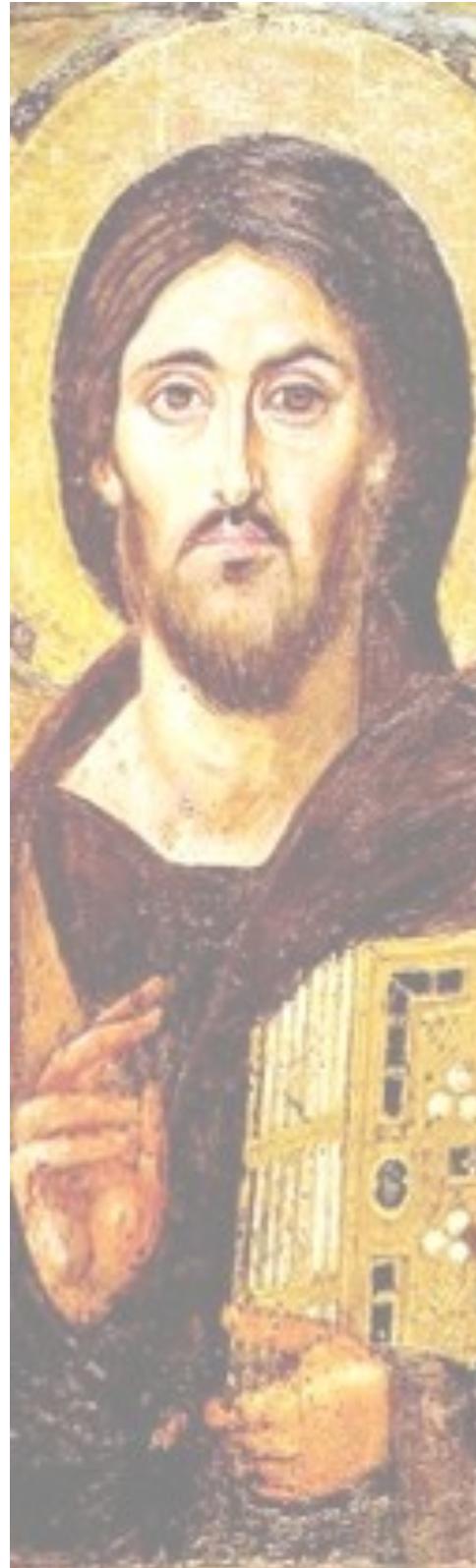


Prepared by ACOY NSW

Patron Saint: St John Chrysostom



Daily Prayer Booklet

ACOY NSW

Day Retreat
Saturday 2nd April 2011

**St Elias Antiochian Orthodox
Parish, Wollongong**

The Importance of Prayer Life...



Prayer is by its very nature a dialogue and a union with God. Its effect is to hold the world together and to achieve a reconciliation with God.

Prayer is the mother and daughter of tears. It is expiation of sin, a bridge over temptation, a barrier against affliction. It wipes out conflict, is the work of Angels and the nourishment of all bodiless beings. Prayer is the future gladness, an endless work, a wellspring of virtues,

a source of grace, hidden progress, food for the soul, an illumination of the mind, an axe against despair, a proof of hope, sorrow done away with, the wealth of monks, the treasure of hesychasts, the reduction of anger, the mirror of progress, a demonstration of success, evidence of one's condition, the future revealed, and a sign of glory. For him who truly prays, prayer is the court, the judgment hall and the tribunal of the Lord before the judgment to come.....Pray in all simplicity. For both the tax collector and the prodigal son were reconciled to God by a single phrase.

The work of prayer is one and the same for all, but there are various and many different kinds of prayer. Some converse with God as with a friend and master, interceding with praise and petition, not for themselves but for others. Some strive for greater [spiritual] treasures and glory and for confidence in prayer. Others ask for complete deliverance from their adversary. Some beg to receive some kind of rank; others for complete forgiveness of debts. Some ask to be released from prison; others for remission from offences.

Before all else, let us list sincere thanksgiving first on the scroll of our prayer. On the second line, we should put confession and heartfelt contrition of soul. Then let us present our petition to the King of all. This is the best way of prayer, as it was shown to one of the monks by an angel of the Lord...

Do not be over-complicated in the words you use when praying, because the simple and unadorned lisping of the children has often won the heart of their Heavenly Father.

