

## Morning Prayers

**Trisagion Prayers:** O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and filling all things; Treasury of blessings and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One. Holy God, Holy Mighty, Holy Immortal, have mercy on us. **Thrice.** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake. Lord, have mercy. **Thrice.** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the Evil One. Lord, have mercy. **Twelve times.** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Come let us worship God our King. Come let us worship and fall down before Christ our King and God. Come let us worship and fall down before Christ Himself, our King and God.

**Psalm 50:** Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sins is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made wither than snow. Thou shalt make me to hear joy and gladness, the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the wall of Jerusalem be builded. Then shalt Thou be please with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar. Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Alleluia, alleluia, alleluia. Glory to Thee, O God. **Thrice.**

First Ecumenical Counsel at Nicea in 325 A.D. **The Creed: I believe in one God** (*Deut. 6:4, Isa. 48:17, Isa. 44:6,*) **the Father Almighty** (*Eph 4:6,*) **Maker of Heaven and earth** (*Genesis 1:1, 1:26,*) **and of all things visible and invisible** (*Col 1:16, Romans 1:20,*) **And in one Lord Jesus Christ** (*Eph. 4:5, I Cor 8:6,*) the Son of God (*Matt.16:16,*) **the Only-begotten** (*John 1:18, I John 5:1,*) **begotten of the Father before all ages** (*John 1:1, John 17:5;*) **Light of Light** (*John 1:4, 1:7,8; Acts 9:3; Tim. 6:16,*) **True God of True God** (*Col. 2:9; John 1:1, Mark 2:7, Micah 5:2, Isa. 9:6; Isa. 44:6-Rev 1:11;*) **begotten** (*I John 5:1,*) **not made,** (*John 1:1, Hebrews 7:3, John 8:58, John 17:5, Philippians 2:6,*) **of one essence with the Father** (*John 10:30; I John 2:23;*) **by whom all things were made** (*John 1:3; John 1:10; Col. 1:16;*) **Who for us men and our salvation** (*Matthew 1:21; Luke 2:30,*) **came down from Heaven** (*John 3:13, 6:38,*) **and was incarnate of the Holy Spirit and the Virgin Mary** (*Luke 1:35, Isaiah 7:14,*) **and became man** (*John 1:14, I John 4:2;*) **And was crucified for us under Pontius Pilate** (*John 19:16,*) and suffered (*Psalm 21, Isa. 53, Matt. 27, Heb. 2:9,*) **and was buried** (*Luke 23:53.*) **And rose again on the third day** (*Hosea 6:2, Matt. 28:6*) **according to the Scriptures** (*I Cor. 15:4.*) **And ascended into the**

**Heavens** (*Acts 1:9, Luke 24:51*,) **and sits at the right hand of the Father** (*Hebrews 1:3*;) **And shall come again** (*Matt. 16:27; Hebrews 9:28*,) **with glory, to judge the living and the dead** (*2 Cor. 5:10*;) **Whose kingdom shall have no end** (*Isa. 9:6; Rev. 22:5, Daniel 7*.) **And in the Holy Spirit, the Lord, the Giver of Life** (*Gen.1:2, Romans 8:2, Joel 2:28; Genesis 2:7, Psalm 34:6*;) **Who proceeds from the Father** (*John 15:26*;) **Who with the Father and the Son together is worshiped and glorified** (*John 16:14,15*;) **Who spake by the Prophets** (*Hebrews 1:1; Num 11:29, I Sam. 16:13*.) **In one Holy, Catholic, and Apostolic Church** (*Eph.4:4; Matt.16:18*.) **I acknowledge one baptism for the remission of sins** (*Matt. 28:19 Eph.4:5*.) **I look for the resurrection of the dead** (*I Cor. 15:52, Ezekiel 37*.) **And the life of the world to come** (*Col 3:4,2; I & II Thes. 1:10, Rev. 21,22*.) **Amen.**

**Then the prayer:** “Lord Jesus Christ, Son of God, have mercy on me.” (10-250 times out loud or quietly, either with or without prostrations, bows, and/or crossing oneself.)

