THE TRISAGION PRAYERS

Having gathered your thoughts, make the sign of the cross, saying:
In the name of the Father and of the Son and of the Holy Spirit. Amen.
Afterward stand in silence for a few moments until all your senses are calmed. At that point, make the sign of the cross with a prostration (†) three times, saying:
Glory to You, our God, glory to You.
O heavenly King, O Comforter, the Spirit of truth, Who are everywhere and fill 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. (3x †)
(†) 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, pardon our iniquities. Holy God, visit and heal our infirmities for Your Name's sake.
Lord have mercy. (3x)
(†) Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

(Mt. 6:9 - In this manner, therefore, pray:)

Our Father in heaven, (†) hallowed be Your name,
Your kingdom come, Your 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 do not lead us into temptation,
But deliver us from evil.
For Yours is the kingdom and the power and the glory
[(†) Of the Father, and of the Son, and of the Holy Spirit,

(On Sunday morning go to Sunday Morning Prayers on p. 5, on weekday evenings go to Evening Prayers on p. 16, otherwise continue...)
MORNING PRAYERS

Troparia to the Holy Trinity

Having arisen 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.

(†) ...now and ever, and unto ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be revealed; but with fear we 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 thank You, O holy Trinity, because of the abundance of Your goodness and long-suffering You were not angry with me, slothful and sinful as I am; neither have You destroyed me in my transgressions: but in Your compassion 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 Name: of (†) the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

(†) Come, let us worship and fall down before God our King. (bow)

(†) Come, let us worship and fall down before Christ, our King and our God. (bow)

(†) Come, let us worship and fall down before Christ Himself, our King and our God. (bow)
A Prayer of St. Basil to the Holy Spirit

We bless You, O God most high and Lord of mercies, Who always work great and mysterious deeds for us, glorious, wonderful and numberless; Who provide us with sleep as a rest from our infirmities and as a repose for our bodies tired by labor. 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 Your praise, that we may unceasingly sing and confess You, Who are God glorified in all and by all, the all-holy and good and life-giving Spirit: now and ever, and unto ages of ages. Amen.

(On Tuesday, Thursday and Saturday read Psalm 50 [51] below instead of the Nicene Creed.)

Nicene-Constantinopolitan 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 worlds; Light of Light, Very God of Very God; Begotten, not made; of one essence with the Father, by Whom all things were made: Who for us men and for our salvation came down from 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 the third day He arose again, according to the Scriptures; And ascended into Heaven, and sits at the right hand of the Father; And He shall come again with glory to judge the living and the dead, Whose Kingdom shall have no end.

And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceeds from the Father, Who with the Father and the Son together is worshiped and glorified, Who spoke by the Prophets;

And I believe in One Holy, Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.
PSALM 50 [51]

1 Have mercy on me, God, according to your loving kindness. According to the multitude of Your tender mercies, blot out my transgressions. 2 Wash me thoroughly from my iniquity. Cleanse me from my sin. 3 For I know my transgressions. My sin is constantly before me. 4 Against You, and You only, have I sinned, and done that which is evil in your sight; that you may be proved right when you speak, and justified when you judge.

5 Behold, I was brought forth in iniquity. In sin my mother conceived me. 6 Behold, You desire truth in the inward parts. You teach me wisdom in the inmost place. 7 Purify me with hyssop, and I will be clean. Wash me, and I will be whiter than snow. 8 Let me hear joy and gladness, that the bones which You have broken may rejoice. 9 Hide Your face from my sins, and blot out all of my iniquities.

10 Create in me a clean heart, O God. Renew a right spirit within me. 11 Do not throw me from Your presence, and do not take Your Holy Spirit from me. 12 Restore to me the joy of Your salvation. Uphold me with a willing spirit. 13 Then I will teach transgressors Your ways. Sinners shall be converted to You. 14 Deliver me from bloodguiltiness, O God, the God of my salvation. My tongue shall sing aloud of Your righteousness.

