

The Project Gutenberg eBook: Orthodox Daily Prayers

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*** START OF THE PROJECT GUTENBERG EBOOK ORTHODOX DAILY PRAYERS ***

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PRAYERS**

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SEMINARY PRESS**

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Printed

with the blessing

of

His Grace,

The Right Reverend

HERMAN

Bishop of Philadelphia

and

Eastern Pennsylvania

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INTRODUCTION

THE PRAYER BOOK

This Prayer Book contains the most basic daily prayers of an Orthodox Christian, handed down to us primarily by the Russian Church, although other Orthodox traditions are very similar in this regard.

In this book, we find the Psalms of the Holy Prophet-King David, the prayer which the Lord Himself taught His holy disciples, the prayers of the desert fathers, the great hierarchs and teachers of the Church, as well as the prayers of more recent fathers.

The publication of these prayers is not intended to limit the free expression of the Christian soul toward the Creator, the Most Holy Mother of God (Theotokos), and the Saints. On the contrary, by reading these prayers, we learn how to pray. They become the model for our own personal prayers. Often we wish to pray but are distracted by the rushing world around us, or distressed by fear and sorrow, to the point that we do not know where to begin. It is then that we start with the Prayer Book and find that not only are many things we wish to say already encapsulated in the prayers of the fathers, but afterward, we find our own words to continue pouring out our hearts.

There is another gift in the Prayer Book. As Orthodox Christians, we are all members of one Body. We express and participate in that unity in the services of the Church, especially in the Divine Liturgy. Through the Prayer Book, this unity is brought into our homes or wherever an Orthodox Christian reads it. Our own prayers are carried to the Throne of God on the wings of the prayers used by God's People for centuries. We no longer pray alone.

THE RULE OF PRAYER

Many prayer rules have developed in the history of the Church. There is no one place or time that had an absolutely uniform rule. For example, in 19th-century Russia, rules differed significantly between monasteries, though certain basic elements were present everywhere. Therefore, the term "Prayer Rule" should never be understood as a straitjacket that controls and restricts our communion with God.

What the Rules teach us is the importance of regularity in the life of prayer. It is better to read a few prayers every day without fail than to read a large number of prayers erratically, on a whim. Those of us fortunate enough to have a spiritual father should consult him before establishing our own Rule. Those who do not should begin with a modest Rule, increasing only when it has become a regular and indispensable part of life.

THE TRANSLATION

We have attempted to use a contemporary but formal form of English throughout this translation. Where possible, existing translations of the Orthodox Church in America have been used. For example, the Prayers of Preparation for Holy Communion are taken from the official Divine Liturgy book (Saint Tikhon's Seminary Press, 1977) with very few changes. The Psalms, verses, troparia, and prayers not in that edition have now been translated and included to complete the traditional sequence.

The Psalms are taken from the Revised Standard Version (RSV) with changes made where there are significant differences from the Orthodox liturgical Psalter (based on the Septuagint) when necessary. The numbering of the Psalms follows the Septuagint throughout the Prayer Book. We leave the study of the merits of various Biblical texts to the scholars. Our goal here is to provide the English-speaking Orthodox Christian with a Prayer Book as close an equivalent as possible to those which Orthodox Christians of other nationalities have used for generations.

MORNING PRAYERS

After rising from sleep, leave your bed without any laziness, and after composing yourself, make the Sign of the Cross and say:

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

Then stand in silence for a few moments until all your senses are calmed. At that time, make three bows and say:

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

Then begin the Morning Prayers with these words:

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

Glory to Thee, our God, glory to Thee.

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest 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.

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.

O Most Holy Trinity! Have mercy on us! O Lord, cleanse us from our sins! O Master, pardon our transgressions! O Holy One, 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, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil.

(If a priest is present, he adds the usual exclamation)

Having risen 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 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.

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)

Having risen from sleep, I thank Thee, O Holy Trinity. In Thy great goodness and long-suffering, Thou hast not been angry with me for my laziness and sin, nor hast Thou destroyed me in my iniquities. Instead, in Thy usual love for mankind, Thou hast raised me as I lay in despair, so that I might rise early and glorify Thy power. Now, enlighten the eyes of my mind and open my lips, that I may study Thy words, understand Thy commandments, do Thy will, praise Thee with heartfelt confession,

and glorify Thy most holy name, Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship 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 50

Have mercy on me, O God, according to Thy great mercy;

According to the multitude of Thy compassions, blot out my transgression.

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

For I know my iniquity, and my sin is ever before me.

Against Thee only have I sinned, and done this evil in Thy sight;

That Thou mightest be justified in Thy words, and victorious when Thou art judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest 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 have been humbled shall rejoice.

Turn Thy face away 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 establish me with a governing spirit.

I will teach transgressors Thy ways, and the ungodly shall turn back unto Thee.

Deliver me from blood-guiltiness, O God, Thou God of my salvation;

My tongue shall rejoice in Thy righteousness.

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

For if Thou hadst desired sacrifice, I had given it;

With whole-burnt offerings Thou shalt not be pleased.

A sacrifice unto God is a broken spirit;

A heart that is broken and humbled God will not despise.

Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings;

Then shall they offer bullocks upon Thine altar.

THE SYMBOL OF FAITH (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 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 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 the third day He rose 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.

And I believe 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.

PRAYER 1, of St. Macarius the Great

O God, cleanse me, a sinner, for I have done nothing good in Thy sight. Deliver me from the evil one, and let Thy will be done in me, that I may open my unworthy lips without condemnation to praise Thy holy name, Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER 2, of St. Macarius the Great

Having risen from sleep, I offer Thee, O Savior, the midnight song. Falling down, I cry out to Thee: let me not fall asleep in the death of sin. Have mercy on me, Who didst voluntarily endure the Cross. Raise me up quickly as I lie in laziness, and save me as I stand in prayer. After the night's sleep, O Lord Christ, our God, let a sinless day shine upon me and save me.

PRAYER 3, of St. Macarius the Great

Having risen from sleep, I run to Thee, O Master, for Thou lovest mankind, and I hasten to perform Thy work. I pray Thee, help me at all times and in all things. Deliver me from every evil of this world and from the works of the devil. Save me and lead me into Thy eternal Kingdom. For Thou art the Creator, the Provider, and the Giver of all good. All my hope is placed in Thee and I glorify Thee, now and ever and unto ages of ages. Amen.

PRAYER 4, of St. Macarius the Great

O Lord, through Thy abundant goodness and great generosity, Thou hast permitted me, Thy servant, to pass through the hours of this night without being tempted by any evil of the enemy. O Master and Creator of all things, grant also that I may do Thy will in Thy true light and with an enlightened heart, now and ever and unto ages of ages. Amen.

PRAYER 5, of St. Macarius the Great

O Lord, God Almighty, Who receivest the "Thrice-Holy" hymn from the heavenly hosts: receive this night-song even from me, Thine unworthy servant. Grant that in every year and every hour of my life I may glorify Thee, Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER 6, of St. Basil the Great

O Lord Almighty, God of hosts and of all flesh, Who dwellest on high but lookest down upon the humble, Who searchest the heart and the emotions, and clearly foreknowest the secrets of men. Thou art the Light without beginning, with Whom there is no variation or shadow of change. O Immortal King, receive the prayers which we offer to Thee now from defiled lips. Deliver us from the sins we have committed in deed, word, or thought, whether intentionally or unintentionally. Cleanse us from all defilement of flesh and spirit. Grant that we may pass through the long night of this present life with a watchful heart and sober mind, awaiting the radiant and appearing day of Thine Only-begotten Son, our Lord, God, and Savior Jesus Christ, when the Judge of all shall come in glory to reward each person according to their deeds. May we not be found in a state of fallenness and laziness, but alert and actively working, ready to enter into His joy and the divine chamber of His glory, where the song of those who feast never ceases and the joy of those who contemplate the inexpressible beauty of Thy countenance is beyond words. For Thou art the true Light that enlightens and sanctifies all things, and all creation praises Thee unto ages of ages. Amen.

