

OUR DAILY BREAD



PRAYER BOOK

OUR DAILY BREAD

'Give us this day our daily bread' means the bread which is sufficient for our nature and existence. He removes the care for tomorrow. The body of Christ is the daily bread, and we pray that we may share in it blamelessly.

St Germanus of Constantinople

This prayer book was compiled to provide the life-giving 'daily bread' to fulfil each day as our Lord commanded. Jesus Christ is the "Bread of Life" the "Bread of God which has come down from heaven and given life to the world" (John 6:33-36); the bread which "a man may eat of it and not die," but "live forever" (John 6:50-51). Thus the prayer for "daily bread" becomes the petition for daily spiritual nourishment through abiding communion with Christ so that one might live always with God.

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MORNING PRAYERS

O God, be merciful to me, a sinner! (Thrice)

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

Glory to You, our God, glory to You.

Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and filling all things, Treasury of good gifts and Giver of Life, come and abide 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. (Thrice)

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

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

Lord, have mercy (**Thrice**)

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 evil.

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

The Troparia to the Holy Trinity

As we rise from sleep we worship You, O good and powerful Lord, and to You we sing the Angel's hymn: Holy, Holy, Holy are You, O God; through the Mother of God, have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind, and open my heart and lips to praise You, O Holy Trinity: Holy, Holy, Holy are You, O God; through the Mother of God, have mercy on us.

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

Suddenly the Judge will come, and the deeds of each will be laid bare; but at midnight let us cry with fear: Holy, Holy, Holy are You, O God; through the Mother of God, have mercy on us.

Lord, have mercy (12 times)

Prayer of St. Basil the Great to the Most Holy Trinity

As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You are not angered with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for men, and when I was prostrate in despair, You have raised me to keep the morning watch and glorify Your power. And now enlighten my mind's eye and open my mouth to study Your words and understand Your commandments and do Your will and sing to You in heartfelt adoration and praise Your Most Holy Name of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

The abridged morning prayer service ends here, concluding with 'Through the prayers of our holy father, Lord, Jesus Christ our God, have mercy on us and save us. Amen.'
or you may continue saying:

O come let us worship God our King.

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

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

Psalm 50

Have mercy on me, O God, according to Your great mercy and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness: my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of

Your salvation, and uphold me with You guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation. My tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice of God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar.

The Nicene Creed

I believe in one God, Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages, Light from Light, true God from true God, begotten not made, one in essence with the Father; through him all things were made. For our sake and for our salvation He came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary and became man. He was crucified also for us under Pontius Pilate, and suffered and was

buried; He rose again on the third day, in accordance with the Scriptures, And ascended into heaven, and is seated at the right hand of the Father. He is coming again in glory to judge the living and the dead, and His kingdom will have no end. And I believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshiped and together glorified, who spoke by the Prophets. I believe in one Holy, Catholic and Apostolic Church. I confess one Baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the age to come. Amen.

First Prayer of St. Macarius the Great

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

Second Prayer of St. Macarius the Great

Having risen from sleep, I offer You, O Saviour, the midnight song, and I fall down and cry unto You: grant me not to fall asleep in the death of sin, but have compassion on me, O You Who were 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 of St. Macarius the Great

Having risen from sleep I hasten to You, O Lord, Lover of men, and by Your loving-kindness I strive to do Your work, and I pray to You: help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into Your eternal Kingdom. For You are my Creator, the Giver and Provider of everything good, and all my hope is in You, and to You I send up glory, now and ever, and to the ages of ages. Amen.

Fourth Prayer of St. Macarius the Great

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

Fifth Prayer of St. Macarius the Great

Almighty Lord God, Who does receive from Your Heavenly Powers the thrice-holy hymn, receive also from me, Your unworthy servant, this song of the night, and grant me every year of my life and at every hour to send up glory to You, Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

First Prayer of St. Basil the Great

Almighty Lord, God of the Powers and of all flesh, Who lives in the highest and cares for the humble, Who searches our hearts and affections, and clearly foreknows the secrets of men; eternal and ever-living Light, in Whom is no change nor shadow of variation; O Immortal King, receive our prayers which at the present time we offer to You from unclean lips, trusting in the multitude of Your mercies. Forgive all sins committed by us in thought, word or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of Your only-begotten Son, our Lord and God and Saviour, Jesus Christ, when the Judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert

for action, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of Your Face. For You are the true Light that enlightens and sanctifies all, and all creation sings to You throughout the ages. Amen.

Second Prayer of St. Basil the Great

We bless You, O most high God and Lord of mercy, Who is ever doing numberless great and mysterious things with us, glorious and wonderful; Who grants to us sleep for rest from our infirmities, and repose from the burdens of our much toiling flesh. We thank You that You have not destroyed us with our sins, but have loved us as ever, and though we are sunk in despair, You have raised us up to glorify Your power. Therefore we implore Your incomparable goodness, enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence; open our mouth and fill it with Your praise, that we may be able undistracted to sing and confess You, Who are God glorified in all and by all, the eternal Father, with Your only-begotten Son, and Your all-holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

Midnight Song to the Most Holy Mother of God

I sing your grace, O Sovereign Lady, and pray to you to grace my mind. Teach me to step right in the way of Christ's commandments. Strengthen me to keep awake in song and dispel the dream of despondency. Release me, bound with bonds of sin, O bride of God, by your prayers. Guard me by night and also by day, and drive away my foes who defeat me. O Bearer of God, the Giver of Life, enliven me who am deadened by passions. O bearer of the unfailing Light, enlighten my blinded soul. O Marvellous Palace of the Master, make me a house of the Divine Spirit. O Mother of the Healer, heal the perennial passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire, from wicked war and from hell. Expose me guilty as I am of many sins. Renew me, grown old from senseless sins, O most Immaculate One. Present me untouched by all torments, and pray for me to the Lord of all. Grant me to receive the joys of Heaven with all the Saints. O most holy Virgin, hear the voice of your unprofitable servant. Grant me torrents of tears, O most Pure One, to cleanse my soul from impurity. I offer the groans of my heart to You unceasingly. Strive for me, O Sovereign Lady. Accept my service of supplication and offer it to the compassionate God. O you who are 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 your praise, defiled as they are by impurity, O All-Immaculate One. Deliver me from soul-corrupting evils, and fervently intercede to Christ to Whom is due honour with adoration, now and ever, and to the ages of ages. Amen.