15 Lord, open my lips. My mouth shall declare Your praise. 16 For You do not delight in sacrifice, or else I would give it. You have no pleasure in burnt offering. 17 The sacrifices of God are a broken spirit. A broken and contrite heart, O God, You will not despise. 18 Do good in Your good pleasure to Zion. Build the walls of Jerusalem. 19 Then You will delight in the sacrifices of righteousness, in burnt offerings and in whole burnt offerings. Then they will offer bulls on Your altar.

(If you are only able to pray up to this point, you may add your own private devotions and intercessions here, using your own words or use the "Occasional Prayers" printed in a prayer book. Otherwise, you may continue with the Weekday Morning Prayers on p. 8.)
SUNDAY MORNING PRAYERS

After saying the Trisagion, if at all possible, faithful Orthodox Christians should attend the Matins/Orthros service. If this is not possible, however, having gathered your thoughts, make the sign of the cross, then pray the following:

Come Let Us Worship

(†) Come, let us worship and fall down before God our king. (bow)
(†) Come, let us worship and fall down before Christ, our king and our God. (bow)
(†) Come, let us worship and fall down before Christ Himself, our king and our God. (bow)

As time permits, read and meditate on one, several, or all of the following Psalms (the Hexapsalm of Matins):

Psalm 3 Psalm 37 (38) Psalm 62 (63)

Alleluia, Alleluia, Alleluia. (†) Glory to You, O God. (3x) Lord, have mercy. (3x)

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

Psalm 87 (88) Psalm 102 (103) Psalm 142 (143)

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

Alleluia, alleluia, alleluia, (†) Glory to You, O God. (3x) O our God and our hope, glory to You!

Then:

(†) Blessed are You, O Lord, teach me Your statutes.

The company of the angels was amazed when they beheld You numbered among the dead; yet You, O Savior, destroyed the power of death, raising up Adam with You and releasing all men from hell.

(†) Blessed are You, O Lord, teach me Your statutes.

"Wherefore, O women disciples, do you mingle sweet-smelling spices with your tears of pity?" the radiant angel within the sepulcher cried
unto the myrrh-bearing women. "Behold the grave and understand that the Savior is risen from the tomb."

(†) Blessed are You, O Lord, teach me Your statutes.

Very early in the morning the myrrh-bearing women ran lamenting to Your tomb; but an angel came toward them, saying: "The time for lamentation is passed. Do not weep, but announce the resurrection unto the apostles."

(†) Blessed are You, O Lord, teach me Your statutes.

The myrrh-bearing women mourned as bearing spices they drew near Your tomb, O Savior. But the angel spoke unto them, saying, "Why do you number the living among the dead? In that He is God, He is risen from the grave!"

(†) Glory to the Father, and to the Son, and to the Holy Spirit...

We worship (†) the Father and the Son and the Holy Spirit: the Holy Trinity one in essence, crying with the seraphim: "Holy, holy, holy are You, O Lord."

(†) ...now and ever, and unto ages of ages. Amen.

Having given birth to the Giver of life, O Virgin, you gave joy to Eve in place of sadness. And He Who was incarnate of you, both God and man, has restored to life those who had fallen therefrom.

Alleluia, alleluia, alleluia. (†) Glory to You, O God. (3x)

O our God and our hope, glory to You!

Then:

Having beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Your cross do we adore, O Christ, and we praise and glorify Your holy resurrection; for You are our God, and we know none other than You; we call on Your name. O come, all you faithful, let us venerate Christ's holy resurrection. For lo, through the cross joy has come into all the world. Let us ever bless the Lord, praising His resurrection, for having endured the cross for us, He has destroyed death by death.
The Great Doxology

(†) Glory to You, Who have shown us the light! Glory be to God on high, and on earth peace, good will among men.

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

O Lord, heavenly king, God (†) the Father almighty: O Lord, the only-begotten Son, Jesus Christ, and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, Who take away the sin of the world, have mercy on us, You Who take away the sins of the world.

Receive our prayer, You Who sit at the right hand of the Father, have mercy on us.

For You only are holy, You only are the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless You, and I will praise Your name forever; yes, forever and ever.

