Morning Prayers

Having risen from sleep, before all else stand reverently as if before God Who seeth all things. Making the sign of the cross, say:

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

Then say the following prayers, without haste and with attention of the heart:

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.

Between Easter and Ascension Day the above prayer, ‘O Heavenly King’, is replaced by, ‘Christ is risen from the dead, trampling down death by death and upon those in the graves bestowing life’. Moreover, between Ascension and Pentecost the Prayer of Introduction begin from ‘Holy God’

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 Theotokos

I sing Thy grace, O Lady, and beseech thee: grant grace to my mind. Teach me to walk aright on the path of Christ’s commandments. Strengthen me to keep watch with song, dispelling the torpor of sleep. I am bound by fetters of sin: free me by Thy prayers, O Bride of God. Guard me by night and by day, delivering me from foes that war against me. Thou didst bear God, the Giver of life: give life to me, who am slain by passions. Thou didst bear the Light that knows no evening: enlighten my blinded soul. O wondrous palace of the Master, make of me a home for the divine Spirit. Thou didst bear the Physician: heal my soul of its besetting passions. I am tossed in the tempest of life: direct me toward the path of repentance. Deliver me from the eternal fire, from the wicked worm, and from hell. Make me not a joy of demons, though I am guilty of many sins. Make me new, O most immaculate Lady: I have grown old and unfeeling in my sins. Keep me away from every torment, and pray fervently to the Master of all. Grant that I may inherit the joys of heaven, together with all the saints. Most pure and holy Virgin, give ear to the voice of thine unfruitful servant. Grant me a torrent of tears to wash out the filth from my soul. The groans of my heart I offer thee unceasingly: open Thy heart, O Lady. Accept my prayerful service, and offer it up to the God of compassion. Thou who art far higher than the angels, raise me far above the world’s confusion. O bright and heavenly shade, overshadow and enlighten me with spiritual grace. Though my hands and lips are defiled by sin, nevertheless I raise them in praise of thee, all-immaculate Queen. Deliver me from soul-corrupting dangers, and pray fervently to Christ, to whom are due honor and worship, 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 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 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 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.

Evening Prayers

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

Prayer of Introduction

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)*

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 and King of all creation, who hast counted me worthy to reach this hour: forgive the sins I have committed this day in deed, word, and thought, and cleanse, O Lord, my humble soul from every defilement of flesh and spirit. Grant, Lord, that I may pass through this night in peace, so that when I rise from my humble bed, I may please Thy most holy Name all the days of my life and trample underfoot the enemies that wage war against me, whether fleshly or spiritual. And deliver me, O Lord, from vain thoughts which defile me and from evil lusts. 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 Jesus Christ, Almighty, Word of the Father who art perfect: never abandon me, Thy servant, for the sake of Thy great loving-kindness, but ever abide in me. O Jesus, good Shepherd of Thy sheep, do not deliver me over to the serpent’s rebellion, neither abandon me to Satan’s will, for in me is the seed of corruption. But do Thou, O Lord, Who is worshipped God, holy King, Jesus Christ keep me while I sleep by Thy unwavering Light, Thy Holy Spirit by whom thou didst sanctify Thy disciples. O Lord, grant to me, Thine unworthy servant, Thy salvation upon my bed. Enlighten my mind with the light of the 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 passionless Passion. Keep my thought with Thy humility and raise me up in due time to glorify thee: for thou art most glorified, with Thy Father who is without beginning, and Thy Most Holy Spirit, forever. Amen.

