The Lord’s Prayer

Our Father, who art in the heavens, 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 the evil one.

Hymn to the Most Holy Theotokos

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.

It Is Truly Meet

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

Prayers Before Meal

The eyes of all creatures look to thee, O Lord, and thou givest them food and drink in due season; thou openest thy merciful hand and fillest the desire of every living thing.

Prayer After Meal

We thank thee, O Christ our God, for thou hast satisfied us with thine earthly gifts. Deprive us not of thy heavenly kingdom, but as thou camest among thy disciples, O Savior, giving them peace, so come to us and save us.

Before Falling Asleep:

Into thy hands, O Lord Jesus Christ my God, do I commend my spirit. Do thou bless me, have mercy on me, and grant me life everlasting. Amen.

When Beginning Any Work

O Lord Jesus Christ, Only-begotten Son of Thy Eternal Father, Thou has said with Thy most holy lips: “Without Me, you can do nothing.” My Lord and my God, in faith I embrace Thy words with my heart and soul, and bow before Thy goodness; help me a sinner, to accomplish in Thee this work which I am about to begin, in the Name of the Father, and of the Son, and of the Holy Spirit, through the prayers of the Theotokos and of all thy saints. Amen.

Prayer Before Studying

Most blessed Lord, send the grace of Your Holy Spirit on me to strengthen me that I may learn well the subject I am about to study and by it become a better person for Your glory, the comfort of my family and the benefit of Your Church and our Nation. Amen