Taken from John Climacus: The Ladder of Divine Ascent

To The Lord

And grant rest, O Master, to our souls and bodies as we sleep; preserve us from the gloomy slumber of sin and from the dark passions of the night. Calm the impulses of carnal desires, quench the fiery darts of the evil one which are craftily directed against us. Still the rebellions of the flesh, and put far from us all anxiety and worldly cares. Grant us, O God, a watchful mind, pure thoughts, a sober heart and a quiet rest free from every vision of the devil. Raise us up again at the hour of prayer, strengthened in Your precepts and holding within us steadfastly the thought of Your commandments. Grant that we may sing praises to You through the night and that we may hymn, bless and glorify Your all-honorable and majestic Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Hymns of the Akathist

Kontakion (Plagal of the Fourth Tone)

O Champion General, we your faithful inscribe to you the prize of victory as gratitude for being rescued from calamity, O Theotokos. But since you have invincible power, free us from all kinds of perils so that we may cry out to you: Rejoice, O unwedded Bride.

Theotokion (Tone Three)

Seeing the beauty of your Virginity, and how resplendently shone forth your chastity, amazed was Gabriel who cried to you thus, O Theotokos: What shall I present to you as a worthy encomium? What shall I address you as? At a loss and perplexed am I. As ordered, therefore, thus do I shout to you: Rejoice, O Maiden who are full of grace!

Hymn: O Lord of Host

O Lord of Hosts, be with us, for we have no other helper in times in sorrow but You O Lord of hosts, have mercy on us.

Praise ye God in His saints, praise Him in the firmament of His power.

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Praise Him with the sound of Trumpet, praise Him with the psaltery and harp.

Praise Him with timbrel and dance, praise Him with strings and flute.

Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Praise ye God in His saints, praise Him in the firmament of His power.

O Lord of hosts, be with us...

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

O Lord, if we had not had Your saints as intercessors, and Your goodness being merciful to us, how should we have dared, O Saviour, to hymn You, who the angels unceasingly glorify? O You that knows our hearts, spare our souls.

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

Greatly multiplied, O Theotokos, are my sins and unto You have I fled, O pure one, imploring salvation. Do you visit my feeble soul and pray to your Son and our God that He grant me forgiveness for the evil I have done, O You only blessed one. O all-holy Theotokos, throughout my lifetime forsake me not, to human protection entrust me not but do you yourself defend me and have mercy on me. All my hope I place in you, O Mother of God, keep me under Your protection.

The following Prayers are taken from:

<http://www.antiochian.org/orthodox-prayers>

Morning Prayers

The Trisagion Prayers

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

Glory to You, O Lord, glory to you.

O Heavenly King, Comforter, the Spirit of truth, You who are in all places and fill all things; the Treasury of blessings and the Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O Gracious One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us x3

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, forgive our transgressions. Holy God, visit and heal our infirmities for Your Name's sake.

Lord, have mercy x3

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto 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.

For Yours in the Kingdom and the power and the Glory. Father, Son and Holy Spirit, now and forever and unto ages and ages. Amen.

Morning Prayers Continued...

Troparia to the Holy Trinity

Having risen from sleep, we fall down before You, O Blessed One, and sing to You, O Mighty One, the Angelic Hymn: Holy, holy, holy are You, O God. Through the Theotokos have mercy on us.

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

From my bed and sleep You have raised me: O Lord, enlighten my mind and my heart and open my lips that I may praise You, O Holy Trinity: Holy, holy, holy are You, O God. Through the Theotokos have mercy on us.

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

Suddenly the Judge will come, and the deeds will be laid bare: but with fear let us cry out in the middle of the night: Holy, holy, holy are You, O God. Through the Theotokos have mercy on us.

Lord, have mercy. (12 times)

A Prayer to the Holy Trinity

Arising from sleep I give thanks to You, O Holy Trinity, because in Your great goodness and patience You have not been angry with me, lazy and sinful as I am, neither have You destroyed me in my transgressions: but in Your loving kindness You have raised me up, as I lay in despair; that at dawn I might sing the glories of Your Majesty. Do now enlighten the eyes of my understanding, open my mouth to receive Your words, teach me Your commandments, help me to do Your will, confessing You from my heart, singing and praising Your All-holy, good and life-giving Spirit. In the name: of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

THE COMPLINE SONG OF ISAIAH

God is with us! Understand this, O nations, and submit yourselves! For God is with us. Hear this, even to the farthest bounds of the earth. Submit yourselves, O mighty ones! If you rise up again in your might, you will be overthrown. The Lord shall destroy all who take counsel together, and the word which you speak shall not abide with you. For we do not fear your terror, and we are not troubled. But we will ascribe holiness to the Lord our God, and Him will we hold in awesome fear. And if I put my trust in Him, He shall be my sanctification. I will set my hope on Him, and through Him I shall be saved, lo, I and the children whom God has given me. The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them a light has shined. For unto us a Child is born; to us a Son is given. And the government shall be upon His shoulder, and of His peace there will be no end. And His name shall be called the Messenger of Great Counsel, Wonderful, Counsellor, Mighty God, the Everlasting Father, the Prince of Peace, the Father of the World to Come. God is with us! Understand this, O nations, and submit yourselves! For God is with us.