MORNING PRAYERS (Continued)

PRAYER 7, also of St. Basil the Great

We bless Thee, O Most High God and Lord of mercies, Who always doest great and unsearchable things for us—glorious and awe-inspiring things without number. Thou givest us sleep for the rest of our infirmity and to relieve the labors of our heavy flesh. We thank Thee for not destroying us in our iniquities. Instead, Thou hast shown Thy usual love for mankind and hast raised us as we lay in despair to glorify Thy power. Therefore, we implore Thine infinite goodness: enlighten our thoughts and our eyes, and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with Thy praise, that we may

continually sing and confess Thee, the God glorified in all and by all, the Father without beginning, together with Thine Only-begotten Son and Thy Most Holy and life-giving Spirit, now and ever and unto ages of ages. Amen.

PRAYER 8, A Midnight Song to the Most Holy Theotokos

I sing of thy grace, O Lady,

And I pray thee to grant grace to my mind.

Teach me to walk aright

On the path of Christ's commandments.

Strengthen me to be watchful in song,

And dispel the despair of sleep.

I am bound by the chains of sin;

By thy intercessions, free me, O Bride of God!

Guard me by night and by day,

And deliver me from the enemies who wage war against me.

Since thou hast brought forth the Life-giving God,

Give life to me, who am wounded by passions.

Since thou hast brought forth the Light that never sets,

Enlighten my blinded soul.

O wondrous palace of the Master,

Make me a home of the Divine Spirit.

Since thou hast brought forth the Physician,

Heal my soul from the years of many passions.

I am tossed about in the storm of life:

Lead me onto the path of repentance.

Deliver me from the eternal fire,

From the evil worm, and from hell.

Do not let me become a joy for the demons,

Though I am guilty of many sins.
Renew me, O Immaculate One,
For I have grown old through senseless sins.
Keep me far from every kind of torment,
And pray for me before the Master of all.
Grant that I, with all the saints,
May inherit heavenly joy.
Hear, O Most Holy Virgin,
The voice of thy useless servant.
Grant me a fountain of tears, O Pure One,
To wash away the filth of my soul.
I offer the groans of my heart to thee unceasingly:
Be compassionate, O Lady!
Accept my service of prayer,
And bring it to the compassionate God.
Thou who art higher than the angels,
Raise me above the confusion of this world.
O heavenly cloud that bears the light,
Direct spiritual grace into me.
I lift up praise, O completely Immaculate One,
With hands and lips defiled by sin.
Deliver me from the harms that corrupt the soul,
With fervent entreaty to Christ,
To Whom are due glory and worship,
Now and ever and unto ages of ages. Amen.

PRAYER 9, to our Lord Jesus Christ

O my most merciful and all-compassionate God, Lord Jesus Christ! Because of Thy great love, Thou didst come down and become incarnate to save all. Once again, I pray Thee, save me by grace! If Thou shouldst save me because of my merit, it would not be a gift, but only a debt. Indeed, Thou art abundant in goodness and infinite in compassion! Thou hast said, O my Christ: "He who believes in Me shall live and never die." If faith in Thee saves the desperate, then behold: I believe! Save me, for Thou art my God and my Creator. May my faith take the place of my works, O my God, for Thou shalt find no works to justify me. May my faith be sufficient for all. May it answer for me; may it justify me; may it make me a partaker of Thine eternal glory; and may Satan not seize me, O Word, and boast that he has snatched me from Thy hand and Thy fold. O Christ my Savior: save me whether I want it or not! Come quickly, hurry, for I am perishing! Thou hast been my God since I was in my mother's womb. O Lord, grant that I may now love Thee as I once loved sin, and let me labor for Thee without laziness just as I once labored for Satan the deceiver. Even more, I shall labor for Thee, my Lord and God Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

PRAYER 10, to the Guardian Angel of one's life

O Holy Angel, who stands by my wretched soul and my passion-filled life: do not abandon me, a sinner, nor depart from me because of my lack of self-control. Give no place to the evil demon to take possession of me through the violence of this mortal body. Take hold of my weak and feeble hand, and direct me on the path of salvation. O holy Angel of God, the keeper and protector of my wretched soul and body: forgive me for all the grief I have caused thee throughout my life. If I have sinned during the past night, protect me during the present day. Guard me from every temptation of the adversary, so that I may not anger God by any sin. Pray to the Lord for me, that He may strengthen me in the fear of Him and make me, His servant, worthy of His goodness. Amen.

PRAYER 11, to the Most Holy Theotokos

O Most Holy Mother of God, my Lady: by thy holy and powerful prayers, drive away from me, thy humble and unworthy servant, despair, forgetfulness, foolishness, indifference, and all impure, evil, and blasphemous thoughts from my wretched heart and darkened mind. Quench the flame of my passions, for I am poor and miserable. Deliver me from the many cruel memories and imaginings. 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!

O glorious and Ever-Virgin Mother of Christ our God, bring our prayers before thy Son and our God, that through thee He may save our souls.

O holy heavenly hosts of Angels and Archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all Saints, pray for us sinners.

Pray unto God for me, O Holy _____ (the name of your Patron Saint), for I fervently run to thee, the speedy helper and intercessor for my soul!

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 Thy habitation.

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

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

Lord, have mercy! (3 times)

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

THE MORNING PRAYERS OF THE LAST OPTINA ELDERS

Some pious Christians use the following after their morning prayers:

O Lord, grant that I may meet all that the coming day brings with spiritual peace. Grant that I may fully yield myself to Thy holy will.

In every hour of this day, direct and support me in all things. Whatever news I receive during the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Thy holy will.

Guide my thoughts and feelings in all my words and actions. In all unforeseen events, let me not forget that all are sent by Thee.

Grant that I may act straightforwardly and wisely with every member of my family, neither embarrassing nor distressing anyone.

O Lord, grant me the strength to bear the fatigue of the coming day and all the events that take place within it. Guide my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

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COMMEMORATION OF THE LIVING AND THE DEPARTED

To be read daily by every monastic and pious Christian at the end of the prayer rule.

O Lord Jesus Christ our God, remember Thy eternal mercy and compassion, for the sake of which Thou didst become man and voluntarily endure crucifixion and death for the salvation of those who rightly believe in Thee. Thou hast risen from the dead, ascended into Heaven,

and sittest at the right hand of God the Father, looking down upon the humble entreaties of those who call upon Thee with all their heart. Incline Thine ear and hear the prayer which I, Thine unworthy servant, offer unto Thee for all Thy people as a spiritual fragrance.

First, remember the One, Holy, Catholic, and Apostolic Church which Thou hast acquired by Thy precious Blood. Establish, strengthen, expand, and multiply her. Grant peace to her and preserve her forever undestroyed by the gates of hell. Calm the disputes of the churches, quench the pride of the heathens, and quickly destroy and uproot the uprisings of heresy, bringing them to naught by the power of the Holy Spirit.

(Make a bow)

O Lord, save and have mercy on the Holy Orthodox Patriarchs, His Beatitude _____, Archbishop of Washington, Metropolitan of All America and Canada; His Grace _____, Bishop of _____; the priests, deacons, and all the clergy whom Thou hast established to shepherd Thy rational flock. Through their prayers, save also me, a sinner, and have mercy on me.

(Make a bow)

O Lord, save and have mercy on the President of our country, all civil authorities, and the armed forces. Surround them with peace, and place peace and goodness into their hearts for the sake of Thy Holy Church and all Thy people. In their peace, grant that we may lead a quiet and peaceful life in the True Faith and in all godliness and purity.

(Make a bow)

O Lord, save and have mercy on our father (name and title of your monastery's abbot or parish priest) together with all our brothers and sisters in Christ, and have mercy on me, a wretch, through their prayers.

