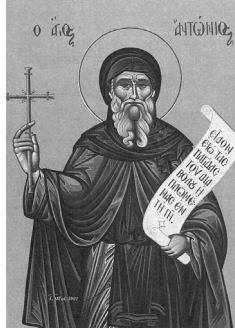


Orthodox Daily Prayers

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First Edition: January 2008

DEDICATED TO
The Father of Monasticism



Our Venerable and God-bearing Father
Anthony the Great
(+January 17)

Troparion to St. Anthony

*O Father Anthony,
By your zeal you equaled Elijah;
You imitated the life of John the Baptist;
You founded a city in the wilderness;
You established the Church on the firm foundation of your prayers.
Pray to Christ our God
That our souls may be saved.*

Kontakion to St. Anthony

*You rejected the cares of this world
Fulfilling your life in meekness,
Imitating the Forerunner in righteousness:
Together with him we honor you,
O Father of fathers, Anthony.*

May God Grant that our life of prayer emulates that of St. Anthony!

Note to the User

It is good to always be struggling towards a greater understanding of the wondrous mystery of our salvation. Prayer is one of the great arenas in which this struggle takes place. The historic prayers of the Church express many great truths – about Herself, about us as individual Christians, about our Lord and His will for us. For this reason, we are taught to use these prayers, to make their voice our voice, so that we can properly approach God’s presence and worship Him.

This prayer book includes a thorough set of morning, mid-day, and evening prayers. These follow a form that is in common use in the Antiochian Orthodox Christian Archdiocese of North America. Each service is designed such that all of the prayers are to be prayed every day unless they have parentheses following the title of the prayer. Inside the parentheses is an abbreviation of the day of the week on which that particular prayer is to be said (i.e., Sn=*Sunday*; M=*Monday*; Tu=*Tuesday*; W=*Wednesday*; Th=*Thursday*; F=*Friday*; and St=*Saturday*).

One may, of course, pray all of the prayers every day if he wishes, but it is better to begin a Rule of Prayer simply, using those prayers assigned for the day of the week. Then as one grows spiritually and becomes more disciplined in prayer, perhaps including some or all of the other prayers may be good. If one doesn’t start simply, it is easy to become discouraged and quit praying all together.

This collection also contains certain elements that can be included in the daily prayers as desired and as appropriate. These occasional elements include

daily and festal apolytikia and troparia (short, poetic hymns dedicated to a particular day or feast) and a general prayer of intercession. Also included are prayers commonly said before and after meals and prayers offered in preparation before and in thanksgiving after communion.

This is really just a small representation of the beautiful, historical prayers of the Church. But it is a good example of what the healthy, normal prayer life of an Orthodox Christian should look like.

I hope this little booklet is a blessing to you. Please remember me in your prayers. And may St. Anthony remember all of us!

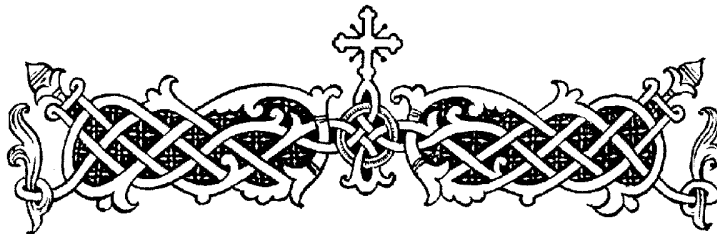
Dcn. David B. Keim
January 22, 2008
Cary, North Carolina



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MORNING PRAYERS

Having awakened, arise from your bed and go to your icon corner without laziness. Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

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

Then make the Sign of the Cross, saying:

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

The Trisagion Prayers

GLORY TO THEE, our God, glory to thee.

O HEAVENLY KING, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

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: both 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. (3 times)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

OUR FATHER, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

If there is a priest, he adds the usual exclamation "For Thine is the kingdom ..." Otherwise continue as follows:

HAVING arisen from sleep, we fall down before thee, O Blessed One, and sing to thee, O Mighty One, the Angelic Hymn: 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 my bed and sleep thou hast raised me: O Lord, enlighten my mind and my heart, and open my lips that I may praise thee, O Holy Trinity: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

BOTH now and ever, and unto ages of ages. Amen.

SUDDENLY the Judge shall come, and the deeds of each shall be revealed: but with fear we cry out in the middle of the night: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

LORD, have mercy. (*12 times*)

A Prayer to the Holy Trinity

ARISING from sleep I thank thee, O holy Trinity, because of the abundance of thy goodness and long-suffering thou wast not wroth with me, slothful and sinful as I am; neither hast thou destroyed me in my transgressions: but in thy compassion raised me up as I lay in despair; that at dawn I might sing

the glories of thy Majesty. Do thou now enlighten the eyes of my understanding, open my mouth to receive thy words, teach me thy commandments, help me to do thy will, and confessing thee from my heart, singing and praising thine All-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

O COME, let us worship and fall down before God our King. (*metania*)

O COME, let us worship and fall down before Christ, our King and our God. (*metania*)

O COME, let us worship and fall down before the very Christ, our King and our God. (*metania*)

Psalm 50 (Tu, Th, Sa)

HAVE mercy upon me, O God, according to thy great mercy: according to the multitude of thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity: and my sin is ever before me. Against thee only have I sinned, and done evil in thy sight: that thou mightest be justified in thy words, and prevail when thou art judged. For behold, I was shapen in iniquity: and in sin did my mother conceive me. For behold, thou hast loved truth: the unclear and hidden things of thy wisdom thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which thou hast broken shall rejoice. Turn away thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from thy presence: and take not thy holy spirit from me. Restore unto me the joy of thy salvation: and steady me with a guiding spirit. Then will I teach transgressors thy ways: and the impious shall be converted unto thee. Deliver me from

blood guiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips: and my mouth shall declare thy praise. For hadst thou desired sacrifice, I would have given it thee: thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, O God, thou wilt not despise. Do good, O Lord, in thy good will unto Zion: that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offering and whole burnt offerings: then shall they offer bullocks upon thine altar.

The Symbol of Faith (M, W, F)

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 worlds, Light of Light, Very God of Very 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 heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and 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; And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

1st Prayer, of Saint Macarius the Great (M)

O GOD, cleanse me, a sinner, for I have never done anything good in thy sight. Deliver me from the evil one, and may thy will be in me, that I may open my unworthy lips without condemnation and praise thy holy Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

2nd Prayer, of Saint Macarius the Great (M)

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

3rd Prayer, of Saint Macarius the Great (M)

HAVING risen from sleep, I hasten to thee, O Lord, for thou lovest mankind, and by thy loving-kindness I strive to do thy works, and I pray to thee: help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into thine eternal kingdom. For thou art my Creator, the Giver and Protector of everything good, and all my hope is in thee. And to thee I send up glory, now and ever and unto ages of ages. Amen.