From the Great Compline

PSALM 142

O Lord, hear my prayer, give ear to my supplication in You truth; hear unto me in Your righteousness. And enter not into judgement with Your servant, for in Your sight shall no one living can be justified. For the enemy has persecuted my soul; he has crushed my life to the ground. He has left me in darkness as those that have been long dead, and my spirit within me is become distressed; within me my heart is troubled. I remembered days of old, I meditated on all Your works, I pondered on the creations of Your hands. I stretched forth my hands unto You; my soul thirsts after You like a waterless land. Quickly hear me, O Lord; my spirit has fainted away. Turn not Your face away from me, unless I be like them that go down into the pit. Cause me to hear Your mercy in the morning; for in You have I put my hope. Cause me to know, O Lord, the way in which I should walk; for unto You have I lifted up my soul. Rescue me O Lord from my enemies; unto You have I fled for refuge. Teach me to do Your will, for You are my God. Your good Spirit shall lead me in the land of uprightness; for Your name's sake, O Lord, You shall quicken me. In Your righteousness shall You bring my soul out of affliction, and in Your mercy shall You utterly destroy my enemies. And You shall cut off all them that afflict my soul, for I am Your servant.

Another Prayer

Order my steps in Your word and so shall no wickedness have dominion over me. Deliver me from the wrongful dealings of people and so I shall keep Your commandments. Show the light of Your countenance upon Your servant and teach me Your statutes. Let my mouth be filled with Your praise, O Lord, that I may sing of Your glory and honour all the day long. O Christ the True light, enlightening and sanctifying every person who comes into the world: let the light of Your countenance shine on us, that in it we may behold the ineffable light. Guide our footsteps aright in keeping Your commandments, Through the intercession of Your all-pure Mother and all the Saints. Amen

The Creed

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all ages, Light of Light, True God from True God, Begotten, not made; one essence in 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 was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And on the third day He rose, in accordance with the Scriptures. He ascended into heaven, and is seated at the right hand of the Father. He shall come 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, and Giver of Life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the Prophets;

I believe in One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the forgiveness of sins. I look for the Resurrection of the dead. And the Life of the world to come. Amen.

A Prayer of St. Basil the Great

We bless You, O God most high and Lord of mercies, who ever works great and mysterious deeds for us, glorious, wonderful, and numberless; who provides us with sleep as a rest from our infirmities and as a repose for our bodies tired by labour. We thank You that You have not destroyed us in our transgressions, but in Your love toward mankind You have raised us up, as we lay in despair, that we may glorify Your Majesty. We entreat Your infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with thy praise, that we may unceasingly sing and confess You, who are God glorified in all and by all, the eternal Father, the Only-Begotten Son, and the all-holy and good and life-giving Spirit: now and ever, and unto ages of ages. Amen.

Here may be added your own private devotions and intercessions, using your own words or the "Occasional Prayers".

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

It is Truly meet and right to bless You, O Theotokos, who are ever blessed and all-blameless, Mother of our God. More honourable than the Cherubim and more glorious beyond compare than the Seraphim, You who without stain gave birth to God the Word, You are truly Theotokos, we magnify You.

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

Lent Prayers

Prayer of Saint Ephraim

O Lord and Master of my life,
Grant not unto me a spirit of idleness,
of discouragement,
of lust for power,
and of vain speaking. (Prostration)

But bestow upon me, Thy servant,
the spirit of chastity,
of meekness,
of patience,
and of love.(Prostration)

Yea, O Lord and King,
grant that I may perceive
my own transgressions,
and judge not my brother,
for blessed art Thou
unto ages of ages. (Prostration)
Amen.

Psalm 50

Have mercy upon me, O God, according to thy great mercy: according to the multitude of thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions and my sin is ever before me. Against You only have I sinned, and done evil in Your sight: that You might be justified in thy words, and prevail when thou art judged. For behold, I was brought forth in iniquity: and in sin did my mother conceive me. For behold, thou hast loved truth: the unclear and hidden things of thy wisdom thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which thou hast broken shall rejoice. Turn away thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from thy presence: and take not thy holy spirit from me. Restore unto me the joy of thy salvation: and steady me with thy guiding Spirit. Then will I teach transgressors thy ways: and the impious shall be converted unto thee. Deliver me from blood-guiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips: and my mouth shall declare thy praise. For had You desired sacrifice, I would have given it: You delight not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, O God, thou wilt not despise. Do good, O Lord, in thy good will unto Zion: that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offering and whole burnt offerings: then shall they offer bullocks upon thine altar.

Prayers

We praise, bless, hymn and thank you, O God of our father, for You have led us through the shadows of night and shown us again the light of day. We entreat Your goodness; cleanse us from our sins and accept our prayer in Your great tenderness of heart, for we run to You, the merciful and all-powerful God.