Prayer to our Lord Jesus Christ

My most merciful and all-merciful God, Lord Jesus Christ, through Your great love You did come down and take flesh to save all. And again, O Saviour, save me by Your grace, I pray, for if You should save me for my works, this would not be grace or a gift, but rather a duty. Indeed, in Your infinite compassion and unspeakable mercy, You O my Christ have said: Whoever believes in Me shall live and never see death. If faith in You saves the desperate, save me, for You are my God and Creator. Impute my faith instead of deeds, O my God, for You will 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 Your eternal glory. And may satan not seize me O Word, and boast that he has torn me from Your hand and fold. O Christ, my Saviour, whether I will or not, save me. Make haste, quick, quick, for I perish. You

are my God from my mother's womb. Grant me, O Lord, to love You now as once I loved sin, and also to work for You without idleness, as I worked before for deceptive satan. But supremely shall I work for You, my Lord and God, Jesus Christ, all the days of my life, now and ever, and to the ages of ages. Amen.

Prayer to the Guardian Angel of Human Life

O Holy Angel, interceding for my wretched soul and my passionate life, forsake me not, a sinner, nor shrink from me for my intemperance. Give no place for the subtle 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. O holy Angel of God, guardian and protector of my wretched body and soul, forgive me for all the insults I have given you every day of my life, and for whatever sins I may have committed 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 strengthen me in His fear, and make me, His slave, worthy of His goodness. Amen.

Prayer to the Most Holy Mother of God

My most holy Lady, Mother of God, by your holy and all-powerful prayers banish from me, your humble,

wretched servant, despondency, forgetfulness, foolishness, carelessness, and all impure, evil and blasphemous thoughts out of my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and deliver me from my many cruel memories and deeds, and free me from all their bad effects; for blessed are you by all generations, and glorified is your most honourable name to the ages of ages. Amen.

Prayers to the Mother of God

Rejoice O Virgin Theotokos, Mary full of grace; the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have borne the Saviour of our souls.

Under your tender compassion we run, O Mother of God, reject not our prayer in our trouble, but deliver us from harm, O only pure, only blessed one.

Most glorious Ever-Virgin, Mother of Christ our God, present our prayer to your Son and our God and pray that through you He may save our souls.

Prayer for Intercession to the Angelic Hosts

O Heavenly Hosts of holy Angels and Archangels, pray for us sinners.

Prayer for Intercession to all Saints

O glorious Apostles, Prophets and Martyrs, and all Saints, pray for us sinners.

Prayerful Invocation to our patron Saint

Pray for me Saint.... (name), for with fervour I come to you, speedy helper and intercessor for my soul.

The Troparion to the Cross

O Lord, save Your people and bless Your inheritance. Grant victory over all enemies to Orthodox Christians and protect Your people with Your Cross.

Commemoration of the Living and Departed

Remember, O Lord Jesus Christ our God, Your mercies and bounties which are from all eternity, and through which You did become man and did will to suffer crucifixion and death for the salvation of those who rightly believe in You, and having risen from the dead did ascend into heaven, and sit at the right hand of God the Father and regards the humble entreaties of those who call upon You with all their heart: incline Your ear, and hear the humble prayer of me, Your worthless servant, as the fragrance of spiritual incense, which I offer to You for all people. And first remember Your Holy Catholic and Apostolic Church, which You have

provided through Your Precious Blood. Confirm, strengthen, extend, and increase her, and keep her in peace, and for ever proof against the power of hell. Calm the dissensions of the Churches, and foil the plans of the powers of darkness, dispel the prejudice of the nations, and quickly ruin and root out the risings of heresy, and frustrate them by the power of the Holy Spirit.

Save, O Lord, and have mercy on all in authority throughout the world, commanders-in-chief of armies and navies and air fleets, governors of provinces and cities, and all the Christ-loving navies, armies and police; protect their power with peace, and subdue under their feet every enemy and foe, and speak peace and blessing in their hearts for Your Holy Church, and for all Your people, and grant that in their calm we too may lead a quiet and peaceful life in true belief, in all piety and honesty.

Save, O Lord, and have mercy on Orthodox Patriarchs, Metropolitans, Archbishops and Bishops, the Priests and Deacons, and all who serve in the Church, and whom You have ordained to feed Your spiritual flock; and by their prayers, have mercy on me, a sinner.

Save, O Lord, and have mercy on our father (parish priest), with all his brethren in Christ, and by their prayers have mercy on me, wretch that I am.

Save, O Lord, and have mercy on my Spiritual Father (name) and by his prayers forgive me my sins.

Save, O Lord, and have mercy on all workers in this holy community, our brethren and all manual workers, and lay-workers, and all Christians.

Save, O Lord, and have mercy on my parents (names), my brothers and sisters and all my relatives, and the neighbours of my family, and friends - and grant them Your worldly and spiritual goods.

Save, O Lord, and have mercy according to the multitude of Your bounties, on all priests, monks and nuns, and on all living in virginity, devotion and fasting, in monasteries, in deserts, in caves, on mountains, on pillars, in hermitages, in the clefts of rocks, and right faith in every place of Your dominion, and devoutly serving You, and praying to You. Lighten their burden, console them in their afflictions, and grant them strength, power and perseverance in their struggle and by their prayers grant me remission of sins.

Save, O Lord, and have mercy on the old and the young, the poor and destitute, the orphans and widows, and all those in sickness and sorrow, misfortune and tribulation, captives and exiles, in mines and prisons and reformatories, and especially on those of Your servants suffering persecution for Your sake and for the Orthodox Faith from godless peoples, apostates and heretics.

Visit, strengthen, comfort, and heal them, and by Your power quickly grant them relief, freedom and deliverance.

Save, O Lord, and have mercy on those whom I have offended or scandalized by my madness or carelessness, and whom I have turned from the way of salvation, and whom I have led into evil and harmful deeds. By Your divine providence restore them again to the way of salvation.

Save, O Lord, and have mercy on those who hate and offend me, and do me harm, and let them not perish through me, a sinner.

Illumine with the light of grace all apostates from the Orthodox Faith, and those blinded by pernicious heresies, and draw them to Yourself, and unite them to Your Holy, Apostolic, Catholic Church.

For Those Departed in Sleep

Remember, O Lord, those who have departed from this life, Orthodox Patriarchs, Metropolitans, Archbishops and Bishops, Priests and Deacons and those who have served You in the Monastic State, and the laity of the Church, and the blessed founders of all Churches and monasteries, and grant them rest with the Saints in Your eternal dwellings.

Prayer of Remembrance for Parents Departed in Sleep

Remember, O Lord, the souls of Your servants who have departed in sleep, my parents, and all my relatives according to the flesh; forgive them every transgression, voluntary and involuntary; grant them the Kingdom and a part in Your eternal joys, and the delight of Your blessed and everlasting life.