Third Prayer,  
To The Most Holy Spirit

O Lord, heavenly King, the Comforter, the Spirit of truth: reveal Thy loving-kindness and have mercy on me, Thy sinful servant; and absolve me, who am unworthy; and forgive all the sins I have committed today as a man, and indeed not as a man, but as if I were something worse than a beast. Yea, forgive my sins voluntary and involuntary, known and unknown, whether committed on account of my youth or from evil suggestions, whether out of audacity or despondency. If I have sworn by Thy Name or blasphemed it in my thought; if I have reproached anyone; or slandered or saddened anyone in my anger or become angered by something; or have lied; or slept to excess; or if a poor man came to me and I despised him; or if I have saddened my brother or quarreled with him; or have judged someone; or have allowed myself to become haughty, proud, or angry; or if, while I stood in prayer, my mind was stirred up by the wicked things of this world; or if I have entertained depraved thoughts; or have over-eaten, over-drunk, or laughed frivolously; or have had evil thoughts or seen someone’s beauty and been wounded by it in my heart; or have said indecent things; or have laughed at my brother’s sins when my own transgressions are countless; or have been indifferent to prayer; or have done any other evil that I cannot remember, for I have done all this and more: have mercy, O Master, my Creator, on me, Thy despondent and unworthy servant. Absolve, release, and forgive me, for thou art good and lovest mankind. And, lastful, sinful, and wretched though I be, may I lie down in peace and find sleep and rest. And may I worship, hymn, and praise Thy most honorable Name, with the Father and his Only-begotten Son, now and always and forever. Amen.

Fourth Prayer,  
by Saint Macarius the Great

What shall I offer thee? Or how can I repay thee, O immortal King, the Bestower of great gifts, O generous Lord and Lover of man? Though I have been lazy in pleasing thee and have done nothing good, thou hast brought me to the close of the day now past, arranging for the conversion and salvation of my soul. Be merciful to me, a sinner who am devoid of any good deeds. Raise up my fallen soul, defiled by immeasurable sins, and remove from me every evil intention of this visible life. Thou who alone art without sin, forgive me all the sins I have committed against thee this day, in knowledge or in ignorance; in word, deed, or thought; and through any of my senses. By Thy divine authority, by thine inexpressible love for mankind, and by Thy power, do thou cover me and protect me from every assault of the enemy. Cleanse, O God, cleanse the multitude of my sins. Be pleased, O Lord, to deliver me from the snares of the evil one and save my passionate soul, and when thou comest in glory, do thou overshadow me with the light of Thy countenance.

May my sleep be blameless and free of fantasies. Keep the thoughts of Thy servant untroubled; keep far from me every satanic activity. Enlighten the reason-endowed eyes of my heart, lest I sleep unto death. Send to me an angel of peace, a guide and guardian of my soul and body, that he may deliver me from my enemies. Then when I arise from my bed, I shall offer thee prayers of thanksgiving.

Yea, O Lord, hear me, Thy servant, sinful and impoverished in will and conscience. When I have risen from sleep, grant me to learn Thy words, and cause thine angels to drive demonic despondency far from me, that I may bless Thy holy Name and praise and glorify Mary, the most pure Theotokos, whom thou hast given to us sinners as an advocate; and receive her as she prays for us, for we know that she imitates Thy love for mankind and never ceases to pray. Through her intercessions, by the sign of the precious Cross, and for the sake of all Thy saints, O Jesus Christ our God, have mercy on my poor soul, for thou art holy and most glorified forever. Amen.

Fifth Prayer

O Lord our God, forgive all the sins I have committed this day in word, deed, or thought, for thou art good and lovest mankind. Grant me peaceful and untroubled sleep. Send Thy guardian angel to protect and keep me from every evil: for thou art the guardian 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.

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, in word 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 and 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

Lord Jesus Christ, Son of God, for the sake of Thy most honorable Mother; Thy fleshless angels; Thy Prophet, Forerunner, and Baptist; the divinely inspired apostles; the radiant and victorious martyrs; the venerable and God-bearing fathers; and of all the saints: deliver me from this present assault of the devil. Yea, my Lord and Creator, who desirest not the death of the sinner, but that he should turn to thee and live: grant repentance to me, wretched and unworthy, and snatch me from the jaws of the serpent, ravenous and perilous, who would devour me and drag me down to hell alive. Yea, my Lord, my Comfort, who didst put on corruptible flesh for the sake of my wretchedness, lift me up from this wretchedness and bring comfort to my wretched soul. Plant in my heart the desire to keep Thy precepts, to renounce my evil deeds, and to obtain Thy blessings. In thee, O Lord, have I trusted: 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 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.

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, disobedience, slandering, condemning, negligence, self love, hoarding, stealing, lying, dishonesty, mercenariness, jealousy, envy, anger, resentment, and remembering wrongs, hatred, bribary; 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.