

BEGINNING PRAYERS

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

Glory to you, O God, glory to you!

Heavenly King, Comforter, Spirit of truth, who are present everywhere and fulfilling all things; Treasury of blessings and Source of life, come abide in us, cleanse us of all stain, and save our souls, O Good One.

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, forgive our transgressions. Holy One, look down on us and heal our infirmities to the glory of your name.

Lord, have mercy. *(3 times)*

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

Our Father who are in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

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

MORNING PRAYERS

Arising from sleep, we fall down before you, O Good One, and cry out the words of the angelic hymn, O Almighty: Holy, holy, holy are you, O God. Through the prayers of your angels have mercy on us.

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

You have raised me from bed and from sleep, O Lord; illumine my mind and open my heart and lips that I may praise you, O Holy Trinity: Holy, holy, holy are you, O God. Through the prayers of all your saints, have mercy on us.

Now and ever and unto ages of ages. Amen.

The judge will come unexpectedly and everyone's deeds will be revealed. Thus, we cry fearfully at midnight: Holy, holy, holy are you, O God. Through the Birthgiver of God have mercy on us.

Lord, have mercy. *(12 times)*

Arising from sleep, I thank you, O all holy Trinity, for in your great goodness and long-suffering patience you have not turned your anger upon me, a lazy sinner, nor have you let me perish in my transgressions, but have dealt with me according to your love for mankind. You have lifted me from my despair, that I may be vigilant and glorify your might. Now, therefore, illumine the eyes of my mind and open my mouth that I may learn your words, understand your precepts and do your will, and, thus, I will sing to you wholeheartedly and praise your all holy name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYERS FOR MEALS

Before breakfast or lunch, before sitting down at the table, make the sign of the cross and say:

In the name of the Father and of the Son and of the Holy Spirit.

Our Father ...

After the meal, say the following prayer:

We thank you, Christ our God, for you have satisfied us with your earthly gifts. Grant that we may

not be unworthy of your heavenly kingdom; but as you were present among your disciples, O Savior, giving them peace, come also among us and save us.

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

In the evening, before supper, say:

The poor shall eat and be satisfied and those who seek the Lord will praise him; their hearts shall live forever.

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

After supper, say the following prayer:

Lord, let the light of your face shine upon us. You have given more joy to my heart than others ever knew for all their corn and wine. In peace I lie down and fall asleep at once, since you alone, Lord, make me rest secure.

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

EVENING PRAYERS

O eternal God and King of all creation, who have granted me to reach this hour, absolve me of the sins which I have committed during this day in deed, word or thought; and cleanse, O Lord, my humble soul from all stain both physical and spiritual. Grant that I may sleep through this night in peace, O Lord, and arising from my humble bed, may I praise your all holy name every day of my life and trample underfoot all the enemies, seen and unseen, who wage war against me. Deliver me, Lord, from useless thoughts which defile me and from all evil desires. For yours is the kingdom, 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 Lord our God, forgive all my sins committed this day in word, deed or thought, for you are good and the lover of mankind. Grant me peaceful and undisturbed sleep. Send me your guardian angel to protect and preserve me from all evil. For you are the guardian of our souls and bodies and we send up glory to you: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O angel of Christ, my holy guardian and protector of my soul and body, forgive all my offenses of this day and deliver me from all the evil wiles of the enemy, that I may not move God to anger by a single sin. Pray for me, a sinful and unworthy servant, so that I may be counted worthy of the goodness and mercy of the all holy Trinity and the Mother of my Lord Jesus Christ and all the saints. Amen.

THE CREED

I believe in one God, the Father almighty, maker of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages: light from light, true God from true God, begotten, not made; of one essence with the Father, through whom all things were made;

Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

And he was crucified for us under Pontius Pilate, and suffered and was buried.

And on the third day, he rose again according to the Scriptures; and he ascended into heaven and is seated at the right hand of the Father.

And he will come again in glory to judge the living and the dead, and his kingdom will have no end.

And in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.

In one, holy, catholic and apostolic Church.

I confess one baptism for the remission of sins.

I look for the resurrection of the dead, and the life of the world to come. Amen.

PSALM 50

Have mercy on me, O God, in your goodness, in your great tenderness wipe away my faults; wash me clean of my guilt, purify me from my sin. For I am well aware of my faults; I have my sin constantly in mind, having sinned against none other than you, having done what you regard as wrong. You are just when you pass sentence on me, blameless when you give judgment. You know I was born guilty, a sinner from the moment of conception. Yet, since you love sincerity of heart, teach me the secrets of wisdom. Purify me with hyssop until I am clean; wash me until I am whiter than snow. Instill some joy and gladness into me; let the bones you have crushed rejoice again. Hide your face from my sins; wipe out all my guilt. God, create a clean heart in me; put into me a new and constant spirit; do not banish me from your presence, do not deprive me of your Holy Spirit. Be my savior again, renew my joy, keep my spirit steady and willing; and I shall teach transgressors the way to you, and to you the sinners will return. Save me from death, God my savior, and my tongue will acclaim your righteousness; Lord, open my lips, and my mouth will speak out your praise. Sacrifice

gives you no pleasure; were I to offer holocaust, you would not have it. My sacrifice is this broken spirit, you will not scorn this crushed and broken heart. Show your favor graciously to Zion, rebuild the walls of Jerusalem. Then there will be proper sacrifice to please you - holocaust and whole oblation - and young bulls to be offered on your altar.

