermitages, in the clefts of rocks, and right faith in every place of Thy dominion, and devoutly serving Thee, and praying to Thee. Lighten their burden, console them in their afflictions, and grant them strength, power and perseverance in their struggle, and by their prayers grant me remission of sins. *Bow.*

Save, O Lord, and have mercy on the old and the young, the poor and destitute, the orphans and widows, the leper colonies, epileptics and spastics, and those in sickness and sorrow, misfortune and tribulation, captives and exiles, in mines and prisons and reformatories, and especially on those of Thy servants suffering persecution for Thy sake and for the Orthodox Faith from godless peoples, apostates and heretics. Visit, strengthen, comfort, and heal them, and by Thy power quickly grant them relief, freedom and deliverance. *Bow.*

Save, O Lord, and have mercy on our benefactors, who have mercy on us and feed us, and relieve us of anxiety by giving us alms, and entrust us, unworthy as we are, to pray for them; and give them Thy grace, and grant them all their requests which conduce to salvation, and the attainment of eternal joy. *Bow.*

Save, O Lord, and have mercy on the Fathers and Sisters, and our Brotherhood, and on all Orthodox Christians who are messengers and missionaries in Thy service, and are travelling. *Bow.*

Save, O Lord, and have mercy on those whom I have offended or scandalized by my madness or inadvertence, and whom I have turned from the way of salvation, and whom I have led into evil and harmful deeds. By Thy divine providence restore them again to the way of salvation. *Bow.*

Save, O Lord, and have mercy on those who hate and offend me, and do me harm, and let them not perish through me, a sinner. *Bow.*

Illumine with the light of grace all apostates from the Orthodox Faith, and those blinded by pernicious heresies, and draw them to Thyself, and unite them to Thy Holy, Apostolic, Catholic Church. *Bow.*

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.*

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.*

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.

Prayer for Intercession to all Saints

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

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

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

Prayerful Invocation to the Saint whose Name we bear

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

The Troparion to the Cross

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

Jesus prayer - repeat 50 times

Lord Jesus Christ, Son of God, Have mercy on me a sinner.

It is truly right to call you blessed, who gave birth to God, everblessed and most pure and the Mother of our God. Greater in honour than the Cherubim and beyond compare more glorious than the Seraphim, with out corruption you gave birth to God the Word; truly the Mother of God, we magnify you.

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.



Blessed is every one that feareth the Lord; that walketh in his ways. For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee. Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants round about thy table. Behold, that thus shall the man be blessed that feareth the Lord. The Lord shall bless thee out of Zion: and thou shalt see the good of Jerusalem all the days of thy life. Yea, thou shalt see thy children' children, and peace upon Israel.

Ps 127