(Make a bow)

O Lord, save and have mercy on my spiritual father _____, and forgive my transgressions through his holy prayers.

(Make a bow)

(In Monasteries)

O Lord, save and have mercy on all our brothers and sisters who labor in this holy community—the workers, the lay staff, and those who cultivate the land for this monastery, and all Christians.

(In Parishes)

O Lord, save and have mercy on all our brothers and sisters who serve this holy Church—the parish council, the choir, the teachers, the wardens and cleaners, and all those who work for our parish, and all Christians.

(Make a bow)

(Omit any terms that are inappropriate in the following petition)

O Lord, save and have mercy on my parents _____ (if living), my spouse _____, my children _____, my brothers and sisters, and all my relatives according to the flesh, those close to my family, and my friends. Grant them Thy earthly and heavenly blessings.

(Make a bow)

O Lord, save and have mercy on our fathers, brothers, and sisters who are living with steadfast faith in the monasteries on the Holy Mountain, in Russia, America, and anywhere else. Through their prayers, have mercy on me, a sinner.

(Make a bow)

O Lord, save and have mercy, according to the multitude of Thy compassions, on all monastic priests, monks and nuns, and all who live in chastity, reverence, and fasting in monasteries, in deserts and caves, on high mountains and pillars, in hermitages and clefts of rocks, on the islands of the sea, and those who live in the True Faith in every place of Thy dominion, serving Thee piously and praying to Thee. Lighten their burden and comfort them in their sorrow. Grant them strength and resolve in their struggles, and grant me the forgiveness of sins through their prayers.

(Make a bow)

O Lord, save and have mercy on the old and the young, the poor, the orphans and widows, those in sickness and sorrow, in trials and grief, in war and captivity, in prison and exile—especially those who, as Thy servants, are persecuted for Thy Name and the Orthodox Faith by godless heathens, apostates, and heretics. Remember, visit, strengthen, and comfort them, granting them speedy release, freedom, and deliverance by Thy power.

(Make a bow)

O Lord, save and have mercy on our benefactors, who have had mercy on us and fed us, giving us alms and security, and who have asked us to pray for them despite our unworthiness. Be Thou merciful to them and grant each of their requests for salvation and the reward of eternal blessings.

(Make a bow)

O Lord, save and have mercy on all our fathers, brothers, and sisters and all Orthodox Christians who are on pilgrimage in Thy service.

(Make a bow)

O Lord, save and have mercy on those whom I have caused to stumble, leading them away from the path of salvation and toward evil and unworthy acts. Lead them back to the path of salvation by Thy Divine Providence.

(Make a bow)

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

(Make a bow)

Enlighten with the light of Thy wisdom those who have departed from the Orthodox Faith and have been blinded by destructive heresies; grant that they may be reunited with Thy One, Holy, Catholic, and Apostolic Church.

(Make a bow)

FOR THE DEPARTED

O Lord, remember all Orthodox Patriarchs and Bishops; archbishops and bishops; priests and those who served in holy orders; those who served Thee in the monastic rank and the blessed founders of our holy community (or Church). Grant them rest with the saints in Thy eternal dwellings.

(Make a bow)

O Lord, remember the souls of Thy departed servants, my parents _____ (if deceased), and all my relatives according to the flesh. Forgive all their sins, both voluntary and involuntary. Grant them a share in Thy eternal blessings and the enjoyment of everlasting and blessed life.

(Make a bow)

O Lord, remember all our departed fathers, brothers, and sisters, the Orthodox Christians who lie here and everywhere in the hope of Resurrection and eternal life. Grant that they may live with Thy saints under the Light of Thy countenance. Have mercy also on us, for Thou art good and lovest mankind. Amen.

(Make a bow)

The following is read three times, each accompanied by a bow:

O Lord, grant remission of sins to all our fathers, brothers, and sisters who have gone before us in the faith and the hope of Resurrection, and may their memory be eternal.

PRAYERS AT THE TABLE

Before Breakfast

O Most Holy Trinity, have mercy on us! O Lord, cleanse us from our sins! O Master, pardon our transgressions! O Holy One, visit and heal our infirmities for Thy name's sake.

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

Lord, have mercy! (3 times)

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 Breakfast

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement thou gavest birth to God the Word: true Theotokos, we magnify thee.

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

Lord, have mercy! (3 times)

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

Before Lunch

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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil.

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

Lord, have mercy! (3 times)

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 Lunch

We thank Thee, O Christ our God, for Thou hast satisfied us with Thy earthly blessings. Deprive us not of Thy Heavenly Kingdom, but as Thou didst come among Thy disciples, O Savior, and didst grant them peace, come also to us and save us!

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

Lord, have mercy! (3 times)

Blessed is God, Who has had mercy on us and fed us from His rich bounties, through His grace and love for mankind, always, now and ever and unto ages of ages. Amen.

Before Dinner

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

Lord, have mercy! (3 times)

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 Dinner

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

Thy womb became a Heavenly Table, bearing the Bread of Heaven—Christ our God. Whosoever eats of Him shall not die, O Birthgiver of God, according to the word of the Nourisher of all.

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement thou gavest birth to God the Word: true Theotokos, we magnify thee!

O Lord, Thou hast made us glad by Thy deeds; we shall rejoice in the works of Thy hands. Lord, lift up the light of Thy countenance upon us! Thou hast put gladness in my heart. We have been satisfied with the fruit of wheat, wine, and oil. In peace, I will lie down and sleep; for Thou alone, O Lord, makest me dwell in hope.

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

Lord, have mercy! (3 times)

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

SMALL COMPLINE

The Priest blesses:

Blessed is our God, always, now and ever, and unto ages of ages!

NOTE: If there is no priest, the laity begins with:

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us!

The Reader continues:

Amen! Glory to Thee, our God, glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest 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.

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.

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, 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, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil.

The Priest exclaims:

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.

The Reader continues:

Amen! Lord, have mercy! (12 times)

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

Come, let us worship 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 50

(Translation follows the standard Orthodox liturgical English used previously)

Have mercy on me, O God, according to Thy great mercy;

According to the multitude of Thy compassions, blot out my transgression.

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

For I know my iniquity, and my sin is ever before me.

Against Thee only have I sinned, and done this evil in Thy sight;

That Thou mightest be justified in Thy words, and victorious when Thou art judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest 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 have been humbled shall rejoice.

Turn Thy face away 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 establish me with a governing spirit.

I will teach transgressors Thy ways, and the ungodly shall turn back unto Thee.

Deliver me from blood-guiltiness, O God, Thou God of my salvation;

My tongue shall rejoice in Thy righteousness.

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

For if Thou hadst desired sacrifice, I had given it;

With whole-burnt offerings Thou shalt not be pleased.

A sacrifice unto God is a broken spirit;

A heart that is broken and humbled, O God, Thou wilt not despise.

Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings;

Then shall they offer bullocks upon Thine altar.

Psalm 69

O God, come to my assistance!

O Lord, make haste to help me!

Let them be ashamed and confounded who seek after my soul!

Let them be turned backward and put to confusion who wish me evil!

Let them be turned back for a reward of their shame who say to me: "Aha! Aha!"

Let all those who seek Thee rejoice and be glad in Thee!

And let such as love Thy salvation say continually: "Let God be magnified!"

But I am poor and needy;

Hasten to me, O God!

Thou art my helper and my deliverer;

O Lord, do not delay!

Psalm 142

O Lord, hear my prayer;

Give ear to my supplications!

In Thy faithfulness answer me,

In Thy righteousness!

Enter not into judgment with Thy servant;

For in Thy sight no man living is righteous.

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 my spirit is overwhelmed within me;

My heart within me is troubled.