It is truly meet and right to bless you, the Ever-Blessed and Most Pure Virgin and Mother of our God. More honourable than the Cherubim, and incomparably more glorious than the Seraphim, you who in virginity did bear God the Word, true Theotokos, we magnify.

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 (**Thrice**)

God be gracious to us and bless us, and shine Your countenance upon us and have mercy upon us.

This is the day which the Lord has made; let us rejoice and be glad in it.

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

EVENING PRAYERS

O God, be merciful to me, a sinner! (Thrice)

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

Glory to You our God, glory to You.

Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and filling all things, Treasury of good gifts and Giver of Life, come and abide 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. (Thrice)

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

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

Lord, have mercy (Thrice)

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 evil.

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

Troparia

Have mercy on us, O Lord, have mercy on us. For at a loss for any plea, we sinners offer to You, our Master, this supplication: have mercy on us.

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

Lord, have mercy on us, for our trust is in You. Be not very angry with us, remember not our sins; but even now regard us, in Your tender compassion, and deliver us from our enemies. For You are our God, and we are Your people; we are all the work of Your Hands, and we call on Your Name.

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

Open the door of your loving-kindness, O blessed Theotokos, that we who put our hope in you may not perish. Through you, may we be delivered from adversities, for you are the salvation of Christian people.

Lord, have mercy (12 times)

Prayer of St. Macarius the Great

O Eternal God and King of all creation, Who has granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Your most holy Name all the days of my life and conquer my flesh and the fleshless foes that war

with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Yours is the kingdom, the power and the glory of the Father, and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

Prayer of St. Antioch

O All-Ruler, Word of the Father, Jesus Christ, You Who are perfect, never in Your great mercy leave me, but ever abide in me, Your servant. O Jesus, Good Shepherd of Your sheep, deliver me not to the revolt of the serpent and leave me not to the will of satan, for the seed of corruption is in me. Lord, adorable God, Holy King, Jesus Christ, guard me asleep by the unwaning light, Your Holy Spirit, by Whom You did sanctify Your disciples. O Lord, grant me, Your unworthy servant, Your salvation on my bed. Enlighten my mind with the light of understanding of Your Holy Gospel. Enlighten my soul 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 rouse me in good time to glorify You, for You are supremely glorified, with Your eternal Father, and Your most Holy Spirit forever. Amen.

Prayer of St. Ephrem the Syrian

O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Your sinful servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast - my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have sworn by Your Name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have got angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarrelled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts or have overeaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember - for I have done all this and

much more - have mercy, my Lord and Creator, on me Your wretched and unworthy servant, and absolve and forgive and deliver me in Your goodness and love for men, so that, lustful, sinful and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise and glorify Your most honourable Name, with the Father and His only-begotten Son, now and ever, and for all ages. Amen.

Prayer

O Lord, our God, in Your goodness and love for men forgive me all the sins I have committed today in word, deed or thought. Grant me peaceful and undisturbed sleep. Send Your Guardian Angel to guard and protect me from all evil. For You are the guardian of our souls and bodies, and to You we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Prayer

O Lord our God, in Whom we believe and Whose Name we invoke above every name, grant us preparing for sleep relaxation of soul and body, 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 word and act, that we may

live a life of heroic virtue and not fall away from Your promised blessings. For You are blessed for ever. Amen.

Prayer to the Most Holy Theotokos

O good Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of your Son and our God on my passionate soul and guide me in good works by your prayers, that I may pass the rest of my life without defilement, and find paradise through you, O Virgin Mother of God, who alone are pure and blessed.

Prayer to one's holy Guardian Angel

O Angel of Christ, my holy Guardian and Protector of my soul and body, forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, 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.

Queen of the Heavenly Host, Defender of our souls, we your servants offer to you songs of victory and thanksgiving, for you, O Theotokos, have delivered us from dangers. But as you have invincible power, free us

from conflicts of all kinds that we may cry to you:
Rejoice, O unwedded Bride.

Most glorious, Ever-Virgin, blessed, Mother of Christ our
God, present our prayer to your Son and our God, and
pray that through you He may save our souls.

I put all my hope in you, O Mother of God. Guard me
under your protection. O Virgin Mother of God, despise
not me, a sinner, needing your help and protection, and
have mercy on me, for my soul hopes in you.

Prayer

O God, absolve, remit, and pardon our voluntary and
involuntary sins, in word and deed, known and
unknown, by day and by night, in mind and thought;
forgive us all, in Your goodness and love for men.

Prayer of Intercession

O Lord, Lover of men, forgive those who hate and wrong
us. Do good to those who do good. Grant our brothers
and relatives their saving petitions and eternal life. Visit
the sick and grant them healing. Guide those at sea.
Travel with travellers. Struggle alongside the Orthodox.
To those who serve and are kind to us, grant remission
of sins. On those who have charged us, unworthy as we
are, to pray for them, have mercy according to Your
great mercy. Remember, O Lord, our fathers and

brothers who have fallen asleep, and grant them rest where the light of Your countenance shines. Remember, O Lord, those who bear fruit and do good works in Your holy churches and grant them their saving petitions and eternal life. Remember also, O Lord, us Your humble, sinful and unworthy servants, and enlighten our minds with the light of knowledge of Yourself, and guide us in the way of Your commandments, by the prayers of our immaculate Lady, Theotokos, and Ever-Virgin Mary, and of all Your Saints, for You are blessed to the ages of ages. Amen.

Daily Confession of Sins

I confess to You, my Lord, God and Creator, to the One glorified and worshipped in Holy Trinity, to the Father, Son and Holy Spirit, all my sins which I have committed all the days of my life, at every hour, in the present and in the past, day and night, in thought, word and deed; by gluttony, drunkenness, secret eating, idle talking, despondency, indolence, contradiction, neglect, aggressiveness, self-love, hoarding, stealing, lying, dishonesty, curiosity, jealousy, envy, anger, resentment, and remembering wrongs, hatred, mercenariness; and by all my senses: sight, hearing, smell, taste, touch; and all other sins, spiritual and bodily, through which I have angered You, my God and Creator, and caused injustice

to my neighbours. Sorrowing for this, but determined to repent, I stand guilty before You, my God. Only help me, my Lord and God, I humbly pray You with tears. Forgive my past sins by Your mercy, and absolve me from all I have confessed in Your presence, for You are good and the Lover of men. Amen.

