



Daily Prayers for Orthodox Christians

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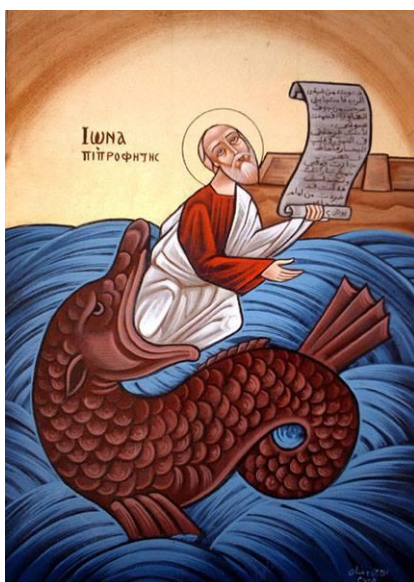


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How to use this booklet:

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

When beginning to pray, use the white sections only. If you have time and would like to continue, you may add whichever prayers you like, but the minimum you do, morning and evening, will be the prayers with the white background.

As you advance, and with the blessing of your priest, add the prayers with the yellow background.

Once you are able to consistently accomplish that task for a period of time, with the blessing of your priest, add the prayers with the blue background.

At the next to the last step, again with the blessing of your priest, add the prayers with the red background only for that day of the week.

The final step, with your priest's blessing, read the full prayers regardless of day and color.

The prayers in preparation for communion will follow the same regimen and should be read the evening, or the morning, before receiving communion, in addition to the daily prayers appropriate for that time.

The structure assumes you will attend Great Vespers on Saturday evening, and the Divine Liturgy on Sunday morning.

Priest Martin Watt
Ames, Iowa

Great Lent 2024

Morning Prayers

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

God, have mercy on me, a sinner. *(x3, with prostrations)*

Glory to You, our God, Glory to You.

Heavenly king, comforter, Spirit of the Truth, who are everywhere present and fill all things, treasury of good things and giver of life, come and tabernacle 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.
(3x)

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

All-holy Trinity, have mercy on us!

Lord, cleanse our sins!

Master, pardon our transgressions!

Holy One, watch over and heal our infirmities, for Your name's sake.

Lord, have mercy. *(3x)*

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

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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

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

Hymns to the Trinity

On rising from sleep, we fall down before you, O Good One, and we cry to you with the Angels' hymn, O Mighty One: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

v. Glory to the Father and to the Son and to the Holy Spirit.

You have roused me, Lord, from my bed and from sleep, enlighten my mind and open my heart and my lips, to sing

your praise, O Holy Trinity: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

v. Both now and ever, and to the ages of ages. Amen.

The Judge will come suddenly, and the deeds of each will be laid bare; but with fear, let us cry to you in the middle of the night: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

Lord, have mercy. (12x)

Prayer of Thanksgiving with Intercession

Having risen from sleep, I thank you, O Holy Trinity; because through your great goodness and patience you have not been angry with me, an idler and a sinner, nor have you destroyed me in my iniquities, but you have shown your customary love for mankind and roused me, as I lay in despair, to rise before dawn and to glorify your might. And now, enlighten the eyes of my mind and open my mouth to meditate on your words, to understand your commandments and to do your will, and to sing to you with confession of heart and to hymn your all-holy Name, of Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

Another Prayer

Glory to you, O King, Almighty God, because in your divine providence and love for mankind, you have permitted me, sinner and unworthy, to rise from sleep and to gain entrance to your holy house. Accept, too, Lord, the voice of my supplication, as you do that of your holy and spiritual Powers; and be well-pleased for praise to be offered you with a pure heart and a spirit of humility from my sordid lips, that I, too, may become a companion of the wise virgins with the shining lamp of my soul and may glorify you, God the Word, glorified with the Father and the Spirit. Amen.

Psalm 50

Have mercy on me, O God, according to your great mercy, and according to the magnitude of your compassions blot out my transgression.

More thoroughly wash me from my lawlessness, and cleanse me from my sin.

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

Against you only I have sinned and have done the evil before you, so that you are righteous in your words and conquer in your judging.

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

For, behold, you have loved truth, the unseen and hidden things of your wisdom you have shown me.

You will sprinkle me with hyssop and I will be cleansed; you will wash me and I will be made whiter than snow.

You will make me hear joy and gladness; the humbled bones will rejoice.

Turn away your face from my sins, and blot out all my transgressions.

Create a clean heart in me, O God, and renew a right Spirit in my inward parts.

Do not cast me away from your Face, and do not take your Holy Spirit from me.

Give me back the joy of your Salvation, and make me steadfast with a governing Spirit.

I will teach the lawless your ways, and the ungodly will turn around to you.

Deliver me from blood, O God, God of my salvation, and my tongue will rejoice in your righteousness.

