

MORNING PRAYERS

Glory to Thee O God, glory to Thee.

O Heavenly King, O Comforter, the Spirit of Truth, Who art in all places and fillest all things, the Treasury of good things and Giver of life, come and abide in us. Cleanse us from every stain and save our souls, O Good One.

The Trisagion (Thrice Holy) Prayers

(From Pascha until Ascension we sing
“Christ is Risen” 3X in place of *Glory to Thee...* through *Holy God*)

Holy God, Holy Mighty Holy Immortal, Have Mercy on us. (*3 times bowing each time*)

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

All Holy Trinity, have mercy on us.
Lord, cleanse us from our sins.
Master, pardon our iniquities.
Holy God, visit and heal our infirmities for Thy 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.

The Lord's Prayer

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 evil.

Amen.

O God be merciful to me a sinner. (3x)

Prayer by Macarius the Great

Having risen from sleep, I run to Thee, O Master, For Thou lovest mankind, and I rush to accomplish Thy work. Help me, I pray Thee, at all times and in all things. Deliver me

from every evil thing of this world and from the works of the devil. Save me, and lead me into Thine eternal kingdom.

Thou art my Maker, the Provider and Giver of everything good. All my hope is in Thee and I glorify Thee, now and ever and unto ages of ages. Amen.

Morning Prayer of St. Basil the Great

We bless Thee, most high God and Lord of mercies, Who ever doest great and unfathomable things for us - glorious and awesome things without number. Thou givest us sleep for the repose of our frailty, relieving the labors of our over-burdened flesh. We thank Thee for not destroying us in our lawlessness. Instead, Thou hast shown Thy usual love for mankind, and raised us, as we lay in despair, to glorify Thy Reign. Therefore, we implore Thy boundless goodness: enlighten our thoughts and eyes, and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with Thy praise, that we may unwaveringly hymn and confess Thee, the God glorified in all and by all, Father without beginning, with Thine only-begotten Son and Thine all-holy, and life-giving Spirit, now and ever and unto ages of ages. Amen.

The Six Psalms from the Matins Service

Psalm 3

Lord, how they have increased who trouble me!
Many are they who rise up against me.
Many are they who say of me,
"There is no help for him in God."

But You, O Lord, are a shield for me,
My glory and the One who lifts up my head.
I cried to the Lord with my voice,
And He heard me from His holy hill.

I lay down and slept;
I awoke, for the Lord sustained me.
I will not be afraid of ten thousands of people
Who have set themselves against me all around.
Arise, O Lord;
Save me, O my God!
For You have struck all my enemies on the cheekbone;
You have broken the teeth of the ungodly.
Salvation belongs to the Lord.
Your blessing is upon Your people.
I lay down and slept; I awoke, for the Lord sustained me.

Psalm 38 (37)*

O Lord, do not rebuke me in Your wrath,
Nor chasten me in Your hot displeasure!
For Your arrows pierce me deeply, And Your hand presses me down.

There is no soundness in my flesh because of Your anger,
Nor any health in my bones
Because of my sin.
For my iniquities, have gone over my head;
Like a heavy burden they are too heavy for me.
My wounds are foul and festering
Because of my foolishness.

I am troubled, I am bowed down greatly;
I go mourning all the day long,
For my loins are full of inflammation,
And there is no soundness in my flesh.
I am feeble and severely broken;
I groan because of the turmoil of my heart.

Lord, all my desire is before You;
And my sighing is not hidden from You.
My heart pants, my strength fails me.
As for the light of my eyes, it also has gone from me.

My loved ones and my friends stand aloof from my plague,
And my relatives stand afar off.
Those also who seek my life lay snares for me;
Those who seek my hurt speak of destruction,
And plan deception all the day long.

But I, like a deaf man, do not hear;
And I am like a mute who does not open his mouth. Thus I am like a man who does not
hear,
And in whose mouth is no response.

