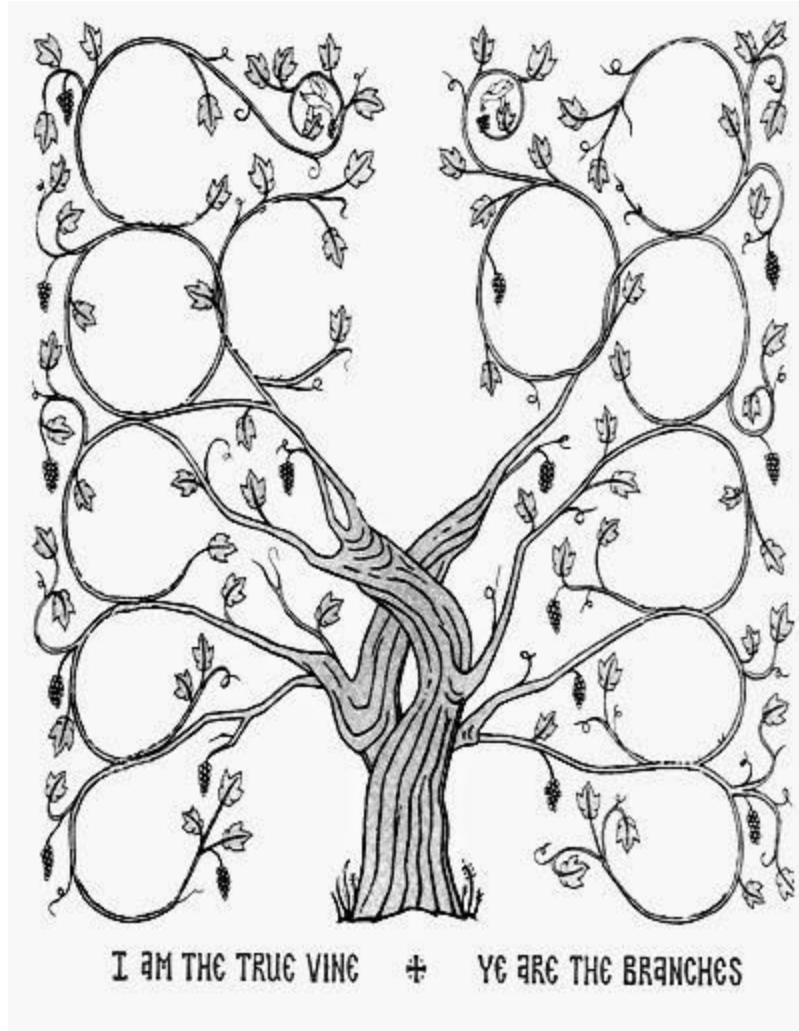


Daily and Situational Prayers



The Morning Prayers

In the morning, waking from sleep, guard yourself with the sign of the cross and recite the Jesus Prayer:

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

After leaving your bed, and washing your face, stand before the holy icons, and as you look upon them, turn your thoughts to invisible yet ever-present God.

The Entrance Bows

God be merciful to me a sinner. *Bow.*

You have created me; Lord, have mercy on me. *Bow.*

I have sinned immeasurably; Lord, forgive me. *Bow.*

It is truly meet to bless you, O Theotokos, the ever-blessed and most immaculate and the Mother of our God. More honourable than the Cherubim and truly more glorious than the Seraphim, you who without corruption gave birth to God the Word, true Theotokos, you do we magnify. *Prostration.*

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

Now and ever, and unto the ages of ages. Amen. *Bow.*

Lord, have mercy. *Thrice.*

Dismissal:

Lord Jesus Christ, Son of God, through the prayers of your most pure Mother, by the power of the precious and life-giving Cross, through the prayers of my holy Guardian Angel, and of all the saints, have mercy on me and save me a sinner, for You are good and love humankind. *Prostration.*

Through the prayers of our holy forerunners, Lord Jesus Christ, Son of God, have mercy on us. Amen. *Bow.*

Morning Prayers

Glory to You, our God, glory to You for all things. *Thrice.*

O God, cleanse me a sinner, for I have never done anything good before You. *Bow.* But deliver me from the evil one, and let Your will be done in me. *Bow.* That I may open my unworthy mouth without condemnation, and praise your holy name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen. *Bow.*

The Prayer to the Holy Spirit:

O Heavenly King, the Comforter, the Spirit of Truth, who is all places and fills all things, treasury of blessings and giver of life, come and abide in us and cleanse us from every impurity, and save our souls O Good One. *Bow.*

The Trisagion:

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

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

Most Holy Trinity, have mercy on us. O Lord cleanse us from our sins, O Master, forgive our iniquities, O Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. *Thrice*

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

Our Father, Who is 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.