Lord, you will open my lips, and my mouth will proclaim your praise.

For if you had wanted a sacrifice, I would have given it; you will not be well-pleased in whole burnt offerings.

A sacrifice to God is a shattered spirit; a shattered and humbled heart God will not despise.

Do good, Lord, to Zion in your good pleasure and the walls of Jerusalem be rebuilt!

Then you will be well-pleased in sacrifice of righteousness, offering and whole-burnt offerings.

Then they will offer calves upon your altar.

Prayer for Acceptance of God's Will, by the Optina Elders

Lord, I do not know what to ask of you. You alone know what my true needs are. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either a cross or consolation. I can only wait on you. My heart is open to you. Visit and help me, for your great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence your holy will and your inscrutable ways. I offer myself as a sacrifice to you. I put all my trust in you. I have no other desire than to fulfill your will. Teach me to pray. Pray yourself in me. Amen.

Prayer for the Coming Day, by the Optina Elders

Lord, grant that I may greet the coming day in peace. Help me to rely upon your holy will at every moment. In every hour of the day, reveal your will to me. Bless my association with all who surround me. Teach me to treat whatever may happen to me throughout the day with peace of soul and with firm conviction that your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will. Teach me to pray. Pray yourself in me. Amen.

MONDAY

1st Prayer by St. Macarius the Great

God, cleanse me a sinner, for I have never done anything good in your sight. Deliver me from the evil one, and let your will be in me, that without condemnation I may open my unworthy mouth and praise your holy Name of the Father and of the Son and of the Holy Spirit, always, both now and ever, and to the ages of ages. Amen.

2nd Prayer by St. Macarius the Great

Rising from sleep, I offer the midnight song to you, my Savior, who was crucified by your own choice. And falling down before you, I cry out: Do not let me fall asleep in the death of sin, but have compassion on me, and quickly raise me up as I lie in laziness. Save me in prayer and intercession, and after the night's sleep, bless me with a sinless day, O Christ my God, and save me.

TUESDAY

3rd Prayer by St. Macarius the Great

Rising from sleep, I run to you, Lord, the Lover of mankind. Striving to do your work, I pray: Help me at all times, in everything, and deliver me from every evil thing of this world, and from every attack of the devil, and lead me into your eternal Kingdom. For you are my Creator, the Giver and Provider of every good thing, and I have placed all my hope in you, and I glorify you always, both now and ever, and to the ages of ages. Amen.

4th Prayer by St. Macarius the Great

Lord, in your abundant goodness and your great compassion, you have granted me, your servant, to pass the time of this night without temptation of any opposing evil. Now, O Lord and Maker of all things, by your true light and with an enlightened heart, grant that I may do your will always, both now and ever, and to the ages of ages. Amen.

WEDNESDAY

5th Prayer by St. Macarius the Great

Lord God of Powers, you receive from the Powers of heaven the thrice-holy hymn. Now receive also from me, your unworthy servant, this midnight song, and grant that I may glorify you every year and hour of my life: the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

6th Prayer by St. Basil the Great

Lord of Powers, the God of the bodiless Powers and of all flesh, you dwell in the highest and care for the humble, searching our hearts and knowing their affections, clearly foreknowing our secrets. You are the eternal and everlasting Light, and there is no change or shadow of moving with you. Immortal King, receive our prayers which we now offer with unclean lips, trusting in your great mercy. Forgive all our sinful thoughts, words, and deeds, whether done intentionally or thoughtlessly. Cleanse our flesh and our spirit from all impurity. Grant us to pass the night of this lifetime with our hearts awake and our minds sober, as we keep watch for the radiant day of the Appearance of your Only-begotten Son, our Lord and God and Savior Jesus Christ, when the Judge of all will come with glory to reward each according to his deeds. May we not be found fallen

and lazy, but awake and alert, ready to join him in the joy of his divine glory, where there is the unending sound of celebration and the unspeakable delight of those who behold the indescribable beauty of your face. For you are the true Light that enlightens and sanctifies all things, and all creation sings to you for all ages. Amen.

THURSDAY

7th Prayer – A Midnight Song to the Birthgiver of God

Sovereign Lady, I sing your grace and pray that you will grace my mind. Teach me to walk in the way of Christ's commandments. Strengthen me to stay awake in song, and banish the dream of despair. By your prayers, O Bride of God, release me from the chains of sin. Guard me by night and by day, and drive away all my enemies who defeat me. As you gave birth to God, the Giver of life, invigorate me with life as I am dead in my passions. As you gave birth to the unfading Light, give light to my blind soul. As you are the marvelous Palace of the Master, make me a dwelling of the Holy Spirit. Mother of God, heal the ever-present 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 Gehenna. Expose me, as I am guilty of many sins; and renew me, Most-pure one, as I have grown old in my senseless sins. Present me unscathed by all torments, and pray for me to the Lord of all. Grant that I may receive the joys of heaven with all the Saints. Most-holy Virgin, hear the voice of your worthless slave. Grant me floods of tears, Most-pure one, to wash away the impurity of my soul. I offer you the unceasing groans of my heart. Strive for me, sovereign Lady; accept my prayer and offer it to Compassionate God. As you are higher than the Angels, raise me above this world's confusion. As you are the heavenly Tabernacle that bears the Light, guide the Spirit's grace within me. I raise my defiled, filthy hands to you, the All-pure one. Deliver me from the evils which corrupt my soul, and intercede fervently with Christ, to whom is due all honor and worship, both now and ever, and to the ages of ages. Amen.

