

Lord have mercy. (x3)

O Lord, bless.

*Lay dismissal:* Through the prayers of our Holy Fathers, O Lord Jesus Christ, have mercy on us and save us. Amen.

*The end,  
and glory to God!*

*From the Jordanville Prayer Book*

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# A Short Prayer Book

Morning Prayers

Evening Prayers

Prayers before & after meals

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## MORNING PRAYERS

*Having risen from sleep, before any other action, stand (or if travelling, sit) reverently, considering thyself to be in the presence of the All-seeing God, and, having made the sign of the Cross, say:*

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

*Then pause a moment, until all thy senses are calmed and thy thoughts forsake all things earthly, then say:*

*The Publican's Prayer: O God, be merciful to me a sinner. (x3, with bows).*

*The Beginning Prayer: 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.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all

God: keep me under thy protection.

O Virgin Theotokos, disdain not me a sinner, needing thy help and thy protection, and have mercy on me, for my soul hath hoped in thee.

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

It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless and Mother of our God. More honourable 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.

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unworthy servant, It that thou mayest show me forth worthy of the kindness and mercy of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and of all the saints. Amen.

*Kontakion to the Theotokos:* To thee the Champion Leader, we thy servants dedicate a feast of victory and thanksgiving, as ones rescued out of sufferings, O Theotokos; but as thou art one with might which is invincible, from all dangers that can be, do thou deliver us, that we may cry to thee: Rejoice, thou Bride unwedded!

Most glorious Ever-Virgin, Mother of Christ God, present our prayer to thy Son and our God, that through thee our souls may be saved.

All my hope I place in thee, O Mother of

unworthy servant, It that thou mayest show me forth worthy of the kindness and mercy of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and of all the saints. Amen.

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Most glorious Ever-Virgin, Mother of Christ God, present our prayer to thy Son and our God, that through thee our souls may be saved.

All my hope I place in thee, O Mother of

things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all 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, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, be gracious unto our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

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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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*Troparia to the Holy Trinity:* Having risen from sleep, we fall down before Thee, O Good One, and the angelic hymn we cry aloud to Thee, O Mighty One. Holy, Holy, Holy art Thou. O God; through the Theotokos, have mercy on us.

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

From bed and sleep hast Thou raised me up, O Lord: enlighten my mind and heart and open my lips that I may hymn Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God;

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commandments, and to forsake evil deeds, and to obtain Thy blessings; for in Thee, O Lord, have I hoped, save me.

*Prayer IX, 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. Amen.

*Prayer X, to the Holy Guardian Angel:* O Angel of Christ, my holy guardian and protector of my soul and body, forgive me all wherein I have sinned this day, and deliver me from all opposing evil of mine enemy lest I anger my God by any sin. Pray for me, a sinful and

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through the Theotokos, have mercy on us.

Both now and ever, and unto the ages of ages. Amen.

Suddenly the judge shall come, and the deeds of each shall be laid bare; but with fear do we cry at midnight. Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

Lord, have mercy. (x12)

*Prayer of Saint Basil the Great to the Most Holy Trinity:* As I rise from sleep, I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou wast not angry with me, an idler and sinner, nor hast Thou destroyed me with mine iniquities, but hast shown Thy usual love for mankind; and when I was prostrate in despair, Thou hast raised me up to keep the morning watch and glorify Thy power.

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And now enlighten my mind's eye, and open my mouth that I may meditate on Thy words, and understand Thy commandments, and do Thy will, and hymn Thee in heartfelt confession, and sing praises to Thine all-holy name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

O come let us worship God our King.

O come let us worship and fall down before Christ our King and God.

O come let us worship and fall down before Christ Himself, our King and God.

*Psalm 50:* 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 mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever

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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.

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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.

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before me. Against Thee only have I sinned and done this 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 hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine 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 with Thy governing Spirit establish me. I

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shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness. O God, Thou God of my salvation; 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 had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

*The Symbol of the Orthodox Faith:* I believe in one God, the Father Almighty, Maker of heaven

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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

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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. Amen.

