



## Orthodox Prayers D



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*"He who is able to pray correctly, even if he is the poorest of all people, is essentially the richest. And he who does not have proper prayer, is the poorest of all, even if he sits on a royal throne."*

St John Chrysostom

### Psalm 21

My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring? O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent. But thou art holy, O thou that inhabitest the praises of Israel. Our fathers trusted in thee: they trusted, and thou didst deliver them. They cried unto thee, and were delivered: they trusted in thee, and were not confounded. But I am a worm, and no man; a reproach of men, and despised of the people. All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying: „He trusted on the Lord that he would deliver him: let him deliver him, seeing he delighted in him.“ But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother' breasts. I was cast upon thee from the womb: thou art my God from my mother' belly. Be not far from me; for trouble is near; for there is none to help. Many bulls have compassed me: strong bulls of Bashan have beset me round. They gaped upon me with their mouths, as a ravening and a roaring lion. I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels. My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death. For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet. I may tell all my bones: they look and stare upon me. They part my garments among them, and cast lots upon my vesture. But be not thou far from me, o Lord: O my strength, haste thee to help me. Deliver my soul from the sword; my darling from the power of the dog. Save me from the lion' mouth: for thou hast heard me from the horns of the unicorns. I will declare thy name unto my brethren: in the midst of the congregation will I praise thee. Ye that fear the Lord, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel. For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard. My praise shall be of thee in the great congregation: I will pay my vows before them that fear him. The meek shall eat and be satisfied: they shall praise the Lord that seek him: your heart shall live for ever. All the ends of the world shall remember and turn unto the Lord: and all the kindreds of the nations shall worship before thee. For the kingdom is the Lord': and he is the

governor among the nations. All they that be fat upon earth shall eat and worship: all they that go down to the dust shall bow before him: and none can keep alive his own soul. A seed shall serve him; it shall be accounted to the Lord for a generation. They shall come, and shall declare his righteousness unto a people that shall be born, that he hath done this .

### **Prayer of St. Ephraim the Syrian**

O Lord and Master of my life, deliver me from the spirit of indolence, meddling, vain ambition, and idle talk.

Grant to me, Your servant, the spirit of prudence, humility, patience, and love.

Yea, Lord and King; grant me, that I may see my own faults, and to not judge my brother, for You are blessed to the Ages of Ages. Amen.

### **Prayer at Daybreak by Archimandrite Sophronios of Essex**

O Lord Eternal and Creator of all things,

Who of Thy inscrutable goodness called me to this life;

Who bestowed on me the grace of Baptism and the Seal of the Holy Spirit;

Who imbued me with the desire to seek Thee, the one true God: hear my prayer.

I have no life, no light, no joy or wisdom; no strength except in Thee, O God.

Because of my unrighteousness I dare not raise my eyes to Thee. But Thou said to Thy disciples,

‘Whatsoever you shall ask in prayer believing, you shall receive.’ and

‘Whatsoever you shall ask in my name, that will I do.’

Wherefore I dare to invoke Thee. Purify me from all taint of flesh and spirit.

Teach me to pray aright.

Bless this day which Thee give unto me, Thy unworthy servant.

By the power of Thy blessing enable me at all times to speak and act to Thy glory with a pure spirit, with humility, patience, love, gentleness, peace, courage and wisdom: aware always of Thy presence.

Of Thy immense goodness, O Lord God, show me the path of Thy will, and grant me to walk in Thy sight without sin.

O Lord, unto Whom all hearts be open, Thee know what things I have need of.

Thee are acquainted with my blindness and my ignorance, Thee know my infirmity and my soul’s corruption; but neither are my pain and anguish hid from Thee.

Wherefore I beseech Thee, hear my prayer and by Thy Holy Spirit teach me the way wherein I should walk; and when my perverted will would lead me down other paths

Spare me not O Lord, but force me back to Thee.

By the power of Thy love, grant me to hold fast to that which is good.

Preserve me from every word or deed that corrupts the soul; from every impulse displeasing in Thy sight and hurtful to my brother-man.

Teach me what I should say and how I should speak.

If it be Thy will that I make no answer, inspire me to keep silent in a spirit of peace that causes neither sorrow nor hurt to my fellow man.

Establish me in the path of Thy commandments and to my last breath let me not stray from the light of Thy ordinances, that Thy commandments may become the sole law of my being on this earth and all eternity.

Yea, Lord, I pray to Thee, have pity on me.

Spare me in my affliction and my misery and hide not the way of salvation from me.

In my foolishness, O God, I plead with Thee for many and great things.

Yet am I ever mindful of my wickedness, my baseness, my vileness. Have mercy upon me.

Cast me not away from your presence because of my presumption.

Do Thee rather increase in me this presumption, and grant unto me, the worst of men, to love Thee as Thee have commanded, with all my heart, and with all my soul, and with all my mind, and with all my strength: with my whole being.

Yea, O Lord, by Thy Holy Spirit, teach me good judgment and knowledge.

Grant me to know Thy truth before I go down into the grave.

Maintain my life in this world until I may offer unto Thee worthy repentance.

Take me not away in the midst of my days, nor while my mind is still blind.

When Thee shall be pleased to bring my life to an end, forewarn me that I may prepare my soul to come before Thee. Be with me, O Lord, at that dread hour and grant me the joy of salvation.

Cleanse me from secret faults, from all iniquity that is hidden in me; and give me a right answer before Thy judgment-seat.

Yea, Lord, of Thy great mercy and immeasurable love for mankind.

## **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 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.

## **Morning Prayer**

We bless Thee, O God in the highest and Lord of mercies, Who ever workest great and mysterious

deeds for us, glorious, wonderful and countless, Who providest us with sleep as a rest from our infirmities, and as a repose for our bodies tired by labor. We thank Thee that Thou hast not destroyed us in our transgressions, but in Thy love toward mankind, Thou hast raised us up that we might glorify Thy Majesty. We entreat Thine infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with Thy praise, that we may unceasingly sing and confess Thee, Who art God glorified in all and by all, the eternal Father, the Only- Begotten Son, and the All-Holy and Good and Life-Giving Spirit, now and ever, and unto ages of ages. Amen.

### **Prayer of Saint Basil the Great**

O God and Lord of the Powers, and Maker of all creation, Who, because of Thy clemency and incomparable mercy, didst send Thine Only-Begotten Son and our Lord Jesus Christ for the salvation of mankind, and with His venerable Cross didst tear asunder the record of our sins, and thereby didst conquer the rulers and powers of darkness; receive from us sinful people, O merciful Master, these prayers of gratitude and supplication, and deliver us from every destructive and gloomy transgression, and from all visible and invisible enemies who seek to injure us. Nail down our flesh with fear of Thee, and let not our hearts be inclined to words or thoughts of evil, but pierce our souls with Thy love, that ever contemplating Thee, being enlightened by Thee, and discerning Thee, the unapproachable and everlasting Light, we may unceasingly render confession and gratitude to Thee: The eternal Father, with Thine Only-Begotten Son, and with Thine All-Holy, Gracious, and Life-Giving Spirit, now and ever, and unto ages of ages. Amen.