Prayer of St. John of Damascus

O Lord, Lover of men, is this bed to be my coffin, or will You enlighten my wretched soul with another day? Here the coffin lies before me, and here death confronts me. I fear, O Lord, Your Judgment and the endless torments, yet I cease not to do evil. My Lord God, I continually anger You, and Your immaculate Mother, and all the Heavenly Powers, and my holy Guardian Angel. I know, O Lord, that I am unworthy of Your love, but deserve condemnation and every torment. But, whether I want it or not, save me, O Lord. 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 wonder of Your mercy on me, a sinner. In this reveal Your love for men, lest my wickedness prevail over Your unutterable goodness and mercy. And order my life as You will.

Prayer to the Venerable Cross

Let God arise, and let His enemies be scattered; and let those who hate Him flee from His presence. As smoke vanishes, let them vanish; and as wax melts from the presence of fire, so let the demons perish from 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 crucified on you, Who went down to hell and trampled on the power of the devil, and gave us His venerable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me with our holy Lady, the Virgin Mother of God, and with all the Saints throughout the ages. Amen.

Guard me, O Lord, by the power of Your holy and life-giving Cross, and keep me from all evil. Into Your hands, O Lord Jesus Christ, my God, I surrender my spirit and body; bless me, save me, and grant me eternal life. Amen.

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God! More honourable than the cherubim and more glorious beyond compare than the seraphim: without corruption

you gave birth to God the Word, True Theotokos, 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 (**Thrice**)

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

Before retiring go through all the points suggested below in your mind and memory.

1. Give thanks to Almighty God for granting you during the past day, by His grace, His gifts of life and health.
2. Examine your conscience by going through each hour of the day, beginning from the time you rose from your bed, and recall to memory: where you went, how you acted and reacted towards all persons and other creatures, and what you talked about. Recall and consider with all care your thoughts, words and deeds from morning till evening.
3. If you have done any good, do not ascribe it to yourself but to God Who gives us all the good things and thank Him. Pray that He may confirm you in this good and enable you to do other good things.

4. But if you have done anything evil, admit that this comes from yourself and your own weakness, from bad habits or weak will. Repent and pray to the Lover of men that He may forgive you, and promise Him firmly never to do this evil again.

5. Implore your Creator with tears to grant you a quiet, undisturbed, pure and sinless night, and to enable you on the coming day to devote yourself wholly to the glory of His holy Name.

6. If you find a soft pillow, leave it, and put a stone in its place for Christ's sake. If you sleep in winter, bear it, saying: Some did not sleep at all.

A BRIEF MORNING PRAYER

Lord, give me the strength to greet the coming day in peace. Help me in all things to rely on Your holy will. Reveal Your will to me every hour of the day. Bless my dealings with all people. Teach me to treat all people who come 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 unexpected 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 the

physical strength to bear the labours of this day. Direct my will, teach me to pray, pray in me. Amen.

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

A BRIEF EVENING PRAYER

And now as we lay down to sleep, O Master, grant us repose both of body and of soul, and keep us from the dark passions of the night. Subdue the assaults of passions. Quench the fiery darts of the wicked one which are thrown insidiously at us; calm the commotions of our flesh and put away all thoughts about worldly and material things as we go to sleep. Grant us, O God, a watchful mind, chaste thoughts, a sober heart, and a gentle sleep, free from all the fantasies of Satan. And raise us up again at the hour of prayer, established in Your commandments and holding steadfast within ourselves the remembrance of Your judgments. Give us the words of Your glorification all night long, that we may praise, bless, and glorify Your most honourable and magnificent name, O Father, Son and Holy Spirit, now and ever, and unto ages of ages. Amen.

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

PREPARATION BEFORE HOLY COMMUNION

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

Glory to You, our God, glory to You.

Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and filling all things, Treasury of good gifts and Giver of Life, come and abide 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. (Thrice)

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

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

Lord, have mercy (Thrice)

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 evil.

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

Psalm 22

The Lord is my Shepherd, and will deny me nothing. He has settled me in a green pasture, and nourished me beside refreshing water. He has converted my soul, and led me in the paths of righteousness for His Name's sake. For even though I walk in the midst of the shadow of death, I will fear no evil, for You are with me. Your rod and You staff have comforted me. You have prepared a

table before me in the face of those who trouble me. You have anointed my head with oil. And Your chalice which inebriates me, how glorious it is! And Your mercy will follow me all the days of my life. And I shall dwell in the house of the Lord throughout the length of my days.

Psalm 23

The earth is the Lord's and all that is in it, the world and all who dwell in it He has set it on the seas, and prepared it on the rivers. Who will ascend the mountain of the Lord, or who will stand in His holy place? He who has clean hands and a pure heart, who has not set his mind on vanity or sworn deceitfully to his neighbour. He will receive a blessing from the Lord, and mercy from God his Saviour. These are the kind who seek the Lord, who seek the face of the God of Jacob. Lift up your gates, you princes, and be lifted up, you eternal doors, and the King of Glory will enter. Who is this King of Glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your gates, you princes, and be lifted up, you eternal doors, and the King of Glory will enter. Who is this King of Glory? The Lord of Hosts, He is the King of Glory.

Psalm 115

I believed and so I spoke; but I was deeply humiliated. I

said in my madness: every man is a liar. What shall I give in return to the Lord for all that He has given me? I will receive the cup of salvation and call on the Name of the Lord. I will pay my vows 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 slave; I am Your slave and son of Your handmaid. 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 pay my vows to the Lord in the presence of all His people, in the courts of the Lord's house, in the midst of you, O Jerusalem.

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

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

Lord, have mercy (Thrice)

Overlook my faults, O Lord Who was born of a Virgin, and purify my heart, and make it a temple for Your spotless Body and Blood. Let me not be rejected from Your presence, O You Who have infinitely great mercy.

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

How can I who am unworthy dare to come to the communion of Your Holy Things? For even if I should dare to approach You with those who are worthy, my garment betrays me, for it is not a festal robe, and I shall cause the condemnation of my sinful soul. Cleanse, O Lord, the pollution from my soul, and save me as the Lover of men.

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

Great is the multitude of my sins, O Mother of God. To You, O pure one, I flee and implore salvation. Visit my sick and feeble soul and intercede with Your Son and our God, that He may grant me forgiveness for the terrible things I have done, O You who alone are blessed.

