Morning Prayers

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

The Prayer of the Publican

God, be merciful to me, a sinner. *(**prostration)*

Prayer of Introduction

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

Glory to Thee, our God, glory to Thee.

Prayer to The Holy Spirit

O Heavenly King, Comforter, the Spirit of Truth, Who art everywhere present and fillest all things, Treasury of blessings and Giver of Life, come and abide in us, and cleanse us of all impurity, and save our souls, O Good One.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *(thrice)*

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

Prayer to The All-Holy Trinity

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

Lord, have mercy. *(thrice)*

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

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.

Troparia to The Holy Trinity

Rising from sleep we fall down before thee, O Good One, and with the angels’ song we cry to thee, All-powerful: Holy, Holy, Holy art thou, O God, through the Theotokos, have mercy on us.

Glory to the Father…

O Lord, who hast raised me from bed and from sleep, enlighten my mind and heart, and open my lips that I may sing of thee, O Holy Trinity: Holy, Holy, Holy art thou, O God, through the Theotokos, have mercy on us.

Now and ever…

The Judge shall come suddenly, and the deeds of each shall be exposed. But at midnight we cry out with fear: Holy, Holy, Holy art thou, O God: through the Theotokos, have mercy on us.

Lord, have mercy. *(twelve times)*

A prayer to The Holy Trinity

Rising from sleep, I thank thee, O Holy Trinity. For, in the abundance of Thy goodness and patience, thou hast not been angry with me, idler and sinner though I be, nor hast thou destroyed me together with my iniquities; but thou hast shown Thy usual love for mankind, and hast raised me up as I lay helpless, that I might rise early and glorify Thy dominion. Enlighten now the eyes of my mind and open my lips that I may study Thy words, and come to understand Thy commandments, and accomplish Thy will, and hymn thee in heartfelt confession, and praise 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.

Come, let us worship God our King. *(prostration)*

Come, let us worship and fall down before Christ, our King and our God. *(prostration)*

Come, let us worship and fall down before the Christ himself, our King and our God. *(prostration)*

Psalm 5O

Have mercy on me, O God, according to Thy great mercy, and 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 continually before me. Against thee only have I sinned, and done what is evil before thee, that thou mightest be justified in Thy words, and prevail 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 unknown and hidden things of Thy wisdom hast thou made known unto me.

Thou shalt sprinkle me with hyssop, and I shall be cleansed; thou shalt wash me, and I shall be made whiter than snow. Thou shalt cause me to hear joy and gladness, the bones that 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 ruling spirit. I will teach transgressors Thy ways, and the ungodly shall return to thee. Deliver me from blood-guiltiness, O God, thou God of my salvation, and 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 would have given it; thou wilt not be pleased with whole-burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise.

Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built. Then shalt thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon thine altar.

First Prayer  
by St. Macarius The Great

O God, cleanse me, a sinner, for I have never done anything good in Thy sight. Deliver me from the Evil One, and may Thy will be in me, that I may open my unworthy lips without condemnation and praise Thy holy Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Second Prayer  
by St. Macarius The Great

Having risen from sleep, I offer Thee, O Savior, the midnight song, and fall down and cry unto thee: grant me not to fall asleep in the death of sin, but have compassion upon me, O Thou who wast voluntarily crucified and hasten to raise me who am prostrate in idleness, and save me in prayer and intercession, and after the night's sleep, bless me with a sinless day, O Christ our God, and save me.

Third Prayer  
by St. Macarius The Great

Rising from sleep, I run to thee, O Master who lovest mankind; Thy loving-kindness rouses me to do Thy work. I pray thee: help me at all times and in all things, and deliver me from every evil of this world and from the meddling of the devil; save me and lead me into thine eternal kingdom. For thou art my Creator, the providential Giver of every good. All my hope is in thee, and to thee I give the glory, now and ever and unto ages of ages. Amen.

Forth Prayer  
by St. Macarius The Great

O Lord, in thine abundant goodness and great compassion thou hast granted me, Thy servant, to pass the night unassailed by any evil of the enemy. O Master and Creator of all, by Thy true light make me worthy to accomplish Thy will with an illumined heart, now and ever and unto ages of ages. Amen.

Fifth Prayer   
by St. Basil The Great

O Lord Almighty, God of powers and of all flesh, who livest on high yet takest care for things below, who triest hearts and reins and clearly foreknowest the secrets of men: thou art the Light without beginning, who ever art, in whom there is neither variation nor shadow of change. O King immortal, accept the prayers which we, trusting in the multitude of Thy compassions, now offer thee from defiled lips. Forgive all the iniquities we have committed in deed or word or thought, in knowledge or in ignorance. Cleanse us from all defilement of flesh and spirit. Grant us to pass through the entire night of this present life with wakeful heart and sober mind, awaiting the coming of the radiant day of the appearing of thine Only-begotten Son, our Lord and God and Savior Jesus Christ, when the Judge of all shall come with glory to reward each according to his deeds. May we not be found fallen and idle, but alert and roused to action, prepared to enter into his joy and the divine bridal chamber of his glory, where the voice of those who feast is unceasing, and the sweetness of those who behold the ineffable beauty of Thy countenance is beyond telling. For thou art the true Light that enlightens and sanctifies all things, and all creation doth extol thee in song, unto ages of ages. Amen.