4th Prayer, of Saint Macarius the Great (Tu)

O LORD, who in thine abundant goodness and thy great compassion hast granted me, thy servant, to pass the time of this night without the temptation of any opposing evil, Lord and Creator of all, by thy true light and with an

enlightened heart grant me to do thy will, now and ever and unto ages of ages. Amen.

5th Prayer, of Saint Macarius the Great (Tu)

ALMIGHTY Lord God, who dost receive from thy heavenly powers the thrice holy hymn, receive also from me thine unworthy servant, this song of the night, and grant me every year of my life and at every hour to send up glory to thee, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

6th Prayer, of Saint Basil the Great (W)

ALMIGHTY Lord, God of the powers of all flesh, who livest in the highest and carest for the humble, who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and everlasting Light, in whom is no change nor shadow of variation; O immortal King, receive our prayers which at the present time we offer to thee from unclean lips, trusting in the multitude of thy mercies. Forgive all sins committed by us in thought, word, or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of thine only-begotten Son, our Lord and God and Savior Jesus Christ, when the judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany him into the joy and divine palace of his glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of thy face. For thou art the true light that enlightens and sanctifies all, and all creation sings to thee throughout the ages. Amen.

7th Prayer, of Saint Basil the Great (Th)

WE bless thee, most high God and Lord of mercies, who ever dost great and unfathomable things for us, glorious and awesome things without number. Thou givest 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 power. 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, the Father without beginning, with thine only-begotten Son and thine all-holy and good and life-giving Spirit, now and ever and unto ages of ages. Amen.

8th Prayer, to our Lord Jesus Christ (F)

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

as I worked before by 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 ages of ages. Amen.

9th Prayer, to the Guardian Angel (Sa)

O HOLY angel, who stands 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 thee 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.

10th Prayer, to the Most Holy Theotokos (Sa)

O MOST holy Theotokos, my Lady, through thy holy and all-powerful prayers, turn away from me, thy humble and unworthy servant, despair, forgetfulness, unreasonable-ness, indifference, and all unclean, evil, and blasphemous thoughts from my wretched heart and darkened mind. Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my numerous and wicked memories and fantasies. Free me from all evil acts, for thou art blessed by all generations, and thy most honorable name is glorified unto ages of ages. Amen.

REJOICE, O Virgin Theotokos, 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 Savior of our souls.

Supplications for Intercession

O HEAVENLY hosts of holy Angels and Archangels, pray for us sinners. O glorious Apostles, Prophets, Martyrs, and all Saints, pray for us sinners.

The troparion of your parish may be said here, or any other troparia that you are accustomed to adding.

PRAY to God for me O holy N (*invoke your patron Saint*), for with fervor I turn to thee, who art the speedy helper and intercessor for my soul.

Prayer of Intercession

Prayers of Intercession may be inserted here using THE GENERAL INTERCESSION (p. 36).

The Readings

The assigned texts from the Scriptures and/or the writings of the Fathers may be read now, if it is desired to read them during the Morning Prayers.

Conclusion

The troparion for the day of the week may be said here (i.e., the resurrectional apolytikion for the tone of the week on Sundays, p. 29; the daily troparion on weekdays, p. 31; the festal troparion during festal periods, p. 32). If known, the troparion for the Saint whose feast it is may also be said now.

O LORD, save thy people, and bless thine inheritance, grant victory to Orthodox Christians over their adversaries, and by the power of thy Cross, preserve thine estate.

IT is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

O LORD Jesus Christ, the Son of God, through the intercessions of thine immaculate Mother, of Saint *N (your patron Saint)*, and of all thy Saints, have mercy upon us and save us, for thou art a merciful God, and lovest mankind. Amen.

A Prayer of Saint Philaret of Moscow

This prayer may be said at the end of the morning prayers outside of Great Lent.

O LORD, grant me to greet the coming day in peace and spiritual tranquility. Help me in all things to rely upon thy holy will. In every hour of the day reveal thy will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with firm conviction that thy will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by thee. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, pray thou thyself in me. Amen.

The Prayer of Saint Ephraim the Syrian

This prayer is used on the weekdays of Great Lent.

O LORD and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. (*prostration*)

But grant rather the spirit of chastity, humility, patience and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed art thou unto ages of ages. Amen. (*prostration*)

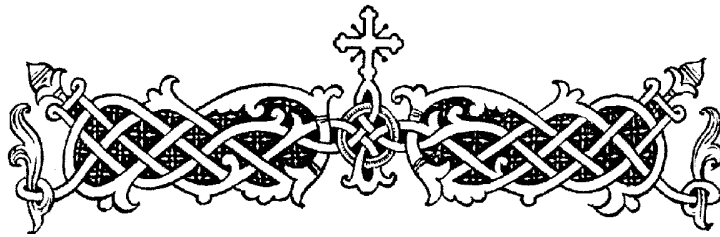
O God, cleanse me a sinner. (*12 times with metanias*)

Then the entire Prayer of Saint Ephraim is said without the prostrations and a single prostration is made at the end.

Ending

THROUGH the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us. AMEN.





MID-DAY PRAYERS

Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

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

Then make the Sign of the Cross, saying:

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

The Trisagion Prayers

GLORY TO THEE, our God, glory to thee.

O HEAVENLY KING, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

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: both 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. (3 times)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

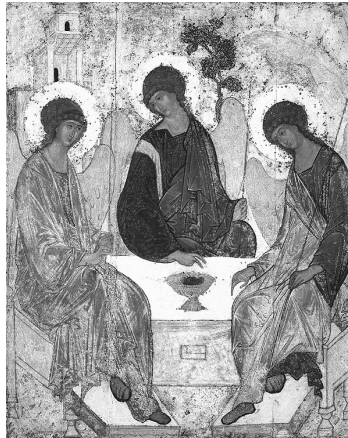
OUR FATHER, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

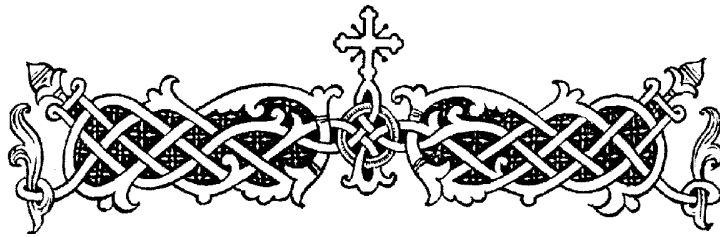
If there is a priest, he adds the usual exclamation. Otherwise continue as follows:

O CHRIST our God, who at this hour didst stretch out thy loving arms upon the Cross that all men might be gathered unto thee, help us and save us who cry out unto thee: Glory to thee, O Lord.

Then add your private devotions and intercessions, and conclude with this prayer:

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





EVENING PRAYERS

Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

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

Then make the Sign of the Cross, saying:

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

The Trisagion Prayers

GLORY TO THEE, our God, glory to thee.

O HEAVENLY KING, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

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: both 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. (3 times)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

OUR FATHER, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

If there is a priest, he adds the usual exclamation. Otherwise continue as follows:

NOW that the day hath come to a close, I thank thee, O Lord, and I ask that the evening, with the night, may be sinless. Grant this to me, O Saviour, and save me.