### **Prayers to the Guardian Angel**

O angel of God, my holy guardian, given to me from heaven, enlighten me this day, and save me from all evil. Instruct me in doing good deeds, and set me on the path of salvation. Amen.

O angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the Evil One. May I never again anger God by my sins. Pray for me to the Lord, that He may make me worthy of the grace of the All-Holy Trinity, and of the blessed Mother of God, and of all the saints. Amen.

### **Prayers to Your Patron Saint**

Saint (Name), Holy Mother of God and all the saints, who have pleased God in Your lives; pray to Christ my Lord that I might live this day in peace love and humility.  
Pray unto God for me, O Holy Saint (Name), well-pleasing to God: for I turn to you, who are a speedy helper and intercessor for my soul.

### **Prayers at Church**

### *Prayer Upon Entering a Church*

I will come into Your house in the greatness of Your mercy: and in fear I will worship toward Your holy temple. Lead me, O Lord, in Your righteousness because of my enemies; make Your way straight before me, that with a clear mind I may glorify You forever, One Divine Power worshiped in three persons: Father, Son, and Holy Spirit. Amen.

### *Prayer upon Leaving a Church*

Lord, now let Your servant depart in peace, according to Your word; for my eyes have seen Your salvation, which You have prepared in the presence of all people; a light to enlighten the Gentiles, and the glory of Your people Israel.

### *Prayer at the Icon of Christ*

We reverence Your spotless icon, O gracious Lord, and ask forgiveness of our transgressions, O Christ our God. Because of Your own good will You ascended the Cross in the flesh, that You might deliver those who You had created from the bondage of the enemy. We cry aloud unto You: You have filled all things with joy, O our Savior, for You came to save the world. Amen.

### *Prayer at the Icon of the Theotokos*

Tenderness springs forth from you, O Theotokos, make us worthy of compassion. Look upon sinful people, reveal your power for ever as we hope in you and cry aloud: Hail! as did the Archangel Gabriel, Chief Captain of the Bodiless Powers. Amen.

## **Prayers in Time of Illness**

### *Prayer of a Sick Person*

Jesus Christ, my Lord and Savior, You became man and died on the cross for our salvation. You healed people of sickness and affliction through Your love and compassion. Visit me, Lord and grant me strength to bear this sickness with which I am afflicted, with patience, submission to Your will and trust in Your loving care. I pray that You will bless the means used for my recovery and those who administer them. Grant that my sickness may be to my spiritual benefit and that I may live the rest of my life more faithfully according to Your will. For You are the source of life and healing and to You I give praise and glory, now and forever. Amen.

### *Prayers for a Sick Person*

Heavenly Father, physician of our souls and bodies, Who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal also Your servant (name) from all physical and spiritual ailments through the grace of Your Christ. Grant him (her) patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray, heal Your servant (name) and grant to

him (her) the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

O Lord our God, Who by a word alone did heal all diseases, Who did cure the kinswoman of Peter, You Who chastise with pity and heal according to Your goodness; Who are able to put aside every sickness and infirmity, do You Yourself, the same Lord, grant aid to Your servant (name) and cure him (her) of every sickness of which he (she) is grieved; and send down upon him (her) Your great mercy, and if it be Your will, give to him (her) health and a complete recovery; for You are the Physician of our souls and bodies, and to You do we send up Glory: to the Father, Son and Holy Spirit, Both now and forever, and to the ages of ages. Amen.

#### *After an Operation*

Holy Father, the only true physician of our souls and bodies, who cast down and lift up, accept me as I come in all humility to glorify you and thank you for preserving, by your grace, your servant (Name) through his (her) recent operation.

We thank you for blessing the attending physicians and the means employed for his (her) cure, and for restoring him (her) safe and sound to his (her) family and Church, having fended off every danger against his (her) body and soul.

Raise him (her) speedily, we pray you, from the bed of illness on which he (she) lies and return him (her) to his (her) home and peaceful pursuits. Grant that the suffering of his (her) body may avail for the purifying of his (her) soul and may lead him (her) to return, in thanksgiving, to the works of his (her) hands and to Christ Jesus, the Physician of soul and body.

Through the prayers of our Holy Fathers, Lord Jesus Christ have mercy on us and save us. Amen.

#### *Thanksgiving after Recovery*

Almighty God and heavenly Father, You are the fountain of life and healing. I bless Your holy name and offer to You thanks for having delivered me from sickness and restored me to health. Grant me Your eternal grace, I pray, that I may live a new life in true obedience to You. Guide me to do Your will in all things devoting my life to Your service. Thus living for You may I be found worthy of Your kingdom, where You dwell in glory with Your Son and Your Holy Spirit forever. Amen.

O Lord God Jesus Christ, the Life and strength of all that put their hope in You, Whose mercies are numberless, and the treasury goodness that is infinite, we give thanks to You for the blessings which You have bestowed., and we humbly beseech You to continue Your goodness toward us. As You have been well pleased to restore us to our bodily health, so do imbue our souls with all the heavenly graces, perseverance in good works, and prepare us by Your blessings in this life for the enjoyment of eternal happiness in the Life to come. For to You are due all glory, honor, and worship, as also to Your Eternal Father and Your All-holy Good and Life-creating Spirit, both now and forever, and to the ages of ages. Amen.

#### *Prayer for the Terminally Ill*

Lord, Jesus Christ, Who suffered and died for our sins that we may live, if during our life we have sinned in word, deed or thought forgive us in Your goodness and love. All our hope we put in You; protect your servant (name) from all evil. We submit to Your will and into Your hands we commend our souls and bodies. For a Christian end to our lives, peaceful, without shame and suffering, and for a good account before the awesome judgment seat of Christ, we pray to you O Lord. Bless us,

be merciful to us and grant us life eternal. Amen.

### **Prayers in Time of Trouble**

Lord of the Powers be with us, for in times of distress we have no other help but You.  
Lord of the Powers, have mercy on us.

### **Prayers in Time of Need**

Almighty God, the Father of mercies and God of all comfort, come to my help and deliver me from this difficulty that besets me. I believe Lord, that all trials of life are under Your care and that all things work for the good of those who love You. Take away from me fear, anxiety and distress. Help me to face and endure my difficulty with faith, courage and wisdom. Grant that this trial may bring me closer to You for You are my rock and refuge, my comfort and hope, my delight and joy. I trust in Your love and compassion. Blessed is Your name, Father, Son and Holy Spirit, now and forever. Amen.