Sixth Prayer  
by Saint Basil The Great

We bless thee, O God Most High and Lord of mercies, who ever doest among us great and unsearchable things, glorious and extraordinary, which cannot be numbered, who grantest to us sleep for rest from our infirmities and repose from the burdens of our much-toiling flesh. We thank thee that thou hast not destroyed us with our sins but hast loved us as always, and though we are sunk in despair, thou hast raised us up to glorify Thy might. Therefore, we implore thine incomparable goodness to enlighten the eyes of our understanding and to raise up our minds from the heavy sleep of indolence: open our mouth and fill it with Thy praise, that we may be able undistracted to sing and chant and confess unto thee, who art God, glorified in all and by all, the Father without beginning, together with thine Only-begotten Son, and thine all-holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

Seventh Prayer  
A Midnight Song to the Most Holy Theotokos

I sing thy grace, O Sovereign Lady, and pray to thee to grace my mind. Teach me to step aright in the way of Christ’s commandments. Strengthen me to keep awake in song and dispel the dream of despondency. Release me, bound with bonds of sin, O bride of God, by thy prayers. Guard me by night and also by day, and drive away my foes who defeat me. O Bearer of the unfailing Light, enlighten my blinded soul. O Marvelous Palace of the Master, make me a house of the Divine Spirit. O Mother of the Healer, heal the perennial passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire, from wicked war and from hell. Expose me not to the pleasure of demons, guilty as I am of many sins. Renew me, grown old from senseless sins, O most Immaculate One. Present me untouched by all torments, and pray for me to the Lord of all. Grant me to receive the joys of Heaven with all the Saints. O most holy Virgin, hear the voice of thy unprofitable servant. Grant me torrents of tears, O most Pure One, to cleanse my soul from impurity. I offer the groans of my heart to thee unceasingly. Strive for me, O Sovereign Lady. Accept my service of supplication and offer it to compassionate God. O thou who art above the Angels, raise me above the world’s confusion. O Light-bearing heavenly Tabernacle, direct the grace of the Spirit in me. I raise my hands and lips in thy praise, defiled as they are by impurity, O All-Immaculate One. Deliver me from soul-corrupting evils, and fervently intercede with Christ to Whom is due honor with adoration, now and ever, and to the ages of ages. Amen.

Eighth Prayer  
To Our Lord Jesus Christ

My most merciful and all-merciful God, Lord Jesus Christ, through Thy great love Thou didst come down and take flesh to save all. And again, O Savior, save me by Thy grace, I pray Thee, for if Thou shouldst save me by my works, this would not be grace of a gift, but rather a duty. Indeed, in Thine infinite compassion and unspeakable mercy, Thou, O my Christ, hast said: "Whoever believes in me shall live and never see death." If faith in Thee saves the desperate, save me for Thou art my God and Creator. Impute my faith instead of deeds, O my God, for Thou wilt find no deeds which could justify me, but may my faith suffice for all my deeds. May it answer for and acquit me, and may it make me a partaker of Thine eternal glory. And may Satan not seize me, O Word, and boast that He has torn me from Thy hand and fold. O Christ my Savior, whether I will or not, save me. Make haste, quick, quick, for I perish! Thou art my God from my mother's womb. Grant me, O Lord, to love Thee now, as once I loved sin, and to work for Thee without idleness, as I worked before by deceptive Satan. But supremely shall I work for Thee, my Lord and God, Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

Ninth Prayer  
To The Guardian Angel

O holy angel, who stands by my wretched soul and my passionate life; do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy angel of God, the guardian and protector of my wretched soul and body, forgive all the sorrows I have caused thee every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me, His servant, worthy of His goodness. Amen.

Tenth Prayer  
To The Most Holy Theotokos

O my Lady, most holy Theotokos, through Thy holy and all-powerful prayers, drive from me, Thy humble and wretched servant, despair, forgetfulness, indiscretion, indifference, and all filthy, evil, and blasphemous thoughts, removing them from my wretched heart and darkened mind. Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my many wicked memories and plans, and free me from all evil activity. For thou art blessed by all generations, and Thy most precious name is glorified unto ages of ages. Amen.

Prayfull invocation of The Saint   
whom you are named after

Pray to God for me, O holy *[name of your patron saint]*, pleasing to God, for with fervor I run to thee, swift helper and intercessor for my soul.

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.

Troparon of the Holy Cross  
and prayer for the homeland

O Lord, save Thy people and bless thine inheritance. Grant victories to the Orthodox Christians over their adversaries, and by virtue of Thy Cross preserve Thy habitation.

Intercession for the Living

O Lord, save and have mercy on my spiritual father *(names)*, my parents *(names)*, kinsmen, chiefs, teachers, benefactors *(names)* and all Orthodox Сhristians.

Intercession for the ****Departed****

O Lord, remember the souls of Thy servants who have fallen asleep, my parents, kinsmen, benefactors *(names)* and all Orthodox Christians and forgive them all their transgressions voluntary and involuntary, and grant them the Kingdom of Heaven.

Conclusion of the Prayers

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.

Glory to the Father…; Now and ever…

Lord have mercy. *(thrice)*

O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, of our holy and God-bearing fathers and all the saints, have mercy on us. Amen.