*Prayer VI: 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.*

*Prayer VII, of St. John Chrysostom  
(NB: This may be done Antiphonally if the prayers are said with another)*

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and earth, and of all things visible and invisible. And in one Lord Jesus Chris, the Son of God, the Only-begotten, begotten of the Father before all ages. Light of Light; true God of true God, begotten, not made; of one essence with the Father by Whom all things were made; Who for us men, and for our salvation. came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, and suffered, and was buried; And arose again on the third day according to the Scriptures; And ascended into the heavens, and sitteth at the right hand of the Father. And shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life; Who proceedeth from the Father; Who with the Father and the Son

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together is worshipped and glorified; Who spake by the prophets. In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the age to come. Amen.

*Prayer I, of St Macarius the Great:* O God, cleanse me a sinner, for I have never done anything good in Thy sight; but deliver me from the evil one, and let Thy will be done in vi me, that I may open mine unworthy mouth without condemnation, and praise Thy holy name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

*Prayer II, of the same saint:* Having risen from sleep, I offer unto Thee, O Saviour, the midnight hymn, and falling down I cry unto Thee: Grant me not to fall asleep in the death of

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*Prayer V:* 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

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sin, but have compassion on me, O Thou Who wast voluntarily crucified, and hasten to raise me who am reclining in idleness, and save me in prayer and intercession; and after the night's sleep shine upon me a sinless day, O Christ God, and save me.

*Prayer III, of the same saint:* Having risen from sleep, I hasten to Thee, O Master, Lover of mankind, and by Thy loving-kindness, I strive to do Thy work, and I pray to Thee: Help me at all times, in everything, and deliver me from every worldly, evil thing and every impulse of the devil, and save me, and lead me into Thine eternal kingdom. For Thou art my Creator, and the Giver, and Provider of everything good, and in Thee is all my hope, and unto Thee do I send up glory, now and ever, and unto the ages of ages. Amen.

*Prayer IV, of the same saint:* O Lord, Who in Thine

sin, but have compassion on me, O Thou Who wast voluntarily crucified, and hasten to raise me who am reclining in idleness, and save me in prayer and intercession; and after the night's sleep shine upon me a sinless day, O Christ God, and save me.

*Prayer III, of the same saint:* Having risen from sleep, I hasten to Thee, O Master, Lover of mankind, and by Thy loving-kindness, I strive to do Thy work, and I pray to Thee: Help me at all times, in everything, and deliver me from every worldly, evil thing and every impulse of the devil, and save me, and lead me into Thine eternal kingdom. For Thou art my Creator, and the Giver, and Provider of everything good, and in Thee is all my hope, and unto Thee do I send up glory, now and ever, and unto the ages of ages. Amen.

*Prayer IV, of the same saint:* O Lord, Who in Thine

abundant goodness and Thy great compassion hast granted me, Thy servant, to go through the time of the night that is past without attack from any opposing evil: Do Thou Thyself, O Master, Creator of all things, vouchsafe me by Thy true light and with an enlightened heart to do Thy will, now and ever, and unto the ages of ages. Amen.

*Prayer V, of St Basil the Great:* O Lord Almighty, God of hosts and of all flesh, Who dwellest on high and lookest down on things that are lowly, Who searchest the heart and innermost being, and clearly foreknowest the secrets of men; O unoriginate and everlasting Light, with Whom is no variableness, neither shadow of turning: Do Thou, O Immortal King, receive our supplications which we, daring because of the multitude of Thy compassions, offer

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ages. Amen.

*Prayer IV, of St. 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

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the wiles of this world, or by thoughts of depravity; or if I have over eaten, or have drunk excessively, or laughed frivolously; if I have thought evil, seen the beauty of an! other and been wounded thereby in my heart; if I have said improper things, or derided my brother's sin when mine own sins are countless; if I have been neglectful of prayer, or have done some other wrong that I do not remember, for all of this and more than this have I done: have mercy, O Master my Creator, me Thy downcast and unworthy servant, and loose me, and remit, and forgive me, for Thou art good and the Lover of mankind, so that, lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, and hymn, and glorify Thy most honourable name, together with the Father and His Only-begotten Son, now and ever, and unto the