Lord, have mercy. (40 times)

When you intend, O man, to eat the Master's Body, approach with fear, lest you be burned – for it is fire! Before drinking the divine Blood in Communion, make peace with those who have grieved you. Only then may you dare to eat the Mystical Food. Before partaking of the dread sacrifice, the life-giving Body of the Master, pray trembling in this manner:

First Prayer of St. Basil the Great

O Sovereign Lord Jesus Christ our God, source of life and immortality, Who are the Author of all creation, visible and invisible, the equally everlasting and co-eternal Son of the eternal Father, Who through the excess of Your goodness did in the last days assume our flesh and was crucified for us, ungrateful and ignorant as we were, and did cause through Your own Blood the restoration of our nature which had been marred by sin: O immortal King, accept the repentance even of me a sinner, and incline Your ear to me and hear my words. For I have sinned, O Lord, I have sinned against heaven and before You, and I am not worthy to gaze on the height of Your glory; for I have provoked Your goodness by transgressing Your commandments and not obeying Your orders. But You, O Lord, in Your forbearance, patience, and great mercy, have not given me up to be destroyed with my sins, but You await my complete conversion. For You, O Lover of men, have said through Your Prophet that You desire not the death of the sinner, but that he should return to You and live. For You do not will, O Lord, that the work of Your hands should be destroyed, neither do You delight in the destruction of men, but You desire that all should be saved and come to a knowledge of the Truth. Therefore, though I am unworthy both of heaven and earth, and

even of this transient life, since I have completely succumbed to sin and am a slave to pleasure and have defaced Your image, yet being Your work and creation, wretch that I am, even I do not despair of my salvation and dare to draw near to Your boundless compassion. So receive even me, O Christ Lover of men, as the harlot, as the thief, as the publican, and as the prodigal; and take from me the heavy burden of my sins, You Who takes away the sin of the world, Who heals men's sicknesses, Who calls the weary and heavy laden to Yourself and gives them rest; for You came not to call the righteous but sinners to repentance. And purify me from all defilement of flesh and spirit. Teach me to achieve perfect holiness in the fear of You, that with the clear witness of my conscience I may receive the portion of Your holy Things and be united with Your holy Body and Blood, and have You dwelling and remaining in me with the Father and Your Holy Spirit. And, O Lord Jesus Christ, my God, let not the communion of Your immaculate and life-giving Mysteries be to me for condemnation nor let it make me sick in body or soul through my partaking of them unworthily; but grant me till my last breath to receive without condemnation the portion of Your holy Things, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defence at Your dread tribunal, so that I too

with all Your elect may become a partaker of Your pure joys which You have prepared for those who love You, O Lord, in whom You are glorified throughout the ages. Amen.

First Prayer of St. John Chrysostom

O Lord my God, I know that I am not worthy or sufficient that You should come under the roof of the house of my soul, for all is desolate and fallen, and You have not with me a place fit to lay Your head. But as from the highest heaven You did humble Yourself for our sake, so now conform Yourself to my humility. And as You did consent to lie in a cave and in a manger of dumb beasts, so also consent to lie in the manger of my unspiritual soul and to enter my defiled body. And as You did not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as You did not reject the woman, who was a harlot and a sinner like me, when she approached and touched You, so also be compassionate with me, a sinner, as I approach and touch You, and let the live coal of Your most holy Body and precious Blood be for the sanctification and enlightenment and strengthening of my humble soul and body, for a relief from the burden of my many sins, for a protection from all diabolical

practices, for a restraint and a check on my evil and wicked way of life, for the mortification of passions, for the keeping of Your commandments, for an increase of Your divine grace, and for the advancement of Your Kingdom. For it is not insolently that I draw near to You, O Christ my God, but as taking courage from Your unspeakable goodness, and that I may not by long abstaining from Your communion become a prey to the spiritual wolf. Therefore, I pray You, O Lord, Who alone are holy, sanctify my soul and body, my mind and heart, my emotions and affections, and wholly renew me. Root the fear of You in my members, and make Your sanctification indelible in me. Be also my helper and defender, guide my life in peace, and make me worthy to stand on Your right hand with Your Saints: through the prayers and intercessions of Your immaculate Mother, of Your ministering Angels, of the immaculate Powers and of all the Saints who have ever been pleasing to You. Amen.

Prayer of St. Symeon the Translator

O only pure and sinless Lord, Who through the ineffable compassion of Your love for men did assume our whole nature through the pure and virgin blood of her who supernaturally conceived You by the coming of the Divine Spirit and by the will of the Eternal Father; O

Christ Jesus, Wisdom and Peace and Power of God, Who in Your assumption of our nature did suffer Your life-giving and saving Passion - the Cross, the Nails, the Spear, and Death - mortify all the deadly passions of my body. You Who in Your burial did spoil the dominions of hell, bury with good thoughts my evil schemes and scatter the spirits of wickedness. You Who by Your life-giving Resurrection on the third day did raise up our fallen first Parent, raise me up who am sunk in sin and suggest to me ways of repentance. You Who by Your glorious Ascension did deify our nature which You had assumed and did honour it by Your seating at the right hand of the Father, make me worthy by partaking of Your holy Mysteries of a place at Your right hand among those who are saved. You Who by the descent of the Spirit, the Paraclete, did make Your holy Disciples worthy vessels, make me also a recipient of His coming. You Who are to come again to judge the World with justice, grant me also to meet You on the clouds, my Maker and Creator, with all Your Saints, that I may unendingly glorify and praise You with Your Eternal Father and Your all-holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

First Prayer of St. John Damascene

O Sovereign Lord Jesus Christ our God, Who alone

have authority to forgive men their sins, overlook in Your goodness and love for men all my offences whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification and as a pledge of the life and kingdom to come, as a protection and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For You are a God of mercy and compassion and love for men, and to You we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

Second Prayer of St. Basil the Great

I know, O Lord, that I partake of Your immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of You my Christ and God. But taking courage from Your compassion I approach You, for You have said: "He who eats My Flesh and drinks My Blood abides in Me and I in him." Therefore have compassion, O Lord, and do not make an example of me, a sinner, but deal with me according to Your mercy; and let these Holy Things be for my healing and purification and enlightenment and protection and salvation and

sanctification of body and soul, for the turning away of every fantasy and all evil practice and diabolical activity working subconsciously in my members, for confidence and love towards You, for reformation of life and security, for an increase of virtue and perfection, for fulfilment of the commandments, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defence at Your dread Tribunal, not for judgment or for condemnation.