Lord Jesus Christ, son of God, have mercy on us. Amen. *Bow.*

Then: Lord, have mercy. (12 Times) And this prayer:

Having arisen from sleep, I thank You, All-Holy Trinity, for in Your great goodness and patience You were not angry with me, Your sinful and slothful servant, nor have You destroyed me with my iniquities, but have shown Your love toward humanity; and when I was laying in despair, You have raised me up to keep the morning watch and to glorify Your unconquerable dominion. And now, most holy God and Master, enlighten the eyes of my heart and open my lips to learn Your words and to understand Your commandments; to do Your will and to sing to You in heartfelt confession; to hymn and to glorify Your most honorable and majestic name, of the Father and of the Son and of the Holy Spirit, now and ever and unto the ages of ages. Amen

Come let us worship God our King. *Bow.* **C**ome let us worship Christ, our King and our God. *Bow.* **C**ome let us worship and and fall down before the very Lord Jesus Christ, our King and our God. *Bow.*

Psalm 50

Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I acknowledge my transgressions, and my sin is ever before me.
Against You, You only, have I sinned, and done this evil in Your sight that You may be found just when You speak, and blameless when You judge.
Behold, I was brought forth in iniquity, and in sin my mother conceived me.
Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.
Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
Make me to hear joy and gladness, that the bones which You have broken may rejoice.
Hide Your face from my sins, and blot out all my iniquities.
Create in me a clean heart, O God, and renew a steadfast spirit within me.
Do not cast me away from Your presence, and do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation, and uphold me with Your generous Spirit.
Then I will teach transgressors Your ways, and sinners shall be converted to You.
Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness.
O Lord, open my lips, and my mouth shall show forth Your praise.
For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.
The sacrifices of God are a broken spirit, a broken and a contrite heart -- these, O God, You will not despise,
Do good in Your good pleasure to Zion; build the walls of Jerusalem.
Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

The Creed

Begin with the sign of the cross.

I believe in one God, the Father Almighty, Maker of Heaven and Earth and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us 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 the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.
Of the second council. And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets. 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.

The Angelic Salutation to the most Holy Mother of God

Virgin Mother of God, rejoice, Mary full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have born Christ the Savior, the Deliverer of our souls. *Thrice with bows.*

The Kontakion from the Akathist Hymn to the Mother of God

O All-hymned Mother who did bear the Word holiest of all holies, accept our present offering, and deliver us from every assault, and rescue from the torment to come all those that cry to you: Alleluia. *Thrice with bows to the ground.*

Refrains and Petitions to the Saints

My most holy Lady Mother of God, have mercy on me and save me, and help me now in this life, and at the departure of my soul, and in the age to come. *Bow.*

Invincible and divine power of the precious and life-giving Cross of the Lord, forsake me not a sinner how hopes in you. *Bow.*

All you Heavenly Powers, holy Angels and Archangels, Cherubim and Seraphim, have mercy on me and pray for me to the Lord God; and help me now in this life, and at the departure of my soul, and in the age to come. *Bow.*

Angel of Christ, my holy Guardian, have mercy on me and pray for me a sinner, to the Lord God; and help me now in this life and at the departure of my soul, and in the age to come. *Bow.*

Holy great John, Prophet and forerunner of the Lord, have mercy on me and pray for me to the Lord God; and help me now in this life and at the departure of my soul, and in the age to come. *Bow.*

Holy glorious Apostles, Prophets and Martyrs, Hierarchs, Monastics and Righteous Ones, and all you Saints, have mercy on me and pray for me, a sinner, to the Lord God; and help me now in this life and at the departure of my soul and in the age to come. *Bow.*

O Lord, I have sinned throughout my whole life, whether in word, or in deed, or in thought; have mercy on me and forgive me, for the sake of your mercy. *Bow.*