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

NOW that the day hath passed, I glorify thee, O Master, and I ask that the evening, with the night, may be without offence; grant this to me, O Saviour, and save me.

BOTH now and ever, and unto ages of ages. Amen.

NOW that the day hath run its course, I praise thee, O Holy One, and I ask that the evening, with the night, may be undisturbed; grant this to me, O Saviour, and save me.

LORD, have mercy. (12 times)

The Symbol of 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 worlds, Light of Light, Very God of Very 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 heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and 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; And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Prayer of the Hours (Su)

O CHRIST our God, who at all times and in every hour in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who loves the just and showest mercy upon the sinners; who callest all to salvation through the promise of blessings to come; O Lord in this hour, receive our supplications, and direct our lives according to thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for thou art blessed unto ages of ages. Amen.

**Prayer of Saint Macarius the Great
To God the Father (M)**

O ETERNAL God and King of all creation, who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word,

and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed, I may please thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For thine is the kingdom, the power, and the glory, of the Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer of Saint Antioch to Christ (M)

O RULER of all, Word of the Father, Jesus Christ, thou who art perfect, never in thy great mercy leave me, but ever abide in me, thy servant. O Jesus, Good Shepherd of thy sheep, deliver me not to the revolt of the servant and leave me not to the will of Satan, for the seed of corruption is in me. Lord, God whom we adore, holy King, Jesus Christ, guard me asleep by the unwaning light, thy Holy Spirit, by whom thou didst sanctify thy disciples. O Lord, grant me, thine unworthy servant, thy salvation on my bed. Enlighten my mind with the light of understanding of thy holy Gospel. Enlighten my heart with the purity of thy Word. Enlighten my body with thy passionless Passion. Keep my thoughts in thy humility. And rouse me in good time to glorify thee, for thou art supremely glorified, with thine eternal Father and thy most Holy Spirit for ever. Amen.

**Prayer of Saint Ephraim the Syrian
To the Holy Spirit (Tu)**

O LORD, heavenly King, Comforter, Spirit of Truth, have compassion and mercy on thy servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast -my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have

sworn by thy name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have become angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarreled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if! have had depraved thoughts, or have overeaten or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember—for I have done all this and much more—have mercy, my Lord and Creator, on me, thy wretched and unworthy servant, and absolve and forgive and deliver me in thy goodness and love for men, so that lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise, and glorify thy most honorable Name, with the Father and his only begotten Son, now and ever and for all ages. Amen.

A Prayer for Forgiveness (W)

O LORD our God, in thy goodness and love for men forgive me all sins I have committed today in word, deed, or thought. Grant me peaceful and undisturbed sleep. Send thy guardian angel to guard and protect me from all evil. For thou art the guardian of souls and bodies, and unto 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.

A Prayer (W)

O LORD our God, in whom we believe and whose Name we invoke above every name, grant us preparing for sleep, relaxation of soul and body, and keep us from all temptations and dark pleasures. Stop the rushing of passions and quench the burning of bodily tensions. Grant us to live chastely in word and act, that we may live a life of heroic virtue and not fall away from thy promised blessings. For thou art blessed forever. Amen.

A Prayer of Saint John Chrysostom (Th)

Supplicatory prayers corresponding to the twenty-four hours of the day.

DAY

Lord, deprive me not of thy heavenly joys.

Lord, deliver me from eternal torments.

Lord, if I have sinned in mind or thought, in word or deed, forgive me.

Lord, deliver me from all ignorance, forgetfulness, cowardice, and stony insensibility.

Lord, deliver me from every temptation.

Lord, enlighten my heart, which evil desires have darkened.

Lord, I, being a human, have sinned; but thou, being the generous God, have mercy on me, knowing the sickness of my soul.

Lord, send thy grace to my help that I may glorify thy holy Name.

Lord Jesus Christ, write me, thy servant, in the book of life and grant me a good end.

Lord my God, even though I have done nothing good in thy sight, yet grant me by thy grace to make a good start.

Lord, sprinkle into my heart the dew of thy grace.

Lord of heaven and earth, remember me, thy sinful servant, shameful and unclean, in thy kingdom. Amen.

NIGHT

Lord, accept me in penitence.

Lord, leave me not.

Lord, lead me not into temptation.

Lord, grant me good thoughts.

Lord, grant me tears, the remembrance of death and compunction.

Lord, grant me the thought of confessing my sins.

Lord, grant me humility, chastity, and obedience.

Lord, grant me patience, courage, and meekness.

Lord, plant in me the root of all blessings, the fear of thee in my heart.

Lord, grant me to love thee with all my mind and soul, and always to do thy will.

Lord, protect me from certain people and demons and passions and from every other harmful thing.

Lord thou knowest that thou actest as thou wilt; may thy will also be in me, a sinner, for blessed art thou forever. Amen.

Prayer to Our Lord Jesus Christ (F)

O LORD Jesus Christ, Son of God, for the sake of thy most honorable Mother, thy fleshless angels, thy prophet and forerunner and baptizer John, all the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing Fathers, and by the prayers of all saints, deliver me from the besetting presence of the devil. My Lord and Creator, who desirest not the death of the sinner but that he should be converted and live, grant also conversion to me, wretched and unworthy; snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to hell alive. My Lord, my comfort, who was clothed in corruptible flesh for my miserable soul, deliver me from misery and grant comfort to my miserable

soul. Implant in my heart to fulfill thy commandments, to forsake my evil deeds, and to receive thy joys. Save me, for I hope in thee, O Lord. Amen.

**Prayer of Intercession
To the Most Holy Theotokos (F)**

O GOOD Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of thy Son and our God on my passionate soul and guide me in good works by thy prayers, that I may pass the rest of my life without defilement and find paradise through thee, O Virgin Mother of God, who alone art pure and blessed.

**Prayer of Intercession
To one's Guardian Angel**

O ANGEL of Christ, my holy guardian and protector of my soul and body, forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, the sinful and unworthy servant, that thou mayest present me worthy of the kindness and mercy of the all-holy Trinity, and the mother of my Lord Jesus Christ, and of all the Saints. Amen.

Hymns to the Mother of God

To thee, the champion leader, we thy servants ascribe thank-offerings of victory. For thou hast delivered us from terrors, O Theotokos; but as thou hast power which is invincible, from all dangers set us free, that we may cry out to thee: Rejoice, O bride without bridegroom!

MOST glorious, ever-virgin, blessed Mother of Christ our God, present our prayer to thy Son and our God, and pray that through thee he may save our souls.

I PUT all my hope in thee, O Theotokos. Guard me under thy protection.

O VIRGIN Mother of God, despise not me, a sinner, needing thy help and protection, and have mercy on me, for my soul hopes in thee.

Then examine your conscience, asking forgiveness for all those things wherein you have sinned

O LORD, our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee, for thou art blessed, with thine only-begotten Son and thine all-holy Spirit, now and ever and unto ages of ages. Amen.