Prayer of St. Symeon the New Theologian

From sullied lips, from an abominable heart, from an unclean tongue, out of a polluted soul, receive my prayer, O my Christ. Reject me not, nor my words, nor my ways, nor even my shamelessness, but give me courage to say what I desire, my Christ. And even more, teach me what to do and say. I have sinned more than the harlot who, on learning where You was lodging, bought myrrh, and dared to come and anoint Your feet, my Christ, my Lord and my God. As You did not repulse her when she drew near from her heart, neither, O Word, abominate me, but grant me Your feet to clasp and kiss, and with a flood of tears as with most precious myrrh dare to anoint them. Wash me with my tears and purify me with them, O Word. Forgive my sins and grant me pardon. You know the multitude of my evil-doings,

You know also my wounds, and You see my bruises. But also You know my faith, and You behold my willingness, and You hear my sighs. Nothing escapes You, my God, my Maker, my Redeemer, not even a tear-drop, nor part of a drop. Your eyes know what I have not achieved, and in Your book things not yet done are written by You. See my depression, see how great is my trouble, and all my sins take from me, O God of all, that with a clean heart, trembling mind and contrite spirit I may partake of Your pure and all-holy Mysteries by which all who eat and drink You with sincerity of heart are quickened and deified. For You, my Lord, have said: "Whoever eats My Flesh and drinks My Blood abides in Me And I in Him." Wholly true is the word of my Lord and God. For whoever partakes of Your divine and deifying Gifts certainly is not alone, but is with You, my Christ, Light of the Triune Sun which illumines the world. And that I may not remain alone without You, the Giver of Life, my Breath, my Life, my Joy, the Salvation of the world, therefore I have drawn near to You as You see, with tears and with a contrite spirit. Ransom of my offences, I beseech You to receive me, and that I may partake without condemnation of Your life-giving and perfect Mysteries, that You may remain as You have said with me, thrice-wretched as I am, lest the tempter may find me without Your grace and craftily seize me,

and having deceived me, may seduce me, from Your deifying words. Therefore I fall at Your feet and fervently cry to You: As You received the Prodigal and the Harlot who drew near to You, so have compassion and receive me, the profligate and the prodigal, as with contrite spirit I now draw near to You. I know, O Saviour, that no other has sinned against You as I, nor has done the deeds That I have committed. But this again I know that not the greatness of my offences nor the multitude of my sins surpasses the great patience of my God, and His extreme love for men. But with the oil of compassion those who fervently repent You do purify and enlighten and make them children of the light, sharers of Your Divine Nature. And You do act most generously, for what is strange to Angels and to the minds of men often You tell to them as to Your true friends. These things make me bold, my Christ, these things give me wings, and I take courage from the wealth of Your goodness to us. And rejoicing and trembling at once, I who am straw partake of fire, and, strange wonder! I am ineffably bedewed, like the bush of old which burnt without being consumed. Therefore with thankful mind, and with thankful heart, and with thankfulness in all the members of my soul and body, I worship and magnify and glorify You, my God, for You are blessed, now and throughout the ages.

Second Prayer of St. John Chrysostom

I am not worthy, O Lord and Master, that You should enter under the roof of my soul; but since You in Your love for men do will to dwell in me, I take courage and approach. You command: I will open wide the doors which You alone did create, that You may enter with love as is Your nature, enter and enlighten my darkened thought. I believe that You will do this, for You did not banish the Harlot who approached You with tears, nor did You reject the Publican who repented, nor did You drive away the Thief who acknowledged Your Kingdom, nor did You leave the repentant persecutor (Paul) to himself; but all who had been brought to You by repentance You did set in the company of Your friends, O You Who alone are blessed always, now and to endless ages. Amen.

Third Prayer of St. John Chrysostom

Lord Jesus Christ my God, remit, forgive, absolve and pardon the sins, offences and transgressions which I, Your sinful, useless and unworthy servant have committed from my youth, up to the present day and hour, whether with knowledge or in ignorance, whether by words or deeds or intentions or thoughts, and whether by habit or through any of my senses. And through the intercession of her who conceived You

without seed, the immaculate and ever-virgin Mary Your Mother, my only sure hope and protection and salvation, make me worthy without condemnation to receive Your pure, immortal, life-giving and dread Mysteries, for forgiveness of sins and for eternal life, for sanctification and enlightenment and strength and healing and health of soul and body, and for the blotting out and complete destruction of my evil reasoning's and intentions and prejudices and nocturnal fantasies of dark evil spirits. For Yours is the kingdom and the power and the glory and the honour and the worship, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

Second Prayer of St. John Damascene

I stand before the doors of Your sanctuary, yet I do not put away my terrible thoughts. But O Christ our God, Who did justify the Publican, and have mercy on the Canaanite woman, and did open the gates of Paradise to the Thief, open to me the depths of Your love for men, and as I approach and touch You, receive me like the Harlot and the woman with an issue of blood. For the one received healing easily by touching the hem of Your garment, and the other by clasping Your sacred feet obtained release from her sins. And I, in my pitiableness, dare to receive Your whole Body. Let me

not be burnt, but receive me even as these; enlighten the senses of my soul, and burn the stains of my sins: through the intercessions of her who bore You without seed, and of the Heavenly Powers, for You are blessed to the ages of ages. Amen.

THANKSGIVING AFTER HOLY COMMUNION

Glory to You, O God! (Thrice)

Anonymous

I thank You, O Lord my God, that You have not rejected me, a sinner, but have granted me to be a communicant of Your holy Things. I thank You that You have granted me, unworthy as I am, to partake of Your pure and heavenly Gifts. But, O Lord, Lover of men, Who did die for us and rise again and bestow upon us these Your dread and life-giving Mysteries for the well-being and sanctification of our souls and bodies, grant that these may be even to me for the healing of my soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for unashamed faith, for sincere love, for the fullness of wisdom, for the keeping of Your commandments, for an increase of Your divine grace, and for familiarity with Your Kingdom; that being kept by

Them in Your holiness I may ever remember Your grace, and never live for myself but for You our Lord and Benefactor. And so when I have passed from existence here in the hope of eternal life, may I attain to everlasting rest, where the song is unceasing of those who keep festival and the joy is boundless of those who behold the ineffable beauty of Your face. For You are the true desire and the unutterable gladness of those who love You, O Christ our God, and all creation sings of You throughout the ages.