Lord Jesus Christ, Son of God, have mercy on me, a sinner. *Thrice with Bows.*

Most Holy Trinity, our God, glory to You. *Bow.*

Holy Chief Apostles, Peter and Paul, pray to God for me a sinner. *Bow.*

Holy glorious and all praise Apostle and Evangelist John the Theologian, pray to God for me a sinner. *Bow.*

Holy glorious Prophet Elijah, pray to God for me a sinner. *Bow.*

Holy three great Hierarches Basil the Great, Gregory the Theologian and John Chrysostom, pray to God for me a sinner. *Bow.*

Hierarch of Christ Nicholas, pray to God for me a sinner. *Bow.*

Together with these, pray to any saint you wish to pray to. Afterwards:

All you saints, pray to God for me (*us*).

Then pray for the health of your parents, relatives, friends, neighbors, siblings, teachers or anyone whom you wish, saying with bows:

Save, O Lord, and have mercy on Your servant(s): *N. Bow.*

If you wish to pray more intently for someone, say this troparion:

Save, O Lord, and have mercy on Your servant *N*. Deliver (*her, him, them*) from every tribulation, wrath and need. *Bow.* From every sickness of soul and body. *Bow.* And do whatever is good for our souls. *Bow.*

Then, a prayer for the departed close to us:

Grant rest, O Lord, to the soul(s) of your departed servant(s) *N*.

If you wish to pray more diligently for the soul of someone departed, say this Troparion:

Grant rest, O Lord, to the soul of Your departed servant (*name*). *Bow.* Forgive and mercy on (him, her, them) for whatever sins (he, she, they) have humanly committed, as You are a God Who loves humankind. *Bow.* And deliver (him, her, them) from torment. *Bow.* Make (him, her, them) a sharer of the Kingdom of heaven. *Bow.* And do whatever is profitable for our souls. *Bow.*

If it is Great Lent, pray then this prayer:

Prayer of The Venerable Father Ephraim of Syria:

O Lord and Master of my life, drive away from me the spirit of despondency, negligence, avarice and idle talk. *Prostration.* But grant me, Your servant, the spirit of innocence, humility, patience and love. *Prostration.* Yea, O Lord and King, grant me to see my own transgressions, and not to judge my neighbor, for You are blessed unto the ages. Amen. *Prostration.*

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

God be merciful to me a sinner. *Prostration.*

God, cleanse me of sins and have mercy on me. *Prostration.*

You have created me; Lord have mercy on me. *Prostration.*

I have sinned immeasurably, Lord, forgive me. *Prostration.*

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

God be merciful to me a sinner. *Prostration.*

God, cleanse me of sins and have mercy on me. *Prostration.*

You have created me; Lord have mercy on me. *Prostration.*

I have sinned immeasurably, Lord, forgive me. *Prostration.*

God be merciful to me a sinner. *Prostration.*

You have created me; Lord have mercy on me. *Prostration.*

I have sinned immeasurably, Lord, forgive me. *Prostration.*

O Lord and Master of my life, drive away from me the spirit of despondency, negligence, avarice and idle talk. But grant me, Your servant, the spirit of innocence, humility, patience and love. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my neighbor, for You are blessed unto the ages. Amen.

Prostration.

(The following four prayers are from the book, Domestic Rule)

The First Prayer, by St. Isaac the Syrian

O Lord Jesus Christ my God, Who does visit Your creation, to You are manifest my passions and the frailty of my nature, and the strength of my adversary. Do You Yourself, O Master, protect me from his malice, because his power is strong, whereas my nature is passionate and my strength is feeble. Do You, O Good One, Who knows my weakness and has born the difficulties of my incapability, guard me against disordered thoughts and the flood of passions, and make me worthy of this holy service, lest in my passions I spoil its sweetness and be found impudent and audacious in Your sight. But in Your mercy have mercy on me: For blessed are You unto the ages. Amen.

The Second Prayer, of St. Stephen of the Thebaid

O Master and Lord, Jesus Christ my God, be my helper. I am in Your hands. Suffer me not to sin, for I am tempted; suffer me not to perish in my sins. Take pity upon Your creature. Cast me not away from Your face on account of my sins, for to You have I fled. Heal my soul, for I have sinned against You. Before You are all they that afflict me and seek after my soul to destroy it: I have no other refuge than in You, O Lord, save me for the sake of Your mercy, O Lord, for You are powerful in all things, O Lord. For Yours is the kingdom and the power and the glory, with the Father and the Holy Spirit, now and ever and unto the ages of ages. Amen.