8th Prayer, to our Lord Jesus Christ

My most-merciful, all-merciful God, Lord Jesus Christ, in your great love you came down to take on our flesh and save all. Again, O Savior, save me by your grace, I pray; for

if you saved me for my works, this would not be grace or a gift, but rather a duty. Indeed, my Christ, in your infinite compassion and unspeakable mercy, you have said: Whoever believes in me will live and never see death. If faith in you saves those who are desperate, save me, my Lord and Maker! O God, you will not find any deeds which could justify me, so accept my faith instead. Let my faith be enough for all my deeds; may it answer for me, may it acquit me, and may it enable me to partake of your eternal glory. Do not let Satan seize me, O Word, and boast that he has torn me out of your hand and sheepfold. O Christ my Savior, whether I desire it or not, save me. Hurry, come quickly, quickly, for I am perishing! You are my God from my mother's womb. Grant that I may love you, O Lord, now as much as I once loved sin, and to work for diligently for you, as much as I once worked for that deceiver, Satan. Above all, I will work for you, my Lord and God, Jesus Christ, all the days of my life, both now and ever, and to the ages of ages. Amen.

FRIDAY

9th Prayer, to my Holy Guardian Angel

Holy Angel, overseer of my wretched soul and miserable life, do not abandon me a sinner, do not desert me because of my inconstancy; leave no place for the evil demon to obtain dominion over me by gaining control of this mortal body; strengthen my wretched and feeble hand, and guide me into the way of salvation. Yes, Holy Angel of God, guardian and protector of my wretched soul and body, pardon me all the things by which I have distressed you all the days of my life, and whatever sins I have committed during the past night; shelter me in the coming day and protect me from every abuse of the adversary, that I may not anger my God by any sin; and intercede for me to the Lord, to strengthen me in his fear, and show me to be a worthy servant of his goodness. Amen.

10th Prayer, to the Birthgiver of God

My most holy Lady, Mother of God, by your holy and all-powerful prayers, banish from me, your humble and pitiful servant, all despair, forgetfulness, foolishness, carelessness, and all impure and evil and blasphemous thoughts from my miserable heart and darkened mind. And quench the flame of my passions, for I am poor and

downtrodden, and deliver me from my many cruel memories and deeds, and set me free from all their ill effects. For you are blessed by all generations, and your honorable name is glorified to the ages of ages. Amen.

SATURDAY

11th Prayer of St. Patrick

I bind unto myself today the mighty power in calling upon the Trinity, the Faith of the Trinity in Unity, the Maker of the Universe.

I bind unto myself today the might of the Incarnation of Christ with that of his Baptism, the might of his Crucifixion with that of his Burial, the might of his Resurrection with that of his Ascension, the might of his Coming on the day of judgment.

I bind unto myself today the power in the love of the Seraphim, in the obedience of the Angels, in the ministry of the Archangels, in the hope of resurrection unto reward, in the prayers of the Patriarchs, in the predictions of the Prophets, in the preaching of the Apostles, in the faith of the Confessors, in the purity of the holy Virgins, in the deeds of righteous men.

I bind unto myself today the power of Heaven, the brightness of the sun, the whiteness of snow, the splendor of fire, the speed of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the firmness of rocks.

I bind unto myself today God's power to steer me, God's might to uphold me, God's wisdom to teach me, God's eye to watch over me, God's ear to hear me, God's word to give me speech, God's hand to guide me, God's way to lie before me, God's shield to shelter me, God's host to secure me; against the snares of demons, against the attraction of sin, against the lusts of nature, against everyone who plots harm against me, whether far or near, whether few or with many.

I call today upon all these virtues against every hostile, merciless power which may attack my body and my soul, against the incantations of false prophets, against the black laws of heathenism, against the false laws of heresy, against the deceits of idolatry, against the spells of witches, and smiths, and druids, against every knowledge that blinds the soul of man. O Christ, protect me today against poison,

against burning, against drowning, against wounding, that I may receive abundant reward.

Christ with me, Christ before me, Christ behind me, Christ within me, Christ below me, Christ above me, Christ at my right, Christ at my left, Christ in lying down, Christ in sitting, Christ in rising up. Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks to me, Christ in every eye that sees me, Christ in every ear that hears me.

