

Orthodox

Prayer Book

Morning Prayers

Having awakened, arise from your bed and go to your icon corner without laziness. Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

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

Then make the Sign of the Cross, saying:

The Prayer of the Publican

Lord, Jesus Christ, Son of God, have mercy on me, a sinner *(prostration)*.

From the Holy and Great Sunday of Pascha until the Feast of Pentecost, the introductory prayers, “Glory to Thee, our God, glory to Thee. Heavenly King, O Comforter…” are not said.

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.

From the Holy and Great Sunday of Pascha until the eve of the Feast of the Ascension, in place of “Holy God…” and “Come, let us worship…” we say, “Christ is risen from the dead trampling down death by death and upon those in the tombs bestowing life” 3x

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 Theo- tokos, 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*

Having risen from sleep, I hasten to Thee, O Lord, for Thou lovest mankind, and by Thy loving-kindness I strive to do Thy works, and I pray to thee: help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into Thine eternal kingdom. For Thou art my Creator, the Giver and Protector of everything good, and all my hope is in Thee. And to Thee I send up glory, now and ever and unto ages of ages. Amen.

Forth Prayer  
*By St. Macarius The Great*

O Lord, who in Thine abundant goodness and Thy great compassion hast granted me, Thy servant, to pass the time of this night without the temptation of any opposing evil, Lord and Creator of all, by Thy true light and with an enlightened heart grant me to do Thy will, now and ever and unto ages of ages. Amen.

Fifth Prayer   
*By St. Macarius The Great*

Almighty Lord God, who dost receive from Thy heavenly powers the thrice holy hymn, receive also from me Thine unworthy servant, this song of the night, and grant me every year of my life and at every hour to send up glory to Thee, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

Sixth Prayer  
*By St. Basil The Great*

Almighty Lord, God of the powers of all flesh, who livest in the highest and carest for the humble, who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and everlasting Light, in whom is no change nor shadow of variation; O immortal King, receive our prayers which at the present time we offer to Thee from unclean lips, trusting in the multitude of Thy mercies. Forgive all sins committed by us in thought, word, or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting 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 will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of Thy face. For Thou art the true light that enlightens and sanctifies all, and all creation sings to Thee throughout the ages. Amen.

Seventh Prayer  
*By Saint Basil The Great*

We bless Thee, most high God and Lord of mercies, who ever dost great and unfathomable things for us, glorious and awesome things without number. Thou givest sleep for the repose of our frailty, relieving the labors of our overburdened flesh. We thank Thee for not destroying us in our lawlessness. Instead, Thou hast shown Thy usual love for mankind and raised us, as we lay in despair, to glorify Thy power. Therefore we implore Thy boundless goodness: enlighten our thoughts and eyes and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with Thy praise, that we may unwaveringly hymn and confess Thee, the God glorified in all and by all, the Father without beginning, with Thine only begotten Son and Thine all-holy and good and life-giving Spirit, now and ever and unto 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 most holy Theotokos, my Lady, through thy holy and allpowerful prayers, turn away from me, thy humble and unworthy servant, despair, forgetfulness, unreasonableness, indifference, and all unclean, evil, and blasphemous thoughts from my wretched heart and darkened mind. Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my numerous and wicked memories and fantasies. 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.

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 Christian 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…; both now…

Lord have mercy. *(3 times)*

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.

Prayers

Before Sleep

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

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.

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.

Troparia to The Holy Trinity

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

Glory to the Father…

O Lord, have mercy on us, for in thee have we put our trust. Do not be angry with us, nor remember our iniquities, but look down on us even now, since 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 on thy Name.

Now and ever…

O blessed Theotokos, open the doors of compassion to us whose hope is in thee, that we may not perish but be delivered from adversity through thee, who art the salvation of the Christian people.

Lord have mercy. *(12 times)*

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.

First Prayer,   
To God The Farther  
*by Saint Macarius the Great*

O Eternal God, King of every creature, Who hast enabled me to attain to this hour, forgive me the sins which I have committed this day by thought, word and deed. Cleanse my humble soul, O Lord, from every defilement of flesh and spirit. Grant me, O Lord, to pass through the sleep of this night in peace, that I may rise from my humble bed and please Thy most Holy Name all the days of my life, vanquishing the enemies both fleshly and bodiless that contend against me. Deliver me from vain thoughts that defile me, O Lord, and from evil desires. For Thine is the Kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Second Prayer,   
To Our Lord Jesus Christ  
*by Saint Antiochus*

O Almighty Word of the Father, Jesus Christ, Who art Thyself perfect: Because of Thy great mercy, do not ever depart from me, Thy servant, but always abide in me. O Jesus, Good Shepherd of Thy sheep, let me not fall into the disobedience of the serpent, nor leave me to the will of Satan, for the seeds of corruption are in me. O Lord God adorable, O Holy King Jesus, guard me while I sleep with the unfading light, Thy Holy Spirit, through Whom Thou didst sanctify Thy disciples. Grant even to me, Thy unworthy servant, O Lord, Thy salvation upon my bed. Enlighten my mind with the light of the understanding of Thy Gospel; my soul with love of Thy Cross; my heart with the purity of Thy word; my body with Thy passionless passion; preserve my thought in Thy humility, and raise me at the time proper for Thy glorification. For Thou art most glorified with Thy Father, Who is without beginning, and Thy Most Holy Spirit, unto the ages. Amen.