The Third Prayer, of St. John Chrysostom.

O Lord, whether I will it or not, save me. As a filthy lover of material things I desire sinful defilement, but as You are good and all-powerful, You can hold me back. For if You have mercy on a righteous person, it is no great thing; if You have save a pure person, it is nothing wonderful, since they are deserving of Your mercy. Rather, make

known the wonder of your mercy in me, who am wretched, sinful and defiled, and show Your compassion. Poor in all good works, I am a pauper, abandoned to You. O Lord, save me for Your mercy's sake: For blessed are You unto the ages. Amen.

The Fourth Prayer.

O Master, have mercy on me for the sake of Your goodness, and suffer me not to go astray from Your will. And cast not my poor prayers away from Your face, but hear, O Lord, the voice of my prayer when I pray to You in the day and in the night, and accept it as choice incense. Withhold not Your grace on account of my sins, but save me for Your holy Name's sake. For Yours alone it is to show mercy and save us, and unto You do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The, having purified yourself by prayer, kiss the cross that you wear, and make the sign of the cross over yourself with it saying:

Lord Jesus Christ, Son of God, bless, sanctify and protect me by the power of Your life-giving Cross.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen. Lord have mercy. *Thrice.* Lord, Bless.

Then the dismissal:

Lord Jesus Christ, Son of God, through the prayers of Your most pure Mother, and of our venerable and God-bearing forerunners, and of all the saints, have mercy on us and save us, for You are good and love humankind.

And having bent your knees and head to the floor, say this prayer for forgiveness:

Absolve, remit, forgive, O God, my transgressions voluntary and involuntary, in word and deed, known and unknown, in mind and in thought, by day and by night; forgive me all, for You are good and love humankind.

Getting up, say then these prayers

O Lord Who loves humankind, forgive them that hate and offend us. Do good to them that do good. Grant all our siblings and our relatives who are far away all petitions which are unto salvation, and eternal life. *Bow.*

Visit them that are sick and heal them. Free them that are in prison. Be a guide to them that sail the waters. Direct and hasten them that travel. *Bow.*

Remember, O Lord, our siblings and fellow-believers of the Orthodox faith who are held captive, and deliver them from every evil circumstance. *Bow.*

Have mercy, O Lord, on them that have given us alms, and have charged us, unworthy though we be, to pray for them, forgive them and have mercy. *Bow.*

Have mercy, O Lord, on them that labor and them that serve us, and on them show mercy and that feed us, and grant them all petitions which are unto salvation and eternal life. *Bow.*

Remember, O Lord, our forerunners and siblings who have gone before us, and make them to dwell where the light Your countenance shines. *Bow.*

Remember also, O Lord, our lowliness and poverty; enlighten our minds with the light of understanding of Your Holy Gospel, and direct us in the way of Your commandants: through the prayers of Your most pure Mother, and of all Your saints. Amen. *Bow.*

Departure Bows

God be merciful to me a sinner. *Bow.*

You have created me; Lord, have mercy on me. *Bow.*

I have sinned immeasurably; Lord, forgive me. *Bow.*

It is truly meet to bless you, O Theotokos, the ever-blessed and most immaculate and the Mother of our God. More honourable than the Cherubim and truly more glorious than the Seraphim, you who without corruption gave birth to God the Word, true Theotokos, you do we magnify. *Prostration.*

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

Now and ever, and unto the ages of ages. Amen. *Bow.*

Lord, have mercy. *Thrice.*

Dismissal:

Lord Jesus Christ, Son of God, through the prayers of your most pure Mother, by the power of the precious and life-giving Cross, through the prayers of my holy Guardian Angel, and of all the saints, have mercy on me and save me a sinner, for You are good and love humankind. *Prostration.*

All my hope I do place in you, *Bow.* **O** Mother of God *Bow.* **D**o preserve me under your shelter. *Bow.*