O God, our help in time of need, Who are just and merciful, and Who inclines to the supplications of His people. Look down upon me and have mercy on me and deliver me from the trouble that now besets me. Deal with us not according to our iniquities, but according to Your manifold mercies, for we are the works of Your hands, and You know our weaknesses. I pray to you to grant me Your divine helping grace, and endow me with patience and strength to endure my hardships with complete submission to Your Will. Only You know our misery and sufferings, and to You, our only hope and refuge, I flee for relief and comfort, trusting in Your infinite love and compassion, that in due time, when You know best, You will deliver me from this trouble, and turn my distress into comfort. We then shall rejoice in Your mercy, and exalt and praise Your Holy Name, O Father, Son and Holy Spirit, both now and forever and to the ages of ages. Amen

### **Prayer Against Demonic Influence**

Almighty God, Who delivered Your people from the bondage of the adversary, and through Your Son cast down Satan like lightning, deliver me also from every influence of unclean spirits. Command Satan to depart far from me by the power of Your only begotten Son. Rescue me from demonic imaginings and darkness. Fill me with the light of the Holy Spirit that I may be guarded against all snares of crafty demons. Grant that an angel will always go before me and lead me to the path of righteousness all the days of my life, to the honor of Your glorious Name, Father, Son and Holy Spirit, now and forever. Amen.

### **Prayer for Our Enemies**

Lord Jesus Christ, in Your great mercy You prayed for the forgiveness of those who crucified You, and You taught us to love our enemies and to pray for those who persecute us. Lord, I pray that You forgive those who treat me unjustly and speak out against me, and that You bless them and guide them according to Your will. Take away any bitterness I may have in my heart against them. Lord, may Your forgiveness, goodness and love be revealed in all of us, to Your praise and glory. Amen.



## **Prayer for Peace**

Almighty God and Creator, You are the Father of all people on the earth. Guide, I pray, all the nations and their leaders in the ways of justice and peace. Protect us from the evils of injustice, prejudice, exploitation, conflict and war. Help us to put away mistrust, bitterness and hatred. Teach us to cease the storing and using of implements of war. Lead us to find peace, respect and freedom. Unite us in the making and sharing of tools of peace against ignorance, poverty, disease and oppression. Grant that we may grow in harmony and friendship as brothers and sisters created in Your image, to Your honor and praise. Amen.

## **Thanksgiving After Trouble**

Almighty and merciful God, I most humbly and heartily thank Your divine majesty for Your loving kindness and tender mercies, that You have heard my humble prayer, and graciously granted me deliverance from my trouble and misery. I pray to you to continue granting Your helping grace, that I may lead a life pleasing to You, that I may continually offer to You a sacrifice of praise and thanksgiving, O Father, Son, and Holy Spirit. Amen.

## **Prayers Before or After Any Task**

Lord Jesus Christ, my God, You have said, "Apart from me You can do nothing." In faith I embrace Your words, Lord, and I entreat Your goodness. Help me to carry out the work I am about to begin, and to bring it to completion. To You I give glory, Father, Son and Holy Spirit. Amen.

Almighty God, our Help and Refuge, who knows that we can do nothing right without Your guidance and help; direct me by Your wisdom and power, that I may accomplish this task and, whatever I do according to Your divine will, so that it may be beneficial to me and others and to the glory of Your holy Name. Amen.

My Lord and Savior, You became man and labored with Your hands until the time of Your ministry. Bless me as I begin this work. Help me to bring it to completion. Lord, enlighten my mind and strengthen my body, that I may accomplish my task according to Your will. Guide me to bring about works of goodness to Your service and glory. Amen.

## **Prayer After Any Task**

Thank You, Lord, for Your strength and guidance in my work. You are the fulfillment of all good things. Fill also my soul with joy and gladness, that I may praise You always. Amen.

## **Prayer Toward the Unknown**

O Lord, You who steadied the hand of Peter as he began to sink on the stormy sea, if you are with me, no one is against me. Grant to me the shield of faith and the mighty armor of the Holy Spirit to protect me and guide me to do Your will. The future I put into Your hands, O Lord, and I follow You to a life in Christ. Amen

## **Prayers Before Travel**

Lord Jesus Christ my God, be my Companion, guide and protector during my journey. Keep me

from all danger, misfortune and temptation. By Your divine power grant me a peaceful and successful journey and safe arrival. In You I place my hope and trust and You I praise, honor and glorify, together with Your Father and Holy Spirit now and forever and ever. Amen.

Lord Jesus, You traveled with the two disciples after the resurrection and set their hearts on fire with Your grace. Travel also with me and gladden my heart with Your presence. I know, Lord, that I am a pilgrim on this earth, seeking the citizenship which is in heaven. During my journey surround me with Your holy angels and keep me safe from seen and unseen dangers. Grant that I may carry out my plans and fulfill my expectations according to Your will. Help me to see the beauty of creation and to comprehend the wonder of Your truth in all things. For You are the way, the truth and the life, and to You I give thanks, praise and glory forever. Amen

### **Prayers for Repentance**

God, my good and loving Lord, I acknowledge all the sins which I have committed every day in my life, whether in thought, word or deed. I ask for forgiveness from the depths of my heart for offending You and others and repent of my old ways. Help me by Your grace to change, to sin no more and to walk in the way of righteousness and to praise and glorify Your Name, Father, Son and Holy Spirit. Amen.

O Lord my God, I confess that I have sinned against You in thought, word and deed. I have also omitted to do what Your holy law requires of me. But now with repentance and contrition I turn again to Your love and mercy. I entreat You to forgive me all my transgressions and to cleanse me from all my sins. Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace. Teach me both to desire and to do only what pleases You. Amen.

### **Prayer for Love**

Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbor as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift. Amen.

### **Lenten Prayers**

Almighty Master, who created all things in wisdom, by Your providence and great goodness, you have led us to this lenten season for purification of our souls and bodies, and for control of our passions in the hope of the resurrection; You, who after forty days gave Moses the tablets of the law inscribed by Your divine hand, grant to us the strength to fight the good fight, to fast, to keep the faith, to crush under foot all evil demons, and to become victorious over sin and to celebrate Your holy Resurrection. For blessed and glorified is Your most honored and majestic name of the Father and the Son and the Holy Spirit, both now and forever and to the ages of ages. Amen.

### **Prayer for Acceptance of God's Will**

Lord, I do not know what to ask of You. You know better than me what my needs are. You love more than I know how to love. Help me to see clearly my real needs which I do not see. I open my

heart to You. Examine and reveal to me my faults and sins. I put all trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Pray in me. Amen.

## **Prayers for Study**

### *Prayer of a Student*

Christ my Lord, the Giver of light and wisdom, who opened the eyes of the blind man and transformed the fishermen into wise heralds and teachers of the gospel through the coming of the Holy Spirit, shine also in my mind the light of the grace of the Holy Spirit. Grant me discernment, understanding and wisdom in learning. Enable me to complete my assignments and to abound in every good work, for to You I give honor and glory. Amen.