PRAYER UPON ENTERING CHURCH

When you enter into the holy church, drive away all of your cares and worries, and say this prayer with great piety:

I rejoiced when they said to me: Let us go to the house of the Lord. I enter your house with thanksgiving, O Lord, and worship in your holy temple in fear of you. Guide me, Lord, in your righteousness; direct your path before me, that unhindered, with a pure heart and an upright spirit, I may glorify one Godhead: Father, Son and Holy Spirit. Amen.

PRAYER AT THE ICON OF OUR SAVIOR

We venerate your most pure image, O good one, asking forgiveness for our transgressions, Christ God. For of your own will, you ascended the cross in the flesh to free us, your creation, from servitude to the enemy. Therefore, we gratefully cry out to you: You have filled all things with joy, O our Savior, you that came to save the world.

PRAYER AT THE ICON OF THE MOTHER OF GOD

O Birthgiver of God, font of mercy, make us worthy of your compassion. Look favorably on us sinful people. Again show forth your power, as always, for we hope in you and we cry out to you as Gabriel, chief leader of the bodiless hosts, once did: Rejoice!

PRAYER TO THE GUARDIAN ANGEL

Holy angel who watch over my poor soul and my wretched life, do not abandon me, a sinner, nor turn away from me because of my shameful ways. Do not give room for the evil one to exercise his dominance over my passing life. Strengthen my weak and sinful hands and guide me along the path of salvation. O true and holy angel of the Lord, the guardian and shelter of my weak soul and body, forgive me for all in which I have sinned throughout my life, and for all the iniquities I have committed during the night; protect me from all the temptations of the evil one so that I may not anger God by any sin. Intercede before the Lord for me, strengthening me in the fear of him, and show me, his servant, to be worthy of his unending blessings. Amen.

PRAYER OF SAINT EPHRAIM

O Lord and Master of my life, remove from me the spirit of laziness, despondency, thirst for power and vain talk. *(Prostration)* Instead, grant me, your servant, the spirit of purity, humility, patience and love. *(Prostration)* Indeed, O Lord and King, grant that I may see my own sins and not judge my brother, for you are blessed unto ages of ages. Amen. *(Prostration)* Lord, have mercy on me, a sinner. *(Bow)* Lord, cleanse me, a sinner. *(Bow)* Times without number have I sinned against you, forgive me. *(Bow)* You who have created me, save me. *(Bow)*

(These last four petitions are done three times, making a total of twelve bows. Then the first part of the prayer is repeated [O Lord and Master of my life...] with a single prostration at the end of the prayer.)

PRAYER BEFORE CONFESSION

Hear me, my God and Creator, and listen to me, a sinner and your unworthy servant. I have often promised to amend my ways, yet I still remain unchanged. I have sinned, O Lord, I have sinned and acknowledge my transgressions and am truly repentant. I am ashamed to come before your face, for I have not kept my word to turn from my iniquity. What shall I say for my lack of gratitude, and where shall I turn? I have greatly sinned, my compassionate Master, but I boldly come and fall down at your feet. You accepted to die on the cross because of my wickedness; you call sinners through your holy scriptures, and you cry out in your own voice: Those who come to me shall not be cast out. Therefore, receive me, the unworthy one, O Lord; forgive all my sins, and, in your great and immeasurable mercy, grant me your grace and your blessings. I am truly sorry for all in which I have transgressed and angered your goodness by word, deed or thought, willingly or unwillingly. I promise that from this day forward, with your grace and help, I shall not return to my former ways, for it is better to die than to transgress one of your commandments. I resolve to obey you now and forever, and to worship your all-holy name, O my sweet Jesus, and to confess you to the ages of ages. Amen.

(Examine your soul to see how you have sinned against God, against your neighbor, and against yourself since your last confession.)

PRAYERS FOR SMALL CHILDREN

Lord, our heavenly Father, we offer you our prayers. Send us your holy light, teach us to do right. You are Master of the earth, and our heavenly Fa-

ther. Everything which is good, you send to us from above. Amen.

O angel, you are truly mine, given to me by God, divine, to always be at my side and to teach me what is right. I am little, you are tall; I am weak, make me strong. Never go away from me, from all danger, keep me free. Amen.