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Thee at the present time from defiled lips; and forgive us our sins, in deed, word, and thought, whether committed by us knowingly or in ignorance, and cleanse us from every defilement of flesh and spirit. And grant us to pass through the night of the whole present life with watchful heart and sober thought, ever expecting the coming of the bright and appointed day of Thine Only-begotten Son, our Lord and God and Saviour, Jesus Christ, whereon the judge of all shall come with glory to reward each according to his deeds. May we not be found fallen and idle, but watching, and upright in activity, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those that keep festival, and the unspeakable delight of those that behold the ineffable beauty of Thy countenance. For Thou art the true Light

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that enlightenest and sanctifiest all, and all creation doth hymn Thee unto the ages of ages. Amen.

*Prayer VI, likewise by St. Basil:* We bless Thee, O Most High God and Lord of mercy, Who ever doest with us things both great and inscrutable, both glorious and awesome, of which there is no measure; Who grantest to us sleep for rest from our infirmities, and relaxation from the labours of our much-toiling flesh. We thank Thee that Thou hast not destroyed us with our iniquities, but hast shown Thy loving-kindness to man as usual, and while we were lying in despair upon our beds, Thou hast raised us up that we might glorify Thy dominion. Wherefore, we implore Thy boundless goodness: Enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence;

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*Prayer III, to the Holy Spirit:* O Lord, Heavenly King, Comforter, Spirit of Truth, show compassion and have mercy on me Thy sinful servant, and loose me from mine unworthiness, and forgive all wherein I have sinned against Thee today as a man, and not only as a man, but even worse than a beast, my sins voluntary and involuntary, known and unknown, whether from youth, and from evil suggestion, or whether from brazenness and despondency. If I have sworn by Thy name, or blasphemed it in my thought; or grieved anyone, or have become angry about anything; or have lied, or slept needlessly, or if a beggar hath come to me and I disdained him; or if I have grieved my brother, or have quarreled, or have condemned anyone; or if I have been boastful, or prideful, or angry; if, as I stood at prayer, my mind hath been distracted by

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remain in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not over to the sedition of the serpent, and leave me not to the will of Satan, for the seed of corruption is in me. But do Thou, O Lord, Worshipful God, holy King, Jesus Christ, as I sleep, guard me by the Unwaning Light, Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant me, Thine unworthy servant, Thy salvation upon my bed. Enlighten my mind with the light of 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 in Thy humility, and raise me up at the proper time for Thy glorification. For most glorified art Thou, together with Thine unoriginate Father, and the Most Holy Spirit,+ unto the ages. Amen.

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open our mouth and fill it with Thy praise, that we may be able steadily to hymn and confess Thee, Who art God glorified in all and by all, the unoriginate Father, with Thine Only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

*Prayer to the Most Holy Theotokos:* I sing of thy grace, O Sovereign Lady, and I pray thee to grace my mind. / Teach me to step aright in the way of Christ's commandments.

Strengthen me to keep awake in song, and drive away the sleep of despondency. / O Bride of God, by thy prayers release me, bound with the bonds of sin.

Guard me by night and by day, and deliver me from foes that defeat me. / O bearer of God the Life-giver, enliven me who am deadened by passions.

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O bearer of the unwaning Light, enlighten my blinded soul. / O marvellous palace of the Master, make me to be a house of the Divine Spirit.

O bearer of the Healer, heal the perennial passions of my soul. / Guide me to the path of repentance, for I am tossed in the storm of life.

Deliver me from eternal fire, and from evil worms, and from Tartarus. / Let me not be exposed to the rejoicing of demons, guilty as I am of many sins.

Renew me, grown old from senseless sins, O most immaculate one. / Present me untouched by all torments, and pray for me to the Master of all.

Vouchsafe me to find the joys of heaven with all the saints. / O most holy Virgin, hearken unto the voice of thine unprofitable servant.