### *Prayers Before Study*

Most blessed Lord, send the grace of Your Holy Spirit on me to strengthen me that I may learn well the subject I am about to study and by it become a better person for Your glory, the comfort of my family and the benefit of Your Church and our Nation. Amen

Christ, the true light, who enlightens and sanctifies every person coming into the world, let the light of Your countenance shine upon me (us) that I (we) may see Your unapproachable light; and guide my (our) steps in the way of Your commandments, through the intercessions of Your all-holy Mother and of all the Saints. Amen.

### *Prayer After Study*

I thank You, Lord our God, that again on this occasion You have opened my eyes to the light of Your wisdom. You have gladdened my heart with the knowledge of truth. I entreat You, Lord, help me always to do Your will. Bless my soul and body, my words and deeds. Enable me to grow in grace, virtue and good habits, that Your name may be glorified, Father, Son and Holy Spirit, now and forever. Amen.

### *Prayer Before Studying the Bible*

Master who loves us, shine Your eternal light in our hearts that we may better know you. Help us to fully understand Your gospel message. Instill in us respect for Your holy commandments, that by overcoming our worldly desires we might live a spiritual life of thoughts and deeds which pleases You. We ask this of You, O Christ our god, for You are the light of our souls and bodies and You we glorify with Your eternal Father and Your all-holy good and life-giving Spirit now and forever. Amen.

Shine within my heart, loving Master, the pure light of Your divine knowledge, and open the eyes of my mind that I may understand Your teachings. Instill in me also reverence for Your blessed commandments, so that having conquered sinful desires I may pursue a spiritual way of life, thinking and doing all those things that are pleasing to You. For You, Christ my God, are my light, and to You I give glory together with Your Father and Your Holy Spirit, now and forever. Amen.

## **Prayers for the Dead**

### *General Prayers for the Dead*

Christ our eternal King and God, You have destroyed death and the devil by Your Cross and have restored man to life by Your Resurrection; give rest, Lord, to the soul of Your servant (name) who has fallen asleep, in Your Kingdom, where there is no pain, sorrow or suffering. In Your goodness and love for all men, pardon all the sins he (she) has committed in thought word or deed, for there is no man or woman who lives and sins not, You only are without sin.

For You are the Resurrection, the Life, and Repose of Your servant (name), departed this life, O Christ our God; and to You do we send up glory with Your Eternal Father and Your All-holy, Good and Life-creating Spirit; both now and forever and to the ages of ages. Amen

### *Prayer for a Dead Child*

O Lord who watches over children in the present life and in the world to come because of their simplicity and innocence of mind, abundantly satisfying them with a place in Abraham's bosom, bringing them to live in radiantly shining places where the spirits of the righteous dwell: receive in peace the soul of Your little servant (name), for You Yourself have said, "Let the little children come to Me, for such is the Kingdom of Heaven." Amen.

## **Prayer After a Miscarriage**

O Sovereign Master, Lord our God, Who was born of the all-pure Theotokos and Ever-Virgin Mary, and as an infant was laid in a manger: do You Yourself, according to Your great mercy, have regard for this Your servant (Name) who has miscarried that which was conceived in her. Heal her suffering, granting to her, O Loving Lord, health and strength of body and soul. Guard her with a shining Angel from every assault of sickness and weakness and all inward torment. You who accept the innocence of infancy in Your Kingdom, comfort the mind of Your servant and bring her peace. Amen.

## **Prayer of the Hours**

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners; Who callest all men to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory: For blessed art Thou unto the ages of ages. Amen.

Lord, have mercy. Thrice

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

ages. Amen.

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..

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

### **Psalm 150**

Praise ye God in His saints, praise Him in the firmament of His power. Praise Him for His mighty acts, praise Him according to the multitude of His greatness. Praise Him with the sound of trumpet, praise Him with the psaltery and harp. Praise Him with timbrel and dance, praise him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.





### **Morning Prayers:**

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

#### **Prayer of the Publican**

O God, be merciful to me, a sinner. *Thrice*

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.

#### **O Heavenly King *Tone 6***

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.

#### **Trisagion**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice*

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto 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. *Thrice*

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

#### **Troparia to the Holy Trinity**

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

angelic hymn, 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. *Twelve times*

### **Prayer of Saint Basil the Great**

As I rise from sleep, I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou hast not been 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 God.

### **Psalm 50**

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-burnt 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.

### **The Symbol of the Orthodox Faith**

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.

#### **Prayer 1, of St. Macarius the Great**

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

#### **Prayer 2, of the same saint**

Having risen from sleep, I offer unto Thee, O Saviour, the midnight hymn, and falling down I 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 reclining in idleness, and save me in prayer and intercession; and after the night's sleep shine upon me a sinless day, O Christ God, and save me.

#### **Prayer 3, of the same saint**

Having risen from sleep, I hasten to Thee, O Master, Lover of mankind, 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 worldly, evil thing and every impulse of the devil, and save me and lead me into Thine eternal kingdom. For Thou art my Creator, and the Giver and Provider of everything good, and in Thee is all my hope, and unto Thee do I send up glory, now and ever, and unto the ages of ages. Amen.

#### **Prayer 4, of the same saint**

O Lord, Who in Thine abundant goodness and Thy great compassion hast granted me, Thy servant, to go through the time of the night that is past without attack from any opposing evil: Do Thou Thyself, O Master and Creator of all things, vouchsafe me by Thy true light and with an enlightened heart to do Thy will, now and ever, and unto the ages of ages. Amen.

#### **Prayer 5, of St. Basil the Great**

O Lord Almighty, God of hosts and of all flesh, Who dwellest on high and lookest down on things that are lowly, Who searchest our hearts and innermost being, and clearly foreknowest the secrets of men; O unoriginate and everlasting Light, in Whom is no variableness, neither shadow of turning; Do Thou, O Immortal King, receive our supplications which we, daring because of the multitude of Thy compassions, offer Thee at the present time from defiled lips; and forgive us our sins, in deed, word, and thought, whether committed by us knowingly or in ignorance, and cleanse us from every defilement of flesh and spirit. And grant us to pass through the night of the whole present life with watchful heart and sober thought, ever expecting the coming of the bright and appointed day of Thine Only-begotten Son, our Lord and God and Saviour, Jesus Christ, whereon the Judge of all shall come with glory to reward each according to his deeds. May we not be found fallen and idle, but watching, and upright in activity, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those that keep festival, and the unspeakable delight of those that behold the ineffable beauty of Thy countenance. For Thou art the true Light that enlightenest and sanctifiest all, and all creation doth hymn Thee unto ages of ages. Amen.