**Prayers for Communion/Prayers of Intercession for others/Akathist to the Mother of God/ and/or a few Morning Prayers (from any Orthodox prayer book)**

**Then a chapter from the Gospels and from a small portion of Orthodox Spiritual Reading**

**Then these prayers:** I thank Thee, O Lord, that you have again shown me the Light of a new day. Grant me to greet this day in peace. At all times, help me to rely upon Thy holy will. In every hour of this day, help me, teach me, and reveal Thy will to me. Bless, help, and save all those who surround me. Teach me to treat everything that comes to me throughout this day with peace of soul and with firm conviction that Thy will governs all things. In all my deed and words, sanctify, bless, and correct my thoughts and feelings. In unforeseen events, let me not forget that everything is sent by Thee. Teach me to act firmly and wisely without embittering or embarrassing others. O Lord, give me strength to bear the fatigue of the coming day with all it shall bring. Direct my will, teach me to pray, and Thyself, come, be with me, and pray in me. Amen

It is truly meet to bless thee, O Theotokos, ever-blessed and most pure and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, without corruption thou gavest birth to God the Word: True Theotokos we magnify thee!

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, Lord have mercy, Lord, have mercy. Through the prayers of our holy Fathers, O Lord, Jesus Christ our God, have mercy upon us and save us. Amen. Through the prayers of Thy Most Pure Mother, My Holy Guardian Angel, my Patron Saint N. and of all Thy Angels and Saints, have mercy on us and upon Thy world. O Lord, into Thy hands I commit my spirit. Amen.

## Evening Prayers

**Trisagion Prayers:** O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and filling all things; Treasury of blessings and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One. Holy God, Holy Mighty, Holy Immortal, have mercy on us. **Thrice.** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake. Lord, have mercy. **Thrice.** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the Evil One. Lord, have mercy. **Twelve times.** Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Come let us worship God our King. Come let us worship and fall down before Christ our King and God. Come let us worship and fall down before Christ Himself, our King and God.

**Psalm 120:** I have lifted up mine eyes to the mountains, from whence cometh my help. My help cometh from the Lord, Who hath made heaven and the earth. Give not thy foot unto moving, and may He not slumber that keepeth thee. Behold, He shall not slumber nor shall He sleep, He that keepeth Israel. The Lord shall keep thee; the Lord is thy shelter at thy right hand. The sun shall not burn thee by day, nor the moon by night. The Lord shall keep thee from all evil, the Lord shall guard thy soul. The Lord shall keep thy coming in and thy going out, from henceforth and for evermore. **(Ps,135:)** Behold now, bless ye the Lord, all ye servants of the Lord. Ye that stand in the house of the Lord, in the courts of the house of our God, in the nights lift up your hands unto the holies, and bless the Lord. The Lord bless thee out of Sion, He that made heaven and the earth. Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen. Alleluia, alleluia, alleluia. Glory to Thee, O God. **Thrice.**

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**Then the prayer:** “Lord Jesus Christ, Son of God, have mercy on me.” (10-250 times out loud or quietly, either with or without prostrations, bows, and/or crossing oneself.)

**Then a chapter from the Epistles or Old Testament and from a small portion of Orthodox Spiritual Reading**

**Prayers for Communion/Prayers of Intercession for others/Akathist to the Mother of God/ and/or a few Evening Prayers (from any Orthodox prayer book)**

**Then this prayer:** O Eternal God and King of all creation, Who hast kept me safe to attain to this hour, please forgive me all wherein I have sinned today in deed, word, and thought. Cleanse, O Lord, my transgressions and faults and make me a Temple for the Holy Spirit. Vanquish the enemies, both bodily and bodiless that fight against me and keep and deliver me from the vain thoughts and evil desires which tempt me. Receive my prayers in Thy great mercy. Shine into my heart the Light of the Holy Spirit. Grant me to live according to Thy commandments. Teach me to do Thy will for Thou art my God. O Lord, I thank Thee for all the things that Thou hast brought me this day and I commend it all into the hands, trusting that through Thy mercy all things will turn out for the good and my salvation. Grant me also as I go to sleep, rest for my body and soul and preserve me from the passions of flesh and the influences of dark and evil spirits. Amen.

It is truly meet to bless thee, O Theotokos, ever-blessed and most pure and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, without corruption thou gavest birth to God the Word: True Theotokos we magnify thee!

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Through the prayers of Thy Most Pure Mother, My Holy Guardian Angel, my Patron Saint N. and of all Thy Angels and Saints, have mercy on us and upon Thy world. O Lord, into Thy hands I commit my spirit. Amen.