For in You, O Lord, I hope; You will hear, O Lord my God. For I said, "Hear me, lest
they rejoice over me. Lest, when my foot slips, they exalt themselves against me."

For I am ready to fall and my sorrow is continually before me. For I will declare my
iniquity;
I will be in anguish over my sin.
But my enemies are vigorous, and they are strong;
And those who hate me wrongfully have multiplied, Those also who render evil for good,
They are my adversaries, because I follow what is good.

Forsake me not, O Lord. O my God, be not far from me. Make haste to help me, O Lord,
my salvation!

**The number in parentheses is that of the Septuagint
Version of the Psalms.*

Psalm 63 (62)

O God, You are my God;
Early will I seek You;
My soul thirsts for You;
My flesh longs for You
In a dry and thirsty land
Where there is no water.
So I have looked for You in the sanctuary,
To see Your power and Your glory.

Because Your lovingkindness is better than life,
My lips shall praise You.
Thus I will bless You while I live;
I will lift up my hands in Your name.
My soul shall be satisfied as with marrow and fatness,
And my mouth shall praise You with joyful lips.

When I remember You on my bed,
I meditate on You in the night watches.
Because You have been my help,
Therefore in the shadow of Your wings I will rejoice.
My soul follows close behind You;
Your right hand upholds me.

But those who seek my life, to destroy it,
Shall go into the lower parts of the earth.
They shall fall by the sword;
They shall be a portion for jackals.

But the king shall rejoice in God;
All who swear by Him shall glory;
For the mouth of the liars will be stopped.

I meditate on Thee in the night watches,
Because Thou have been my help.

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 Thee O God! (3x) Lord, have mercy (3x)

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

Psalm 88 (87)

O Lord, God of my salvation,
I have cried out day and night before You.
Let my prayer come before You;
Incline Your ear to my cry.

For my soul is full of troubles,
And my life draws near to the grave.
I am counted with those who go down to the pit;
I am like a man who has no strength,
Adrift among the dead,
Like the slain who lie in the grave,
Whom You remember no more,
And who are cut off from Your hand.

You have laid me in the lowest pit,
In darkness, in the depths.
Your wrath lies heavy upon me,
And You have afflicted me with all Your waves.
You have put away my acquaintances far from me;
You have made me an abomination to them;
I am shut up, and I cannot get out;
My eye wastes away because of affliction.

Lord, I have called daily upon You;
I have stretched out my hands to You.
Will You work wonders for the dead?
Shall the dead arise and praise You?
Shall Your loving-kindness be declared in the grave?
Or Your faithfulness in the place of destruction?
Shall Your wonders be known in the dark?
And Your righteousness in the land of forgetfulness?

But to You I have cried out, O Lord,
And in the morning my prayer comes before You.
Lord, why do You cast off my soul?
Why do You hide Your face from me?
I have been afflicted and ready to die from my youth;
I suffer Your terrors;
I am distraught.
Your fierce wrath has gone over me;
Your terrors have cut me off.
They came around me all day long like water;
They engulfed me altogether.
Loved one and friend You have put far from me,

And my acquaintances into darkness.

O Lord God of my salvation, I have cried day and night before Thee:
Let my prayer come before Thee: incline Thine ear unto my cry.

Psalm 103 (102)

Bless the Lord, O my soul;
And all that is within me, bless His holy name!
Bless the Lord, O my soul, And forget not all His benefits:
Who forgives all you iniquities,
Who heals all your diseases,
Who redeems your life from destruction,
Who crowns you with lovingkindness and tender mercies
Who satisfies your mouth with good things,
So that you youth is renewed like the eagle's.

The Lord executes righteousness
And justice for all who are oppressed.
He made known His ways to Moses,
his acts to the children of Israel.
The Lord is merciful and gracious,
Slow to anger, and abounding in mercy.
He will not always strive with us,
Nor will He keep His anger forever.
He has not dealt with us according to our sins,
Nor punished us according to our iniquities.