#### **Prayer 6, likewise by St. Basil**



We bless Thee, O Most High God and Lord of mercy, Who ever doest with us things both great and inscrutable, both glorious and awesome, of which there is no measure; who grantest to us sleep for rest from our infirmities, and relaxation from the labours of our much-toiling flesh. We thank Thee that thou hast not destroyed us with our iniquities, but hast shown Thy loving-kindness to man as usual, and while we were lying in despair upon our beds, Thou hast raised us up that we might glorify Thy dominion. Wherefore, we implore Thy boundless 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 steadily to hymn and confess Thee, Who art God glorified in all and by all, the unoriginate Father, with Thine Only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

### **Prayer 7, to the Most Holy Theotokos**

I sing of thy grace, O sovereign Lady, and I pray thee to grace my mind. Teach me to step aright in the way of Christ's commandments. Strengthen me to keep awake in song, and drive away the sleep of despondency. O Bride of God, by thy prayers release me, bound with the bonds of sin. Guard me by night and by day, and deliver me from foes that defeat me. O bearer of God the Life-giver, enliven me who am deadened by passions. O bearer of the unwaning Light, enlighten my blinded soul. O marvelous palace of the Master, make me to be a house of the Divine Spirit. O bearer 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, and from evil worms, and from Tartarus. Let me not be exposed to the rejoicing of demons, 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 Master of all. Vouchsafe me to find the joys of heaven with all the saints. O most holy Virgin, hearken unto the voice of thine unprofitable servant. Grant me torrents of tears, O most pure one, to cleanse my soul from impurity. I offer the groans of my heart to thee unceasingly, strive for me, O Sovereign Lady. Accept my service of supplication and offer it to compassionate God. O thou who art above the angels, raise me above this world's confusion. O Light-bearing heavenly tabernacle, direct the grace of the Spirit in me. I raise my hands and lips in thy praise, defiled as they are by impurity, O all-immaculate one. Deliver me from soul-corrupting evils, and fervently intercede with Christ, to Whom is due honour and worship, now and ever, and unto the ages of ages. Amen.

### **Prayer 8, to our Lord Jesus Christ**

O my plenteously-merciful and all-merciful God, Lord Jesus Christ through Thy great love Thou didst come down and become incarnate so that Thou mightest 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; yea, Thou Who art great in compassion and ineffable in mercy. For he that believeth in Me, Thou hast said, O my Christ, shall live and never see death. If, then, faith in Thee saveth the desperate, behold, I believe, save me, for Thou art my God and Creator. Let faith instead of works be imputed to me, O my God, for Thou wilt find no works which could justify me. But may my faith suffice instead of all works, may it answer for, may it acquit me, may it make me a partaker of Thine eternal glory. And let Satan not seize me and boast, O Word, that he hath torn me from Thy hand and fold. But whether I desire it or not, save me, O Christ my Saviour, forestall me quickly, quickly, for I perish. Thou art my God from my mother's womb. Vouchsafe me, O Lord, to love Thee now as fervently as I once loved sin itself, and also to work for Thee without idleness, diligently, as I worked before for deceptive Satan. But supremely shall I work for Thee, my Lord and God, Jesus Christ, all the days of my life, now and ever, and unto the ages of ages. Amen.

### **Prayer 9, to the Holy Guardian Angel**

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.

### **Prayer 10, to the Most Holy Theotokos**

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

### **Prayer for the Salvation of Russia**

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.

### **Invocation of the Saint Whose Name we bear**

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

### **Song of the Most Holy Theotokos Tone 4**

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 Saviour of our souls.

### **Troparion to the Cross Tone 1**

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

*Then offer a brief prayer for the health and salvation of thy spiritual father, thy parents, relatives, those in authority, benefactors, others known to thee, the ailing, or those passing through sorrows.*

*And if it be possible, read this commemoration:*

### **For the Living**

Remember, O Lord Jesus Christ our God, Thy mercies and compassions which are from the ages, for the sake of which Thou didst become man and didst will to endure crucifixion and death for the salvation of those that rightly believe in Thee; and having risen from the dead didst ascend into the heavens and sittest at the right hand of God the Father, and regardest the humble entreaties of those that call upon Thee with all their heart; incline Thine ear, and hearken unto the humble supplication of me, Thine unprofitable servant, as an odor of spiritual fragrance, which I offer unto Thee for all Thy people. And first, remember Thy Holy, Catholic, and Apostolic Church, which Thou hast provided through Thy precious Blood, and establish, and strengthen, and expand, increase, pacify, and keep Her unconquerable by the gates of hades; calm the dissensions of the churches, quench the raging of the nations, and quickly destroy and uproot the rising of heresy, and bring them to naught by the power of Thy Holy Spirit. *Bow*

Save, O Lord, and have mercy on the Russian Land and her Orthodox people both in the homeland and in the diaspora, this land its authorities. *Bow*

Save, O Lord, and have mercy on the holy Eastern Orthodox patriarchs, most reverend metropolitans, Orthodox archbishops and bishops, and all the priestly and monastic order, and all who serve in the Church, whom Thou hast appointed to shepherd Thy rational flock, and through their prayers have mercy and save me a sinner. *Bow*

Save, O Lord, and have mercy on my spiritual father *Name*, and through his holy prayers forgive my sins. *Bow*

Save, O Lord, and have mercy on my parents, *Names*, brothers and sisters, and my kindred according to the flesh, and all the neighbours of my family and friends, and grant them Thine earthly and spiritual good things. *Bow*

Save, O Lord, and have mercy on the aged and the young, the poor and the orphans and widows, and those in sickness and sorrow, misfortune and tribulation, those in difficult circumstances and in captivity, in prisons and dungeons, and especially those of Thy servants that are persecuted for Thy sake and the Orthodox Faith by godless peoples, by apostates, and by heretics; and remember them, visit, strengthen, comfort, and by Thy power quickly grant them relief, freedom, and deliverance. *Bow*

Save, O Lord, and have mercy on them that hate and wrong me, and make temptation for me, and let them not perish because of me, a sinner. *Bow*

Illumine with the light of awareness the apostates from the Orthodox Faith, and those blinded by pernicious heresies, and number them with Thy Holy, Apostolic, Catholic Church. *Bow*

### **For the Departed**

Remember, O Lord, those that have departed this life, Orthodox kings and queens, princes and princesses, most holy patriarchs, most reverend metropolitans, Orthodox archbishops and bishops, those in priestly and clerical orders of the Church, and those that have served Thee in the monastic order, and grant them rest with the saints in Thine eternal tabernacles. *Bow*

Remember, O Lord, the souls of Thy departed servants, my parents, *Names*, and all my kindred according to the flesh; and forgive them all transgressions, voluntary and involuntary, granting them the kingdom and a portion of Thine eternal good things, and the delight of Thine endless and blessed life. *Bow*

Remember, O Lord, also all our fathers and brethren, and sisters, and those that lie here, and all Orthodox Christians that departed in the hope of resurrection and life eternal, and settle them with Thy saints, where the light of Thy countenance shall visit them, and have mercy on us, for Thou art good and the Lover of mankind. *Bow*