Illumine our hearts with the true Son of Righteousness; enlighten our minds and guard all our senses, that walking uprightly as in the day in the way of Your commandments, we may attain Eternal life. For with You is the fountain of life and we will be made worthy of enjoying Your unapproachable light. For You are our God and to You we ascribe glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen

Psalm 148

Praise the LORD. Praise the LORD from the heavens; Praise Him in the heights. Praise Him, all his angels; Praise Him, all His heavenly hosts. Praise Him, sun and moon; Praise Him, all you shining stars. Praise Him, you heavens of heavens and you waters above the skies.

Let them praise the name of the LORD, for He commanded and they were created. He also established them for ever and ever; He made a decree, which will never pass away.

Praise the LORD from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds fulfilling His word; Mountains and all hills, fruit trees and all cedars, wild animals and all cattle, small creatures and flying birds,

Kings of the earth and all nations; Princes and all rulers on earth, young men and women, old men and children. Let them praise the name of the LORD, for his name alone is exalted; His splendour is above the earth and the heavens.

And he has exalted the horn of His people, the praise of all his faithful servants of Israel, the people near to Him. Praise the LORD!

The Little Doxology

Glory to God in the highest and on earth and goodwill to all people.

We praise You, we bless You, we worship You, we glorify You, we give You thanks for Your great glory.

Lord God, heavenly King, God the Father almighty; Lord the only-begotten Son, Jesus Christ; and the Holy Spirit.

Lord God, Lamb of God, Son of the Father, You take away the sin of the world, have mercy on us;

You take away the sin of the world. Receive our prayer, You that sit at the right hand of the Father and have mercy on us.

For You alone are holy, You alone are the Lord, Jesus, to the glory of God the Father. Amen

Every day I will bless You and praise Your name, throughout all ages. Lord, You have been our refuge from one generation to another. I said, Lord have mercy upon me, heal my soul, for I have sinned against You. Lord I have run to you for refuge; teach me to do Your will, for you are my God. For with You is the source of life and in Your light we shall see light. Continue Your mercy to those that know You.

Vouchsafe, O Lord to keep us this day without sin. Blessed are You, Lord God of our fathers and praised and glorified is Your name, throughout all ages. Amen

May Your mercy, O Lord be upon us, even as our hope is in You.

Blessed are You, O Lord, teach me Your statutes.

Blessed are You, O Lord, teach me Your precepts.

Blessed are You, O Lord, teach me Your commandments.

Your mercy, O Lord endures forever, O despise not the works of your hands.

To You belongs worship, to You belongs praise and to you belongs glory.

To the Father and to the Son and to the Holy Spirit now and forever and throughout all ages. Amen

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

Prayer Right Before Communion:

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for eternal life. Amen How shall I, who am unworthy, enter into the splendour of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me. Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation. Receive me today, Son of God, as a partaker of Your mystical Supper. I will not reveal Your mystery to Your adversaries. Nor will I give You a kiss as did Judas. But as the thief I confess to You: Lord, remember me in Your Kingdom.

Prayer After Receiving Communion:

Lord Jesus Christ, my God, now that I have received Your holy Body and Blood, grant me forgiveness of my sins and life everlasting. I thank You, loving Master, benefactor of my soul, that on this day You have again made me worthy of Your heavenly and immortal mysteries. Direct my way on the right path. Establish me firmly in Your fear. Guard my life. And make my endeavours safe, through the prayers of the glorious Theotokos and ever-virgin Mary and of all Your Saints. Amen. Lord Jesus Christ my God, let Your sacred Body be unto me for eternal life and Your precious Blood for forgiveness of sins. Let this Eucharist be unto me for joy, health and gladness. And in Your awesome Second Coming make me, a sinner, worthy to stand at the right hand of Your glory; through the intercessions of Your pure Mother and of all Your Saints. Amen.

Prayer Before Studying the Bible:

Master who loves us, shine Your eternal light in our hearts that we may better know you. Help us to fully understand Your gospel message. Instill in us respect for Your holy commandments, that by overcoming our worldly desires we might live a spiritual life of thoughts and deeds which pleases You. We ask this of You, O Christ our god, for You are the light of our souls and bodies and You we glorify with Your eternal Father and Your all-holy good and life-giving Spirit now and forever. Amen. 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. Instill 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 and Your Holy Spirit, now and forever. Amen.