I bind unto myself today the mighty power in calling upon the Trinity, the Faith of the Trinity in Unity, the Maker of the Universe.

Salvation is of the Lord, salvation is of the Lord, salvation is of Christ. May your salvation, O Lord, be with us forever. Amen.

12th Prayer, the Hymn of St. Ambrose

We praise you, O God; we acknowledge you to be the Lord. All the earth magnifies you, the eternal Father.

All the Angels, the heavens and all the Hosts.

The Cherubim and Seraphim, without ceasing cry out to you:

Holy, holy Lord God of Powers; Heaven and earth are full of your glory.

The glorious choir of the Apostles praise you.

The praiseworthy company of the Prophets praise you.

The radiant army of the Martyrs praise you.

The holy Church throughout all the world acknowledges you:

The Father of incomprehensible majesty,

Your worshipful, true, and only-begotten Son,

And the Holy Spirit, the Paraclete.

You are the King of glory, O Christ.

You are the eternal Son of the Father.

Taking upon yourself the redemption of mankind, you did not reject the Virgin's womb.

Overcoming the sting of death, you opened the Kingdom of heaven to believers.

You sit at God's right hand in the Father's glory.

We believe that you will come to be our Judge.

And so we pray: Help your servants, whom you have redeemed with your precious blood.

Grant that they may reign with your Saints in eternal glory.
Lord, save your people, and bless your inheritance.
Guide them and raise them up forever.
Every day I will bless you, and praise your Name forever
and to the ages of ages.
Grant, Lord, this day to keep us without sin.
Have mercy on us, O Lord, have mercy on us.
May your mercy be upon us, O Lord, as we have put our
hope in you.
O Lord, our hope is in you; may we not be ashamed in the
age to come. Amen.

Conclusion

Pray to God for me, O holy (*Patron Saint*), for I fervently run
to You, swift helper and intercessor for my soul!

It is truly meet to bless You, O Birthgiver of God, ever-
blessèd and most pure, and the Mother of our God. More
honorable than the Cherubim, and more glorious beyond
compare than the Seraphim: without corruption You gave
birth to God the Word: true Birthgiver of God, we magnify
You.

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

Lord, have mercy. (*x3*)

Morning Dismissals, Prokeimenons, and Alleluias

Note: For all days, read the dismissal.

Then, read the prokeimenon, then the Daily Epistle reading, the Alleluia Verses, then the Daily Gospel reading. If during Lent, read the Old Testament readings appointed for that day.

Monday Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), by the protection of the honorable bodiless powers of Heaven, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Monday Prokeimenon in Tone 4. Psalm 103. He makes his angels spirits, and his ministers a flame of fire.

v. Bless the Lord, O my soul; O Lord my God, you are very great.

Monday Alleluia in Tone 5. Psalm 148. Praise the Lord, all his angels, praise him, all his powers!

v. For he spoke and they came into being; he commanded and they were created.

Tuesday Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), of the honorable and glorious Prophet, Forerunner and Baptist John, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Tuesday Prokeimenon in Tone 7. Psalm 63. The righteous will be glad in the Lord and will hope in him.

v. Hear my voice, O God, when I pray to you.

Tuesday Alleluia in Tone 4. Psalm 91. The righteous will flourish like the palm tree, and will increase like the cedar in Lebanon.

v. Those who are planted in the house of the Lord will flourish in the courts of our God.

Wednesday Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), by the power of the precious and life-giving Cross, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Wednesday Prokeimenon in Tone 3. The Song of the Birthgiver of God. My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.

v. For he has looked at the humble state of his handmaid; for behold, from now on, all generations shall call me blessed!

Wednesday Alleluia in Tone 8. Psalm 44. Listen, O daughter, and see, and turn your ear; forget your people and your father's house.

v. The rich among the people of the land will pray before your face.

Thursday Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), of our Father among the Saints, Nicholas the Wonderworker, Archbishop of Myra in Lycia, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Thursday Prokeimenon in Tone 8. Psalm 18. Their voice has gone out into all the earth, and their words to the ends of the universe.

v. The heavens declare the glory of God, and the firmament proclaims the work of his hands.

Thursday Alleluia in Tone 1. Psalm 88. The heavens declare your wonders, O Lord, and your truth in church of the saints.

v. God is glorified in the council of the saints.

Friday Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), by the power of the precious and life-giving Cross, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Friday Prokeimenon in Tone 7. Psalm 98. O praise the Lord our God; worship at his footstool, for he is holy.

v. The Lord is king, let the peoples rage.

Friday Alleluia in Tone 1. Psalm 73. Remember your congregation, which you purchased from the beginning.

v. God is our King from the ages; he has worked salvation in the midst of the earth.