Here add your own private devotions, entreating the Lord in your own words.

The Readings

The assigned texts from the Scriptures and/or the writings of the Fathers may be read now, if it is desired to read them during the Evening Prayers.

Conclusion

The troparion of your parish may be said here, or any other troparia that you are accustomed to adding (e.g., the resurrectional apolytikion for the tone of the week on Sundays, p. 29; the daily troparion on weekdays, p. 31; the festal troparion during festal periods, p. 32).

O LORD, save thy people, and bless thine inheritance, grant victory to Orthodox Christians over their adversaries, and by the power of thy Cross, preserve thine estate.

IT is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

O LORD Jesus Christ, the Son of God, through the intercessions of thine immaculate Mother, of Saint N (*your patron Saint*), and of all thy Saints, have mercy upon us and save us, for thou art a merciful God, and lovest mankind. Amen.

The Prayer of Saint Ephraim the Syrian

This prayer is used on the weekdays of Great Lent.

O LORD and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. (*prostration*)

But grant rather the spirit of chastity, humility, patience and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed art thou unto ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner. (*12 times with metanias*)

Then the entire Prayer of Saint Ephraim is said without the prostrations and a single prostration is made at the end.

Ending

THROUGH the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us. Amen.

Before Going To Sleep

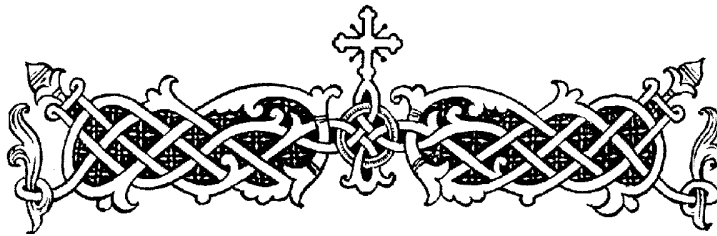
Kiss your cross and icon, make the sign of the Cross over your bed, from head to foot and from side to side, saying:

GUARD me, O Lord, by the power of thy holy and life-giving Cross, and keep me from all evil.

Just before yielding yourself to sleep, say:

INTO thy hands, O Lord, I commend my soul and my body. Do thou thyself bless me, have mercy on me, and grant me life eternal. Amen.





MEAL-TIME PRAYERS

Breakfast

BEFORE

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.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (3 times)

If a priest is present the people say, "Father, bless!" and he says the blessing, otherwise anyone may say the blessing.

O CHRIST our God, bless the food and drink of thy servants, for thou art holy, always, now and ever, and unto ages of ages. Amen.

AFTER

MORE honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (3 times)

If a priest is present he says the following prayer, otherwise it may be said by anyone.

GOD is with us through his grace and love for mankind, always now and ever, and unto ages of ages. Amen.

Lunch

BEFORE

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.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

If a priest is present the people say, "Father, bless!" and he says the blessing, otherwise anyone may say the blessing.

O CHRIST our God, bless the food and drink of thy servants, for thou art holy, always, now and ever, and unto ages of ages. Amen.

AFTER

WE thank thee, O Christ our God, for thou hast satisfied us with thine earthly blessings. Deprive us not of thy Heavenly Kingdom, but as thou camest among thy disciples, O Savior, giving them peace, so come to us and save us!

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (3 times)

If a priest is present he says the following prayer, otherwise it may be said by anyone.

BLESSED is God, who has had mercy on us and fed us from his rich gifts, through his grace and love for mankind, always now and ever, and unto ages of ages. Amen.

Supper

BEFORE

THE poor shall eat and be satisfied, and those who seek the Lord shall praise him; their hearts shall live forever!

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (3 times)

If a priest is present the people say, "Father, bless!" and he says the blessing, otherwise anyone may say the blessing.

O CHRIST our God, bless the food and drink of thy servants, for thou art holy, always, now and ever, and unto ages of ages. Amen.

AFTER

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

THY womb became a Heavenly Table, bearing the Heavenly Bread Christ our God. Whosoever eats of him shall not die, O Theotokos, according to the word of the Nourisher of all. More honorable than the cherubim and more

glorious beyond compare than the seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

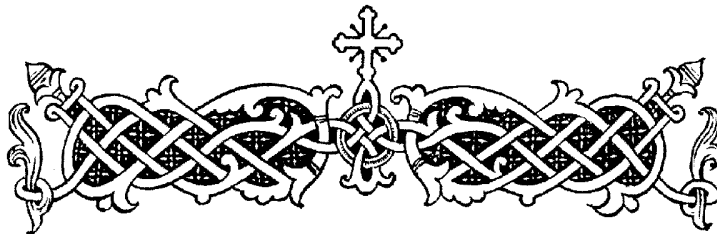
THOU, O Lord, hast made us glad by thy works: in the works of thy hands shall we rejoice, Lift up the Light of thy countenance upon us, O Lord! Thou hast put joy in my heart. With the fruit of wheat, wine and oil have we been satisfied. In peace I will both lie down and sleep: for thou alone, O Lord, makest me to dwell in hope.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

If a priest is present he says the following prayer, otherwise it may be said by anyone.

GOD is with us through his grace and love for mankind, always now and ever, and unto ages of ages. Amen.





APOLYTIKIA/TROPARIA

The Resurrectional Apolytikia *For Sundays*

TONE 1

WHILE the stone was sealed by the Jews, and soldiers were guarding thy most pure body, thou didst arise on the third day, O Savior, granting life to the world; for which cause the heavenly pow'rs cried aloud unto thee, O Giver of Life: Glory to thy Resurrection, O Christ; glory to thy Kingdom; glory to thy Providence, O thou who alone art the Lover of mankind!

TONE 2

WHEN thou didst submit thyself unto death, O thou Deathless and Immortal One, then thou didst destroy Hell with thy Godly pow'r; and when thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto thee: "O Christ thou Giver of Life, glory to thee!"

TONE 3

LET the heavens rejoice and the earth be glad for the Lord hath done a mighty act with his own arm; he hath trampled down death by death and became the first born from the dead; he hath delivered us from the depths of Hades, granting the world the great mercy.

TONE 4

HAVING learned the joyful message of the Resurrection of the angel, the women disciples of the Lord cast from them their parental condemnation,

and proudly broke the news to the disciples, saying Death hath been spoiled, Christ God is risen, granting the world great mercy!

TONE 5

LET us believers praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation; for he took pleasure in ascending the Cross in the flesh, to suffer death, and to raise the dead by his glorious Resurrection.

TONE 6

WHEN Mary stood at thy grave looking for thy sacred Body, angelic pow'rs shone above thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby; thou didst meet the Virgin and didst give Life to the world; O thou who art risen from the dead, O Lord, glory to thee.

TONE 7

THOU hast shattered death by thy Cross; thou didst open Paradise to the thief; thou didst turn the sadness of the ointment bearing women into joy, and didst bid thine Apostles proclaim a warning that thou hast risen, O Christ, granting to the world the great mercy.