Grant us, O Lord, to be kept this day without sin.

Blessed are You, O Lord God of our Fathers, and praised and glorified be Your name forever. Amen.

Let Your mercy, O Lord, be upon us, as we do put our hope in You.

Blessed are You, O Lord, teach me Your statutes. (3x)

Lord, You have been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against You.

Lord, I have fled unto You; teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light shall we see light.

O continue Your loving-kindness unto them that know You.

(†) Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x, bowing)

(†) Glory to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.
Holy Immortal, have mercy on us.

(†) Holy God, Holy Mighty, Holy Immortal, have mercy on us. (bow)

Then, if the tone of the day is 1, 2, 3, or 4:
Today is salvation come unto the world. Let us sing praises to Him Who arose from the grave, the author of our life. For having by death destroyed death, He has given us victory and great mercy.

Or, if the tone of the day is 5, 6, 7, or 8:
Having risen from the tomb and having burst the bonds of hades, You have loosened the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Yourself to Your apostles, You have sent them forth to proclaim You, and through them You have granted Your peace unto the civilized world, O You Who alone are plenteous of mercy.

(Here you may add your own private devotions and intercessions, using your own words. Then depart in peace to the church to sanctify the Lord's Day through participation in the Divine Liturgy.)

WEEKDAY MORNING PRAYERS

(Go to the current day of the week below.)

Monday

First Prayer of St. Macarius the Great

O God, cleanse me, a sinner, for I have so often sinned in Your sight. Deliver me from the evil one, and may Your will in me be to open my unworthy mouth without condemnation and praise Your holy name, of the (†) Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. Amen.

Second Prayer of St. Macarius the Great

Having risen from sleep, I offer You, O Savior, the midnight song, and I fall down and cry unto You: do not let me fall asleep in the death of sin, but have compassion on me, O You Who were voluntarily crucified, and come quickly 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. (Go to Intercession on p. 11.)
Tuesday

Third Prayer of St. Macarius the Great

Having risen from sleep, I hasten to You, O Lord, Lover of mankind, and by Your loving-kindness I strive to do Your works, 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 Protector of everything good, and all my hope is in You. And to You I send up glory, now and ever and unto 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 grant me to do Your will with an enlightened heart now and ever and unto ages of ages. Amen. (Go to Intercession on p. 11.)

Wednesday

First Prayer of St. Basil the Great

Almighty Lord, God of the powers and of all flesh, You Who live in the highest and care for the humble, Who search our hearts and affections, and clearly foreknow the secrets of mankind, eternal and everlasting 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 radiant appearing of Your only-begotten Son, our Lord, God and Savior Jesus Christ, when the judge of all will come with glory to reward us according to our 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 His face. For He is the true light Who enlightens and sanctifies all, and all creation sings to Him throughout the ages. Amen. (Go to Intercession on p. 11.)
Thursday

Fifth Prayer of St. Macarius the Great

Almighty Lord God, You Who 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 unto ages of ages. Amen. (Go to Intercession on p. 11.)

Friday

Prayer to our Lord Jesus Christ

My most merciful and all-merciful God, Lord Jesus Christ, through Your great love You came down and took flesh to save all. And again, O Savior, 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 that 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 Savior, whether I will or not, save me. Come quickly, 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 unto ages of ages. Amen. (Go to Intercession on p. 11.)

Saturday

Prayer to the Guardian Angel

O holy angel, who stands by my wretched soul and my passionate life: do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the passions of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy angel of God, the guardian and protector of my wretched soul and body, forgive all the sorrows I have caused you every day of my life. Even if I
have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me, His servant, worthy of His goodness. Amen.

Prayer to the Most Holy Theotokos

O most holy Theotokos, my Lady, through your holy and most-powerful prayers, turn away from me, this humble and unworthy servant, despair, forgetfulness, unreasonableness, indifference, and all unclean, evil, and blasphemous thoughts from my sinful heart and darkened mind. I am poor and wretched, pray therefore that the flame of my passion may be extinguished, that I may be delivered from my numerous and wicked memories and fantasies, and freed from all evil acts, for you are blessed by all generations, and your most honorable name is glorified unto ages of ages. Amen. (Continue on intercession.)