Grant, O Lord, remission of sins to all our fathers, brethren, and sisters that have departed before us in the faith and hope of resurrection, and make their memory to be eternal. *Bow*

### **Hymn to the Most Holy Theotokos Tone 8**

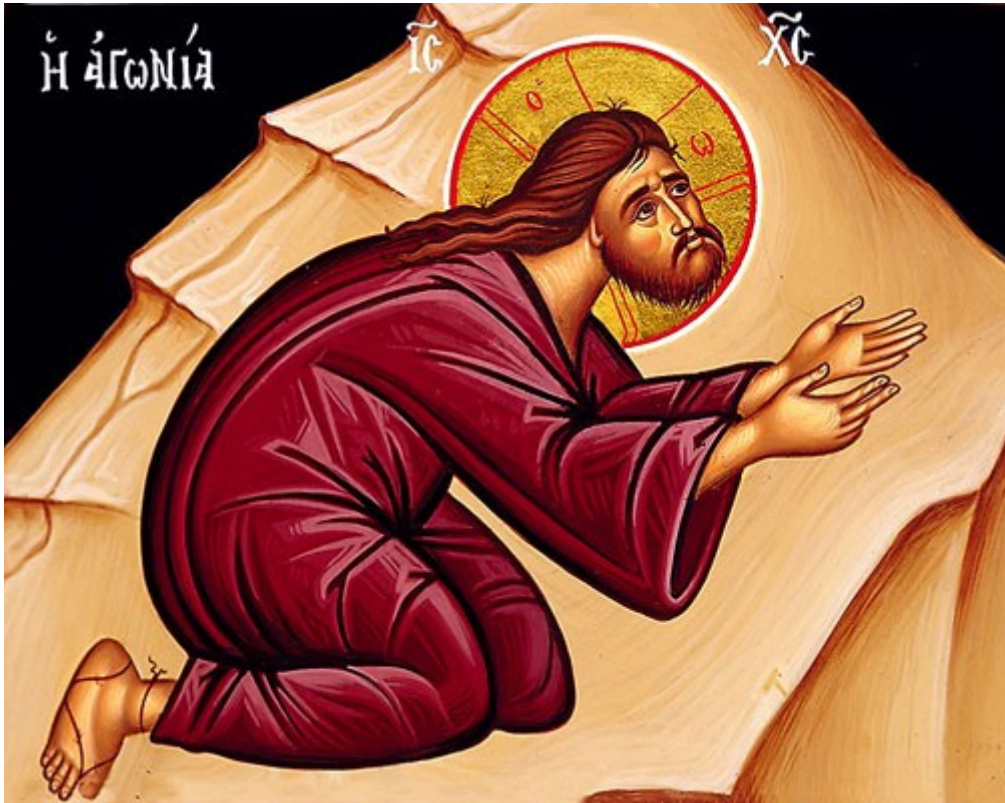
It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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. *Thrice*

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.



### **Prayers Before Sleep:**

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

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

Glory to Thee, our God, glory to Thee.

#### **O Heavenly King *Tone 6***

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.

#### **Trisagion**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice*

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto 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. *Thrice*

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

### **Troparia** *Tone 6*

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, and we call upon Thy name.

Both now and ever, and unto 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. *Twelve times*

### **Prayer 1, of Macarius the Great**

O Eternal God and King of all creation, Who hast granted me to reach this hour, forgive the sins I have committed this day in deed, word, and thought; and cleanse, O Lord, my humble soul of all impurity of flesh and spirit, and grant me, O Lord, to pass the sleep of this night in peace; that, rising from my lowly bed, I may please Thy most holy name all the days of my life, and thwart the enemies, fleshly and bodiless, that war against me. And deliver me, O Lord, from vain thoughts and evil desires which defile me. 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 the ages of ages. Amen.

### **Prayer 2, of St. Antiochus**

O Ruler of all, Word of the Father, O Jesus Christ, Thou Who are perfect: For the sake of the plenitude of Thy mercy, never depart from me, but always remain in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not over to the sedition of the serpent, and leave me not to the will of Satan, for the seed of corruption is in me. But do Thou, O Lord, Who is worshipped God, holy King, Jesus Christ, guard me as I sleep by the Unwaning Light, Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant me, Thine unworthy servant, Thy salvation upon my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel; my soul, with the love of Thy Cross; my heart, with the purity of Thy word; my body, with Thy passionless Passion.

Keep my thought in Thy humility, and raise me up at the proper time for Thy glorification. For most glorified art Thou together with Thine unoriginate Father, and the Most Holy Spirit, unto the ages. Amen.

### **Prayer 3, to the Holy Spirit**

O Lord, Heavenly King, Comforter, Spirit of Truth, show compassion and have mercy on me Thy sinful servant, and loose me from mine unworthiness, and forgive all wherein I have sinned against Thee today as a man, and not only as a man, but even worse than a beast, my sins voluntary and involuntary, known and unknown, whether from youth, and from evil suggestion, or whether from brazenness and despondency. If I have sworn by Thy name, or blasphemed it in my thought; or grieved anyone, or have become angry about anything; or have lied, or slept needlessly, or if a beggar hath come to me and I disdained him; or if I have grieved my brother, or have quarreled, or have condemned anyone; or if I have been boastful, or prideful, or angry; if, as I stood at prayer, my mind hath been distracted by the wiles of this world, or by thoughts of depravity; if I have over-eaten, or have drunk excessively, or laughed frivolously; if I have thought evil, or seen the beauty of another and been wounded thereby in my heart; if I have said improper things, or derided my brother's sin when mine own sins are countless; if I have been neglectful of prayer, or have done some other wrong that I do not remember, for all of this and more than this have I done: have mercy, O Master my Creator, on me Thy downcast and unworthy servant, and loose me, and remit, and forgive me, for Thou art good and the Lover of mankind, so that, lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, and hymn, and glorify Thy most honourable name, together with the Father and His Only-begotten Son, now and ever, and unto the ages of ages. Amen.