Saturday Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), of the holy, glorious and right-victorious Martyrs, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Saturday Prokeimenon in Tone 8. Psalm 31. Be glad in the Lord and rejoice, O righteous.

v. Blessed are they whose transgressions are forgiven, whose sins have been covered.

Saturday Alleluia in Tone 4. Psalm 33. The righteous cried and the Lord heard them, and rescued them from all their troubles.

v. The afflictions of the righteous are many, but the Lord will deliver them from them all.

Prayers Before Sleep

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

Glory to You, our God, Glory to You.

Heavenly king, comforter, Spirit of the Truth, who are everywhere present and fill all things, treasury of good things and giver of life, come and tabernacle 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.
(3x)

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

All-holy Trinity, have mercy on us!

Lord, cleanse our sins!

Master, pardon our transgressions!

Holy One, watch over and heal our infirmities, for Your name's sake.

Lord, have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

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

Daily Confession of Sins

I confess to you, my Lord and God and Creator, glorified and worshiped in Trinity, to the Father and 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, by day and by night, in thought and word and deed: gluttony, drunkenness, secret eating, idle talk, despair, laziness, contradiction, neglect, aggression, self-love, hoarding, stealing, lying, dishonesty, curiosity, jealousy, envy, anger, resentment, and remembering wrongs done to me, hatred, and seeking reward for my deeds. And by all my senses: sight, hearing,

smell, taste, and touch. And all other sins, of the body and of the soul by which I have angered you: my God and Maker, and caused injustice to my neighbors. Sorrowing for this but determined to repent, I stand guilty in your sight, my God. Only help me, my Lord and God, I humbly pray with tears. Forgive my past sins by your mercy, and absolve me from everything I have confessed in your presence, as you are good and the Lover of mankind. Amen.

Prayer for God's Will by Thomas Merton

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this You will lead me by the right road though I may know nothing about it. Therefore will I trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone.

Troparia

Enlighten my eyes, O Christ God, that I may not sleep unto death, that my enemy may not say: I have prevailed over this one.

v. Glory to the Father and to the Son and to the Holy Spirit.

Be my soul's defender, O God, for I step over many snares. Deliver me from them all and save me, O Good One, in your love for mankind.

v. Both now and ever, and to the ages of ages. Amen.

Let us never be silent in praising the most glorious Mother of God, holiest of the holy Angels, but confess her with heart and mouth to be the Mother of God, for she truly gave birth to God in the flesh for us, and prays ceaselessly for our souls.

Psalm 50

Have mercy on me, O God, according to your great mercy, and according to the magnitude of your compassions blot out my transgression.

More thoroughly wash me from my lawlessness, and cleanse me from my sin.

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

Against you only I have sinned and have done the evil before you, so that you are righteous in your words and conquer in your judging.

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

For, behold, you have loved truth, the unseen and hidden things of your wisdom you have shown me.

You will sprinkle me with hyssop and I will be cleansed; you will wash me and I will be made whiter than snow.

You will make me hear joy and gladness; the humbled bones will rejoice.

Turn away your face from my sins, and blot out all my transgressions.

Create a clean heart in me, O God, and renew a right Spirit in my inward parts.

Do not cast me away from your Face, and do not take your Holy Spirit from me.

Give me back the joy of your Salvation, and make me steadfast with a governing Spirit.

I will teach the lawless your ways, and the ungodly will turn around to you.

Deliver me from blood, O God, God of my salvation, and my tongue will rejoice in your righteousness.

Lord, you will open my lips, and my mouth will proclaim your praise.

For if you had wanted a sacrifice, I would have given it; you will not be well-pleased in whole burnt offerings.

A sacrifice to God is a shattered spirit; a shattered and humbled heart God will not despise.

Do good, Lord, to Zion in your good pleasure and the walls of Jerusalem be rebuilt!

Then you will be well-pleased in sacrifice of righteousness, offering and whole-burnt offerings.

Then they will offer calves upon your altar.

SUNDAY

1st Prayer, to God the Father, By St. Macarius The Great

Eternal God and King of all creation, you have granted me to pass through this day and arrive at this hour. Forgive me the sins that I have committed today in word, deed, and thought. Lord, cleanse my humble soul from all defilement

of flesh and spirit. And, Lord, grant me to pass through my sleep tonight in peace, that I may rise from my bed again to please your most-holy Name all the days of my life, and to conquer my flesh and the bodiless enemies who fight against me. Lord, deliver me from all vain and frivolous thoughts, and from evil desires which defile me. For yours is the Kingdom and the power and glory of the Father, Son, and Holy Spirit, both now and ever, and to the ages of ages. Amen.