TONE 8

FROM the heights thou didst descend, O Compassionate One, and thou didst submit to the three day burial, that thou might deliver us from passion; thou art our life and our resurrection: O Lord, glory to thee.

**The Daily Troparia
For Weekdays**

MONDAY—THE HOLY ANGELS

O YE foremost of the heavenly hosts, we, though unworthy, beseech you by your petitions that ye would compass us with the shadow of you immaterial glory, preserving us who kneel and cry ceaselessly, “Deliver us from oppressions, since ye are the princes of the ranks of dominions on high.”

TUESDAY—ST. JOHN THE BAPTIST AND FORERUNNER

THE memory of the righteous is celebrated with songs of praise, but the Lord’s testimony is sufficient for thee, O Forerunner. Thou wast shown indeed to be the most honorable of the prophets, for in the waters thou didst baptize him who had been proclaimed. After suffering with joy in behalf of the truth, thou didst proclaim even to those in hades the God who appeared in the flesh, who taketh away the sins of the world and granteth us great mercy.

WEDNESDAY—THE HOLY CROSS

O LORD, save thy people and bless thine inheritance, granting victory to thy people over all adversaries, and by thy cross, preserving thine estate.

THURSDAY—THE HOLY APOSTLES AND ST. NICHOLAS

O HOLY Apostles, intercede with the merciful God that he may grant our souls forgiveness of sins.

THY work of justice didst reveal thee to thy people as a canon of faith, the likeness of humility, a teacher of abstinence, O Father and Bishop Nicholas. Wherefore by humility thou didst achieve exaltation and by meekness, richness. Intercede, therefore, with Christ to save our souls.

FRIDAY — THE HOLY CROSS

O LORD, save thy people and bless thine inheritance, granting victory to thy people over all adversaries, and by thy cross, preserving thine estate.

SATURDAY — ALL THE SAINTS AND THE FAITHFUL DEPARTED

O YE apostles, martyrs, prophets, hierarchs, saints, and righteous, who have fought the good fight and kept the faith, we beseech you, since you have achieved favor with the Savior, plead with him for our sake, for he is good, to save our souls.

REMEMBER, O Lord, the souls of thy servants; for thou art good. Forgive them all wherein they have sinned in this life; for there is none without sin except thee, who art able to grant rest to the departed.

KONTAKION OF THE FAITHFUL DEPARTED

O CHRIST, with the saints, grant rest to the souls of thy servants in a place where there is no suffering, no sorrows, and no sighs, but life everlasting.

The Festal Troparia
Pascha and the Twelve Major Feasts

PALM SUNDAY – SUNDAY BEFORE HOLY PASCHA

IN confirming the common resurrection, O Christ God, thou didst raise up Lazarus from dead before thy Passion. Wherefore we also, like the children, bearing the symbols of victory, cry to thee, the vanquisher of death: Hosanna in the highest; blessed is he that cometh in the name of the Lord.

HOLY PASCHA – THE FEAST OF FEASTS

CHRIST is risen from the dead, trampling down Death by Death, and upon those in the tombs bestowing life.

HOLY ASCENSION – FORTY DAYS AFTER HOLY PASCHA

THOU hast ascended in glory, O Christ our God, and gladdened thy disciples with the promise of the Holy Spirit; and they were assured by the blessing that thou art the Son of God and redeemer of the world.

HOLY PENTECOST – FIFTY DAYS AFTER HOLY PASCHA

BLESSED art thou, O Christ our God, who hast shown forth the fisherman as supremely wise by sending down upon them the Holy Spirit, and through them didst draw the world into thy net. O befriender of man, glory be to thee.

NATIVITY OF THE THEOTOKOS – SEPTEMBER 8

THY nativity, O Theotokos, hath proclaimed joy to the whole world; for from thee hath dawned the Sun of Righteousness, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

EXALTATION OF THE CROSS – SEPTEMBER 14

SAVE, O Lord, they people, and bless thine inheritance; grant thou unto the faithful victory over adversaries. And by the power of thy cross do thou preserve thy commonwealth.

ENTRY OF THE THEOTOKOS INTO THE TEMPLE – NOVEMBER 21

TODAY is the prelude of God's good will and the heralding of the salvation of mankind. In the temple of God, the Virgin is presented openly, and she proclaimeth Christ unto all. To her, then, with a great voice let us cry aloud: Rejoice, O thou fulfillment of the Creator's dispensation.

NATIVITY OF OUR LORD - DECEMBER 25

THY nativity, O Christ our God, hath shined the light of knowledge upon the world; for thereby they that worshipped the stars were instructed by a star to worship thee, the Sun of Righteousness, and to know thee, the Dayspring from on high. O Lord, glory be to thee.

HOLY THEOPHANY OF OUR LORD - JANUARY 6

WHEN thou wast baptized in the Jordan, O Lord, the worship of the Trinity was made manifest; for the voice of the father bare witness to thee, calling thee his beloved Son. And the Spirit in the form of a dove confirmed the certainty of the word. O Christ our God, who hast appeared and hast enlightened the world, glory be to thee.

MEETING OF OUR LORD IN THE TEMPLE - FEBRUARY 2

REJOICE, thou who art full of grace, O Virgin Theotokos, for from thee hath arisen the Sun of Righteousness, Christ our God, enlightening those in darkness. Rejoice thou also, O righteous elder, as thou receivest in thine arms the redeemer of our souls, who also granteth unto us the resurrection.

THE ANNUNCIATION OF THE THEOTOKOS - MARCH 25

TODAY is the fountainhead of our salvation and the manifestation of the mystery which was from eternity. The Son of God becometh the Virgin's son, and Gabriel proclaimeth the good tidings of grace; for this cause, we also cry out to the Mother of God with him: Rejoice, thou who art full of grace; the Lord is with thee.

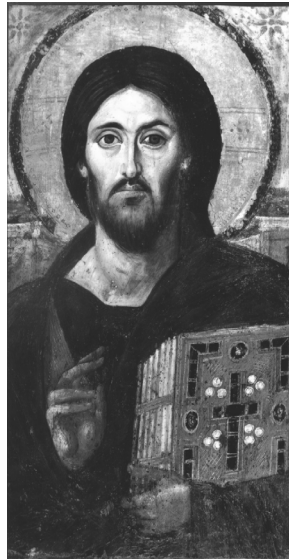
TRANSFIGURATION OF OUR LORD - AUGUST 6

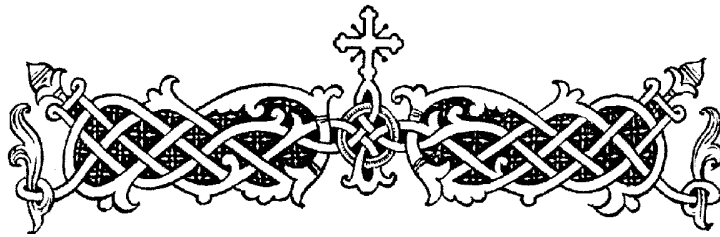
THOU wast transfigured on the mountain, O Christ our God, showing to thy disciples thy glory as each one could endure. Shine forth thou on us who are

sinners all thy light ever unending, through the prayers of the Theotokos; Light-bestower, glory to thee.