Third Prayer,  
To The Most Holy Spirit

O Lord, Heavenly King, Comforter, the Spirit of Truth, be compassionate and have mercy on me, Thy sinful servant. Remit and forgive me, the unworthy one, all the things which I have sinned as a man, both voluntary and involuntary, in knowledge and in ignorance: from my youth, from learning of evil, and from emptiness or despair. If I swore with Thy name, or stained it in my reasoning; or dishonored someone; or cursed someone with my anger; or saddened him; or if I have become angry over something; or lied; or slept unfittingly; or if a poor man came to me and I despised him; or if I saddened my brother; or frustrated or judged someone; or became puffed up and proud; or if while standing in prayer my mind was moved by the evil of this world; or contemplated suicide; or over ate and over drank, or laughed without reason; or thought of evil; or if I saw another’s good and was bound by it in my heart; or spoke in an unseemly manner; or laughed at my brother’s sin; forgive me, for my sins are countless in number. If I have forsaken prayer, or done anything evil - I do not remember, for I have committed even more! Have mercy on me, O Master my Creator, Thine unworthy and unprofitable servant. Forgive, remit, and loose my sins, for Thou art gracious and lovest mankind; that I may rest in peace and sleep, though a prodigal, sinful and wretched, so that I may adore and praise and glorify Thy most honorable Name, together with the Father and His only-begotten Son, now and ever and unto ages of ages. Amen.

Fourth Prayer,  
*by Saint Macarius the Great*

What shall I offer Thee, or what shall I give Thee, O greatly-gifted, immortal King, O compassionate Lord Who lovest mankind, for though I have been slothful in pleasing Thee, and have done nothing good, Thou has led me to the close of this day that is past, and established the conversion and salvation of my soul. Be merciful to me a sinner, bereft of every good deed, raise up my fallen soul which hath become defiled by countless sins, and take away from me every evil thought of this visible life. Forgive my sins, O Only Sinless One, in which I have sinned against Thee this day, known or unknown, in word, and deed, and thought, and in all my senses. Do Thou Thyself protect and guard me from every opposing circumstance, by Thy Divine Authority and power and inexpressible love for mankind. Blot out, O God, Blot out the multitude of my sins. Be pleased, O Lord, to deliver me from the net of the evil one, and save my passionate soul, and overshadow me with the light of Thy countenance when thou shalt come in glory; and cause me, uncondemned now, to sleep a dreamless sleep, and keep Thy servant untroubled by thoughts, and drive away from me all satanic deeds; and enlighten for me the eyes of my heart with understanding, lest I sleep unto death. And send me an angel of peace, a guardian and guide of my soul and body, that he may deliver me from mine enemies; that, rising from my bed, I may offer Thee prayers of thanksgiving. Yea, O Lord, hearken unto me, Thy sinful and wretched servant, in confession and conscience; grant me, when I arise, to be instructed by Thy sayings; and through Thine angels cause demonic despondency to be driven far from me: that I may bless Thy holy name, and glorify and extol the most pure Theotokos Mary, whom Thou hast given to us sinners as a protectress, and accept her who prayeth for us. For I know that she exemplifieth Thy love for mankind and prayeth for us without ceasing. Through her protection, and the sign of the precious cross, and for the sake of all Thy saints, preserve my wretched soul, O Jesus Christ our God: for holy art Thou, and most glorious forever.

Fifth Prayer

O Lord our God, as Thou art good and the Lover of mankind, forgive me wherein I have sinned today in word, deed, and thought. Grant me peaceful and undisturbed sleep; send thy guardian angel to protect me from all evil. For Thou art the Guardian of our souls and bodies, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Sixth Prayer

O Lord our God, in Whom we believe, and Whose Name we invoke above every name, grant us, as we go to sleep, relaxation of soul and body, and keep us from all dreams, and dark pleasures; stop the onslaught of the passions and quench the burnings that arise in the flesh. Grant us to live chastely in deed and word, that we may obtain a virtuous life, and not fall away from thy promised blessings; for blessed art Thou forever. Amen.