2nd Prayer, to Our Lord Jesus Christ, by the Monk, Antiochus

Ruler of all, Word of the Father, Jesus Christ, the perfect One, in your great mercy never leave me, but rather dwell in me always, for I am your servant. Jesus, Good Shepherd of your sheep, do not hand me over to the serpent's rebellion, nor abandon me to Satan's will, for the seed of corruption is in me. Lord, worshipful God, holy King, Jesus Christ, while I sleep, guard me by your unfading Light, your Holy Spirit, by whom you sanctified your disciples. Lord, grant me, your unworthy servant, your salvation upon my bed. Enlighten my mind with the light of understanding your holy Gospel. Enlighten my mind with the love of your Cross. Enlighten my heart with the purity of your Word. Enlighten my body with your passionless Passion. Keep my thoughts in your humility, and awaken me in due time to glorify you. For you are glorified above all, with your eternal Father and your Most-holy Spirit to the ages of ages. Amen.

MONDAY

3rd Prayer, to the Holy Spirit, by St. Ephrem

Lord, Heavenly King, Paraclete, Spirit of Truth, have compassion and mercy on your sinful servant and pardon my unworthiness. Forgive all my sins that I, as a human being, have committed today – and not only as a human, but even worse than a beast. Forgive my willful sins, whether known or unknown, whether from my foolishness or from evil suggestions, whether from my shamelessness or from boredom. If I have sworn by your Name or blasphemed it in thought, if I have blamed or accused anyone, if I have angrily belittled or slandered anyone, or upset anyone, or if I have been angry about anything, or lied, or slept excessively, or if I have despised or neglected a beggar who needed my help, or if I have bothered or argued with anyone, or if I have condemned anyone, or boasted, or

have been proud, or lost my temper with anyone, or if my mind has been distracted in prayer by worldly allure, or if I have had depraved thoughts, or have over-eaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded in my heart, or if I have said indecent things, or made fun of someone else's sin when my own sins are countless, or have neglected to pray, or have done some other wrong that I cannot remember – for I have done all this and much more – my Lord and Creator, have mercy on me, your miserable and unworthy servant. Absolve me, and forgive me, and in your goodness and love for mankind deliver me, so that, despite my lust, and my sinfulness, and my wretchedness, I may lie down in sleep and rest in peace. And I will worship, praise, and glorify your most honorable Name, with the Father and his only-begotten Son, both now and ever, and to the ages of ages. Amen.

4th Prayer

Lord, forgive me all the sins which I have committed today, whether by word or deed or thought, for you are good and the Lover of mankind. Grant me peaceful and undisturbed sleep, and send your Guardian Angel to guard me and protect me from all evil. For you are the Guardian of our souls and bodies, O God, and we glorify you, Father, Son, and Holy Spirit, both now and ever, and to the ages of ages. Amen.

5th Prayer

Lord our God, we have set our trust in you, and we call upon your Name above every name. As we go to sleep, grant rest to our souls and bodies, and keep us from all temptations and dark pleasures. Stop the rushing of passions, and quench the burning of bodily tensions. Grant us to live chastely in our words and deeds, that we may live a life of heroic virtue, never falling away from your promised blessings. For you are blessed forever. Amen.

TUESDAY

6th Prayer, by St. John Chrysostom

A Prayer of Supplication, Corresponding to the Twenty-Four Hours of Day and Night

For the Day

1. Lord, do not deprive me of Your heavenly blessings.

2. Lord, deliver me from eternal torments.
3. Lord, forgive me, whether I have sinned in mind, in word, in deed or thought.
4. Lord, deliver me from all ignorance, forgetfulness, cowardice, and stone-like insensitivity.
5. Lord, deliver me from every temptation.
6. Lord, enlighten my heart which evil desires have darkened.
7. Lord, as a man I have sinned: but as the compassionate God, have mercy on me, seeing the infirmity of my soul.
8. Lord, send Your grace to my aid, that I may glorify Your holy Name.
9. Lord Jesus Christ, inscribe me, Your servant, in the book of Life, and grant me a good end.
10. Lord, my God, even though I have done nothing good before You, grant by Your Grace that I may make a good beginning.
11. Lord, sprinkle into my heart the dew of Your grace.
12. Lord of heaven and earth, remember me, Your sinful servant, shameful and unclean, in Your Kingdom. Amen.

For the Night

13. Lord, accept me in penitence.
14. Lord, do not forsake me.
15. Lord, do not lead me into temptation.
16. Lord, grant me good thoughts.
17. Lord, grant me tears, and remembrance of death, and compunction.
18. Lord, grant me the thought of confessing my sins.
19. Lord, grant me humility, chastity, and obedience.
20. Lord, grant me patience, courage, and meekness.
21. Lord, implant the root of good, the fear of You, in my heart.
22. Lord, permit me to love You with all my soul and thoughts, and in all things to do Your will.
23. Lord, protect me from evil men, and demons, and passions, and from every other unseemly thing.
24. Lord, You know that You do as You will: Your will be done also in me a sinner; for blessèd are You to the ages of ages. Amen.