God be merciful to me a sinner. *Bow.*

You have created me; Lord, have mercy on me. *Bow.*

I have sinned immeasurably; Lord, forgive me. *Bow.*

The Evening Prayers

The Entrance Bows

God be merciful to me a sinner. *Bow.*

You have created me; Lord, have mercy on me. *Bow.*

I have sinned immeasurably; Lord, forgive me. *Bow.*

It is truly meet to bless you, O Theotokos, the ever-blessed and most immaculate and the Mother of our God. More honourable than the Cherubim and truly more glorious

than the Seraphim, you who without corruption gave birth to God the Word, true Theotokos, you do we magnify. *Prostration.*

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

Now and ever, and unto the ages of ages. Amen. *Bow.*

Lord, have mercy. *Thrice.*

Dismissal:

Lord Jesus Christ, Son of God, through the prayers of your most pure Mother, by the power of the precious and life-giving Cross, through the prayers of my holy Guardian Angel, and of all the saints, have mercy on me and save me a sinner, for You are good and love humankind. *Prostration.*

Through the prayers of our holy forerunners, Lord Jesus Christ, Son of God, have mercy on us. Amen. *Bow.*

The Prayer to the Holy Spirit:

O Heavenly King, the Comforter, the Spirit of Truth, who is all places and fills all things, treasury of blessings and giver of life, come and abide in us and cleanse us from every impurity, and save our souls O Good One. *Bow.*

The Trisagion:

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

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

Most Holy Trinity, have mercy on us. O Lord cleanse us from our sins, O Master, forgive our iniquities, O Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. *Thrice*

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

Our Father, Who is 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.

Lord Jesus Christ, son of God, have mercy on us. Amen. *Bow.*

Then: Lord, have mercy. (12 Times) And this prayer:

Having arisen from sleep, I thank You, All-Holy Trinity, for in Your great goodness and patience You were not angry with me, Your sinful and slothful servant, nor have You destroyed me with my iniquities, but have shown Your love toward humanity; and when I was laying in despair, You have raised me up to keep the morning watch and to glorify Your unconquerable dominion. And now, most holy God and Master, enlighten the eyes of my heart and open my lips to learn Your words and to understand Your commandments; to do Your will and to sing to You in heartfelt confession; to hymn and to glorify Your most honorable and majestic name, of the Father and of the Son and of the Holy Spirit, now and ever and unto the ages of ages. Amen

Come let us worship God our King. *Bow.* Come let us worship Christ, our King and our God. *Bow.* Come let us worship and and fall down before the very Lord Jesus Christ, our King and our God. *Bow.*

Psalm 50

Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions.
Wash me thoroughly from my iniquity, and cleanse me from my sin.
For I acknowledge my transgressions, and my sin is ever before me.
Against You, You only, have I sinned, and done this evil in Your sight that You may be found just when You speak, and blameless when You judge.
Behold, I was brought forth in iniquity, and in sin my mother conceived me.
Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.
Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
Make me to hear joy and gladness, that the bones which You have broken may rejoice.
Hide Your face from my sins, and blot out all my iniquities.
Create in me a clean heart, O God, and renew a steadfast spirit within me.
Do not cast me away from Your presence, and do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation, and uphold me with Your generous Spirit.
Then I will teach transgressors Your ways, and sinners shall be converted to You.
Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness.
O Lord, open my lips, and my mouth shall show forth Your praise.
For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.
The sacrifices of God are a broken spirit, a broken and a contrite heart -- these, O God, You will not despise,
Do good in Your good pleasure to Zion; build the walls of Jerusalem.
Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

The Creed

Begin with the sign of the cross.

I believe in one God, the Father Almighty, Maker of Heaven and Earth and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us 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 the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end. *Of the second council.* And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets. 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.

The Angelic Salutation to the most Holy Mother of God

Virgin Mother of God, rejoice, Mary full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have born Christ the Savior, the Deliverer of our souls. *Thrice with bows.*

The Kontakion from the Akathist Hymn to the Mother of God

O All-hymned Mother who did bear the Word holiest of all holies, accept our present offering, and deliver us from every assault, and rescue from the torment to come all those that cry to you: Alleluia. *Thrice with bows to the ground.*

Refrains and Petitions to the Saints

My most holy Lady Mother of God, have mercy on me and save me, and help me now in this life, and at the departure of my soul, and in the age to come. *Bow.*

Invincible and divine power of the precious and life-giving Cross of the Lord, forsake me not a sinner how hopes in you. *Bow.*