Prayers for Intercession by the Saints and Angels

(†) O holy Mary, Mother of God the Word and ever-virgin Theotokos, ever remember and pray for us sinners.

(†) O glorious apostles, prophets, martyrs, and all saints, pray for us sinners.

(†) O holy (here invoke your parish's patron saint), patron of our church, intercede with the merciful God that He may grant our souls forgiveness of sins.

(†) Pray to God for me, O holy (here invoke your patron saint), for with fervor I turn to you, who are the speedy helper and intercessor for my soul.

Here invoke the name of other Saints whose intercession you desire.

(†) O heavenly hosts of holy angels and archangels, pray for us sinners.

Our Prayers of Intercession for Others

(Go to the current day of the week below.)

On Mondays, intercede for the welfare of your own parish community:

Remember, O Lord Jesus Christ our God, my own parish community. Protect, preserve, confirm, strengthen, extend, and increase it, and
keep it in peace, always a proof against the power of hell! (Go to Devotions on p. 13.)

On Tuesdays, intercede for the welfare of the bishops of our Archdiocese and all their clergy, as well as other bishops and clergy who are in need of our prayers:

Save, O Lord, and have mercy on all Orthodox hierarchs, especially (names), as well as the priests and deacons of our Archdiocese and all who serve in the Church, especially (names), whom You have ordained to feed Your spiritual flock. (Go to Devotions on p. 13.)

On Wednesdays, intercede for the furtherance of the work of our Archdiocese:
Remember, O Lord Jesus Christ our God, our Archdiocese. Protect, preserve, confirm, strengthen, extend, and increase it, and keep it in peace, always a proof against the power of hell! (Go to Devotions on p. 13.)

On Thursdays, intercede for the civil authorities of our country, state/province, and city, that they may enable us to live our life in peace and tranquility:

Save, O Lord, and have mercy on our president/prime minister and all those in authority in our country, state/province, and city, along with all those exercising political authority throughout the world. 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 in holiness. (Go to Devotions on p. 13.)

On Fridays, intercede for the sick, the suffering, and the poor:

Save, O Lord, and have mercy on the infirm, the suffering, and the poor (names). Visit, strengthen, comfort, and heal them, and by Your power speedily grant them relief, assistance, and deliverance. (Go to Devotions on p. 13.)

On Saturdays, intercession is made for the departed:

Remember, O Lord, the souls of Your servants who have departed in sleep, especially (NN). Forgive them every transgression, both voluntary and involuntary. Grant them the kingdom and a part in eternal joys and the delight of Your blessed and everlasting life. (Go to Devotions on p. 13.)
Begin Your Private Devotions

(†) O God, have mercy upon me and cleanse me a sinner.
(†) Lord Jesus Christ, Son of God, have mercy upon me a sinner.
(†) Lord Jesus Christ, Son of God, have mercy upon me and cleanse me a sinner. (†)

(If you are planning to receive Holy Communion at a weekday Divine Liturgy it is very appropriate to prepare yourself by also praying some Pre-Communion Prayers.)

Prayer for the Acceptance of God's Will
(St. Philaret, Metropolitan of Moscow, †1867)

O Lord, I do not know what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs that are concealed from me. I do not dare ask either a cross or consolation, I can only wait on You. Come and help me for Your great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Your holy will and Your inscrutable ways. I offer myself to You as a living sacrifice. You have said, O Lord, "A man's mind plans his ways, but the Lord directs his steps" (Prov. 16:9). Do not forsake me, O Lord, for I have put all my trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Holy Spirit, (†) pray You Yourself in me. Amen.