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 like a parched 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 from mine enemies, O Lord!
In Thee do I take refuge!
Teach me to do Thy will,
For Thou art my God!
Let Thy good Spirit lead me
In the way of uprightness!
For Thy name's sake, O Lord, quicken me!
In Thy righteousness bring my soul out of trouble!
And in Thy mercy cut off mine enemies,
And destroy all them that afflict my soul,
For I am Thy servant.*

The Doxology

*Glory to God in the highest,
And on earth peace, goodwill toward men.
We praise Thee! We bless Thee! We worship Thee! We glorify Thee!
We give thanks to Thee for Thy great glory!
O Lord, King of Heaven,
God the Father Almighty!
O Lord, the Only-begotten Son, Jesus Christ,
And the Holy Spirit!
O Lord God, Lamb of God, Son of the Father,*

Who takest away the sin of the world, have mercy on us!

Thou Who takest away the sin of the world, receive our prayer.

Thou Who sittest at the right hand of the Father, have mercy on us!

For Thou alone art Holy, Thou alone art the Lord,

Thou alone, O Jesus Christ, art most high,

In the glory of God the Father. Amen!

Every night will I bless Thee,

And I will praise Thy name forever and ever!

Lord, Thou hast been our refuge

From generation to generation!

I said: Lord, have mercy on me,

Heal my soul, for I have sinned against Thee.

Lord, I flee unto Thee.

Teach me to do Thy will,

For Thou art my God.

For with Thee is the fountain of life,

And in Thy light shall we see light.

O continue Thy mercy

Unto them that know Thee!

Vouchsafe, O Lord, to keep us this night

Without sin!

Blessed art Thou, O Lord, God of our fathers,

And praised and glorified is Thy name

Forever. Amen!

Let Thy mercy, O Lord, be upon us,

As we have set our hope on Thee.

Blessed art Thou, O Lord,

Teach me Thy statutes!

Blessed art Thou, O Master,

Make me to understand Thy commandments!

Blessed art Thou, O Holy One,

Enlighten me with Thy precepts!

Thy mercy, O Lord, endureth forever!

O despise not the works of Thy hands!

Worship belongeth to Thee! Praise belongeth to Thee!

Glory belongeth to Thee:

To the Father, and to the Son, and to the Holy Spirit,

Now and ever, and unto ages of ages. Amen!

The Symbol of Faith (The Creed)

(Translation as previously rendered)

I believe in one God, the Father Almighty...

NOTE: *In churches, the appointed Canon to the Theotokos is sung from the Octoechos at this point. In private recitation of Compline, one or more Canons and/or an Akathist may be sung instead.*

According to the Russian tradition, those preparing to receive the Holy Mysteries (Communion) should read at least three Canons and one Akathist on the preceding evening (See page 89).

Some read the Canon of Preparation at this point (See page 119).

Whenever a Canon is sung, the following is sung in the same tone as the Irmos of that Canon. If there is no Canon, it is read or sung in Tone 8:

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

The Reader continues:

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.

O Most Holy Trinity, have mercy on us! O Lord, cleanse us from our sins! O Master, pardon our transgressions! O Holy One, 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, now and ever, and unto ages of ages. Amen.

Our Father, Who art in heaven...

If a priest is present, he gives the usual exclamation.

*After saying AMEN!, the Reader reads the appropriate **TROPARIA**:*

Sunday Evening

We, though unworthy, pray to you always, O Archangels and Commanders of the Heavenly Hosts: by your intercessions, shelter us under the wings of your spiritual glory. Guard us who fervently fall down and cry out: deliver us from all distress, for you are the commanders of the powers on high.

O God of our fathers, Who always dealest with us according to Thy gentleness: take not Thy mercy from us, but through their intercessions guide our lives in peace.

Thy Church has been adorned with a robe of fine purple linen—the blood of the Martyrs throughout the world, O Christ our God. Therefore the Church cries out to Thee: pour out Thy mercy upon Thy people, grant peace to Thy community and great mercy to our souls.

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

O Christ, give rest to the souls of Thy servants with the saints, where there is no sickness, sorrow, nor sighing, but life everlasting.

Now and ever and unto ages of ages. Amen.

O Lord, grant us Thy peace, through the intercessions of all the saints and the Theotokos. Have mercy on us, for Thou alone art all-compassionate.

Monday Evening

The righteous is remembered with praises. For thee, O Forerunner, the testimony of the Lord is enough. Thou hast truly shown thyself to be more honorable than the prophets, for thou wast deemed worthy to baptize in the streams Him Whom thou didst announce. After having joyfully suffered for the truth, thou didst announce to those in Hades the true God Who was revealed in the flesh, Who takest away the sin of the world and grantest us great mercy.

(Repeat: O God of our fathers... Thy Church has been adorned... Glory... O Christ, give rest... Now and ever... O Lord, grant us Thy peace...)

Tuesday Evening

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 Thy habitation.

(Repeat: O God of our fathers... etc.)

Wednesday Evening

O holy Apostles, intercede with our merciful God, that He may grant remission of sins to our souls.

The truth of things has revealed thee to thy flock as a rule of faith, an icon of gentleness, and a teacher of abstinence. Thereby, thou hast reached the heights through humility and riches through poverty. O Holy Hierarch, Father Nicholas, intercede with Christ our God for the salvation of our souls.

(Repeat: O God of our fathers... etc.)

Thursday Evening

(Same as Tuesday Evening)

Friday Evening

We pray to you, O apostles, martyrs, and prophets, hierarchs, venerable and righteous ones, who have fought the good fight and kept the faith: with boldness before the Savior, pray to the Good One for the salvation of our souls.

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

O Lord, the Planter of all creation, the universe offers to Thee the God-bearing Martyrs as the first-fruits of nature. Through their intercessions and the Theotokos, O Most Merciful One, preserve Thy Church and Thy people in profound peace.

Saturday Evening

The Sunday Troparia and Kontakia are read according to the Tone of the week.

Tone 1

When the stone had been sealed by the Jews; while the soldiers were guarding Thy most pure Body; Thou didst rise on the third day, O Savior, granting life to the world. Therefore, the powers of heaven cried out to Thee, O Giver of Life: Glory to Thy resurrection, O Christ! Glory to Thy kingdom! Glory to Thy providence, O Lover of mankind!

Glory... Now and ever...

As God, Thou didst rise from the tomb in glory, raising the world with Thee. Humanity praises Thee as God, for death has vanished! Adam exults, O Master! Eve rejoices because she is

freed from her chains and cries out: Thou art the One Who grantest Resurrection to all, O Christ!

Tone 2

When Thou didst descend unto death, O Life Immortal, Thou didst slay Hades by the radiance of Thy divinity! And when from the depths Thou didst raise the dead, all the powers of heaven cried out: O Giver of Life! Christ our God! Glory to Thee!

Glory... Now and ever...

Hades was struck with fear, O Almighty Savior, seeing Thy miracle of resurrection from the dead! The dead have arisen! Creation along with Adam beheld this and rejoiced with Thee! And the world, O my Savior, praises Thee forever.

Tone 3

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm! He has trampled down death by death! He has become the First-born of the dead! He has delivered us from the depths of Hades, and granted the world great mercy!

Glory... Now and ever...

On this day Thou hast risen from the tomb, O Merciful One, leading us out of the gates of death. On this day Adam exults and Eve rejoices; together with the prophets and patriarchs, they unceasingly praise the wondrous majesty of Thy power!

Tone 4

When the women disciples of the Lord learned from the angel the joyful message of Thy Resurrection; they cast away the ancestral curse and exultantly told the apostles: Death is overthrown! Christ God is risen, granting to the world great mercy.

Glory... Now and ever...

My Savior and Redeemer, as God, arose from the tomb and delivered those born of earth from their chains. He has shattered the gates of Hades, and as Master, He rose on the third day!

Tone 5

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation; for He was pleased to be lifted up upon the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

Glory... Now and ever...