DORMITION OF THE THEOTOKOS - AUGUST 15

IN giving birth thou didst preserve thy virginity; in thy dormition thou didst not forsake the world, O Theotokos. Thou wast translated unto life, since thou art the Mother of Life; and by thine intercessions dost thou redeem our souls from death.





GENERAL INTERCESSION

For the Living

O LORD Jesus Christ, our God, in thy mercies and loving-kindness thou regardest the humble prayers of all who call upon thee with their whole heart; incline thine ear and hear now my prayer, offered to thee in humility. Be mindful, O Lord, of thy Holy Orthodox-Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever. (*prostration*)

SAVE, O Lord, and have mercy upon the Holy Orthodox Patriarchs, our Archbishop N., our diocesan Bishop N., and on every Bishop of the Orthodox; the Priests and Deacons and all the clergy of thy Church, whom thou hast established to feed thy reason-endowed flock. Through their prayers, have mercy upon me and save me, a sinner. (*prostration*)

SAVE, O Lord, and have mercy upon the president of our country, on all civil authorities and on our armed forces. Surround them with peace, and speak peace and goodness into their hearts for thy Holy Church and all thy people. In their calm may we live a calm and silent life in the True Faith and in all piety and purity. (*prostration*)

SAVE, O Lord, and have mercy upon our father, the Priest/ Archpriest N. [*here is inserted the name of your parish priest*], with all our brethren in Christ, and through their prayers have mercy on me, who am wretched. (*prostration*)

SAVE, O Lord, and have mercy on my spiritual father N, and forgive my transgressions through his holy prayers. (*prostration*)

SAVE, O Lord, and have mercy on all our brethren who serve this holy Church—the parish council, the choir, the teachers, the custodians and cleaners, and all who work for our parish, and all Christians. (*prostration*)

SAVE, O Lord, and have mercy on my parents NN, [*if they are still living*], my wife/husband N, my children N, my brothers and sisters and all my relatives according to the flesh, those who are close to my family, and my friends, especially N. Grant them mercy, live, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify Thy Holy Name. (*prostration*)

SAVE, O Lord, and have mercy on our fathers, brothers, and sisters who live with patient faith in the monasteries of the Holy Mountain, Russia, Greece, America, and any other place. Through their prayers, have mercy on me a sinner. (*prostration*)

SAVE, O Lord, and have mercy, according to the multitude of thy compassions, on all hieromonks, monks, nuns, and on all, who in virginity, reverence, and fasting, live in monasteries, in deserts and caves, on mountains and pillars, in hermitages and cleft rocks, on islands in the sea, and who live in the True Faith in every place of thy dominion, serving thee piously and praying to thee. Lighten their burden and console them in sorrow. Grant them strength and resolution in their struggles, and grant me remission of sins through their prayers. (*prostration*)

SAVE, O Lord, and have mercy on the old and the young, the poor, the orphans and widows, and on those who are in sickness and in sadness, in misfortunes and in sorrow, in war and in captivity, in prison and in exile—especially those who, being thy servants, are persecuted for thy sake and the Orthodox Faith by godless heathens, apostates, and heretics. Remember, visit,

strengthen, and comfort them, giving them early release, freedom, and deliverance by thy might. (*prostration*)

SAVE, O Lord, and have mercy on our benefactors who have mercy on us and feed us, giving us alms and security, and ask us to pray for them, despite our unworthiness. Be thou merciful to them and grant their every petition for salvation and the reward of eternal good things. (*prostration*)

SAVE, O Lord, and have mercy on all our fathers, brothers, and sisters and all Orthodox Christians who are traveling in thy service. (*prostration*)

SAVE, O Lord, and have mercy on those whom I have caused to stumble, turning them away from the path of salvation and leading them to evil and unseemly deeds. Return them to the path of salvation by thy Divine Providence. (*prostration*)

SAVE, O Lord, and have mercy on those who hate and offend me and do me harm. Do not let them perish because of me, a sinner. (*prostration*)

ENLIGHTEN with the light of thy knowledge those who have left the Orthodox Faith and have been blinded by devastating heresies, reuniting them to thy One, Holy, Orthodox-Catholic and Apostolic Church. (*prostration*)

SAVE, O Lord, and have mercy on me, Thy humble servant; grant me Thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving Thee, that I maybe accounted worthy at the last to enter into the Kingdom of Heaven. (*prostration*)

For the Departed

REMEMBER, O Lord, all Orthodox Patriarchs and Metropolitans; Archbishops and Bishops; Priests and those who serve in Holy Orders; those who serve

thee in monastic ranks and the blessed founders of our holy church. Grant them rest with the Saints in thine eternal dwellings. (*prostration*)

REMEMBER, O Lord, the souls of thy departed servants, my parents NN, [*if they have already fallen asleep in the Lord*], and all my relatives according to the flesh. Forgive all their sins, both voluntary and involuntary. Grant them participation in thine eternal good things and the enjoyment of the eternal and blessed life. (*prostration*)

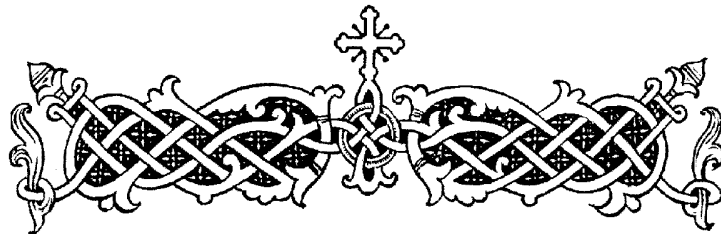
REMEMBER, O Lord, all our departed fathers, brothers, and sisters, the Orthodox Christians who lie here and everywhere in the hope of the Resurrection and eternal life, especially NN. Grant them to live with thy Saints under the Light of thy countenance. Have mercy on us also, for thou art good and lovest mankind. Amen. (*prostration*)

The following is said three times, each time with a prostration.

GRANT remission of sins, O Lord, to all our fathers, brothers, and sisters who have departed before us in faith and the hope of the Resurrection, and make their memory eternal.

HEAR my prayer, O Lord, for thou art merciful and compassionate, and lovest mankind, and to thee are due all glory, honor and worship: to the Father and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.





