



MORNING PRAYERS

THE TRISAGION PRAYERS

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

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.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (3x)

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

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



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 5

Unto my words give ear, O Lord, hear my cry. Attend unto the voice of my supplication, O my King and my God; for unto thee will I pray, O Lord. In the morning shalt thou hear my voice. In the morning shall I stand before thee, and thou shalt look upon me; for thou art not a God that willeth iniquity. He that worketh evil shall not dwell near thee nor shall transgressors abide before thine eyes. Thou hast hated all them that work iniquity; thou shalt destroy all them that speak a lie. A man that is bloody and deceitful shall the Lord abhor. But as for me, I will come into thy house in the multitude of thy mercy; and in thy fear I will worship toward thy holy temple. O Lord, guide me in the way of thy righteousness; because of mine enemies, make straight my way before thee. For in their mouth there is no truth; their heart is vain. Their throat is an open sepulcher, with their tongues have they spoken deceitfully; judge them, O God. Let them fall down on account of their own counsels; cast them out according to the multitude of their ungodliness, for they have embittered thee, O Lord. But let all them be glad that hope in thee; they shall rejoice, and thou shalt dwell among them, and all they that love thy Name shall glory in thee, for thou shalt bless the righteous. O Lord, thou hast crowned us as with a shield of thy good pleasure.



PSALM 50

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 goodwill unto Zion, that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offerings and whole burnt offerings, then shall they offer bullocks upon thine altar.



TROPARIA TO THE HOLY TRINITY

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. (12x)

A PRAYER OF THANKSGIVING 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, 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.



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 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 living 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.

A PRAYER OF ST. BASIL THE GREAT

We bless thee, O God most high and Lord of mercies, who ever workest great and mysterious deeds for us, glorious, wonderful, and numberless; who providest us with sleep as a rest from our infirmities and as a repose for our bodies tired by labor. We thank thee that thou hast not destroyed us in our transgressions, but in thy love toward mankind thou hast raised us up, as we lay in despair, that we may glorify thy Majesty. We entreat thine infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with thy praise, that we may unceasingly sing and confess thee, who art God glorified in all and by all, the eternal Father, the only-begotten Son, and the all-holy and good and life-giving Spirit, now and ever and unto ages of ages. Amen.



MORNING PRAYER OF METROPOLITAN PHILARET

O Lord, grant that I may meet the coming day in peace. 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 the 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 the 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.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

Here you may add your own private devotions and intercessions. When you have finished, conclude your prayers by saying the following:

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



AFTERNOON PRAYERS

THE TRISAGION PRAYERS

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

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.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (3x)

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

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



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 53

Save me, O God, by thy Name, and judge me by thy strength. Hear my prayer, O God; give ear to the words of my mouth. For strangers have risen up against me, and the mighty have sought after my soul; and they have not set God before them. For behold, God helpeth me, and the Lord is the protector of my soul. He shall bring evils upon my enemies; cut them off in thy truth. I will freely sacrifice unto thee; I will praise thy Name, O Lord, for it is good. For thou hast delivered me out of every trouble, and mine eye hath looked down upon mine enemies.

PSALM 83

How beloved are thy dwellings, O Lord of Hosts; my soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtledove a nest for herself where she may lay her young, even thine altars, O Lord of Hosts, my King and my God. Blessed are they that dwell in thy house; unto ages of ages shall they praise thee. Blessed is the man whose help is from thee; he hath made ascents in his heart,



in the valley of weeping, in the place which he hath appointed. Yea, for the lawgiver will give blessings; they shall go from strength to strength, the God of Gods shall be seen in Zion. O Lord of Hosts, hearken unto my prayer; give ear, O God of Jacob. O God, our defender, behold, and look upon the face of thine anointed one. For better is one day in thy courts than thousands elsewhere. I have chosen rather to be an outcast in the house of my God than to dwell in the tents of sinners. For the Lord loveth mercy and truth, God will give grace and glory; the Lord will not withhold good things from them that walk in innocence. O Lord God of Hosts, blessed is the man that hopeth in thee.

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 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 living 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.



A PRAYER FOR THE NOON HOUR (6TH HOUR)

O God and Lord of Hosts, and Maker of all Creation, who by the tender compassion of thy mercy which transcendeth comprehension, didst send down thine only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by his precious Cross didst tear asunder the handwriting of our sins, and thereby didst triumph over the principalities and powers of darkness: Do thou thyself, O Master, Lover of mankind, accept also from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression, and from all enemies, both visible and invisible, that seek to do us evil. Nail down our flesh with the fear of thee, and incline not our hearts unto words or thoughts of evil, but pierce our souls with longing for thee, so that ever looking to thee, and being guided by thy Light as we behold thee, the unapproachable and everlasting Light, we may send up unceasing praise and thanksgiving unto thee, the unoriginate Father, with thine only-begotten Son, and thine all-holy and good and life-creating Spirit, now and ever and unto the ages of ages. Amen.