WEDNESDAY

7th Prayer, to our Lord Jesus Christ

Lord Jesus Christ, Son of God, for the sake of your most honorable Mother, your bodiless Angels, your Prophet and Forerunner John the Baptist, the God-inspired Apostles, the radiant and right-victorious Martyrs, the holy and God-bearing Fathers, and by the prayers of all the Saints, deliver me from the oppression of the devil's presence. My Lord and Maker, you do not desire the death of the sinner, but rather that he should turn and live; grant that I may turn, the miserable and unworthy one. Snatch me out of the wicked serpent's jaws, as he hungers to ferociously devour me and drag me down alive into Gehenna. My Lord, my Comfort, you were clothed in corruptible flesh for my miserable sake; deliver me from misery and comfort my miserable soul. Plant in my heart the desire to obey your commandments, and to abandon my evil deeds, and to receive your joys. Lord, my hope is in you; save me. Amen.

THURSDAY

8th Prayer, to the Most Holy Birthgiver of God

Good Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of your Son, our God, on my soul which is full of passions. Guide me in doing good works by your prayers, that I may pass the remainder of my life in purity, and find Paradise through you, the Virgin Mother of God, who alone are pure and blessed.

9th Prayer, to the Holy Guardian Angel

Angel of Christ, my holy Guardian and Protector of my soul and body, forgive me for all the sins I have committed today. Deliver me from the enemy's schemes, that I may not anger my God by any sin. Pray for me, your sinful and unworthy servant, that you may present me worthy of the kindness and mercy of the All-holy Trinity, and the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

FRIDAY

10th Prayer, of St. Ambrose

God, the Maker of all things and Ruler of the heavens, you clothe the day with light and bless the night with sleep, restoring our limbs, wearied from the toil of work, and giving rest to our weary minds, taking away anxiety and grief. The day is spent and night is come; we offer you our thanks and prayers, singing our hymn, that you might help us, your servants. May our inmost heart sing your praise, tunefully crying out your Name. May our chaste affection love you, and our sober mind adore you. And when the gloom of nightfall shuts out the day, may our faith know nothing of darkness, transforming the night to day. Let our soul not feel sleep, only our sin. Let faith keep us chaste, and by its refreshing power, keep vigilant watch over the mists of sleep. May the depth of our heart, free from the temptations of the senses, dream of you; do not let the enemy, ever setting traps for us, disturb us in our rest. Let our prayer ascend to you, O Christ, with your Father and your Holy Spirit, the Trinity, One in essence and all-powerful. Be merciful to us, we pray. Amen.

11th Prayer, of Saint Augustine

Lord, watch over those who wake or watch or weep tonight, and give your Angels and Saints charge over those who sleep. Lord Jesus Christ, tend to your sick ones; give rest to your weary ones; bless your dying ones; have compassion on your suffering ones; shield your joyful ones, and all for your love's sake. Amen.

Prayer of Saint John of Damascus

Lord, Lover of mankind, will this bed be my coffin, or will you enlighten my wretched soul with another day? Here the coffin lies before me, and here death confronts me. Lord, I fear your Judgment and the endless torments, yet I keep on sinning. My Lord God, I anger you continuously, and your immaculate Mother, and all the Powers of heaven, and my holy Guardian Angel. I know, Lord, that I am not worthy of your love, but I deserve to be condemned and handed over to every torment. But whether I want it or not, Lord, save me! For to save a good man is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of your mercy. But show the great wonders of your mercy on me, a

sinner. In this, reveal your love for mankind, that my wickedness may not prevail over your inexpressible goodness and mercy. And order my life according to your will.

Prayer to the Cross

Let God arise, and his enemies be scattered and let those who hate him flee before his face. As smoke vanishes, so let them vanish; as wax melts at the presence of fire, so shall the demons perish at the presence of those who love God and who sign themselves with the sign of the Cross, and say in gladness: Hail, most precious and life-giving Cross of the Lord! For you drive away the demons by the power of our Lord Jesus Christ who was crucified on you, who went down to Hades and trampled on the devil's power, and gave us you, his venerable Cross, for driving away all enemies. Most precious and life-giving Cross of the Lord, help me, together with our holy Lady, the Virgin Mother of God, and with all the Saints throughout the ages. Amen.

Guard me, Lord, by the power of your holy and life-giving Cross, and keep me from all evil.

Into your hands, Lord Jesus Christ my God, I surrender my soul and my body. Bless me, save me, and grant me eternal life. Amen.

Kontakion, to the Birthgiver of God

O victorious leader of triumphant hosts! We your servants delivered from evil, sing our grateful thanks to you, O Birthgiver of God. As you possess invincible might set us free from every calamity so that we may sing: Rejoice, O unwedded Bride!