For as the heavens are high above the earth.
So great is His mercy toward those who fear Him;
As far as the east is from the west,
So far has He removed our transgressions from us.
As a father pities his children,
So the Lord pities those who fear Him.
For He knows our frame;
he remembers that we are dust.
As for man, his days are like grass;
As a flower of the field, so he flourishes.
For the wind passes over it, and it is gone,
And its place remembers it no more.
But the mercy of the Lord is from everlasting to everlasting
To those who fear Him,
And His righteousness to children's children,
To such as keep His covenant,
And to those who remember His commandments to do them.

The Lord has established His throne in heaven,
And His kingdom rules over all.

Bless the Lord, you His angels,
Who excel in strength, who do His commandments,
Heeding the voice of His word.
Bless the Lord, all you His hosts,
You ministers of His, who do His pleasure.
Bless the Lord, all His works.
In places of His dominion.
Bless the Lord, O my soul!

In all places of His dominion: bless the Lord, O my soul.

Psalm 143 (142)

Hear my prayer, O Lord,
Give ear to my supplications!
In Your faithfulness answer me,
And in Your righteousness.
Do not enter into judgment with Your servant,
For in Your sight no one living is righteous.
For the enemy has persecuted my soul;
He has crushed my life to the ground;
He has made me dwell in darkness,
Like those who have long been dead.
Therefore my spirit is overwhelmed within me;
My heart within me is distressed.

I remember the days of old;
I meditate on all Your works;
I muse on the work of Your hands.
I spread out my hands to You;
My soul longs for You like a thirsty land.

Answer me speedily, O Lord; My spirit fails!
Do not hide Your face from me,
Lest I be like those who go down into the pit.
Cause me to hear Your lovingkindness in the morning,
For in You do I trust;
Cause me to know the way in which I should walk,
For I lift up my soul to You.

Deliver me, O Lord, from my enemies;

In You I take shelter. Teach me to do Your will, for You are my God. Your Spirit is good. Lead me in the land of uprightness.

Revive me, O Lord, for Your name's sake!
For Your righteousness' sake bring my soul out of trouble.
In Your mercy cut off my enemies,
And destroy all those who afflict my soul;
For I am Your servant.

O Lord, give ear to my supplications:
And enter not into judgment with Thy servant.
Thy Spirit is good; lead me into the land of uprightness.

Prayer to Our Lord Jesus Christ

My most merciful and all-merciful God, O Lord Jesus Christ! In Thy great love, Thou didst come down and become flesh in order to save all. Again, I pray Thee, save me by Grace! If Thou shouldst save me because of my deeds, it would not be a gift, but merely a duty. Truly, Thou aboundest in graciousness and art inexpressibly merciful! Thou hast said, O my Christ: "He who believes in me shall live and never see death." If faith in Thee saves the desperate, behold: I believe! Save me, for Thou art my God and my Maker. May my faith replace my deeds, O my God, for Thou wilt find no deeds to justify me. May my faith be sufficient for all. May it answer for me; may it justify me; may it make me a partaker of Thine, eternal glory; and may satan not seize me, O Word, and boast that He has torn me from Thy hand and fold. O Christ my Savior: save me whether I want it or not! Come quickly, hurry, for I perish! Thou art my God from my mother's womb. Grant, O Lord, that I may now love Thee as once I loved sin, and that I may labor for Thee without laziness as once I labored for satan the deceiver. Even more, I will labor for Thee, my Lord and God Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

Prayer to the Holy Guardian Angel

O Holy Angel, who stand by my wretched soul and my passionate life: do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy Angel of God, the guardian and protector of my wretched soul and body: forgive all the sorrows I have caused you, every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me, His servant, worthy of His goodness. Amen.

Personal Prayers

The following prayers, as well as your personal prayers and praise may be offered up at this point.

Prayer to Your Patron Saint

Pray to God for me, holy (*Name of Patron Saint*) for with fervor I run to thee, swift helper and intercessor for my soul.