A PRAYER FOR 3:00PM (9TH HOUR)

O Master, Lord Jesus Christ our God, who art long-suffering in the face of our transgressions, and who hast brought us even unto this present hour, wherein thou didst hang upon the life-giving tree, and didst make a way into paradise for the wise thief, and by death didst destroy death: Be gracious unto us sinners and thine unworthy servants; for we have sinned and committed iniquity, and are not worthy to lift up our eyes and behold the height of heaven, for we have abandoned the way of thy righteousness, and have walked in the desires of our hearts. But we beseech thy boundless goodness: Spare us, O Lord, according to the multitude of thy mercy and save us for thy holy Name's sake; for our days were consumed in vanity. Rescue us from the hand of the



adversary, and forgive us our sins, and mortify our carnal mind; that, putting aside the old man, we may be clad with the new, and live for thee, our Master and Benefactor; and that thus by following in thy commandments, we may attain to rest everlasting, wherein is the dwelling-place of all them that rejoice. For thou art indeed the true joy and gladness of them that love thee, O Christ our God, and unto thee we ascribe glory, with thine unoriginate Father, and thy most-holy and good and life-creating Spirit, now and ever and unto the ages of ages. Amen.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

Here you may add your own private devotions and intercessions. When you have finished, conclude your prayers by saying the following:

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



EVENING PRAYERS

THE TRISAGION PRAYERS

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

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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.

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Lord, have mercy. (3x)

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



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

Come, let us worship and fall down before God our King.

Come, let us worship and fall down before Christ, our King and our God.

Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 69

O God, attend to help me. Make haste to help me, O Lord. Let them be put to shame and confusion who seek after my soul. Let them be turned back and brought to shame who desire to hurt me. Let them be turned back in shame who say to me: Aha, aha. Let all those who seek after thee rejoice and be glad in thee, O God, and let those who love thy salvation say continually: Let the Lord be magnified. But I am poor and needy; O God make haste to me. Thou art my helper and my deliverer; O Lord, make no tarrying.

PSALM 142

Hear my prayer, O Lord, give ear to my supplications; in thy faithfulness answer me, and in thy righteousness. And enter not unto judgment with thy servant, for in thy sight shall no man living be justified. For the enemy hath persecuted my soul. He hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate. I remember the days of old; I meditate on all thy works: I muse on the work of thy hands. I stretch forth my hands unto thee; my soul thirsteth after thee, as a thirsty land.



Hear me speedily, O Lord, my spirit faileth. Hide not thy face from me, lest I be like unto them that go down into the pit. Cause me to hear thy loving kindness in the morning; for in thee do I trust. Cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O Lord, from mine enemies; I flee unto thee to hide me. Teach me to do thy will, for thou art my God. Thy spirit is good; lead me to the land of uprightness. Quicken me, O Lord, for thy Name's sake, for thy righteousness' sake, bring my soul out of trouble. And of thy mercy, cut off mine enemies, and destroy all them that afflict my soul, for I am thy servant.

TROPARIA OF THANKSGIVING

Now that the day has 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. (12x)



A PRAYER FOR FORGIVENESS

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.

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 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 living 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 TO THE HOLY SPIRIT

O Lord, the Heavenly King, the Comforter, the Spirit of Truth: have compassion and mercy on me, thy sinful servant! Absolve me, who am unworthy. Forgive all the sins I have committed this day both in my humanity and my inhumanity, behaving worse than beasts in sins voluntary and involuntary, known and unknown, from my youth, from evil suggestions, haste and despondency. If I have sworn by thy name or blasphemed it in thought; if I have reproached anyone or become angered by something; or slandered or saddened anyone in my anger; or have lied, or slept unnecessarily; or a beggar has come to me and I have despised him; or have saddened my brother or quarreled with him; or have judged someone; or have allowed myself to become haughty, proud or angry; or, when standing in prayer, my mind has been shaken by the wickedness of this world; or have entertained depraved thoughts; or have over-eaten, over-drunk or laughed mindlessly; or have had evil thoughts or seen the beauty of someone and been wounded by it in my heart; or have spoken inappropriately; or have laughed at my brother's sins when my own transgressions are countless; or have been indifferent to prayer; or have done any other evil that I can not remember – for I have done all this and more: have mercy, O Master, my Creator, on me, thy despondent and unworthy servant! Absolve, remit and forgive me, in thy goodness and love for mankind that I, who am prodigal, sinful and wretched, may lie down in peace and find sleep and rest. May I worship, hymn and praise thy most honorable Name, with the Father and his only-begotten Son, now and ever and unto ages of ages. Amen.



PRAYER OF THE HOURS

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 lovest the just and showest mercy upon the sinner; 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.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

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