PRAYERS OF PREPARATION FOR COMMUNION

A Prayer of St. Basil the Great

O LORD and Master, Jesus Christ, our God, Fountain of life and immortality, Creator of all things visible and invisible; Consubstantial and Co-eternal Son of the eternal Father, who in thine exceeding great love didst become incarnate in the latter days, and was crucified for us ungrateful and wicked children, and by thine own Blood didst renew our nature corrupted by sin; Do thou, O Immortal King, receive me, a repentant sinner; incline thine ear unto me and hear my prayer. I have sinned, O Lord, I have sinned against heaven and before thee, and I am not worthy to lift up my eyes to the majesty of thy glory, for I have affronted thy goodness, and broken thy commandments, and disobeyed thy laws. But thou, O Lord most loving, long-suffering and merciful, hast not given me over to perish in my sin, but dost ever await my return. For, O Thou who lovest mankind, thou hast said, by thy Prophet, that thou hast no pleasure in the death of a sinner, but rather that he should turn from his wickedness and live. Thou dost not desire, O Master, to destroy the works of thy hands or that they should perish, but willest that all men should be saved and come to the knowledge of the Truth. Wherefore I, although unworthy both of heaven and of earth and of this temporary life, even I, a wretched sinner who had given myself over to every evil desire, despair not of salvation, though I have been wholly subject to sin, a slave to passion, and have defiled thine image within me, who am thy creation and thy work; but trusting in thine infinite compassion, draw nigh unto thee. Receive me, O Lord, thou that lovest mankind, as thou didst receive the sinful woman, the thief, the publican and the prodigal son. Take

away the heavy burden of my sins, O Thou that takest away the sins of the world, and healest the infirmities of men, and callest all that are weary and heavy laden to thyself and givest them rest; thou that camest not to call the righteous but sinners to repentance, cleanse thou me from all stain of body and soul and teach me to fulfill holiness in thy fear, that with the witness of my conscience pure, I may receive a portion of thy Holy Gifts, and be united to thy Holy Body and Precious Blood, and may have thee, with thy Father and Holy Spirit, dwelling and abiding in me. And grant, O Lord Jesus Christ, my God, that the partaking of thy precious and Life-giving Mysteries may not be to my condemnation, nor may not through the weakness of my soul and body be received unworthily; but grant that, even unto my last breath, I may partake of a portion of thy Holy Gifts without condemnation, unto the Communion of thy Holy Spirit, as a preparation for eternal Life and for a good defense at thy dread Judgement Seat; so that I, together with all thine elect, may also receive those incorruptible good things which thou hast prepared for them that love thee, O Lord; in whom thou art glorified forever. Amen.

Another Prayer of St. Basil the Great

O LORD, I know that I am unworthy to receive thy Holy Body and Precious Blood; I know that I am guilty, and that I eat and drink condemnation to myself, not discerning the Body and Blood of Christ my God. But trusting in thy loving-kindness I come unto thee who hast said: He that eateth my Body and drinketh my Blood shall dwell in me and I in him. Therefore, O Lord, have compassion on me and make not an example of me, thy sinful servant. But do unto me according thy great mercy, and grant that these Holy Gifts may be for me unto the healing, purification, enlightenment, protection, salvation and sanctification of my soul and body, and to the expulsion of every evil imagination, sinful deed or work of the Devil. May

they move me to reliance on thee and to love thee always, to amend and keep firm my life; and be ever in me to the increase of virtue, to the keeping of the Holy Spirit, and as a good defense before thy dread Judgement Seat, and for Life Eternal. Amen.

A Prayer of St. John Chrysostom

O LORD my God, I know that I am neither worthy nor sufficient that thou shouldest enter under my roof into the habitation of my soul, for it is all deserted and in ruins, and thou hast not a fitting place in me to lay thy head. But as from the heights of thy glory thou didst humble thyself, so now bear me in my humility; as thou didst deign to lie in a manger in a cave, so deign now also to come into the manger of my mute soul and corrupt body. As thou didst not refrain from entering into the house of Simon the leper, or shrink from eating there with sinners, so also vouchsafe to enter the house of my poor soul, all leprous and full of sin. Thou didst not reject the sinful woman who ventured to draw near to touch thee, so also have pity on me, a sinner, approaching to touch thee. And grant that I may partake of thine All-holy Body and Precious Blood for the sanctification, enlightenment and strengthening of my weak soul and body; for the relief from the burden of my many sins; for my preservation against all the snares of the devil; for victory over all my sinful and evil habits; for the mortification of my passions; for obedience to thy Commandments; for growth in thy divine Grace and for the inheritance of thy Kingdom. For it is not with careless heart that I approach thee, O Christ my God, but I come trusting in thine infinite goodness, and fearing lest I may be drawn afar from thee and become the prey of the wolf of souls. Wherefore I pray thee, O Master, who alone art holy, that thou wouldest sanctify my soul and body, my mind and heart and reins, and renew me entirely. Implant in my members the fear of thee, be thou my helper and guide, directing my life in the paths of peace, and make me

worthy to stand at thy right hand with thy Saints; through the prayers and intercessions of thine immaculate Mother, of thy Bodiless Servitors, of the immaculate Powers, and of all the Saints who from all ages have been well-pleasing unto thee. Amen.

A Prayer of St. John of Damascus

O LORD and Master Jesus Christ, our God, who alone hath power to forgive the sins of men, do thou, O Good One who lovest mankind, forgive all the sins that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation thy divine, glorious, immaculate and life-giving Mysteries; not unto punishment or unto increase of sin; but unto purification, and sanctification and a promise of thy Kingdom and the Life to come; as a protection and a help to overthrow the adversaries, and to blot out my many sins. For thou art a God of Mercy and compassion and love toward mankind, and unto Thee we ascribe glory together with the Father and the Holy Spirit; now and ever, and unto ages of ages. Amen.

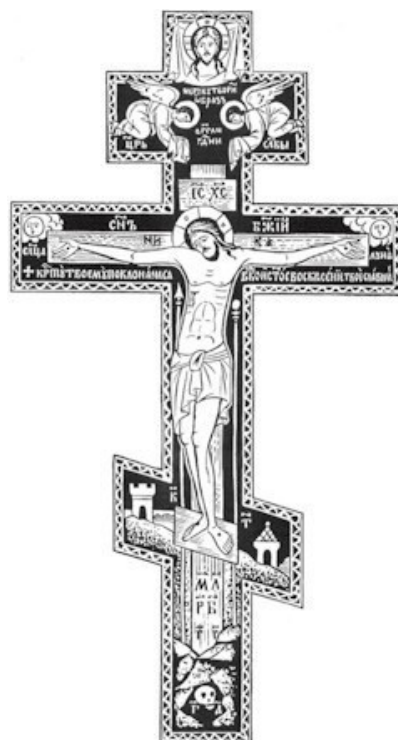
Another Prayer of St. John of Damascus

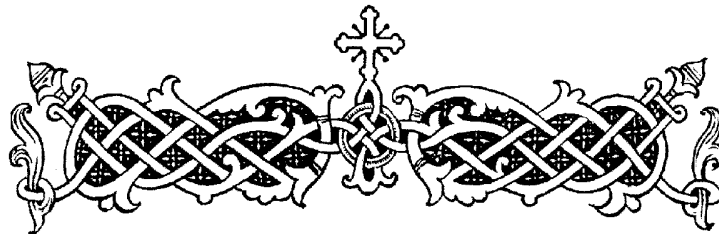
I STAND before the gates of thy Temple, and yet I refrain not from my evil thoughts. But do thou, O Christ my God, who didst justify the publican, and hadst mercy on the Canaanite woman, and opened the gates of Paradise to the thief; open unto me the compassion of thy love toward mankind, and receive me as I approach and touch thee, like the sinful woman and the woman with the issue of blood; for the one, by embracing thy feet received the forgiveness of her sins, and the other by but touching the hem of thy garment was healed. And I, most sinful, dare to partake of thy whole Body. Let me not be consumed but receive me as thou didst receive them, and enlighten the perceptions of my soul, consuming the accusations of my sins;

through the intercessions of Her that without stain gave Thee birth, and of the heavenly Powers; for thou art blessed unto ages of ages. Amen.