Prayer Before Receiving Communion:

Prayer of St. John Chrysostom:

Lord, Jesus Christ my God, forgive the faults and sins which I, Your unworthy servant have committed from my youth to this day and hour, whether knowingly or in ignorance, whether by words, deeds, intentions or thoughts and whether by habit or through any of my senses. By the prayers of Your pure and Virgin Mother, make me worthy without condemnation to receive Your precious, immortal and life-giving Mysteries for the forgiveness of sins and eternal life. May the Eucharist sanctify, enlighten, strengthen and heal my soul and body and thus destroy my evil thoughts, intentions and prejudices. For Yours, Christ our God, is the Kingdom, the power, the glory, the honour and worship with the Father and the Holy Spirit, now and forever and ever. Amen.

Midday Prayers

The Trisagion Prayers

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

Glory to You, O Lord, glory to you.

O Heavenly King, Comforter, the Spirit of truth, You who are in all places and fill all things; the Treasury of blessings and the Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O Gracious One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us x3

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, forgive our transgressions. Holy God, visit and heal our infirmities for Your Name's sake.

Lord, have mercy x3

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto 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.

For Yours in the Kingdom and the power and the Glory. Father, Son and Holy Spirit, now and forever and unto ages and ages. Amen.

Psalm 54

Save me, O God by Your name and vindicate me by Your strength. Hear my prayer, O God: Give ear to the words of my mouth. For strangers have risen up against me and oppressors have sought after my life; They have not set God before them.

Behold God is my helper; The Lord is with those who uphold my life.

He will repay my enemies for their evil. Cut them off in Your truth. I will freely sacrifice to You; I will praise Your name O Lord, for it is good.

For He has delivered me out of all trouble; and my eye has seen its desire upon my enemies.

Prayer

O Christ our God, who at this hour did stretch out Your loving arms upon the Cross that all men might be gathered unto You, help us and save us who cry out unto You: Glory to You, O Lord.

Here may be added your own private devotions and intercessions, using your own words or the "Occasional Prayers".

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

Prayers to the Mother of God

O virgin, spotless, undefiled, unstained, all-chaste and Pure Lady, Bride of God, who by the glorious birth-giving has united God the Word with Man and linked our fallen nature with Heavenly Things; who are the hope of the hopeless, the helper of the oppressed, the ready protection of those who call unto You, and the refuge of Christians; despise me not, who am defiled and sinful, who by my wicked thoughts, words and deeds, have become an unworthy servant, and by my slothfulness have turned into a slave of the evil one. O Mother of the God of Love, have mercy and compassion upon me, a sinner and a prodigal. Accept this prayer which is offered to You from my impure lips; and putting forward Your maternal influence with Your Son, my Lord and Master, beseech Him to open unto me the loving-kindness of His grace; beseech Him to overlook my countless transgressions, to give me true repentance and to make me to be a zealous doer of His commandments. And You, being gracious and compassionate and tender-hearted, be ever present with me in this life as my defender and helper, so that I may turn aside the assault of my enemies, and guide me into salvation; help my poor soul at the hour of my death, and drive far from it all the dark forms of the evil ones. And in the dreadful Judgement Day, deliver me from everlasting punishment, and present me as an inheritor of the ineffable glory of the son, our God.

O may I obtain this, most-holy Lady and Birth-giver of God, through thine intercessions and mediations, by the grace and exceeding great love of thine Only-Begotten son, my Lord and God and Saviour, Jesus Christ, to whom is due, with the eternal Father and the All-Holy, Good and Life-Giving Spirit, all honour and glory and worship, now and ever, and unto ages of ages. Amen.

O most glorious Ever-Virgin Mary, Mother of Christ our God, accept our prayers and present them to Your Son and our God, that He may, for Your sake, enlighten and save our souls. Amen.

Prayer for Love:

Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbour as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift. 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 fulfil Your will. Teach me how to pray. Pray in me. Amen.

Prayer imploring the Theotokos

From polluted lips accept this prayer, O unblemished, pure and most-pure Virgin Theotokos, and despise not my words, but look down on me and have pity, O Mother of my Maker. During my lifetime do not abandon me, for You know, O Mistress, that I place all my hope in You. Therefore, at the time of my death, stand before me, O my helper, and be not ashamed of me. For I know, O Virgin, that I am guilty of many sins, and I, the wretched one, tremble, contemplating that hour. But You, my Joy, work your mercy marvellously upon me, O Mediatress of my salvation. Rescue me, O Mistress, from the cruelty of the demons, and from the fearsome and terrible trial of the evil spirits, and deliver me from their malice, and transform all grief and sorrow into joy by Your enlightenment. Grant me to pass unharmed through the principalities and powers of darkness and to attain to worship at the throne of Your Son, Christ our God who sits at the right hand of His Eternal Father and All-Holy Spirit. Amen.

Evening Prayers**The Trisagion Prayers**

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

Glory to You, O Lord, glory to you.

O Heavenly King, Comforter, the Spirit of truth, You who are in all places and fill all things; the Treasury of blessings and the Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O Gracious One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us x3

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, forgive our transgressions. Holy God, visit and heal our infirmities for Your Name's sake.