### **Prayer 4, of St. Macarius the Great**

What shall I offer Thee, or what shall I give Thee, O greatly-gifted, immortal King, O compassionate Lord Who lovest mankind? For though I have been slothful in pleasing Thee, and have done nothing good, Thou hast led me to the close of this day that is past, establishing the conversion and salvation of my soul. Be merciful to me a sinner, bereft of every good deed, raise up my fallen soul which hath become defiled by countless sins, and take away from me every evil thought of this visible life. Forgive my sins, O Only Sinless One, in which I have sinned against Thee this day, known or unknown, in word, and deed, and thought, and in all my senses. Do Thou Thyself protect and guard me from every opposing circumstance, by Thy Divine authority and power and inexpressible love for mankind. Blot out, O God, blot out the multitude of my sins. Be pleased, O Lord, to deliver me from the net of the evil one, and save my passionate soul, and overshadow me with the light of Thy countenance when Thou shalt come in glory; and cause me, uncondemned now, to sleep a dreamless sleep, and keep Thy servant untroubled by thoughts, and drive away from me all satanic deeds; and enlighten for me the eyes of my heart with understanding, lest I sleep unto death. And send me an angel of peace, a guardian and guide of my soul and body, that he may deliver me from mine enemies; that, rising from my bed, I may offer Thee prayers of thanksgiving. Yea, O Lord, hearken unto me, Thy sinful and wretched servant, in confession and conscience; grant me, when I arise, to be instructed by Thy sayings; and through Thine angels cause demonic despondency to be driven far from me: that I may bless Thy holy name, and glorify and extol the most pure Theotokos Mary, whom Thou hast given to us sinners as a protectress, and accept her who prayeth for us. For I know that she exemplifieth Thy love for mankind and prayeth for us without ceasing. Through her protection, and the sign of the precious Cross, and for the sake of all Thy saints, preserve my wretched soul, O Jesus Christ our God: for holy art Thou, and most glorious forever. Amen.

### **Prayer 5**

O Lord our God, as Thou art good and the Lover of mankind, forgive me wherein I have sinned today in word, deed and thought. Grant me peaceful and undisturbed sleep; send Thy guardian angel to protect and keep me from all evil. For Thou art the Guardian of our souls and bodies, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

### **Prayer 6**

O Lord our God, in Whom we believe and Whose name we invoke above every name, grant us, as we go to sleep, relaxation of soul and body, and keep us from all dreams and dark pleasures; stop the onslaught of the passions and quench the burnings that arise in the flesh. Grant us to live chastely in deed and word, that we may obtain a virtuous life, and not fall away from Thy promised blessings; for blessed art Thou forever. Amen.

### **Prayer 7, of St. John Chrysostom, according to the number of hours of day and night**

O Lord, deprive me not of Thy heavenly good things. O Lord, deliver me from eternal torments. O Lord, if I have sinned in mind or thought, in word or deed, forgive me. O Lord, deliver me from all ignorance, forgetfulness, faint-heartedness, and stony insensibility. O Lord, deliver me from every temptation. O Lord, enlighten my heart which evil desire hath darkened. O Lord, as a man I have sinned, but do Thou, as the compassionate God, have mercy on me, seeing the infirmity of my soul. O Lord, send Thy grace to my aid, that I may glorify Thy holy name. O Lord Jesus Christ, inscribe me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good beginning. O Lord, sprinkle into my heart the dew of Thy grace. O Lord of heaven and earth, remember me Thy sinful servant, shameful and unclean, in Thy kingdom. Amen.

O Lord, accept me in repentance. O Lord, forsake me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears, remembrance of death, and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity, and obedience. O Lord, grant me patience, courage, and meekness. O Lord, implant in me the root of good, Thy fear in my heart. O Lord, vouchsafe me to love Thee with all my soul and mind, and in all things to do Thy will. O Lord, protect me from evil men, demons, and passions, and from every other unseemly thing. O Lord, I know that Thou doest as Thou wilt: Thy will be done also in me a sinner; for blessed art Thou unto the ages. Amen.

### **Prayer 8, to our Lord Jesus Christ**

O Lord Jesus Christ, Son of God, for the sake of Thy most honourable Mother, and Thy bodiless angels, Thy Prophet and Forerunner and Baptist, the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing fathers, and through the intercessions of all the saints, deliver me from the besetting presence of the demons. Yea, my Lord and Creator, Who desirest not the death of a sinner, but rather that he be converted and live, grant conversion also to me, wretched and unworthy; rescue me from the mouth of the pernicious serpent, who is yawning to devour me and take me down to hades alive. Yea, my Lord, my Comfort, Who for my miserable sake wast clothed in corruptible flesh, draw me out of misery, and grant comfort to my miserable soul. Implant in my heart to fulfill Thy commandments, and to forsake evil deeds, and to obtain Thy blessings; for in Thee, O Lord, have I hoped, save me.

### **Prayer 9, to the Most Holy Theotokos**

O good Mother of the Good King, most pure and blessed Theotokos Mary, do thou pour out the mercy of thy Son and our God upon my passionate soul, and by thine intercessions guide me unto good works, that I may pass the remaining time of my life without blemish, and attain paradise through thee, O Virgin Theotokos, who alone art pure and blessed.

### **Prayer 10, to the Holy Guardian Angel**

O Angel of Christ, my holy guardian and protector of my soul and body, forgive me all wherein I have sinned this day, and deliver me from all opposing evil of mine enemy, lest I anger my God by any sin. Pray for me, a sinful and unworthy servant, that thou mayest show me forth worthy of the kindness and mercy of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and all the saints. Amen.

### **Kontakion to the Theotokos *Tone 8***

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, Mother of Christ God, present our prayer to thy Son and our God, that through thee He may save our souls.

All my hope I place in thee, O Mother of God: keep me under thy protection.

O Virgin Theotokos, disdain not me a sinner, needing thy help and thy protection, and have mercy on me, for my soul hath hoped in thee.

My hope is the Father, my refuge is the Son, my protection is the Holy Spirit: O Holy Trinity, glory to Thee.

### **Hymn to the Most Holy Theotokos *Tone 8***

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. *Thrice*

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.

### ***Upon Retiring***

#### **Prayer of Saint John Damascene, which is to be said while pointing at thy bed**

O Master, Lover of mankind, is this bed to be my coffin, or wilt Thou enlighten my wretched soul with another day? Behold, the coffin lieth before me; behold, death confronteth 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 most pure Mother, and all the Heavenly Hosts, and my Holy Guardian Angel. I know, O Lord, that I am unworthy of Thy love for mankind, but am worthy of every condemnation and torment. But, O Lord, whether I will it or not, save me. For to save a righteous man is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of Thy mercy. But on me a sinner, show the wonder of Thy mercy; in this reveal Thy love for mankind, lest my wickedness prevail over Thine ineffable goodness and merciful kindness; and order my life as Thou wilt.

#### **And when about to lie down in bed, say this:**

Enlighten mine eyes, O Christ God, lest at any time I sleep unto death, lest at any time mine enemy say: I have prevailed against him.

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

Be my soul's helper, O God, for I pass through the midst of many snares; deliver me out of them and save me, O Good One, for Thou art the Lover of mankind.

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

The most glorious Mother of God, more holy than the holy angels, let us hymn unceasingly with our hearts and mouths, confessing her to be the Theotokos, for truly she gaveth birth to God incarnate for us, and prayeth unceasingly for our souls.