A Prayer of St. John Chrysostom

I BELIEVE, O Lord, and I confess that thou art truly the Christ, the Son of the living God, who didst come into the world to save sinners, of whom I am chief. And I believe that this is truly thine own immaculate Body, and that this is truly thine own precious Blood. Wherefore I pray thee, have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance; and make me worthy to partake without condemnation of thine immaculate Mysteries, unto remission of my sins and unto life everlasting. Amen. Of thy Mystic Supper, O Son of God, accept me today as a communicant; for I will not speak of thy Mystery to thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess thee: Remember me, O Lord, in thy Kingdom. Not unto judgement nor unto condemnation be my partaking of thy Holy Mysteries, O Lord, but unto the healing of soul and body.





PRAYERS OF THANKSGIVING AFTER COMMUNION

GLORY to thee, O God. (*3 times*)

I THANK thee, O Lord my God, that thou hast not rejected me, a sinner, but hast accounted me worthy to become a communicant of thy Holy Mysteries. I thank thee that thou hast accounted me, the unworthy, worthy to partake of thine immaculate and heavenly gifts. But, O Master who lovest mankind, who didst both die for us and rise again, and didst bestow upon us these thy terrible and life-giving Mysteries for the benefiting and sanctification of our souls and bodies: grant that they may be for me also unto the healing of soul and body, unto the averting of everything contrary thereto; unto the enlightenment of the eyes of my heart; unto the peace of my spiritual powers; unto faith invincible; unto love unfeigned; unto fulfilling of wisdom; unto the keeping of thy commandments; unto growth in thy divine grace, and the attainment of thy kingdom: that by them preserved in thy holiness, I may ever remember thy grace, and henceforth live not unto myself, but unto thee, our Master and Benefactor. And thus, when this life is ended, in the hope of eternal life, I may attain unto everlasting rest, where the voice of those who keep festival is unceasing, and the delight of those who behold the ineffable beauty of thy countenance is boundless; for thou art the true desire and unutterable joy of all those who love thee, O Christ our God, and all creation hymneth thee forever. Amen.

A Prayer of St. Basil the Great

O MASTER, Christ our God, King of the ages, and maker of all things: I thank thee for all the good things which thou hast bestowed upon me, and for this partaking of thine immaculate and life-giving Mysteries. Wherefore I pray thee, who art good and lovest mankind: Keep me under thy protection and in the shadow of thy wings; and grant unto me with a pure conscience and even unto my last breath, to partake of thy holy Mysteries, unto remission of sins and unto life everlasting. For thou art the Bread of Life, the Fountain of holiness, the Giver of good things, and unto 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.

A Prayer of St. Simeon Metaphrastes

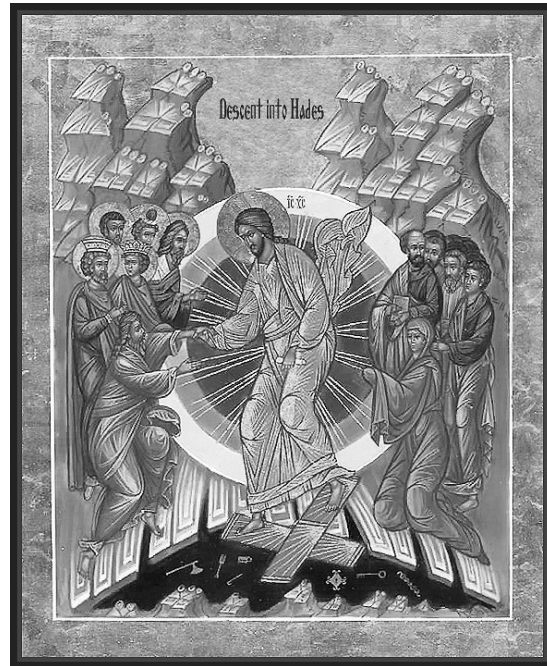
O THOU who willingly dost give thy flesh to me as food, Thou who art a Fire, consuming the unworthy, Consume me not, O my Creator; But rather pass through all my body parts, into all my joints, my reins, my heart. Burn thou the thorns of all my transgressions, cleanse my soul, and hallow thou my thoughts. Make firm my knees, and my bones likewise; Enlighten as one my five senses, Establish me wholly in thy fear; Ever shelter me, and guard and keep me From every soul-corrupting deed and word, Chasten me, purify me, and control me; Adorn me, teach me, and enlighten me. Show me to be a Tabernacle of thy Spirit only, And in no wise the dwelling-place of sin, that from me, thy habitation, through the entrance of thy Communion, Every evil deed and every passion may flee as from fire. As intercessors I bring to thee all the Saints, Both the Angelic Leaders of the Bodiless Powers, Thy Fore-runner, and thy wise Apostles; And besides these, thine immaculate and chaste Mother; Do thou accept their prayers, my Christ, who art Compassionate, And make thy servant to be a child of the light: For thou

alone, Good Lord, are the sanctification and splendor of our souls, And to thee as God and Master, day by day, Duly we all ascribe glory.

MAY thy holy Body, O Lord Jesus Christ our God, be unto me for life eternal, and thy precious Blood unto remission of my sins. May this Eucharist be unto me for joy, health, and gladness; and at thy dread Second Coming make me, a sinner, worthy to stand at the right hand of thy glory: through the intercessions of thine all-immaculate Mother and of all thy Saints. Amen.

A Prayer to the All-Holy Theotokos

O ALL-HOLY Lady Theotokos, light of my darkened soul, my hope, my shelter, my refuge, my consolation and my joy: I thank thee that thou hast accounted me worthy, although unworthy, to be a partaker of the immaculate Body and precious Blood of thy Son. But do thou, who gavest birth to the true Light, enlighten the mental eyes of my heart; O thou who didst bear the fountain of immortality, quicken thou me who lie dead in sin. O compassion-loving Mother of the merciful God, have mercy upon me and grant me humility and contrition of heart, and meekness in my thoughts, and deliverance from the bondage of my vain imaginings. And account me worthy, even unto my last breath, to receive without condemnation the sanctification of the immaculate Mysteries, unto the healing of both soul and body. And grant unto me tears of repentance and confession, that I may hymn thee and glorify thee all the days of my life: for blessed and glorified art thou unto all ages. AMEN.



GLORY BE TO GOD FOR ALL THINGS.