Thou didst descend into Hades, O my Savior, shattering its gates as the Almighty; raising the dead as the Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Mankind, and we all cry out to Thee: O Lord, save us!

Tone 6

The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure Body. Thou didst despoil Hades without being tempted by it. Thou didst come to the Virgin to grant life. O Lord, Who rose from the dead: glory to Thee!

Glory... Now and ever...

When Christ God, the Giver of Life, raised all the dead from the valleys of sorrow with His powerful arm, He granted resurrection to the human race. He is the Savior of all, the Resurrection, the Life, and the God of all things.

Tone 7

By Thy Cross, Thou hast destroyed death! Thou hast opened Paradise to the thief! For the ointment-bearing women, Thou hast turned weeping into joy! And Thou didst command the apostles, O Christ God, to proclaim that Thou art risen, granting the world great mercy!

Glory... Now and ever...

The dominion of death can no longer hold men, for Christ has descended, shattering and destroying its power! Hades is bound, while the prophets joyfully cry out: The Savior has come to those who believe! Enter, O faithful, into the Resurrection!

Tone 8

Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

Glory... Now and ever...

By rising from the tomb, Thou hast raised the dead and resurrected Adam. Eve exults in Thy Resurrection, and the world celebrates Thy rising from the dead, O Most Merciful One!

The Prayer of St. Basil the Great

O Christ God, Who art worshipped and glorified at all times and in every hour; Who art long-suffering, all-merciful and all-compassionate; Who lovest the righteous and hast mercy on sinners; Who callest all to salvation with the promise of good things to come: O Lord, receive the prayers we offer at this time, and guide our lives according to Thy commandments. Sanctify our souls, purify our bodies, set aright our thoughts, cleanse our minds and deliver us from all distress, evil and sickness. Surround us with Thy holy angels, that guarded and guided by their strength, we may attain the unity of the faith and the knowledge of Thine unapproachable glory: for Thou art blessed unto ages of ages. Amen.

Lord, have mercy! (3 times)

Glory... Now and ever...

More honorable than the Cherubim...

(Instructions for Priest/Lay blessing...)

The Prayer of St. Ephraim

O Lord and Master of my life! Take from me the spirit of laziness, despair, lust for 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 Thou art blessed unto ages of ages. *(Prostration)*

O God, cleanse me, a sinner. *(12 times with bows, then repeat the prayer and one final prostration.)*

Prayer to the Most Holy Theotokos by the Monk Paul

O Lady, undefiled, pure, incorruptible and most chaste, the pure Virgin Bride of God! By thy glorious birth-giving, thou hast united God the Word with humanity and joined our fallen human nature with the heavens. Thou art the only hope of the hopeless, the help of those who struggle, the ready helper of those who run to thee and the refuge of all Christians. Turn not away from me, a sinner and vile person, though I have made myself utterly useless through impure thoughts, words, and deeds, and my mind has become a slave to the lazy pleasures of this life. As the Mother of God Who loves mankind, have mercy on me, a prodigal sinner, with that same human love. Receive the prayer I offer to thee with defiled lips and intercede with thy Son, our Master and Lord, with thy maternal boldness...
(continues through to Amen)

Prayer to our Lord Jesus Christ by the Monk Antiochus

As we prepare for sleep, O Master, grant rest to our body and soul. Keep us from the dark sleep of sin and from every dark and passionate pleasure of the night. Calm the impulses of passion and quench the fiery arrows that the Evil One craftily hurls against us. Subdue the rebellions of our flesh and lull to sleep our worldly and material reasoning. O God, grant us a watchful mind, chaste thoughts, a sober heart, and a gentle sleep, free from every satanic dream. Raise us up at the hour of prayer, established in Thy commandments—with the memory of Thy judgments deeply engraved within us. Grant that we may glorify Thee throughout this night, singing, blessing, and glorifying Thy most honorable and majestic Name: of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages. Amen.

NOTE: In churches, Compline ends here with short prayers and the Dismissal. (See the BOOK OF HOURS). When read privately, Compline transitions into the PRAYERS BEFORE SLEEP, beginning with the Troparia: "Have mercy on us, O Lord, have mercy on us..." (page 68).

PRAYERS BEFORE SLEEP

O Lord Jesus Christ, Son of God, through the intercessions of Thy most pure Mother and all the saints, have mercy on us. Amen.

Glory to Thee, our God, glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth... *(Standard Opening Prayers continue as before, including Holy God, Most Holy Trinity, and the Lord's Prayer).*

After the AMEN, the following Troparia are sung (Tone 6) or read:

Have mercy on us, O Lord, have mercy on us, for laying aside all excuse, we sinners offer unto Thee, as to our Master, this supplication: have mercy on us.

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

O Lord, have mercy on us, for we have set our hope on Thee. Be not angry with us, nor remember our iniquities, but look down upon us even now, for Thou art compassionate, and deliver us from our enemies; for Thou art our God and we are Thy people; we are all the work of Thy hands, and we call upon Thy Name.

Now and ever and unto ages of ages. Amen.

O blessed Theotokos, open the doors of compassion to us who set our hope on thee, that we may not perish but be delivered from adversity through thee, who art the salvation of the Christian race.

Lord, have mercy! (12 times)

Prayer 1, to God the Father, by St. Macarius the Great

O Eternal God and King of all creation, Who hast enabled me to reach this hour: forgive the sins I have committed this day in deed, word, and thought. O Lord, cleanse my humble soul from every defilement of flesh and spirit. O Lord, grant that I may pass through this night in peace. When I rise from this humble bed, may I please Thy Holy Name all the days of my life and trample underfoot the visible and invisible enemies that wage war against me. O Lord, deliver me from the vain thoughts that defile me and from evil desires. For Thine 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.

Prayer 2, to our Lord Jesus Christ, by St. Antiochus

O Almighty Word of the Father, Jesus Christ, Who art perfect: never abandon me, Thy servant, because of Thy great mercy, but always abide in me. O Jesus, Good Shepherd of Thy sheep, do not deliver me to the rebellion of the serpent! Do not leave me to the will of Satan, for the seed of corruption is within me! Instead, O Lord God worshipped, O Holy King Jesus Christ, keep me while I sleep by Thy unyielding Light, by Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant to me, Thine unworthy servant, salvation upon my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel; my soul

with the love of Thy Cross; my heart with the purity of Thy Word; my body with Thy passion-free Passion. Guard my thoughts with Thy humility and raise me up at the proper time to glorify Thee. For Thou art most glorified, together with Thy Father without beginning and Thy Most Holy Spirit forever. Amen.

Prayer 3, to the Holy Spirit

O Lord, Heavenly King, Comforter, Spirit of Truth: have compassion and mercy on me, Thy sinful servant! Forgive me, who am unworthy. Forgive every sin I have committed today both in my humanity and my inhumanity, acting worse than the beasts in my voluntary and involuntary sins, known and unknown, from my youth, from evil suggestions, haste, and despair. If I have sworn by Thy Name or blasphemed in thought; if I have rebuked anyone or become angry over anything; or slandered or grieved anyone in my anger; or have lied, or slept unnecessarily; or if a beggar came to me and I despised him; or have grieved my brother or quarreled with him; or have judged someone; or have allowed myself to become proud, conceited, or quick-tempered; or when standing at prayer, my mind was distracted by the wickedness of this world; or have harbored lewd thoughts; or have overeaten, over-drunk, or laughed foolishly; or have had evil thoughts or seen the beauty of someone and was hurt by it in my heart; or have spoken inappropriately; or have laughed at the sin of my brother while my own transgressions are countless; or have been indifferent to prayer; or have done any other evil that I cannot remember—for I have done all this and more: have mercy on me, O Master, my Creator, a hopeless and unworthy servant! Forgive, remit, and pardon me, in Thy goodness and love for mankind, that I, the prodigal, sinful, and wretched one, may lie down in peace, and find sleep and rest. May I worship, sing to, and praise Thy most honorable Name, together with the Father and His Only-begotten Son, now and ever and unto ages of ages. Amen.