All you Heavenly Powers, holy Angels and Archangels, Cherubim and Seraphim, have mercy on me and pray for me to the Lord God; and help me now in this life, and at the departure of my soul, and in the age to come. *Bow.*

Angel of Christ, my holy Guardian, have mercy on me and pray for me a sinner, to the Lord God; and help me now in this life and at the departure of my soul, and in the age to come. *Bow.*

Holy great John, Prophet and forerunner of the Lord, have mercy on me and pray for me to the Lord God; and help me now in this life and at the departure of my soul, and in the age to come. *Bow.*

Holy glorious Apostles, Prophets and Martyrs, Hierarchs, Monastics and Righteous Ones, and all you Saints, have mercy on me and pray for me, a sinner, to the Lord God; and help me now in this life and at the departure of my soul and in the age to come. *Bow.*

O Lord, I have sinned throughout my whole life, whether in word, or in deed, or in thought; have mercy on me and forgive me, for the sake of your mercy. *Bow.*

Lord Jesus Christ, Son of God, have mercy on me, a sinner. *Thrice with Bows.*

Most Holy Trinity, our God, glory to You. *Bow.*

Holy Chief Apostles, Peter and Paul, pray to God for me a sinner. *Bow.*

Holy glorious and all praise Apostle and Evangelist John the Theologian, pray to God for me a sinner. *Bow.*

Holy glorious Prophet Elijah, pray to God for me a sinner. *Bow.*

Holy three great Hierarches Basil the Great, Gregory the Theologian and John Chrysostom, pray to God for me a sinner. *Bow.*

Hierarch of Christ Nicholas, pray to God for me a sinner. *Bow.*

Together with these, pray to any saint you wish to pray to. Afterwards:

All you saints, pray to God for me (*us*).

Then pray for the health of your parents, relatives, friends, neighbors, siblings, teachers or anyone whom you wish, saying with bows:

Save, O Lord, and have mercy on Your servant(s): *N. Bow.*

If you wish to pray more intently for someone, say this troparion:

Save, O Lord, and have mercy on Your servant *N*. Deliver (*her, him, them*) from every tribulation, wrath and need. *Bow.* From every sickness of soul and body. *Bow.* And do whatever is good for our souls. *Bow.*

Then, a prayer for the departed close to us:

Grant rest, O Lord, to the soul(s) of your departed servant(s) *N*.

If you wish to pray more diligently for the soul of someone departed, say this Troparion:

Grant rest, O Lord, to the soul of Your departed servant (*name*). *Bow*. Forgive and mercy on (him, her, them) for whatever sins (he, she, they) have humanly committed, as You are a God Who loves humankind. *Bow*. And deliver (him, her, them) from torment. *Bow*. Make (him, her, them) a sharer of the Kingdom of heaven. *Bow*. And do whatever is profitable for our souls. *Bow*.

If it is Great Lent, pray then this prayer:

Prayer of The Venerable Father Ephraim of Syria:

O Lord and Master of my life, drive away from me the spirit of despondency, negligence, avarice and idle talk. *Prostration*. But grant me, Your servant, the spirit of innocence, humility, patience and love. *Prostration*. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my neighbor, for You are blessed unto the ages. Amen. *Prostration*.

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

God be merciful to me a sinner. *Prostration*.

God, cleanse me of sins and have mercy on me. *Prostration*.

You have created me; Lord have mercy on me. *Prostration*.

I have sinned immeasurably, Lord, forgive me. *Prostration*.

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

God be merciful to me a sinner. *Prostration*.

God, cleanse me of sins and have mercy on me. *Prostration*.

You have created me; Lord have mercy on me. *Prostration*.

I have sinned immeasurably, Lord, forgive me. *Prostration*.

God be merciful to me a sinner. *Prostration*.

You have created me; Lord have mercy on me. *Prostration*.

I have sinned immeasurably, Lord, forgive me. *Prostration*.

O Lord and Master of my life, drive away from me the spirit of despondency, negligence, avarice and idle talk. But grant me, Your servant, the spirit of innocence, humility, patience and love. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my neighbor, for You are blessed unto the ages. Amen. *Prostration*.