Seventh Prayer  
*by Saint John Chrysostom  
Supplications for the 24 hours of the day and night*

1. O Lord, deprive me not of Thy heavenly good things.

2. O Lord, deliver me from the eternal torments.

3. O Lord, if I have sinned in mind or deed, forgive me.

4. O Lord, deliver me from all ignorance, forgetfulness, faintheartedness, and stony insensibility.

5. O Lord, deliver me from every temptation.

6. O Lord, enlighten my heart which evil desire hath darkened.

7. O Lord, as a man I have sinned, but do Thou, as the compassionate God, have mercy on me, seeing the infirmity of my soul.

8. O Lord, send Thy grace to my help, that I may glorify Thy holy name.

9. O Lord Jesus Christ, write me Thy servant in the Book of Life, and grant me a good end.

10. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace a good beginning.

11. O Lord, sprinkle into my heart the dew of Thy grace.

12. O Lord of heaven earth, remember me Thy sinful servant, shameful and unclean, in Thy Kingdom, Amen.

13. O Lord, accept me in penitence.

14. O Lord, forsake me not.

15. O Lord, lead me not into temptation.

16. O Lord, grant me good thoughts.

17. O Lord, grant me tears, and remembrance of death, and compunction.

18. O Lord, grant me the thought of confessing my sins.

19. O Lord, grant me humility, chastity, and obedience.

20. O Lord, grant me patience, courage, and meekness.

21. O Lord, implant in me the root of good, Thy fear in my heart.

22. O Lord, vouchsafe me to love Thee with all my soul and thoughts, and in all things to do Thy will.

23. O Lord, protect me from evil men, and demons, and passions, and from every other unseemly thing.

24. O Lord, Thou knowest that Thou doest as Thou wilt: Thy will be done also in me a sinner; for blessed art Thou unto the ages.

Amen.

Eighth Prayer  
To Our Lord Jesus Christ

O Lord Jesus Christ, Son of God, for the sake of Thy most honorable Mother, and Thy bodiless angels, Thy Prophet and Forerunner and Baptist, the God-Inspired apostles, the radiant and victorious martyrs, the holy and God-bearing fathers, and through the intercessions of all the saints, deliver me from the besetting presence of the demons. Yea, my Lord and Creator, Who desirest not the death of a sinner, but rather that he be converted and live, grant conversion also to me, wretched and unworthy; rescue me from the mouth of the pernicious serpent who is yawning to devour me and take me down to hades alive. Yea, my Lord, my Comfort, Who for my miserable sake wast clothed in corruptible flesh, draw me out of misery, and grant comfort to my miserable soul. Implant in my heart to fulfill Thy commandments, and to forsake evil deeds, and to obtain Thy blessings; for in Thee, O Lord, have I hoped, save me.

Ninth Prayer,  
To The Most Holy Theotokos  
*by Peter the Studite*

O most pure Mother of God, in my wretched state I fall down before thee in prayer: thou knowest, O Queen, that I constantly sin and anger thy Son and my God. But though I repent many times, and repent with trembling, yet I appear a liar before God. Shall not God smite me? — but an hour passes and I do the same things. Knowing this, my Lady, my Queen and Theotokos, I pray thee: have mercy on me, strengthen me, and grant me to do good. O my Lady Theotokos, thou knowest that I abhor my evil deeds and love the Law of my God with all my thought. But, most pure Lady! I do not understand how I can hate what I love and turn away from what is good. Do not allow my will to be done, O Most Pure, for it is not pleasing to God; but rather may the will of thy Son and my God be done. May he save and enlighten me, and give me the grace of his Holy Spirit, so that henceforth I may abandon my squalid activity and live the remainder of my life in obedience to thy Son, to whom belongs all glory, honor, and dominion, together with his Father who is without beginning and his all-holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

Tenth Prayer,  
To the Most Holy Theotokos

O good Mother of the Good King, most pure and blessed Theotokos Mary, do thou pour out the mercy of thy Son and our God upon my passionate soul, and by Thine intercessions guide me unto good works, that I may pass the remaining time of my life without blemish, and attain paradise through thee, O Virgin Theotokos, who alone art pure and blessed.

Eleventh Prayer   
To the Guardian Angel

Angel of Christ, my holy guardian and protector of my soul and body: forgive me for all the sins I have committed this day, and deliver me from all the wiles of the enemy who opposes me, lest I anger my God by some sin. Pray for me, thy sinful and unworthy servant, that thou mayest show me worthy of the goodness and mercy of the All-holy Trinity, of the Mother of my Lord Jesus Christ, and of all the saints. Amen.

Kontakion to The Theotokos

O victorious leader of triumphant hosts, we, thy servants, delivered from evil, sing our grateful thanks to thee, O Theotokos. As thou dost possess invincible might, set us free from every calamity, so that we may sing: Rejoice, O unwedded Bride!