Prayer 4, by St. Macarius the Great

What can I bring to Thee? What can I give back to Thee, O Immortal King, Giver of great gifts, O generous Lord, Lover of mankind? Though I have been lazy in pleasing Thee and have done nothing good, Thou hast brought me to the end of this day, commanding the conversion and salvation of my soul. Have mercy on me, a sinner devoid of every good work. Raise up my fallen soul, which is defiled by unmeasurable sins. Remove from me every evil thought of this visible life. O Only Sinless One, forgive every sin I have committed against Thee today, whether known or unknown, in word, deed, or thought or through any of my senses... *(continues through to Amen)*.

Prayer 5

O Lord our God, forgive every sin I have committed today in word, deed, and thought, for Thou art good and lovest mankind. Grant me a peaceful sleep, untroubled in heart. Send Thy Guardian Angel to protect and keep me from all harm. For Thou art the Protector of our souls and bodies, and to Thee we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer 6

O Lord our God, in Whom we believe and Whose Name we call upon above every other name: grant relief to our souls and bodies as we go to sleep. Keep us from every dark

illusion and pleasure. Stop the surge of passion and quench the fiery excitements of the flesh. Grant that we may live chastely in word and deed. Having embraced a virtuous life, may we not fall away from the promised gifts, for Thou art blessed forever. Amen.

Prayer 7, by St. John Chrysostom

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

For the Day

- Lord, do not deprive me of Thy heavenly blessings.
- Lord, deliver me from eternal torment.
- Lord, whether I have sinned in mind or thought, 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 has been darkened by evil desires.
- Lord, as a man I have sinned: as a merciful God, have mercy on me, seeing the weakness of my soul.
- Lord, send Thy Grace to help me, 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.
- O Lord my God, though I have done nothing good in Thy sight, grant that by Thy Grace I may make a good beginning.
- Lord, sprinkle the dew of Thy Grace into my heart.
- Lord of heaven and earth, remember me, Thy sinful, shameful, and impure servant, in Thy Kingdom. Amen.

For the Night

- Lord, accept me in repentance.
- Lord, do not abandon me.
- Lord, lead me not into temptation.
- Lord, grant me good thoughts.
- Lord, grant me tears, the memory of death, and contrition.
- Lord, grant me the intent to confess my sins.
- Lord, grant me humility, chastity, and obedience.
- Lord, grant me patience, courage, and gentleness.
- Lord, cause the root of good to dwell in me—the fear of Thee in my heart.
- Lord, grant me to love Thee with all my soul and mind and to do Thy will in all things.
- Lord, protect me from certain people, demons, and passions, and from any other improper thing.
- Lord, I know that Thou doest as Thou wilt: may Thy will be in me, a sinner, for Thou art blessed forever. Amen.

Prayer 8, to our Lord Jesus Christ

O Lord Jesus Christ, Son of God, for the sake of Thy most honorable Mother, Thy bodiless Angels, Thy Prophet, Forerunner and Baptist, the divinely inspired Apostles, the radiant and

victorious Martyrs, the venerable and God-bearing Fathers, and all the Saints: deliver me from the present assault of the devil. Yea, O Lord my Creator, Who desirest not the death of a sinner, but rather that he should turn to Thee and live: grant repentance to me, wretched and unworthy. Snatch me from the jaws of the devouring serpent, whose mouth is open to swallow me and carry me down alive into Hades. Yea, O Lord and my Comforter, Who didst put on corruptible flesh for my wretched sake: deliver me from misery and bring consolation to my weary soul. Plant in my heart the fulfillment of Thy precepts, the abandonment of evil deeds, and the attainment of Thy blessings. In Thee, O Lord, have I trusted: save me!

Prayer 9, to the Most Holy Theotokos, by Peter the Studite

Before thee, O most pure Mother of God, I, a wretch, fall down and pray: O Queen, thou knowest that I sin constantly and offend thy Son and my God. No matter how many times I repent, I prove to be a liar before God and repent with trembling. Can the Lord move me, only for me to do the same things an hour later? Knowing this, my Lady, Mother of God, I pray: have mercy on me, strengthen me, and grant that I may do good. Thou knowest, O Lady Theotokos, that I loathe my evil deeds and love the Law of God with all my mind. But, O pure Lady, I do not know how I can love what I hate and turn away from what is good. Let not my will be done, O Pure One, for it is not fitting. May the will of thy Son and my God be done. May He save and enlighten me, and grant me the Grace of His Holy Spirit, so that I may cease sinning from this moment and live the rest of my life in obedience to thy Son, to Whom is due all glory, honor, and majesty, together with His Father without beginning, and His all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

Prayer 10, to the Most Holy Theotokos

O Good Mother of the Good King, most pure and blessed Mary, Mother of God: pour out the mercy of thy Son and our God upon my passionate soul. Guide me to good works through thy prayers, that I may pass through the remainder of my life without blemish, and find Paradise through thee, O Virgin Theotokos, who alone art pure and blessed.

Prayer 11, to the Holy Guardian Angel

O Angel of Christ, my holy protector and guardian of my soul and body: forgive me for all the sins I have committed today. Deliver me from every evil of the opposing Enemy, so that I may not offend my God by any sin. Pray for me, thy sinful and unworthy servant, that thou mayest show me worthy of the kindness and mercy of the All-Holy Trinity, the Mother of my Lord Jesus Christ, and all the Saints. Amen.

Kontakion to the Theotokos

To thee, the Champion Leader of triumphant hosts! We, thy servants, having been delivered from evil, sing a hymn of grateful thanks to thee, O Theotokos! As thou possessest invincible power, deliver us from every calamity so that we may sing to thee: Rejoice, O Unwedded Bride!

O glorious Ever-Virgin Mother of Christ our God, bring our prayers before thy Son and our God, that through thee He may save our souls!

All my hope I place in thee, O Mother of God: keep me under thy protection!

O Virgin Theotokos, despise me not, a sinner, who desires thy help and intercession. My soul hopes in thee, have mercy on me!

Prayer of St. Ioannikios

My hope is the Father; my refuge is the Son; my protection is the Holy Spirit: O Holy Trinity, glory to Thee!

It is truly meet to bless thee, O Theotokos... *(Standard Magnification)*

Glory... Now and ever... Amen. Lord, have mercy (3 times). Lord, bless!

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

Prayer of St. John of Damascus

(Spoken while pointing to the bed)

O Master, Lover of mankind, will this bed be my coffin? Or wilt Thou enlighten my wretched soul with another day? Behold: before me is the coffin, before me is death! O Lord, I fear Thy judgment and the endless torments, yet I do not cease to do evil. I always offend Thee, O Lord my God, and Thy most pure Mother, and all the heavenly hosts and my holy Guardian Angel. I know, O Lord, that I am not worthy of Thy love for mankind. Truly, I deserve every condemnation and torment. But, O Lord, save me whether I will it or not! When Thou savest the righteous, it is no great thing. When Thou hast mercy on the pure, it is no surprise, for they are worthy of Thy mercy. Astonish us with Thy mercy toward me, a sinner. Reveal in this way Thy love for mankind, so that my wickedness may not overcome Thy unspeakable goodness and compassion. According to Thy will, dispose of my life!

(Upon lying down)

O Christ God, enlighten my eyes, lest I sleep in death and my enemy say of me: "I have prevailed against him."

Glory...

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

Now and ever...

Let us unceasingly praise the most glorious Mother of God, who is holier than the Holy Angels. With heart and lips, let us confess her as the Theotokos, for she truly gave birth to God incarnate for us and she prays without ceasing for our souls.