The Prayers on Approaching Sleep

(The following seven prayers are from the book, Domestic Rule)

First Prayer, of St. Macarius to the Great

O Eternal God and King of all creation, Who has 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 Your 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 Yours is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

Second Prayer, of St. Antiochus

○ Almighty, Word of the Father, Jesus Christ Who are Yourself perfect, for Your great mercy's sake never depart from me, Your servant, but ever rest in me. O Jesus, Good Shepherd of Your sheep, let me not fall into the disobedience of the serpent, nor leave me to the will of satan: for the seed of corruption is in me. Do You, therefore, O Lord God Whom we worship, O Holy King Jesus Christ, keep me while I sleep by Your unfading light, Your Holy Spirit, with Which You didst hallow Your disciples. O Lord, grant even to me, Your unworthy servant, Your salvation on my bed: enlighten my mind with the light of the understanding of Your holy Gospel, my soul with the love of Your Cross, my heart with the purity of Your Word, my body with Your passionless passion, keep my thought in Your humility, and rouse me in due time to glorify You. For You are most glorified, together with Your Eternal Father and the Most Holy Spirit unto the ages. Amen.

Third Prayer, of St. Antiochus

○ Lord our God, what sins I have this day committed, in word, deed and thought, forgive me, for You are good and You love humankind. Grant me peaceful and undisturbed sleep: send me Your guardian Angel to protect and keep me from every evil; for You are the guardian of our souls and bodies, and to You we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Fourth Prayer, to One's Guardian Angel

○ Angel of Christ, my holy Guardian and protector of my soul and body, forgive me all wherein I have sinned before you in the present day, and from every wile of the inimical foe deliver me, that I may not anger my God by any sin. But pray for me, thy sinful and unworthy servant, that you may show me to be worthy of the goodness and mercy of the All-Holy Trinity, of the Mother of my God, Jesus Christ, and of all the saints; always, now and ever, and unto the ages of ages. Amen.

Fifth Prayer, of St. John Chrysostom, According to the Hours of the Day

○ Lord, receive me in repentance. O Lord, leave me not. O Lord, lead me not into temptation. O Lord give me good thoughts. O Lord, grant me tears, the remembrance of death and compunction. O Lord, grant me reconciliation, humility and obedience. O Lord, plant in me a good root: the fear of You. O Lord, grant me to love You with all my

mind and soul, and to do Your will. O Lord, protect me from certain people, from demons and passions and every unseemly thing. O Lord, let it be as You will, and as You know. O Lord, as You wish, may Your will be done in me. Yours, O Lord, not mine: Through the prayers of Your most pure Mother, and of all the saints: for blessed are You unto the ages. Amen.

Sixth Prayer to the Most Holy Theotokos

O Gracious Mother of our gracious King, Most Pure and Blessed Mother of God Mary, pour out the mercy of Your Son and our God on my passionate soul and by Your prayers set me to good deeds, that I may pass the remaining time of my life without fault, and through You find paradise, O Mother of God and Virgin alone pure and blessed. Amen.

Seventh Prayer, to Our Lord Jesus Christ

O Lord Jesus Christ, Son of God, for the sake of Your most honorable Mother; Your bodiless Angels; Your Prophet, Forerunner and Baptist; the divinely inspired Apostles; the radiant and victorious Martyrs; the venerable and God-bearing Fathers, Mothers and Teachers; and through the prayers of all the saints: Deliver me from imminent demonic assault. Yea, my Lord and Creator, Who desires not the death of a sinner, but that they be converted and live: grant conversion also unto me, wretched and unworthy; pluck me out of the mouth of the pernicious serpent, who is ravening to devour me and to drag me down to hell alive. Yea, my Lord, my consolation, Who was clothed in corruptible flesh for the sake of me, a wretch: Wrest me from my wretchedness and grant consolation to my wretched soul. Implant in my heart the doing of Your commandments, the relinquishing of my evil acts, and the obtainment of Your blessedness. For in You, O Lord, have I hoped: Do save me.

Then say:

In you rejoices all creation, O you who are full of grace: the assemblies of archangels and the human race. O hallowed church, mystical paradise, glory of virgins, of whom God, our God before the ages, took flesh and became a child. For He made your body a throne, and your womb more spacious than the heavens, O Virgin. In you rejoices all creation, O you who are full of grace: Glory to you. Prostration.