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me to arrive at this hour, forgive me the sins that I have committed this day in deed, word, and thought; and cleanse, O Lord, my lowly soul of all impurity of flesh and spirit, and grant me, O Lord, to pass the sleep of this night in peace; that, rising from my lowly bed, I may praise Thy most holy name all the days of my life, and thwart the enemies, fleshly and bodiless, that war against me. And deliver me, O Lord, from vain thoughts and evil desires which defile me. 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 the ages of ages. Amen

*Prayer II, of St. Antiochus:* O Ruler of all, Word of the Father, O Jesus Christ, Thou Who are perfect: for the sake of the plenitude of Thy mercy, never depart from me, but always

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Lord have mercy on us, for we have hoped in Thee, be not angry with us greatly, neither remember our iniquities; but look upon us now as Thou art compassionate, and deliver us from our enemies, for Thou art our God, and we, Thy people; all are the works of Thy hands, and we call upon Thy name.

Both now and ever, and unto the ages of ages. Amen.

The door of compassion open unto us O blessed Theotokos, for hoping in thee, let us not perish; through thee may we be delivered from adversities, for thou art the salvation of the Christian race.

Lord have mercy. (x12)

*Prayer I, of St. Macarius the Great: O Eternal God and King of all creation, Who hast vouchsafed*

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Accept my service of supplication and offer it to compassionate God. / O thou who art above the angels, raise me above this world's confusion.

O Light bearing heavenly tabernacle, direct the grace of the Spirit in me. / I raise my hands and lips in thy praise, defiled as they are by impurity, O all immaculate one.

Deliver me from soul corrupting evils, and fervently intercede with Christ, to Whom is due honour and worship, now and ever, and unto the ages of ages. Amen.

*Prayer to our Lord Jesus Christ: O my plenteously merciful and all merciful God, Lord Jesus Christ, through Thy great love Thou didst*

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come down and become incarnate so that Thou mightest save all. And again, O Saviour. save me by Thy grace, I pray Thee. For if Thou shouldst save me for my works, this would not be grace or a gift, but rather a duty; yea, Thou Who art great in compassion and ineffable in mercy. For he that believeth in Me, Thou hast said, O my Christ, shall live and never see death. If, then, faith in Thee saveth the desperate, behold, I believe, save me, for Thou art my God and Creator. Let faith instead of works be imputed to me, O my God, for Thou wilt find no works which could justify me. But may my faith suffice instead of all works, may it answer for, may it acquit me, may it make me a partaker of Thine eternal glory. And let Satan not seize me and boast, O Word, that he hath torn me from Thy hand and fold. But whether I desire it or not, save me, O Christ my Saviour,

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Lord have mercy. (x3)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto 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 debts as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*Lay exclamation:* Through the prayers of our Holy Fathers, O Lord Jesus Christ, have mercy on us and save us. Amen.

*Troparia, Tone 6:* Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, this prayer do we sinners offer Thee as Master; have mercy on us.

Lord have mercy. (x3)

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

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## Evening Prayers

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

O Heavenly King, Comforter, Spirit of Truth,  
Who art everywhere present and fillest all  
things, Treasury of good things and Giver of  
life: Come and dwell in us, and cleanse us of  
all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have  
mercy on us. (*x3, with bows*)

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

O Most Holy Trinity, have mercy on us. O  
Lord, be gracious unto our sins. O Master,  
pardon our iniquities. O Holy One, visit and  
heal our infirmities for Thy name's sake.

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forestall me quickly, for I perish. Thou art my  
God from my mother's womb. Vouchsafe  
me, O Lord, to love Thee now as fervently as  
I once loved sin itself, and also to work for  
Thee without idleness, diligently, as I worked  
before for 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 the ages of ages. Amen.

*Prayer IX, to the Holy Guardian Angel:* O holy angel  
that standeth by my wretched soul and my  
passionate life, forsake not me a sinner, nor  
shrink from me because of mine  
intemperance. Give no place for the cunning  
demon to master me through the violence of  
my mortal body, strengthen my poor and  
feeble hand, and guide me in the way of  
salvation. Yea, O holy angel of God, guardian  
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### Prayers after Dinner

body, forgive me all wherein I have offended thee all the days of my life; and if I have sinned during the past night, protect me during the present day, and guard me from every temptation of the enemy, that I may not anger God by any sin. And pray to the Lord for me, that He may establish me in His fear, and show me, His servant, to be worthy of His goodness. Amen.

