

MORNING PRAYERS

*In the name of the Father and the Son and the Holy Spirit. Amen
Glory to You, Christ our God, our hope, Glory to You.*

O Heavenly King, Comforter, and Spirit of Truth, You that are in all places and fill all things; the Treasury of blessings and Giver of life: come and dwell in us, 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, both now and forever and to the ages of ages. Amen*

All Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. 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, both now and forever 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.

For Yours is the Kingdom and the Power and the Glory of the Father and the Son and the Holy Spirit, both now and for ever and to the ages of ages. Amen

PRAYERS TO THE HOLY TRINITY

Arising from sleep, I thank You, O Most Holy Trinity, that, for the sake of Your great kindness and longsuffering, You have not had indignation against me, for I am slothful and sinful. Neither have You destroyed me in my transgressions. But You have shown Your customary love toward mankind, and have raised me up as I lay in heedlessness, that I might sing my morning hymn and glorify Your sovereignty. Do now enlighten the eyes of my understanding, open my ears to receive Your words, and teach me Your commandments. Help me to do Your will, to sing to You, to confess You from my heart, and to praise Your All-Holy Name: of the Father, and of the Son, and of the Holy Spirit, now and forever, and to the ages of ages. Amen

Having risen from sleep, we worship You, blessed God, and sing to You, mighty Lord, the angelic hymn: Holy, holy, holy are You, O God; through the prayers of the Theotokos, have mercy on us.

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

Having awakened me from sleep, Lord, enlighten my mind and heart. Open my lips to praise You Holy Trinity: Holy, holy, holy are You, O God: through the prayers of the Theotokos, have mercy on us.

Both now and forever and to the ages of ages. Amen

Suddenly the Judge will come and the deeds of all will be revealed. Therefore, early in the morning let us cry out in awe: Holy, holy, holy are you, O God; through the prayers of the Theotokos have mercy on us.

PRAYER FOR THE BEGINNING OF THE DAY

O Lord, grant me to greet the coming day in peace, help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. And Yourself, pray in me. Amen.

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

EVENING PRAYERS



*In the name of the Father and the Son and the Holy Spirit. Amen
Glory to You, Christ our God, our hope, Glory to You.*

O Heavenly King, Comforter, and Spirit of Truth, You that are in all places and fill all things; the Treasury of blessings and Giver of life: come and dwell in us, 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, both now and forever and to the ages of ages. Amen*

All Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. 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, both now and forever 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. For Yours is the Kingdom and the Power and the Glory of the Father and the Son and the Holy Spirit, both now and for ever and to the ages of ages. Amen

PRAYER FOR THE EVENING

O eternal God, King of all creation, Who has kept me safe to attain this hour, forgive me the sins which I have committed this day in thought, word, and deed. And cleanse, O Lord, my humble soul from every stain of flesh and spirit. Grant me, O Lord, to pass this night in peace, to rise from my bed, and to please Your holy Name all the days of my life, and to vanquish the enemies, both corporeal and incorporeal, that contend against me. Deliver me, O Lord from the vain thoughts that stain me, and from evil desires. 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 forever and to the ages of ages. Amen.

PRAYER OF THANKSGIVING

Now that the day has ended, I thank you Lord, and I ask that the evening and the night be sinless. Grant his 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 and the night be without offence. Grant this to me, O Saviour, and save me.
Both now and forever and to the ages of ages. Amen

Now that the day has run its course, I praise you, O Holy One, and I ask that the evening and the night be undisturbed. Grant this to me, O Saviour, and save me.

PRAYER FOR FORGIVENESS

Lord, God our Father, if during the day I have sinned in word, deed or thought, forgive me in Your goodness and love. Grant me peaceful sleep: protect me from all evil and awake me in the morning that I may glorify You, Your Son and Your Holy Spirit, now and forever. Amen

PRAYER FOR ENLIGHTENMENT

Christ our God, who is worshipped and glorified at all times and in every hour, in heaven and on earth: who is most patient, loving and kind: who loves the just and shows mercy to sinners: who calls all to salvation through the promise of the blessings to come: Lord, at this time receive our prayer and direct our lives according to Your will. Bless our souls and bodies. Correct our thoughts and purify our minds. Protect us from all evil and distress. Surround us with your holy angels, that guided and guarded by them, we may attain the unity of the faith and knowledge of Your unapproachable glory, for You are blessed forever and ever. Amen.

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

PRAYER JUST BEFORE GOING TO SLEEP

Into Your hands, O Lord Jesus Christ, I commend my spirit and body: bless me, save me, and grant me eternal life. Amen