Prayer of St. Basil the Great

Lord Christ our God, King of the ages and Creator of all, I thank You for all the blessings You have granted me and for the communion of Your pure and life-giving Mysteries. I pray You, therefore, good Lord and Lover of men, guard me under Your protection and within the shadow of Your wings; and grant me with a clear conscience till my last breath worthily to partake of Your holy Things for forgiveness of sins and for life eternal. For You are the Bread of Life, the Source of Holiness, the Giver of all that is good, and to You we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

Prayer of St. Symeon the Translator

O You Who gives me willingly Your Flesh for food, You Who are fire, and burns the unworthy, Scorch me not, O my Maker, but rather pass through me for the integration of my members, into all my joints, my affections, and my heart. Burn up the thorns of all my sins. Purify my soul, sanctify my mind; strengthen my knees and bones; enlighten the simplicity of my five senses. Nail down the whole of me with Your fear. Ever protect, guard, and keep me from every soul-destroying word and act. Sanctify, purify, attune, and rule me. Adorn me, give me understanding, and enlighten me. Make me the habitation of Your Spirit alone, and no longer a habitation of sin, that as Your house from the entry of communion every evil spirit and passion may flee from me like fire. I offer You as intercessors all the sanctified, the Commanders of the Bodiless Hosts, Your Forerunner, the wise Apostles, and Your pure and immaculate Mother. Receive their prayers, my compassionate Christ. And make Your slave a child of light. For You alone are our sanctification, O Good One, and the radiance of our souls, and to You as our Lord and God as is right we all give glory day and night.

Anonymous

May Your Holy Body, O Lord Jesus Christ our God, be to me for eternal life, and Your Precious Blood for forgiveness of sins. And may this Eucharist be to me for joy, health, and gladness. And in Your fearful second coming, make me, a sinner, worthy to stand on the right hand of Your glory, through the intercessions of Your holy and most pure Mother and of all Your Saints. Amen.

To the Most Holy Mother of God

All-holy Lady, Mother of God, the light of my darkened soul, my hope and protection, my refuge and consolation, and my joy, I thank you that You have made me, who am unworthy, worthy to be a communicant of the immaculate Body and precious Blood of Your Son. But do You who did bear the true Light enlighten the spiritual eyes of my heart. O You who did conceive the Source of Immortality, give life to me who am dead in sin. O You who are the compassionately loving Mother of the merciful God, have mercy on me and give me compunction and contrition of heart, humility in my thoughts, and the recall of my reasoning powers from their captivity. And grant me till my last breath to receive without condemnation the sanctification of the Holy Mysteries for the healing of

soul and body. And give me tears of repentance and confession, and of thanksgiving, that I may praise and glorify you all the days of my life. For You are blessed and glorified for ever. Amen.

Then the Song of Symeon is said:

O Lord, now let Your servant depart in peace, according to Your word. For my eyes have seen Your salvation which You have prepared in the sight of all peoples, the light of revelation for the Gentiles, and the glory of Your people Israel.

Amen.

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 to the ages of ages. Amen.

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

Lord, have mercy (Thrice)

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 evil.

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

St John Chrysostom Dismissal Hymn

Grace shines forth from your mouth like a beacon and enlightens the universe, revealing to the world the wealth of poverty, and showing us the heights of humility. But, while teaching us by your words, O Father John Chrysostom, intercede before the Word, Christ our God, to save our souls.

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

You were revealed as the sure foundation of the Church, granting all men a Lordship which cannot be taken away, sealing it with your precepts, O venerable and heavenly father.

Now and ever, and to the ages of ages. Amen.
Steadfast protectress of Christians! Constant advocate before the Creator! Do not despise the prayers of sinners, but in your mercy help those who call on you in faith. Hasten to hear our petitions and intercede for us, O Theotokos, for you always protect those who honour you.

Lord, have mercy (12 times)

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

More honourable than the cherubim and more glorious beyond compare than the seraphim, without corruption you gave birth to God the Word: true Theotokos we magnify you!

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

PRAYERS AT MEALTIME

Before

The poor shall eat and be satisfied, and those who seek the Lord shall praise Him; their hearts shall live forever!

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

Lord, have mercy (**Thrice**)

Christ our God, bless the food and drink of Your servants, for You are holy, always, now and ever and unto ages of ages. Amen.

After

We thank You, Christ our God, for You have satisfied us with Your earthly gifts. Deprive us not of Your Heavenly Kingdom, but as You came among Your disciples, O Saviour, giving them peace, so come to us and save us! Amen

PRAYERS BEFORE READING HOLY SCRIPTURE

Shine within my heart, loving Master, the pure light of Your divine knowledge, and open the eyes of my mind that I may understand Your teachings. Instil in me also reverence for Your blessed commandments, so that having conquered sinful desires I may pursue a spiritual way of life, thinking and doing all those things that are pleasing to You. For You, Christ my God, are my light, and to You I give glory together with Your Father, who is

from everlasting and Your all-Holy, good, and life-creating Spirit, now and forever, and to the ages of ages. Amen

PRAYER BEFORE STUDY

Christ, the true light, who enlightens and sanctifies every person coming into the world, let the light of Your countenance shine upon me (us) that I (we) may see Your unapproachable light; and guide my (our) steps in the way of Your commandments, through the intercessions of Your all-holy Mother and of all the Saints. Amen.

PRAYERS BEFORE A JOURNEY

Lord Jesus Christ my God, be my Companion, guide and protector during my journey. Keep me from all danger, misfortune and temptation. By Your divine power grant me a peaceful and successful journey and safe arrival. In You I place my hope and trust and You I praise, honour and glorify, together with Your Father and Holy Spirit now and forever and ever. Amen. Lord Jesus, You travelled with the two disciples after the resurrection and set their hearts on fire with Your grace. Travel also with me and gladden my heart with Your

presence. I know, Lord, that I am a pilgrim on this earth, seeking the citizenship which is in heaven. During my journey surround me with Your holy angels and keep me safe from seen and unseen dangers. Grant that I may carry out my plans and fulfil my expectations according to Your will. Help me to see the beauty of creation and to comprehend the wonder of Your truth in all things. For You are the way, the truth and the life, and to You I give thanks, praise and glory forever. Amen