The Prayer to the Precious Cross

(Kiss your Cross, make the Sign of the Cross over your bed)

Let God arise and let His enemies be scattered! Let them that hate Him flee from before His face! As smoke vanisheth, let them vanish. As wax melteth before the fire, so let the sinners perish from the face of them that love God and sign themselves with the Sign of the Cross and say with gladness: Rejoice, most precious and life-giving Cross of the Lord, which driveth away the demons through the power of our Lord Jesus Christ, who was crucified on thee, who descended into Hades and, having trampled down the power of the devil, hath given us His precious Cross for the driving away of every adversary. Help me forever, O most precious and life-giving Cross of the Lord, with our Lady the Virgin Theotokos and all the Saints. Amen.

Final Intercessions

O God, remit, pardon, and forgive all our voluntary and involuntary sins, in word and deed, known and unknown, by day or night, in mind and in thought! Forgive us all things, for Thou art good and lovest mankind.

O Lord, Lover of mankind, forgive those who hate and harm us. Do good to those who do good. Grant our brothers and relatives all requests for salvation and eternal life. Visit the sick and heal them. Guide those at sea. Accompany those who travel. Support Orthodox Christians in battle. Grant remission of sins to those who serve and are kind to us. Have mercy, according to Thy great mercy, on those who have asked us to pray for them, unworthy though we are. O Lord, remember our fathers and brothers who have fallen asleep before us, and grant them rest in the light of Thy countenance. O Lord, remember our brethren in captivity, and deliver them from every calamity. O Lord, remember those who bear fruit and do good works in Thy holy churches, and grant them every petition for salvation and eternal life. O Lord, remember also us, Thy humble, sinful, and unworthy servants. Enlighten our minds with the light of Thy understanding and guide us in the path of Thy commandments, through the prayers of Thy most pure Lady, the Mother of God and ever-virgin Mary and all Thy Saints, for Thou art blessed unto ages of ages. Amen.

THE THREE CANONS

Traditionally read before receiving Holy Communion.

Ode 1 (Tone 6)

IRMOS: Passing over the depths of the sea as on dry land, and seeing the pursuer Pharaoh drowned, Israel cried aloud: Let us sing to God a song of victory!

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
Full of sin and burden, I now draw near to Thee, O Master and my God. I dare not lift my eyes to heaven, but only pray: O Lord, grant me the awareness to weep bitterly for the things I have done.

- *Have mercy on me, O God, have mercy on me!*
O woe is me, a sinner! I am the most wretched of men! There is no repentance in me! O Lord, grant me tears, that I may weep bitterly for the things I have done.

Canon to the Theotokos

- *Most Holy Theotokos, save us!*
Surrounded by many temptations, I run to thee seeking salvation. O Virgin Mother of the Word, save me from burdens and evil.
- *Most Holy Theotokos, save us!*
The surge of passions troubles me, filling my soul with great despondency. O Pure One, calm it with the peace of thy Son and God, O all-blessed pure one.

Canon to the Guardian Angel

- *O Lord Jesus Christ my God, have mercy on me!*
O Savior, grant that Thy servant may be worthy to hymn and praise the invisible Angel who is my guide and protector.
- *Holy Angel of God, my protector, pray to God for me, a sinner!*
I lie alone in ignorance and laziness, O my guide and protector. Do not let me perish!

Ode 3

IRMOS: There is none holy as Thou, O Lord my God! Thou hast exalted the strength of Thy faithful, O Good One, and established us on the rock of Thy confession.

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
When the thrones are set for the Dread Judgment, every deed of man shall be brought to mind. Woe to the sinners who shall be cast into torment! O my soul, knowing this, repent of thy evil deeds!
- *Have mercy on me, O God, have mercy on me!*
The righteous shall rejoice, but the sinner shall wail. There will be no one to help us in that moment—our deeds will condemn us! Before the end comes, repent of thy evil deeds!

Sessional Hymn (Tone 6)

I think upon the Dread Day and weep for my evil deeds. How shall I answer the Immortal King? Or how shall a prodigal like me dare to look upon the Judge? O compassionate Father, Only-begotten Son, and Holy Spirit: have mercy on me!

ODE 4

IRMOS: "Christ is my power, my God and my Lord"—the holy Church sings in a god-befitting manner, crying out with a powerful voice, rejoicing in the Lord.

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
Broad is the present way and conducive to pleasures, but bitter will be the Last Day when the soul is parted from the body. Take heed of these pleasures, O man, for the sake of the Kingdom of God.
- *Have mercy on me, O God, have mercy on me!*
Why do you oppress the poor? Why do you withhold the laborer's wage? Why do you not love your brother? Why do you pursue lust and pride? O my soul, abandon all these things and repent for the sake of the Kingdom of God.
- *Have mercy on me, O God, have mercy on me!*
O foolish man! How much longer will you be busy like a bee, gathering wealth? It will soon vanish like dust and ashes. Instead, seek the Kingdom of God.
- *Most Holy Theotokos, save us!*
O Lady Theotokos, have mercy on me, a sinner, and strengthen me in virtue. Protect me, so that sudden death does not seize me unprepared, and, O Virgin, lead me to the Kingdom of God.

Canon to the Theotokos

- *Most Holy Theotokos, save us!*
O Bride of God, who gave birth to the Master who is our Guide, calm the tumult of my passions and the storm of my transgressions.
- *Most Holy Theotokos, save us!*
Grant to me the abyss of thy benevolence, which I unceasingly call upon, O Mother who gave birth to the Compassionate One, the Savior of those who hymn thee.

Canon to the Guardian Angel

- *Holy Angel of God, my protector, pray to God for me, a sinner!*
O my protector, pray to God Who loves mankind, and do not abandon me! Keep my life in peace and grant me invincible salvation.
- *Holy Angel of God, my protector, pray to God for me, a sinner!*
O holy Angel, I received thee from God as the helper and protector of my life. I pray to thee, deliver me from all harm!

ODE 5

IRMOS: I pray to Thee, O Good One: enlighten with Thy Divine Light the souls of those who turn to Thee early in the morning, that they may know Thee, O Word of God, as the True God Who calls them out of the darkness of sin.

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
Recall, O wretched one, how you have been enslaved to lies, slander, evil, weakness, and bestial passions because of your sins. O my sinful soul, is this what you desire?

- *Have mercy on me, O God, have mercy on me!*
My limbs tremble, for I have offended through all of them: my eyes by looking, my ears by hearing, my tongue by speaking evil, delivering my whole self to Gehenna. O my sinful soul, is this what you desire?

Canon to the Theotokos

- *Most Holy Theotokos, save us!*
O Pure One who gave birth to the Source of Joy, fill my heart with joy by granting us thy everlasting gladness.
- *Most Holy Theotokos, save us!*
O pure Mother of God, who gave birth to the Eternal Redeemer and Peace which transcends all understanding, deliver us from all harm.

Canon to the Guardian Angel

- *Holy Angel of God, my protector, pray to God for me, a sinner!*
O radiant Light, the Angel given to me by God, my guide and protector, enlighten my soul most brilliantly.
- *Glory to the Father, and to the Son, and to the Holy Spirit:*
Though I sleep in the evil weight of sin, O Angel of God, protect me as a watchman, and through thy intercession, wake me to praise the Lord.

ODE 6

IRMOS: Beholding the Sea of Life raging with the storm of temptations, I have fled to Thy peaceful haven and cry out: O Most Merciful One, save my life from destruction!

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
I have lived my life on earth prodigally and surrendered my soul to darkness. Now, O Merciful Master, I pray: deliver me from the bondage of the Enemy and grant me the wisdom to do Thy will.
- *Have mercy on me, O God, have mercy on me!*
Who does the things that I do? Like a pig wallowing in the mire, I serve sin in the same way! O Lord, pull me out of this mud, and grant me a heart to fulfill Thy commandments.