Most glorious, ever-virgin Mother of Christ our God, present our prayer to 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 veil.

Virgin Theotokos, do not despise me, a sinner, for I am in need of thy help and intercession. My soul has hoped in thee: have mercy on me.

Prayer of the Saint Ionniky

My hope is the Father. My refuge is the Son. My protection is the Holy Spirit. O Holy Trinity, glory to thee.

Hymn to the Most Holy Theotokos

It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless and M other of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

Lord have mercy. Thrice.

O Lord, bless.

A Prayer of Saint John of Damascus

O master who lovest mankind, is this bed to be my coffin? Or wilt thou grant my wretched soul to see the light of another day? Behold: before me lies the tomb, before me standeth death. I fear thy judgment and eternal torment, and yet, O Lord, I do not cease from doing evil. I always anger thee, O Lord my God, and thy most pure Mother, and all the heavenly powers, and my holy guardian angel. I know, O Lord, that I am unworthy of thy love for mankind; rather, I am worthy of every condemnation and torment. Yet save me, O Lord, whether I will it or not! For to save the righteous is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of mercy. But make marvelous thy mercy toward me, a sinner, and so reveal thy love for mankind, lest my wickedness overcome thine inexpressible goodness and mercy. Order my life as thou wilt.

Enlighten mine eyes, O Christ God, lest I sleep unto death, lest my enemy say: ‘I have prevailed over him.’

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

Be my soul’s advocate, O good God, for I walk in the midst of many snares. Deliver me from them and save me in thy love for mankind.

Now and ever and unto ages of ages. Amen.

With all our heart and never-silent mouths let us praise the most glorious Mother of God, more holy than the holy angels. Let us confess her as Theotokos, for in very truth she gave birth to God made flesh, and without ceasing she prays for our souls.

Make the sign of the Cross and say  
the prayer to the precious Cross

Let God arise; let his enemies be scattered. Let those who hate him flee from before his face. As smoke vanishes so let them vanish, as wax melts before the fire: so let demons flee at the presence of those who love God and sign themselves with the sign of the Cross, and say joyfully: Rejoice, most precious and life-giving Cross of the Lord, which drivest demons away through the power of our Lord Jesus Christ, who was crucified on thee, who descended into hell, trampled down the power of the devil, and gave to us his precious Cross for the routing of all enemies. Help me forever, most precious and life-giving Cross of the Lord, together with the holy Lady Virgin Theotokos and all the saints. Amen.

Prayer

O god, absolve, remit, and pardon our transgressions, voluntary and involuntary, committed in word or deed, thought or intention, whether in knowledge or in ignorance, whether by day or by night: forgive us everything, for thou art good and lovest mankind.

Prayer

O Lord, Lover of mankind, forgive them that hate and wrong us. Do good to them that do good. Grant our brethren and kindred their saving petitions and life eternal; visit the infirm and grant them healing. Guide those at sea. Journey with them that travel. Help Orthodox Christians to struggle. To them that serve and are kind to us grant remission of sins. On them that have charged us, the unworthy, to pray for them, have mercy according to Thy great mercy. Remember, O Lord, our fathers and brethren departed before us, and grant them rest where the light of Thy countenance shall visit them. Remember, O Lord, our brethren in captivity, and deliver them from every misfortune. Remember, O Lord, those that bear fruit and do good works in Thy holy churches, and grant them their saving petitions and life eternal. Remember also, O Lord, us Thy lowly and sinful and unworthy servants, and enlighten our minds with the light of Thy knowledge, and guide us in the way of Thy commandments; through the intercessions of our most pure Lady, the Theotokos and Ever-Virgin Mary, and of all Thy saints, for blessed art Thou unto the ages of ages. Amen.

****Daily Confession of Sins****

 I confess to Thee, my Lord, God and Creator, to the One glorified and worshipped in Holy Trinity, to the Father, Son and Holy Spirit, all my sins which I have committed all the days of my life, at every hour, in the present and in the past, day and night, in thought, word and deed; by gluttony, drunkenness, secret eating, idle talking, despondency, indolence, contradiction, neglect, aggressiveness, self love, hoarding, stealing, lying, dishonesty, curiosity, jealousy, envy, anger, resentment, and remembering wrongs, hatred, mercenariness; and by all my senses: sight, hearing, smell, taste, touch; and all other sins, spiritual and bodily, through which I have angered Thee, my God and Creator, and caused injustice to my neighbours. Sorrowing for this, but determined to repent, I stand guilty before Thee, my God. Only help me, my Lord and God, I humbly pray Thee with tears. Forgive my past sins by Thy mercy, and absolve me from all I have confessed in Thy presence, for Thou art good and the Lover of men. Amen.

And, 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.