PRAYER FOR ENEMIES

Bless my enemies, O Lord. Even may I bless them, and not curse them. Enemies have driven me into Your embrace more than friends have. Friends have bound me to earth, enemies have loosed me from the earth, and have demolished all my aspirations in the world. Enemies have made me a stranger in worldly realms, and an extraneous inhabitant of the world. Just as a hunted animal finds safer shelter than an un hunted animal does, so have I, persecuted by enemies, found the safest sanctuary, having secured myself beneath Your Tabernacle, where neither friends, nor enemies can slay my soul. Bless my enemies, O Lord. Even may I bless them, and not curse them. They, rather than I, have confessed my sins before the world. They have

punished me, whenever I have hesitated to punish myself. They have tormented me, whenever I have tried to flee torments. They have scolded me, whenever I have flattered myself. They have spat upon me, whenever I have filled myself with arrogance. Bless my enemies, O Lord. Even may I bless them, and not curse them. Whenever I have made myself wise, they have called me foolish. Whenever I have made myself mighty, they have mocked me as though I were small. Whenever I have wanted to lead people, they have shoved me into the background. Whenever I have rushed to enrich myself, they have prevented me with an iron hand. Whenever I thought that I would sleep peacefully, they have wakened me from sleep. Whenever I have tried to build a home for a long, and tranquil life, they have demolished it, and driven me out. Truly, enemies have cut me loose from the world, and have stretched out my hands to the hem of Your garment. Bless my enemies, O Lord. Even may I bless them, and not curse them. Bless them, and multiply them : multiply them, and make them even more bitterly against me ; so that my fleeing to You may have no return ; so that all hope in Men may be scattered like cobwebs; so that absolute serenity may begin to reign in my soul; so that my heart may become the grave of my two evil twins — arrogance, and anger; so that I might

amass all my treasure in heaven; so that I may for once be freed from self-deception, which has entangled me in the dreadful web of illusory life. Enemies have taught me to know what hardly anyone knows, that a person has no enemies, but cruel friends. It is truly difficult for me to say who has done me more good, and who has done me more evil in the world: friends, or enemies. Therefore, bless, O Lord, both my friends, and my enemies. A slave curses enemies; for he does not understand. But a son blesses them; for he understands. For a son knows that his enemies cannot touch his life. Therefore, he freely steps among them, and prays to God for them. Bless my enemies, O Lord. Even may I bless them, and not curse them. Amen.

PRAYER OF SINGLE PERSON

Jesus my Lord, Who became man and graced us with the beauty of Your life and with the example of faith, purity and love; help me, I pray, to love You with all my mind, heart and soul, and to live according to Your teachings. Strengthen me when temptations strike, that I may remain pure in thought and steadfast in virtue, doing only things that are pleasing to You. Guide me to live Your will and not my own as I look to the future. Grant me faith, courage and love, that I may serve You

in holiness all the days of my life, through the prayers of the Theotokos and of all the Saints. Amen.

PRAYER OF A MARRIED COUPLE

Lord Jesus Christ, by Your presence You blessed the wedding in Cana and showed us that You are the true priest of mystical and pure marriage. We thank You for the day on which by Your heavenly blessing You joined us in the sacrament of marriage. Lord, continue to bless and enrich our marriage in love companionship, mutual support, oneness of heart and progress in faith and life. Protect our Holy wedlock from sin, evil and danger. Nurture between us the spirit of understanding, the spirit of forgiveness and the spirit of peace, that no resentment, quarrel or other problem may cause us to stumble and fall. Grant us to see our own faults and not to judge each other. Keep our bond of love always new. Gladden our lives with the joys of marriage, that with one heart we may praise and glorify You. Amen.

PRAYER OF A SICK PERSON

Heavenly Father, physician of our souls and bodies, Who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit

and heal also me Your servant from all physical and spiritual ailments through the grace of Your Christ. Grant me patience in this sickness; through the intercessions of our most holy Lady Theotokos and ever-virgin Mary, and all the saints. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

PRAYER FOR A SICK PERSON

O Lord our God, Who by a word alone did heal all diseases, Who did cure the kinswoman of Peter, You Who chastise with pity and heal according to Your goodness; Who are able to put aside every sickness and infirmity, do You Yourself, the same Lord, grant aid to Your servant (name) and cure him (her) of every sickness of which he (she) is grieved; and send down upon him (her) Your great mercy, and if it be Your will, give to him (her) health and a complete recovery; for You are the Physician of our souls and bodies, and to You do we send up Glory: to the Father, Son and Holy Spirit, Both now and forever, and to the ages of ages. Amen.

PRAYER BEFORE ANY TASK

Lord Jesus Christ, my God, You have said, "Apart from me You can do nothing." In faith I embrace Your words, Lord, and I entreat Your goodness. Help me to carry out the work I am about to begin, and to bring it to completion. To You I give glory, Father, Son and Holy Spirit. Amen.

PRAYER FOR ACCEPTANCE OF GOD'S WILL

Lord, I do not know what to ask of You. You know better than me what my needs are. You love more than I know how to love. Help me to see clearly my real needs which I do not see. I open my heart to You. Examine and reveal to me my faults and sins. I put all trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Pray in me. Amen.

PRAYER FOR THE DEPARTED

Christ our eternal King and God, You have destroyed death and the devil by Your Cross and have restored man to life by Your Resurrection; give rest, Lord, to the soul of Your servant (name) who has fallen asleep, in Your Kingdom, where there is no pain, sorrow or suffering. In Your goodness and love for all men, pardon

all the sins he (she) has committed in thought word or deed, for there is no man or woman who lives and sins not, You only are without sin.

For You are the Resurrection, the Life, and Repose of Your servant **(name)**, departed this life, O Christ our God; and to You do we send up glory with Your Eternal Father and Your All-holy, Good and Life-creating Spirit; both now and forever and to the ages of ages. Amen.

THE JESUS PRAYER

Saint John Chrysostom says: "It is necessary for everyone, whether eating, drinking, sitting, serving, traveling, or doing anything, to unceasingly cry: **'Lord Jesus Christ, Son of God, have mercy on me,'** that the name of the Lord Jesus Christ, descending into the depths of the heart, may subdue the pernicious serpent, and save and quicken the soul.

Saint Seraphim of Sarov: **"Lord Jesus Christ, Son of God, have mercy on me a sinner"**: let all your attention and training be in this. Walking, sitting, doing, and standing in church before the divine service, coming in and going out, keep this unceasingly on your lips and in your heart. In calling in this manner on the name of God

you will find peace, you will attain to purity of spirit and body, and the Holy Spirit, the Origin of all good things, will dwell in you, and He will guide you unto holiness, unto all piety and purity."

Bishop Theophanes the Recluse: "In order to more conveniently become accustomed to the remembrance of God, for this the fervent Christian has a special means, namely, to repeat unceasingly a brief prayer of two or three words. Most often this is: **'Lord, have mercy!'** or **'Lord Jesus Christ, have mercy on me a sinner.'** If you have not yet heard of this, then hear it now, and if you have not done it, then begin to do it from this time.

"Through such practice, by guarding oneself from distraction and by the preservation of the peace of one's conscience, it is possible to draw near to God and to be united with Him. For, according to the words of Saint Isaac the Syrian, 'Without unceasing prayer we cannot draw near to God' (St. Seraphim of Sarov)."

**Antiochian Archdiocese of Australia, New
Zealand, Philippines and dependencies**

Fast of the Nativity of our Lord in the Flesh 2012

Compiled by Father Jean Mawal