PRAYER OF ONE WHO IS ILL

Lord Jesus Christ our Savior, Physician of souls and bodies, who took on flesh and suffered death on the cross for our salvation, and in your compassionate love cured all kinds of sicknesses and pains, visit me now, O Lord, as I lay suffering, and grant me grace and strength to endure this illness which has stricken me. Grant me patience and acceptance of your will, that I may trust in your loving kindness and tender mercy. I beseech you, bless the means used for my recovery and those who administer them. I know, O Lord, that I deserve any punishment which you may allow me to suffer, for I have offended you and sinned against you in thought, word and deed. Therefore, I humbly pray to you, look upon my weakness and do not deal with me according to my sins, but rather according to your great mercy. Have compassion on me, and let mercy and justice meet, delivering me from this illness and pain. Grant that this sickness may be the means of my repentance and amendment of my life according to your will, that I may spend the rest of my days in your love and fear; that my soul, aided by your grace and sanctified by your Holy Mysteries, may be prepared for its passage to eternal life where, together with all the saints, I may praise and glorify you and the eternal Father and life-giving Spirit. Amen.

PARENTS' PRAYER FOR THEIR CHILDREN

Lord our God, who in your wisdom created man from the earth and breathed the breath of life into 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 with whom you have blessed me. Fill them with wisdom and understanding. Protect them from all the visible and invisible snares of the evil one.

Command your angels to ever be with them and guide them toward good works, so that they may always praise and glorify you all the days of their lives. Amen.

PRAYER 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) from 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.

PRAYERS FOR BROTHERS AND SISTERS

I pray to you, O Lord, for my brothers and sisters. Grant them health, peace, love, long life, and your holy grace so that they may follow your paths and do all which pleases you.

Lord, grant that we may spend our days in peace and love; for what is better or more beautiful than for all to live together as brothers? Hear our prayer, O Lord, and have mercy on us.

For you are merciful and love mankind, 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 FOR TRAVELERS

Lord Jesus Christ our God, the way, the truth and the life; who traveled together with your servant Joseph, and also with the two disciples as they journeyed to Emmaus; O Master, travel also with me, your servant, and bless my journey. Send a guardian angel with me as you did with Tobias, keeping me unharmed by all danger. In peace, health and good will, may I return home again and glorify your all honored name of the Father and of the Son and of the Holy Spirit, all the days of my life. Amen.

PRAYER FOR SOMEONE WHO IS ILL

Almighty Lord, Physician of souls and bodies, who humble and lift up, who reprimand and again heal, visit (name) with your mercy, for he (she) is suffering. Stretch forth your arm which is so full of healing and health, and cure him (her), raising him (her) from his (her) bed and pain. Reprove the spirit of weakness which is in him (her) and drive far from him (her) pain, wounds, chills, fever, and weakness.

If he (she) has sins or transgressions, loosen, remit, and forgive them in your love for mankind. O Lord, have compassion on your creation, in Christ Jesus our Lord, with whom you are blessed, together with the all holy, good and life-giving Spirit, now and ever and unto ages of ages. Amen.

PRAYER IN TIME OF TEMPTATION AND TROUBLE

O Lord, the storm of distress has risen above me and the water is already up to my soul, but I have placed all my hope in you. You know the cause of the evil things which torment me; even the hairs on my head are numbered by you; therefore, I flee to you and beseech you to drive off every evil thing which seeks to destroy my soul and help me to overcome every temptation which assails me.

For you are my strength, my refuge and my deliverer, O Christ God, and we offer glory to you: Father, Son and Holy Spirit. Amen.

PRAYER FOR THE DEPARTED

O good Lord, remember your servants (names) and forgive them for all in which they erred in their lives, for no one is without sin except you who have power to grant rest to the departed. In your divine wisdom and in your love for mankind, you bestow all things and provide for all the needs of man. O Creator, rest the souls of your servants (names) who have placed their hope in you, O Lord, the Fashioner, the Creator and our God.

Among the saints, O Christ, rest the souls of your servants where there is no pain nor grief nor sighing, but life which does not end.

PRAYER FOR THOSE IN CIVIL AUTHORITY

O Lord, preserve those whom you have placed in civil authority over your people. In their peace may we also live peaceful lives, untroubled by the evils of this world. Grant them wisdom and love for the people; renew your Holy Spirit in them that they may learn your truth. Watch over our country and the Church which you have established in it, keeping us from all which would harm us. Help us by your grace, that in all purity we may ever glorify you, the uncircumscribed God in three persons: Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER OF THANKSGIVING

Lord Jesus Christ our God, the God of boundless mercies and compassion, whose love for mankind is indescribable and immeasurable, I fall before your glory with fear and trembling as I offer you thanks for all the good things you have granted me, your unworthy servant. I glorify you, praise you and sing to you, the only Lord, Master and Benefactor. Again, falling before you, I offer thanks to your unspeakable compassion and pray that from this day forth, as before, you continue to work your wonders for me, that thus I may grow in love for you and for my neighbor. Deliver me from all evil and need. Grant me peace, and make me worthy, all the days of my life, to offer thanks to you and to cry out and sing to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.