Lord, have mercy x3

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto 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.

For Yours in the Kingdom and the power and the Glory. Father, Son and Holy Spirit, now and forever and unto ages and ages. Amen.

Troparia of Thanksgiving

Now that the day has come to a close, I thank You, O Lord, and I ask that the evening with the night may be sinless; grant this to me, O Saviour, and save me.

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

Now that the day has passed, I glorify You, O Master, and I ask that the evening, with the night may be without offence; grant this to me, O Saviour, and save me.

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

Now that the day has run its course, I praise You, O Holy One, and I ask that the evening with the night may be undisturbed; grant this to me, O Saviour, and save me.

Lord, have mercy. (12 times)

A Prayer for Forgiveness

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for You are good and love mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify You; for You are blessed: with Your Only-begotten Son and Your All-holy, good and life-giving Spirit: now and ever, and unto ages of ages. Amen.

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A General Intercession

Be mindful, O Lord, of all civil Authorities, of our Armed Forces, of this city in which we dwell, and of every city and land; grant us peaceful times, that we may lead a calm and tranquil life in all godliness and sanctity.

Be mindful, O Lord, of my parents, my brothers and sisters, my relatives and friends, and all who are near and dear to me, (*name those who you wish to remember*), and grant them mercy, life, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify Your holy Name.

Be mindful, O Lord, of those who travel by land, and sea, and air; of the young and the old; orphans and widows; the sick and the suffering; the sorrowing and the afflicted, all captives, and the needy poor; upon them all send forth Your mercies, for thou art the Giver of all good things.

Be mindful, O Lord, of me, Your humble servant; grant me Your grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving thee, that I may be accounted worthy at the last to enter into the Kingdom of Heaven.

Be mindful, O Lord, of all those who have fallen asleep in the hope of resurrection unto life eternal, especially *N.*, *NN.*; pardon all their transgressions both voluntary and involuntary, whether in word, or deed, or thought. Shelter them in a place of verdure, a place of repose, whence all sickness, sorrow and sighing have fled away, and where the sight of thy countenance rejoice all Your Saints from all the ages. Grant them Your Heavenly Kingdom, and a portion in Your ineffable and eternal blessings, and the enjoyment of Eternal Life.

Hear my prayer, O Lord, for You are merciful and compassionate, and love mankind, and to You are due all glory, honour, and worship: to the Father and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

A Prayer for a Sick Person

O Holy Father, Heavenly Physician of our souls and bodies, who has sent Your Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: visit and heal Your servant *N.*, granting *him/her* release from pain and restoration to health and vigour, that he/she may give thanks unto You and bless Your holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

A Prayer for the Dead

Into Your hands, O Lord, I commend the souls of Your servant(s) *NN.*, and beseech You to grant them rest in the place of Your rest, where all Your blessed Saints repose, and where the light of Your countenance shines forever. And I beseech You also to grant that our present lives may be godly, sober, and blameless, that, we too may be made worthy to enter into Your heavenly Kingdom with those we love but see no longer: for You are the Resurrection, and the Life, and the Repose of Your departed servants, O Christ our God, and unto You do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

A General Intercession

O Lord Jesus Christ our God, who in Your mercy and all-loving kindness do regard the prayers of all who call upon You with their whole heart, incline Your ear and hear my prayer, now humbly offered unto thee:

Be mindful, O Lord, of Your Holy Orthodox Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever; Be mindful, O Lord, of our Metropolitan *N.*, and of every Bishop of the Orthodox; of Priests and Deacons and all the Clergy of thy Church, which You have established to feed the flock of the Word; and by their prayers have mercy upon me and save me, a sinner.

A Prayer

O Christ our God, who at all times and in every hour, in heaven and on earth, are worshipped and glorified; who is long-suffering, merciful and compassionate; who loves the just and shows mercy upon the sinner; who calls all to salvation through the promise of blessings to come; O Lord, in this hour receive our supplications, and direct our lives according to Your commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Surround us with Your holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Your unapproachable glory, for You are blessed unto ages of ages. Amen.

Here may be added your own private devotions and intercessions, using your own words or the "Occasional Prayers".

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

Prayer to the Theotokos

O exceedingly glorious and ever-virgin Theotokos, bring our petitions before Your Son and our God and implore Him that through You He will save our souls. Amen

Prayer to the Guardian Angel

O holy Angel who accompanies my soul and life, forsake me not and depart not from me because of my extravagance and wickedness.

Give not access to the demon to rule with his might this mortal body of mine but hold me by my feeble hand and lead me in the path of salvation.

O holy Angel of God, guardian and protector of my soul and body, forgive me everything where I have offended you everyday of my life. Though this day I have sinned be my protection this night from all influence and temptation of the enemy that I may not anger God with any sin.