Canon to the Theotokos

- *Most Holy Theotokos, save us!*
O Pure One, we have thee as a wall of refuge and the most thorough salvation of souls. The vast sorrows of man are not too great for thee, and we ever rejoice in thy light. O Lady, save us now from passions and tribulations.

Canon to the Guardian Angel

- *Glory to the Father, and to the Son, and to the Holy Spirit:*
O my protector, deliver my heart from current distractions, and strengthen me that I may remain vigilant, guiding me wonderfully to life-giving stillness.

Kontakion (Tone 6)

O my soul, why do you enrich yourself with sin? Why do you do the will of the Devil? In what do you place your hope? Cease all these things and turn to God, weeping and crying out: O compassionate Lord, have mercy on me, a sinner!

ODE 7

IRMOS: An Angel made the furnace a source of cool dew for the pious youths, and the Will of God, which burned the Chaldeans, caused the persecutor to cry out: Blessed art Thou, O God of our fathers!

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
Do not place your hope in corruptible wealth, O my soul, nor in things unjustly gathered. You do not know to whom you will leave it all. Instead, cry out: O Christ God, have mercy on me, the unworthy!
- *Have mercy on me, O God, have mercy on me!*
Do not rely on physical health, O my soul, nor on fleeting beauty. You see that both the strong and the young must die. Instead, cry out: O Christ God, have mercy on me, the unworthy!

Canon to the Guardian Angel

- *Holy Angel of God, my protector, pray to God for me, a sinner!*
O Holy Angel, God has entrusted my wretched soul to thee in purity. Let it not be slain by thieves on its journey, but lead it into the way of repentance.

ODE 8

IRMOS: Thou didst cause cool dew to pour from the fire upon the pious youths, and didst use water to consume the sacrifice of a righteous man—for Thou doest all things, O Christ, by Thy Will alone. We exalt Thee throughout all ages.

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
How can I not weep when I think of death? I have seen my brothers lying in the grave without glory, without form. What can I expect? What can I hope for? O Lord, grant me only repentance before the final hour comes.

Canon to the Guardian Angel

- *We bless the Father, the Son, and the Holy Spirit:*
Be my protection and fortress on the day when all humanity is judged and every deed is tested, both good and bad.
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ODE 9

IRMOS: No one is able to behold God, upon Whom the ranks of Angels dare not gaze. But through thee, O All-Pure One, the Word Incarnate was revealed to mankind. Together with the heavenly hosts glorifying Him, we magnify thee as blessed.

Canon of Repentance

- *Have mercy on me, O God, have mercy on me!*
Now I turn to you, O Angels, Archangels, and all the heavenly hosts standing around the throne of God: pray to the Creator to deliver my soul from eternal torments.
 - *Have mercy on me, O God, have mercy on me!*
Now I weep before you, O holy patriarchs, kings and prophets, apostles and fathers, and all the chosen ones of Christ: help me in the Judgment, that my soul may be saved from the power of the Enemy.
 - *Have mercy on me, O God, have mercy on me!*
Now I lift my hands to you, O holy martyrs, hermits, virgins, righteous ones, and all the saints who pray for the whole world: may He have mercy on me at the hour of my death.
 - *Most Holy Theotokos, save us!*
O Mother of God, help me, for I place great hope in thee! Pray to thy Son, that when He descends to judge the living and the dead, He may place me at His right hand, unworthy though I am.
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CANON OF PREPARATION FOR HOLY COMMUNION

(Usually read the evening before receiving Communion)

ODE 1 (Tone 2)

- *Create in me a clean heart, O God, and put a new and right spirit within me.*
O Lord, may Thy Body and Thy Blood be to me the Bread of everlasting life, healing me from all sorrows.
- *Cast me not away from Thy presence, and take not Thy Holy Spirit from me.*
O Christ, make me worthy to partake of Thy pure Body and divine Blood, for I am unworthy, accursed, and defiled by evil deeds.

ODE 3

- *Create in me a clean heart, O God...*
O Christ, grant me tears to wash away the impurity of my heart. Then, purified with a good conscience, I may draw near to partake of Thy divine Gifts with fear and faith.

PRAYERS BEFORE HOLY COMMUNION

(Following Psalms 22, 23, 115, and the introductory verses)

Prayer 1 (St. Basil the Great):

"O Master and Lord, Jesus Christ, Source of life and immortality... I have sinned, O Lord, I have sinned against heaven and before Thy face, and I am not worthy to look upon the height of Thy glory... but receive me as Thou didst receive the harlot, the thief, the tax collector, and the prodigal..."

Prayer 2 (St. John Chrysostom):

"O Lord my God, I know that I am not worthy... that Thou shouldst enter under the roof of the house of my soul, for it is entirely desolate and fallen... But as Thou didst humble Thyself from on high for our sake, so now humble Thyself to my lowliness..."

Prayer 6 (St. Simeon the New Theologian):

"From lips defiled and a heart loathsome, from a tongue impure and a soul begrimed, receive my prayer, O my Christ... I have sinned more than the harlot... yet do not cast me out... Behold, I eat Thy Flesh and drink Thy Blood... O strange wonder! I who am grass partake of the mystical Fire without being consumed..."

Overview of Preparation for Communion

Preparation for Communion in the Eastern Orthodox tradition is rigorous, involving both physical and spiritual readiness.

Requirement	Detail
Fasting	Abstinence from meat, dairy, and eggs (usually 1–3 days prior). Complete fasting from food and drink from midnight until Communion.
Confession	Usually required beforehand to receive a blessing for Communion.
Prayer	Reading the "Three Canons" and the "Prayers of Preparation for Holy Communion."

Reconciliation	One must be reconciled with those whom they have offended or hurt.
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PRAYERS OF PREPARATION (Continued)

Prayer 9 (St. John Chrysostom):

"O Lord Jesus Christ my God, remit, loose, cleanse, and forgive me, Thy sinful, useless, and unworthy servant... every transgression I have committed from my youth until this very hour, whether voluntary or involuntary... for Thou art the King, the power, and the glory, with the Father and the Spirit..."

Prayer 10 (St. John of Damascus):

"I stand before the doors of Thy temple, yet I have not abandoned my evil thoughts. But O Christ, as Thou didst justify the tax collector, have mercy on the Canaanite woman, and open the gates of Paradise to the thief, so open to me the depths of Thy love... Burn me not as I dare to receive Thy whole Eucharist; but receive me and enlighten my spiritual senses..."

APPROACHING COMMUNION

(Recited silently)

"Behold, I draw near to Communion with Divinity.

O Creator, burn me not as I partake,

For Thou art a Fire consuming the unworthy.

But rather, cleanse me of every stain."

Then say:

"Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom."

THANKSGIVING PRAYERS AFTER COMMUNION

Opening: Glory to Thee, O God! Glory to Thee! (3 times)

"I thank Thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast enabled me to be a worthy partaker of Thy holy things... Let them be for the healing of my soul and body, the driving away of every adversary, and the enlightenment of the eyes of my heart..."

Prayer of St. Simeon Metaphrastes:

"Thou Who didst willingly give me Thy Flesh for food, Thou Who art a fire consuming the unworthy: burn me not, O my Creator, but pass through my members, my veins, and my heart. Burn up the thorns of my sins... Make firm my knees and my body. Enlighten my five senses..."

TROPARIA OF GLORIFICATION

Liturgy	Saint Honored	Main Content
St. John Chrysostom	St. John Chrysostom	"Grace shining forth from thy mouth like a beacon has enlightened the universe... teaching us to worship one God in Trinity."
St. Basil the Great	St. Basil the Great	"Thy proclamation has gone out into all the earth... thou hast been revealed as a firm foundation of the Church."
Presanctified Gifts	St. Gregory Dialogist	"Truth revealed thee to thy flock as a rule of faith, an icon of gentleness, and a teacher of temperance."

CONCLUSION

"More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption thou gavest birth to God the Word. True Theotokos, we magnify thee."

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