*Prayer X, to the Most Holy Theotokos:* O my most holy lady Theotokos, through thy holy and all-powerful prayers, banish from me, thy lowly and wretched servant, despondency, forgetfulness, folly, carelessness, and all filthy, evil, and blasphemous thoughts from my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and deliver me from many and cruel memories and deeds, and

body, forgive me all wherein I have offended thee all the days of my life; and if I have sinned during the past night, protect me during the present day, and guard me from every temptation of the enemy, that I may not anger God by any sin. And pray to the Lord for me, that He may establish me in His fear, and show me, His servant, to be worthy of His goodness. Amen.

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*Senior:* Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen. Thy womb is become a holy table, bearing Christ the heavenly bread. All that eat from it shall not die, as hath said the Nourisher of all, O Mother of God.

*Sung:* More honourable 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 ages of ages. Amen.

Lord, have mercy. (x3)

O Lord, bless.

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

*Sung:* Amen.

### Prayers after Dinner

*Senior:* Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen. Thy womb is become a holy table, bearing Christ the heavenly bread. All that eat from it shall not die, as hath said the Nourisher of all, O Mother of God.

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Lord, have mercy. (x3)

O Lord, bless.

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

*Sung:* Amen.

### Prayers before Dinner

*Sung:* The poor shall eat and be filled, and they that seek the Lord shall praise him; their hearts shall live for ever and ever.

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

Amen.

Lord, have mercy. (x3)

O Lord, bless.

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

*Sung:* Amen.

free me from all their evil effects. For blessed art thou by all generations, and glorified is thy most honourable name unto the ages of ages. Amen.

*Prayerful Invocation of the Saint Whose Name we bear:*

Pray unto God for me, O holy God pleaser N., for I fervently flee unto Thee, the speedy helper and intercessor for my soul.

*Song to the Most Holy Theotokos:* O Theotokos and Virgin, rejoice, 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 Saviour of our souls.

*Troparion to the Cross:* Save, O Lord, Thy people, and bless Thine inheritance; grant Thou victory to Orthodox Christians over enemies; and by the power of Thy Cross do Thou preserve Thy commonwealth.

### Prayers before Dinner

*Sung:* The poor shall eat and be filled, and they that seek the Lord shall praise him; their hearts shall live for ever and ever.

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

Amen.

Lord, have mercy. (x3)

O Lord, bless.

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

*Sung:* Amen.

free me from all their evil effects. For blessed art thou by all generations, and glorified is thy most honourable name unto the ages of ages. Amen.

*Prayerful Invocation of the Saint Whose Name we bear:*

Pray unto God for me, O holy God pleaser N., for I fervently flee unto Thee, the speedy helper and intercessor for my soul.

*Song to the Most Holy Theotokos:* O Theotokos and Virgin, rejoice, 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 Saviour of our souls.

*Troparion to the Cross:* Save, O Lord, Thy people, and bless Thine inheritance; grant Thou victory to Orthodox Christians over enemies; and by the power of Thy Cross do Thou preserve Thy commonwealth.

*Here, offer a brief prayer for the health and*

*salvation of:*

*thy spiritual father,  
thy parents and relatives,  
those in authority,  
benefactors,  
others known to thee,  
the ailing,  
or those passing through sorrows.*

*And if it be possible, read this  
commemoration:*

*For the Living:* Remember, O Lord Jesus Christ our God, Thy mercies and compassions which are from the ages, for the sake of which Thou didst become man and didst will to endure crucifixion and death for the salvation of those that rightly believe in Thee; and having risen from the dead didst ascend into the heavens and sittest at the

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#### **Prayers after Breakfast and after Lunch**

*Sung (Melody: Troparion, Tone 8):* We thank Thee, O Christ our God, / that Thou hast satisfied us with Thine earthly gifts; / deprive us not of Thy heavenly Kingdom, / but as Thou camest among Thy disciples, O Saviour, and gavest them peace, // come to us and save us.