*Then kiss thy Cross, and make the sign of the Cross from the head to the foot of the bed, and likewise from side to side, while saying:*

#### **The Prayer to the Precious Cross**

Let God arise and let His enemies be scattered, and let them that hate Him flee from before His face. As smoke vanisheth, so let them vanish; as wax melteth before the fire, so let the demons perish from the presence of them that love God and who sign themselves with the sign of the Cross and say in gladness: Rejoice, most precious and life-giving Cross of the Lord, for Thou drivest away the demons by the power of our Lord Jesus Christ Who was crucified on thee, Who went down to hades and trampled on the power of the devil, and gave us thee, His precious Cross, for the

driving away of every adversary. O most precious and life-giving Cross of the Lord, help me together with the holy Lady Virgin Theotokos, and with all the saints, unto the ages. Amen.

*Or*

Compass me about, O Lord, with the power of Thy precious and life-giving Cross and preserve me from every evil.

### **Then, in lieu of asking forgiveness of others**

Remit, pardon, forgive, O God, our offenses, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day or by night, in mind and thought; forgive us all things, for Thou art good and the Lover of mankind.

### **Prayer**

O Lord, Lover of mankind, forgive them that hate and wrong us. Do good to them that do good. Grant our brethren and kindred their saving petitions and life eternal; visit the infirm and grant them healing. Guide those at sea. Journey with them that travel. Help Orthodox Christians to struggle. To them that serve and are kind to us grant remission of sins. On them that have charged us, the unworthy, to pray for them, have mercy according to Thy great mercy.

Remember, O Lord, our fathers and brethren departed before us, and grant them rest where the light of Thy countenance shall visit them.

Remember, O Lord, our brethren in captivity, and deliver them from every misfortune.

Remember, O Lord, those that bear fruit and do good works in Thy holy churches, and grant them their saving petitions and life eternal.

Remember also, O Lord, us Thy lowly and sinful and unworthy servants, and enlighten our minds with the light of Thy knowledge, and guide us in the way of Thy commandments; through the intercessions of our most pure Lady, the Theotokos and Ever-Virgin Mary, and of all Thy saints, for blessed art Thou unto the ages of ages. Amen.

### **Daily Confession of Sins**

I confess to Thee, my Lord God and Creator, in one Holy Trinity glorified and worshipped, to the Father, Son, and Holy Spirit, all my sins which I have committed in all the days of my life, and at every hour, at the present time and in the past, day and night, by deed, word, thought, gluttony, drunkenness, secret eating, idle talking, despondency, indolence, contradiction, disobedience, slandering, condemning, negligence, self-love, acquisitiveness, extortion, lying, dishonesty, mercenariness, jealousy, envy, anger, remembrance of wrongs, hatred, bribery; and by all my senses: sight, hearing, smell, taste, touch; and by the rest of my sins, of the soul together with the bodily, through which I have angered Thee, my God and Creator, and dealt unjustly with my neighbour. Sorrowing for these, I stand guilty before Thee, my God, but I have the will to repent. Only help me, O Lord my God, with tears I humbly entreat Thee. Forgive my past sins through Thy compassion, and absolve from all these which I have s aid in Thy presence, for Thou art good and

the Lover of mankind.

**At the time of sleep, say**

Into Thy hands, O Lord Jesus Christ my God, I commit my spirit. Do Thou bless me, do Thou have mercy on me, and grant me life eternal. Amen.



## Daily Prayer

*Fr. Peter Orfanakos*

"In peace let us pray to the Lord," the first petition of several litanies in the Divine Liturgies of St. John Chrysostom and St. Basil the Great, in essence tells us to leave our cares behind and to actually talk with God in prayer. Prayer is the spiritual food that strengthens our whole being. Prayer enables us to maintain a personal relationship with our loving God, through that intimate 'soul to Spirit' dialogue. Prayer softens our wills so that we can become more receptive to His will. In prayer we can see where we have been, where we are and where we need to direct our steps in order to walk in God's Way.

Christianity at first was called simply "the Way" (Acts 19:23; 24:22). The Christian faith is a way of life, an art or skill that is learned through practice, by doing it. Christian prayer is precisely the same - we learn how to pray by praying, by putting one foot in front of the other, with God as our guide who shows us the Way as we walk with Him.

Christ gave us our first and best examples of prayer. He gave us the specific prayer to our Father, The Lord's Prayer. More than that, by His own example of prayer life, Christ showed us the importance of worshiping God throughout our lives. Christ was always withdrawing during his ministry - to the mountains, to the desert, to the sea, to the garden - to pray to His Father in Heaven. He was always regenerating His human life with the power of God the Father through personal prayer.

Prayer on a daily basis creates a rhythm to our lives and helps us in attaining the central goal of human life: to become more Christocentric. In the Orthodox Church that process is called theosis. We never fully achieve it in this life, but we keep striving toward God, day by day.

We may attend church regularly and be involved in the educational, governmental, social, and even the spiritual life of the parish, but if we do not take that one-to-one time with the Lord every day to renew and revitalize ourselves with Him, we may find that Christ no longer is our central focus in the actual way in which we live our daily lives. We can become so involved with the tasks of living - with doing all that the external world demands of us each day - that we can forget and lose the joy of real Life. We may turn to and think of Him just occasionally, or in a time of serious personal need or in hurried superficial prayer - when we repeat written prayers without giving much thought to what we are saying.

Using the established prayers of the Church and the Psalms can be a liberating experience for us, one in which our own spirit becomes more open to the Spirit of God. We soar to the heights of communion with Christ in glimpsing His Way. When we feel His nearness, we receive a foretaste of Heaven. Prayer helps us to lessen our dependence on erroneous models for living, such as pride, fear, self-centeredness, and lack of love for other people. Prayer gives us the hope of salvation: by the Grace of God and through our perseverance in faith and in lovingly serving other people to His glory, we will have the promise of being with God in Paradise.

Christ promised us that when we pray to Him, He will be there with us. "Lo, I am with you always, even to the end of the world" (Matthew 28:20). His support is the answer we need to our prayers. Often we are waiting for a palpable answer to a specific problem. Christ tells us that, when we put Him first at the center of our lives in a selfless way, our other needs will be addressed. Often we want God to conform to our will, whereas it is we who need to conform to His will if we are to be His disciples.

When we "agree with one another" and "live in peace" (2 Corinthians 13:11), we realistically can hope that the "grace of our Lord Jesus Christ, the love of God the Father, and the fellowship of the Holy Spirit..." (2 Corinthians 13:14) will sustain us so that we will have His armor of faith, about us (Ephesians 6: 11,13) to help us with the challenges, problems and tragedies of life.

Through the ages, the Church Fathers tell us that prayer includes elements of praise, thanksgiving, petition and repentance. Praise expresses the awe, honor, and love that we have for God as our Creator and Savior. We give thanksgiving to God for the blessings He gives us - for our very lives. Blessings are those joyful experiences and things we recognize as positive and joyful. Blessings also include the temptations, trials, and problems that we have. Hopefully the difficult times will teach us and lead us to rely on Christ; then the negative experiences also become positive, as we learn to grow more Christ-like from them. We need to thank God for all that comes our way: "For those blessings both apparent and not apparent that have been bestowed upon us."

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