Prayer to Overcome Sin

O Lord, I pray that You will empower me to overcome the sin of (____) [*specific passion, lust, greed, pride, gluttony, etc*], that most seriously grieves me, and that I would gain the opposing virtue of (____) [*chastity, temperance, humility, contentment*].

Prayers for Husbands and Wives

Lord, Jesus Christ our God, who taught us to pray continually for one another, thus fulfilling your commandment and manifesting our desire for your mercy, in your compassion watch over and protect my husband (wife) for all seen and unseen enemies. Grant him (*her*) health and complete wisdom so that he (*she*) may fulfill all his (*her*) obligations according to your will and commandments. Protect him (*her*) from all temptations which he (*she*) does not have the strength to resist. Strengthen him (*her*) in the right faith and in perfect love, that we may live together in virtue, and direct our lives according to your precepts. For yours is the power and glory forever. Amen.

We implore you, merciful Lord: Help us to remember that marriage is indeed holy, and strengthen the sanctity of our union. Shower your grace upon us so that we may live our lives in true faithfulness and love. Help us to understand and trust each other fully, keeping quarrels and arguments far from us. Bestow your blessings upon us, and in your mercy, count us worthy of your kingdom: for you are our sanctification, and we offer glory to you: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer of Tranquility from the Elders of the Optina Monastery

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy Will. At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Thy holy Will. Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from Thee.

Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone. O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

Closing Prayers

It is truly right to bless you, O Theotokos, ever blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you!

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

Christ our True God, through the prayers of the most Holy Theotokos and all the saints, have mercy on us and save us for Thou art good and lovest mankind. Amen.

EVENING PRAYERS

Glory to Thee O God, glory to Thee.

O Heavenly King, O Comforter, the Spirit of Truth, Who art in all places and fillest all things, the Treasury of good things and Giver of life, come and abide in us. Cleanse us from every stain and save our souls, O Good One.

The Trisagion Prayers

(From Pascha until Ascension we sing
"Christ is Risen" 3X in place of *Glory to Thee...* through *Holy God*)

Holy God, Holy Mighty Holy Immortal, Have Mercy on us. (*3 times*)

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

All Holy Trinity, have mercy on us.
Lord, cleanse us from our sins.
Master, pardon our iniquities.
Holy God, visit and heal our infirmities for Thy 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.

The Lord's Prayer

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 evil.

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.

O God be merciful to me a sinner. (3x)

O Lord our God, forgive all the sins I have committed this day in word, deed and thought, for Thou art good and lovest mankind. Grant me a peaceful sleep, free of restlessness.

Send Thy Guardian Angel to protect and keep me from all harm. For Thou art the Guardian of our souls and bodies, and to Thee we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Lord our God, in Whom we believe and upon Whose Name we call more than any other name: grant relief to our souls and bodies as we go to sleep. Keep us from every fantasy and dark pleasure. Halt the rushing of passions and quench the fiery arousals of the flesh. Grant us to live chastely in word and deed. Having embraced a virtuous life, may we not fall away from Thy promised blessings, for blessed art Thou forever. Amen.

Prayer to the Holy Guardian Angel

Angel of Christ, my holy guardian, the protector of my soul and body: forgive me for all the sins I have committed this day. Deliver me from all the evil of my militant enemy, that I may not anger my God by any sin. Pray for me, your sinful and unworthy servant, that you may show me worthy of the goodness and mercy of the All-Holy Trinity, the Mother of my Lord Jesus Christ and all the Saints. Amen.

Also the Prayer of St. Ioannikios

My Hope is the Father; my Refuge is the Son; my Protection is the Holy Spirit: O Holy Trinity, glory to Thee!

It is truly right to bless you, O Theotokos, ever blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you!

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

Lord, have mercy! (*3 times*)

Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, our venerable and God-bearing fathers and all the saints, save me, a sinner. Amen.