The Kontakion from the Akathist Hymn to the Theotokos

To you, O Mother of God, chosen leader of triumphant hosts, we, your servants, delivered from evil, sing our thanks: but since you have invincible might, free us from every calamity, that we may call to you: Rejoice, O Bride Unwedded.

Most Glorious Ever-Virgin Mother of Christ our God, bring our prayer unto your Son and our God, that by you He may save our souls.

All my hope I put in you, O Mother of God, preserve me under your shelter.

O Virgin Mother of God, disdain not me, a sinner, in need of your help and your assistance: for in you has my soul hoped, have mercy on me.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen. Lord have mercy. *Thrice.* Lord, Bless.

Then the dismissal:

Lord Jesus Christ, Son of God, through the prayers of Your most pure Mother, and of our venerable and God-bearing forerunners, and of all the saints, have mercy on us and save us, for You are good and love humankind.

And having bent your knees and head to the floor, say this prayer for forgiveness:

Absolve, remit, forgive, O God, my transgressions voluntary and involuntary, in word and deed, known and unknown, in mind and in thought, by day and by night; forgive me all, for You are good and love humankind.

Getting up, say then these prayers

O Lord Who loves humankind, forgive them that hate and offend us. Do good to them that do good. Grant all our siblings and our relatives who are far away all petitions which are unto salvation, and eternal life. *Bow.*

Visit them that are sick and heal them. Free them that are in prison. Be a guide to them that sail the waters. Direct and hasten them that travel. *Bow.*

Remember, O Lord, our siblings and fellow-believers of the Orthodox faith who are held captive, and deliver them from every evil circumstance. *Bow.*

Have mercy, O Lord, on them that have given us alms, and have charged us, unworthy though we be, to pray for them, forgive them and have mercy. *Bow.*

Have mercy, O Lord, on them that labor and them that serve us, and on them show mercy and that feed us, and grant them all petitions which are unto salvation and eternal life. *Bow.*

Remember, O Lord, our forerunners and siblings who have gone before us, and make them to dwell where the light Your countenance shines. *Bow.*

Remember also, O Lord, our lowliness and poverty; enlighten our minds with the light of understanding of Your Holy Gospel, and direct us in the way of Your commandants: through the prayers of Your most pure Mother, and of all Your saints. Amen. *Bow.*

Departure Bows

God be merciful to me a sinner. *Bow.*

You have created me; Lord, have mercy on me. *Bow.*

I have sinned immeasurably; Lord, forgive me. *Bow.*

It is truly meet to bless you, O Theotokos, the ever-blessed and most immaculate and the Mother of our God. More honourable than the Cherubim and truly more glorious than the Seraphim, you who without corruption gave birth to God the Word, true Theotokos, you do we magnify. *Prostration.*

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

Now and ever, and unto the ages of ages. Amen. *Bow.*

Lord, have mercy. *Thrice.*

Dismissal:

Lord Jesus Christ, Son of God, through the prayers of your most pure Mother, by the power of the precious and life-giving Cross, through the prayers of my holy Guardian Angel, and of all the saints, have mercy on me and save me a sinner, for You are good and love humankind. *Prostration.*

All my hope I do place in you, *Bow.* **O** Mother of God *Bow.* **D**o preserve me under your shelter. *Bow.*

God be merciful to me a sinner. *Bow.*

You have created me; Lord, have mercy on me. *Bow.*

I have sinned immeasurably; Lord, forgive me. *Bow.*

Then, these bedtime prayers: Remove your cross from you neck, and sign the sign of the cross over your pillow with it. When laying down to sleep, cross yourself thrice saying the Jesus Prayer, once more cross yourself and say this prayer to the Precious cross.

Let God arise, and let His enemies be scattered, let them also that hate Him flee from before His face: like as the smoke vanishes, so shall they vanish, like as wax melts before the face of fire, so let the demons perish before the face of those that love God and sign themselves with the sign of the Cross and say in gladness: Rejoice, O most honourable and life-giving Cross of the Lord, driving away the demons by the power of our Lord Jesus Christ Who was crucified on thee, who descended into hell, and trampled down the power of the devil, and granted us His honourable Cross, to repulse every foe. O most honourable and life-giving Cross of the Lord, help me, together with the holy Lady Theotokos, and with all the saints unto the ages. Amen.

Say with compunction:

My hope is God, my refuge is Christ, and my protection is the Holy Spirit.