Intercede with the Lord for me that he may confirm me in His fear and show me forth as a worthy servant of His goodness.

Amen

As you lie down to sleep, say:

Into Your hands, O Lord, I commend my soul and my body. Bless me O Lord, have mercy upon me, and grant me life eternal. Amen.

A Prayer in times of Sickness

O Lord Jesus Christ, our Saviour, Physician of our souls and bodies, who did become man and suffer death on the Cross for our salvation, and through Your tender love and compassion did heal all manner of sickness and affliction. O Lord, visit me in my suffering, and grant me grace and strength to bear this sickness with which I am afflicted, with Christian patience and submission to Your will, trusting in Your loving kindness and tender mercy. Bless the remedy used for my recovery, and those who administer them. I know O Lord, that I justly deserve any punishment inflicted upon me for I have so often offended You and sinned against You, in thought, word, and deed. Therefore, I humbly pray You to look upon my weakness, and deal not with me according my sins, but according to the multitude of Your tender mercies. Have compassion on me, and let mercy and justice meet; and deliver me from this sickness and suffering I am undergoing. Grant that my sickness may be the means of my true repentance and amendment of my life according to Your will, that I may spend the rest of my days in Your love and fear: that my soul, being helped by Your grace and sanctified by thy Holy Mysteries, may be prepared for its passage to the Eternal Life, and there, in the company of thy blessed Saints, may praise and glorify thee with thy Eternal Father and Life-giving Spirit. Amen.

Thanksgiving after recovery of Sickness

Almighty God, our Heavenly Father, Source of life and Fountain of all good things, I bless Your Holy Name, and offer to You most hearty thanks for having delivered me from my sickness and restored me to health. Grant me Your continuing grace, I pray You, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of You, doing Your will in all things, and devoting this new life which You have given me to serve you: that living for You, I may be found ready when it pleases You to call me to You, O Heavenly Father, to who, with Your Only-begotten Son, our Lord Jesus Christ, and Your all-holy and Life-giving Spirit, is due all honour, praise, glory, and thanksgiving: now and ever and unto ages of ages. Amen.

A Prayer in times of Trouble

O God, our help and assistance, who are just and merciful, and who hears the supplications of Your people; look down upon me, a miserable sinner, have mercy upon me, and deliver me from this trouble that besets me, for which, I know, I am deservedly suffering. I acknowledge and believe, O Lord, that all trials of this life are given for our chastisement, when we drift away from You, and disobey Your commandments; deal not with me according to my sins, but according to Your bountiful mercies, for I am the work of Your hands, and You know my weakness. Grant me, I beseech You, Your divine helping grace, and endow me with patience and strength to endure my tribulations with complete submission to Your Will. You know my misery and suffering and to You, my only hope and refuge, I flee for relief and comfort; trusting to Your infinite love and compassion, that in due time, when You know best, You will deliver me from this trouble, and turn my distress into comfort, when I shall rejoice in Your mercy, and exalt and praise Your Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen.

Thanks giving after Deliverance from Trouble

Almighty and merciful God, I most humbly and heartily thank Your divine majesty for Your loving kindness and tender mercies, that You have heard my humble prayer, and graciously delivered me from my trouble and misery. Grant me, I beseech You, Your helping grace, that I may obediently walk in Your holy commandments, and lead a sober, righteous and godly life, ever remembering Your mercies, and the blessings You have undeservedly bestowed upon me, that I may continually offer to You the sacrifice of praise and thanksgiving, O Father, Son, and Holy Spirit. Amen.

Occasional Prayers

Jesus Prayer

O Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

Prayer on Entering the Church

I will come into Your house in the multitude of Your mercy: and in Your fear I will worship toward Your holy temple. Lead me, O Lord, in Your righteousness because of my enemies; make Your way straight before me, that with a clear mind I may glorify You forever, One Divine Power worshipped in three persons: Father, Son, and Holy Spirit. Amen.

Prayer on leaving the Church

Lord, now let your servant depart in peace, according to Your word: for my eyes have seen Your salvation, which You have prepared before the face of all people; a light to lighten the Gentiles, and the glory of Your people Israel.

Prayer before the Icon of Christ

We reverence Your spotless icon, O gracious Lord, and ask forgiveness of our transgressions, O Christ our God: for of Your own good will You were pleased to ascend the Cross in the flesh, that You might deliver from bondage to the enemy those who You had fashioned. Therefore, we cry aloud unto You: who has filled all things with joy, O our Saviour, for You did come to save the world.

Prayer before the icon of the Theotokos

Forasmuch as You are a well-spring of tenderness, O Theotokos, make us worthy of compassion; Look upon a sinful people; Manifest Your power as ever, for hoping on You we cry aloud unto You: Hail! as once did Gabriel, Chief Captain of the Bodiless Powers.