Exceedingly glorious, Ever-Virgin, Mother of Christ God, present our petitions to Your Son and our God, and implore Him, that through You, He will save our souls.

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

O Virgin Birthgiver of God, despise me not, a sinner, desiring Your help and Your protection, but have mercy on me, for my soul has placed its hope in You.

The Father is my hope; the Son is my refuge; the Holy Spirit is my protector. O Holy Trinity, glory to You!

It is truly meet to bless you, O Birthgiver of God, ever-blessèd and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption you gave birth to God the Word: true Birthgiver of God, we magnify You.

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

Lord, have mercy. (x3)

Evening Dismissals

Sunday evening (Monday) Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy *(Patron Saint)*, by the protection of the honorable bodiless powers of Heaven, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Monday evening (Tuesday) Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy *(Patron Saint)*, of the honorable and glorious Prophet, Forerunner and Baptist John, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Tuesday evening (Wednesday) Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy *(Patron Saint)*, by the power of the precious and life-giving Cross, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Wednesday evening (Thursday) Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), of our Father among the Saints, Nicholas the Wonderworker, Archbishop of Myra in Lycia, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Thursday evening (Friday) Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), by the power of the precious and life-giving Cross, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Friday evening (Saturday) Dismissal: Christ our true God, through the intercessions of his all-pure and all-blameless holy Mother, of the holy, glorious and all-laudable apostles, of our venerable and God-bearing Fathers, of the holy (*Patron Saint*), of the holy, glorious and right-victorious Martyrs, of Saint *N. (of the day)* whose remembrance we also fulfill, and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Abbreviated Prayers in Preparation for Holy Communion

Glory to You, our God, Glory to You.

Heavenly king, comforter, Spirit of the Truth, who are everywhere present and fill all things, treasury of good things and giver of life, come and tabernacle 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.
(x3)

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

All-holy Trinity, have mercy on us!

Lord, cleanse our sins!

Master, pardon our transgressions!

Holy One, watch over and heal our infirmities, for Your name's sake.

Lord, have mercy. *(x3)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

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

Lord, have mercy. *(x3)*

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and to the 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! *(with three reverences)*

Psalm 22 (23)

The Lord is my shepherd; I shall not want.
He make me to lie down in green pastures:
He leads me beside the still waters.

He restores my soul:

He leads me in the paths of righteousness for His Name's sake.

Though I walk through the valley of the shadow of death,
I will fear no evil for You are with me;

Your rod and Your staff they comfort me.

You prepare a table before me in the presence of mine enemies;

You anoint my head with oil; my cup runs over.

Surely goodness and mercy shall follow me all the days of my life;

And I will dwell in the house of the Lord forever.

Psalm 115 (116)

I kept my faith even when I said;

I am greatly afflicted,

And when in my madness I cried:

Every man is a liar.

What shall I render to the Lord for all His bounty to me?

I will receive the cup of salvation and call on the Name of the Lord.

I will offer my prayers to the Lord in the presence of all His people.

Precious in the sight of the Lord is the death of His saints.

O Lord, I am Your servant;

I am Your slave and son of Your handmaiden.

You have broken my bonds asunder.

I will offer You the sacrifice of praise,

And will pray in the Name of the Lord.

I will offer my prayers to the Lord in the presence of all His people,

In the courts of the House of the Lord, in Your midst, O Jerusalem.

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

Alleluia, Alleluia, Alleluia. Glory to You, O God. (x3)

Lord, have mercy. (x3)

And then the following troparia:

Disregard my iniquities, O Lord, Who was born of a Virgin,
and cleanse my heart, and make it a temple for Your most
pure Body and Blood. Do not turn me away from Your
countenance, for wonderful is Your infinite great mercy.

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

How can I dare to partake of Your Holy Things in my unworthiness? For even if I should dare to approach You with those who are worthy, my garment will betray me, for it is not a wedding garment, and I shall secure the condemnation of my sinful soul. Cleanse, O Lord, the pollution from my soul, and save me for You love mankind.

Now and ever, and to the ages of ages. Amen.

Theotokion

Exceedingly great, O Theotokos, is the multitude of my transgressions! I have fled to You, O pure one, asking for salvation. Visit my feeble soul and pray to Your Son and our God, that He will grant me remission of the terrible deeds which I have done, O only blessed one.

Lord, have mercy. (x40)

11th Prayer, also by St. John Chrysostom

I believe, O Lord, and I confess that You are truly the Christ, the Son of the living God Who came into the world to save sinners, of whom I am first. I believe also that this is truly Your Own most pure Body, and this is truly Your Own precious Blood. Therefore, I pray You: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, committed in knowledge or in ignorance. And make me worthy to partake without condemnation of Your most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

Of Your Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Your Mystery to Your enemies, neither like Judas will I give You a kiss; but like the thief will I confess You: Remember me, O Lord, in Your Kingdom. May the communion of Your holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us.