Wishing to lie down on your bed, say:

Enlighten my eyes, Christ - God, that I fall not asleep to death and that my enemy may not say of me: I have overcome him.

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

Be the Helper of my soul, O God, for I walk among many snares. Deliver me from them, O Good One, and save me, for Thou lovest mankind.

now and ever and unto ages of ages. Amen.

Let us ever hymn the most glorious Mother of God, who is holier than the Holy Angels. With heart and lips let us confess that she is the Theotokos, for she truly bore God incarnate for us and prays ceaselessly for our souls.

Amen.

VARIOUS PRAYERS

Parent's Prayer for their Children

Lord our God, who is your wisdom created man from the earth and breathed the breath of life unto him, blessing him and saying; Be fruitful multiply, and fill the earth; and at Cana of Galilee, through your Only-begotten Son, you blessed the wedding, and thus also blessed the birth of children. In humility I call upon your goodness, asking that you unceasingly pour out your grace and have mercy on these children whom you have blessed me with. Fill them with wisdom and understanding. Protect them from all the visible and invisible snares of the evil one. Command your angels to every be with them and guide them toward good works, so that they may always praised and glorify you all the days of their lives. Amen.

Prayers by St. Ephraim from his Spiritual Psalter

#11

I can control neither myself nor the enemy.
Help me Lord!

No one can heal my disease except He Who knows the depths of the heart.

How many times have I set boundaries for myself and build walls between myself and sin! But my thoughts transgressed the boundaries and my will tore down the walls, for

the boundaries were not secured by the fear of God, and the walls were not founded on sincere repentance.

And again I knock at the door, that it may open for me. I do not cease to ask that I may receive what I request; and I know no shame in seeking Thy mercy, O Lord.

O Lord, my Savior! Why has Thou forsaken me. Have mercy on me, O only Lover of mankind. Save me, a sinner, Thou only Sinless one.
Wrench me from the mire of my iniquities, that I may not be forever sullied by them.
Deliver me from the jaws of the enemy, who roars as a lion and desires to swallow me up.

Rouse Thy strength and come, that Thou mightest save me. Beam Thy lightning and disperse his power, that he may be struck with fear and flee from Thy face, for he has not the strength to stand before Thee and before the face of those who love Thee. As soon as he perceives a sign of Thy grace, he is taken with fear of Thee and withdraws from such with shame.

And now, O Master, save me, for I flee to Thee!

Prayer for the Acceptance of God's Will

O Lord, I do not know what to ask of thee. Thou alone know what are my true needs. Thou lovest me more than I myself know how to love. Help me to see my real needs which are concealed from me. I do not dare ask either for a cross or consolation. I can only wait on Thee. My heart is open to Thee. Visit and help me, for the sake of Thy great mercy. Strike me down and heal me; cast me down and raise me up. I worship in silence Thy Holy will and Thy unsearchable ways. I offer myself as a sacrifice to Thee. I have not other desire than to fulfill Thy Will. Teach me to pray. Pray Thou Thyself in me. Amen

A Prayer against Evil Thoughts

O Master, Lord my God, in Whose hands are my lots, help me according to Thy mercy and do not allow me to be destroyed with my iniquities; nor permit me by my will to follow the desires of my flesh against my spirit. I was fashioned by Thee. Do not forsake the works of Thy hands. Turn not Thy face, have pity, do not despise me, neither forsake me, O Lord, for I am weak; and it is to Thee, my protecting God, that I have come for refuge. Heal my soul, I have sinned against Thee. Save me for the sake of Thy mercy, for upon Thee have I cast myself from my very youth. May those who war against me be put to shame, and may those who seek to separate me from Thee through immodest acts, unseemly thoughts, and unprofitable recollections be turned back. Chase far from me every filthiness that is the superabundance of evil. For Thou alone art holy; Thou alone art mighty; Thou alone art immortal --- having unfathomable power against

all things. And it is through Thee that every power is given against the Devil and his forces. Unto Thee is due all glory, honor, and worship, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.