Hymn to the Theotokos

(From the Liturgy of St. John Chrysostom)

It is truly meet to bless you, O Theotokos, who are ever blessed and all-blameless, the mother of our God. More honourable than the Cherubim, and more glorious beyond compare than the Seraphim, you who without stain gave birth to God the Word, are truly Theotokos we magnify you.

The Angelic Salutation

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

A Prayer for the Single Person

O Blessed Lord, who have set up for us an example of ideal purity, strengthen me, I beseech thee, when temptation besets me, and when strong passions seek to overwhelm me, that I may remain constant in virtue and innocent in thought, word, and deed, doing such things only as are well-pleasing unto You; grant me growth in wisdom and understanding, that I may serve You in holiness all the days of my life: through the intercessions of Your all-immaculate Mother and of all Your Saints, especially my patron Saint *N*. Amen.

A Prayer of a Child

Our Father who art in heaven, bless my father and mother, my guardians, and those who are in authority over me, for their love and tender care for me, and the benefits I receive at their hands. Help me, I pray You, to be respectful and obedient to them in all things according to Your will; and give me Your grace to perform all my duties carefully and faithfully, to avoid undesirable company and influence, and resist all temptation that may come my way; that I may live a sober, righteous and godly life, ever praising You, and glorifying Your Holy Name. Amen.

Prayer Before Travel:

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

A Prayer for a Parent for their child and Relatives and Friends

O God, our Heavenly Father, who love mankind, and are most merciful and compassionate, have mercy upon Your servants (*Name those whom you wish to remember*) for whom I humbly pray You, and commend to Your gracious care and protection. O God, be their guide and guardian in all their endeavours, lead them in the path of Your truth, and draw them nearer to You, that they may lead a godly and righteous life in Your love and fear; doing Your will in all things. Give them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life; and direct them in the way of salvation, through the merits of Your Son, our Saviour Jesus Christ, and the intercessions of his Holy Mother and Your blessed Saints. Amen.

A Prayer for the Priesthood

O Lord Jesus Christ, enkindle the hearts of all Your Priests with the fire of zealous love for You, that they may ever seek Your glory; Give them strength that they may labour unceasingly in Your earthly vineyard for the salvation of our souls and the glory of Your all-honourable and majestic Name: of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

A Prayer for the Married Couple

O merciful God, we beseech You ever to remind us that the married state is holy, and that we must keep it so; grant us Your grace, that we may continue in faithfulness and love; increase in us the spirit of mutual understanding and trust, that no quarrel or strife may come between us; grant us Your blessings, that we may stand before our fellows and in Your sight as an ideal family; and finally, by Your mercy, account us worthy of everlasting life: for You are our sanctification, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

A Prayer to the All-Holy Trinity

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

A Prayer to your Patron Saint

Pray unto God for me, O Holy Saint (*Name*), well-pleasing to God: for I turn unto you, who are the speedy helper and intercessor for my soul.

A Prayer to your Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and body, forgive me everything where I have offended you every day of my life, and protect me from all influence and temptation of the evil one. May I never anger God by any sin. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, and of the Most Blessed Theotokos, and of all the Saints. Amen.

Prayers at the Table at meal time

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

For Yours the kingdom, the power and glory now and forever. Amen

Lord, have mercy x3

Then

O 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.

Or

They that hunger shall eat and be satisfied, they that seek after the Lord shall praise him; their hearts shall live forever. Amen.

Or

Bless us, O Lord, and these Your gifts of which we are about to partake, for You are blessed and glorified; now and ever, and unto ages of ages. Amen.

After Meals

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 x3

Then

Blessed is God, who is merciful unto us and nourishes us from His bountiful gifts by His grace and compassion, always, now and ever, and unto ages of ages. Amen.

Or

We thank You, O Christ our God, that You have satisfied us with Your earthly gifts, deprive us not of Your Heavenly Kingdom; but as You entered into the midst of Your disciples, O Saviour, and gave them peace, enter also among us and saves us. Amen.

Or

We thank You, O God, the Giver of all good things, for these gifts and all Your mercies, and we bless Your Holy Name, always, now and ever, and unto ages of ages. Amen.

A Prayer of Repentance

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended You, and I sincerely repent; with tears I humbly pray You, O Lord: of Your mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Your Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

A Prayer before commencing any task

Almighty God, our Help and Refuge, Fountain of wisdom and Tower of strength, who knows that I can do nothing without Your guidance and help; assist me, I pray You, and direct me to divine wisdom and power, that I may accomplish this task, and whatever I may undertake to do, faithfully and diligently, according to Your will, so that it may be profitable to myself and others, and to the glory of Your Holy Name. For Yours is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.