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

Lord, have mercy. (x3)

O Lord, bless.

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

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## PRAYERS AT MEALS

### Prayers before Breakfast and before Lunch

*Sung:* 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 debts as we forgive our debtors; / and lead us not into temptation, // but deliver us from the evil one.

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

Lord, have mercy. (x3)

O Lord, bless.

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

*Sung:* Amen.

right hand of God the Father, and regardest the humble entreaties of those that call upon Thee with all their heart; incline Thine ear, and hearken unto the humble supplication of me, Thine unprofitable servant, as an odour of spiritual fragrance, which I offer unto Thee for all Thy people. And first, remember Thy Holy, Catholic, and Apostolic Church, which Thou hast provided through Thy precious Blood, and establish, and strengthen, and expand, increase, pacify, and keep Her unconquerable by the gates of hades. calm the dissensions of the churches, quench the raging of the nations, and quickly destroy and uproot the rising of heresy, and bring them to nought by the power of Thy Holy Spirit. (*Bow*)

Save, O Lord, and have mercy on the Russian Land and her Orthodox people both in the

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Save, O Lord, and have mercy on the Russian Land and her Orthodox people both in the

homeland and in the diaspora, this land and its authorities. (*Bow*)

Save, O Lord, and have mercy on the holy Orthodox patriarchs, most reverend metropolitans, Orthodox archbishops and bishops, and all the priestly and monastic orders, and all who serve in the Church, whom Thou hast appointed to shepherd Thy rational flock, and through their prayers have mercy and save me, a sinner. (*Bow*)

Save, O Lord, and have mercy on my spiritual father *N.*, and through his holy prayers forgive my sins. (*Bow*)

Save, O Lord, and have mercy on my parents, *N*, my brothers and sisters *N*, and my kindred according to the flesh, and all the neighbours of my family and friends, and grant them Thine earthly and spiritual good

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Theotokos, ever-blessed and most blameless, and Mother of our God. More honourable 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. (x3)

O Lord, bless.

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

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Save, O Lord, and have mercy on the aged and the young, the poor and the orphans and widows, and those in sickness and sorrow, misfortune and tribulation, those in difficult circumstances and in captivity, in prisons and dungeons, and especially those of Thy servants that are persecuted for Thy sake and the Orthodox Faith by godless peoples, by apostates, and by heretics; and remember them, visit, strengthen, comfort, and by Thy power quickly grant them relief, freedom, and deliverance. (*Bow*)

Save, O Lord, and have mercy on them that hate and wrong me, and make temptation for me, and let them not perish because of me, a sinner. (*Bow*)

Illumine with the light of awareness the

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apostates from the Orthodox Faith, and those blinded by pernicious heresies, and number them with Thy Holy, Apostolic, Catholic Church. (*Bow*)

*For the Departed:*

Remember, O Lord, those that have departed this life, Orthodox kings and queens, princes and princesses, most holy patriarchs, most reverend metropolitans, Orthodox archbishops and bishops, those in priestly and clerical orders of the Church, and those that have served Thee in the monastic order, and grant them rest with the saints in Thine eternal tabernacles. (*Bow*)

Remember, O Lord, the souls of Thy departed servants, my parents, *N*, and all my kindred according to the flesh, and forgive them all transgressions, voluntary and

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Remember, O Lord, the souls of Thy departed servants, my parents, *N*, and all my kindred according to the flesh, and forgive them all transgressions, voluntary and

involuntary, granting them the kingdom and a portion of Thine eternal good things, and the delight of Thine endless and blessed life. (*Bow*)

Remember, O Lord, also all our fathers and brethren, and sisters, and those that lie here, and all Orthodox Christians that departed in the hope of resurrection and life eternal, and settle them with Thy saints, where the light of Thy countenance shall visit them, and have mercy on us, for Thou art good and the Lover of mankind. (*Bow*)

Grant, O Lord, remission of sins to all our fathers, brethren, and sisters that have departed before us in the faith and hope of resurrection, and make their memory to be eternal. (*Bow*)

*Final Prayer:* It is truly meet to bless thee, the

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