Here you may add your own private intercessions, entreating the Lord in your own words. When finished, pray the following prayer:

Prayer at the Beginning of the Day
(St. Philaret, Metropolitan of Moscow, †1867)

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 in Your hands. Teach me to act firmly and wisely, without embarrassing or embittering others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will and teach me (†) to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

If you prefer to read the texts assigned for the day during your morning prayers, you may do so at this point, beginning with this prayer before the readings:
Shine in our hearts, O Master Who loves mankind, the pure light of Your divine knowledge, and open the eyes of our minds to understand Your Gospel teachings; enable us also to fear Your blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual way of life, both thinking and doing what pleases You; for You illumine our souls and bodies, O Christ our God, and we glorify You, together with Your (†) Eternal Father, and Your all-holy, good, and life-giving Spirit, now and ever, and unto ages of ages. Amen.

Scripture Readings (When finished, return here.)

Conclusion

(Go to the current day of the week below.)

(Troparion for Monday, for the holy angels:) O you foremost of the heavenly hosts, we, though unworthy, beseech you that by your petitions you would encompass us with the shadow of your immaterial glory, preserving us who kneel and cry ceaselessly: Deliver us from oppressions, since you are the princes of the hosts on high. (Go to “Glory...” on p. 15.)

(Troparion for Tuesday, for St. John the Baptist and Forerunner:) The memory of the righteous is in praise. And for you, Forerunner, the testimony of the Lord suffices; for in truth you have been revealed as nobler than all the prophets for having been considered worthy to baptize in running waters Him Who was preached. Therefore, you strove for the truth happily. You proclaimed to those in hades God appearing in the body, Who takes away the sins of the world and grants us great mercy. (Go to “Glory...” on p. 15.)

(Troparion for Wednesday, for the Cross:) O Lord, save Your people and bless Your inheritance, granting victory to Your people over all adversaries, and by Your cross, preserving Your estate. (Go to “Glory...” on p. 15.)

(Troparion for Thursday, for the holy Apostles and St. Nicholas:) O holy Apostles, intercede with the merciful God that He may grant our souls the forgiveness of our sins.

O Father, Bishop Nicholas, the work of justice showed you to your congregation a canon of faith, the likeness of humility, a teacher of abstinence. Because by humility you achieved exaltation; and by meekness, richness; intercede therefore with Christ to save our souls. (Go to “Glory...” on p. 15.)
(Troparion for **Friday**, for the Cross:
O Lord, save Your people and bless Your inheritance, granting victory to Your people over all adversaries, and by Your cross, preserving Your estate. *(Go to “Glory...” on p. 15.)*

(Troparion for **Saturday**, for all the saints and the faithful departed:
O you apostles, martyrs, prophets, hierarchs, saints, and righteous, who have fought the good fight and kept the faith, we beseech you, since you have achieved favor with the Savior, plead with Him for our sake, for He is good, to save our souls.

Remember, Lord, the souls of Your servants *(NN)* for You are good. Forgive them all their sins in this life; for no one is without sin except You, Who are able to grant rest to the departed.

**Kontakion:** O Christ, with the saints, grant rest to the souls of Your servants in a place where there is no suffering, no sorrows, and no sighs, but life everlasting. *(Continue on “Glory...”)*

(†) **Glory** to the Father, and to the Son, and to the Holy Spirit.

Read or sing the troparion for the saint/event of the day, the troparion of your home parish, or of a saint/event that is particularly meaningful to you: **Saint of the Day**. *(When finished, return here.)*

(†) Now and ever, and unto ages of ages. Amen.

It is good and right to bless you, O Theotokos, who are ever blessed and most pure and the Mother of Christ our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, you who without stain bore God the Word, and are truly Theotokos, we magnify you!

(†) 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. (3x)

God be gracious unto us and bless us. May He make His countenance to shine upon us, and have mercy on us!

THIS IS THE DAY THAT THE LORD HAS MADE; LET US REJOICE AND BE GLAD IN IT!

**EVENING PRAYERS**

*(On Saturday, if you are unable to attend Great Vespers, go to the*
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 Savior, 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 ask that the evening, with the night, may be without offense. Grant this to me, O Savior, and save me.

(†) ...now and ever, and unto 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 with the night may be undisturbed. Grant this to me, O Savior, and save me.

Lord, have mercy. (12x)

(Go to the current day of the week below.)

Sunday Evening:

There are no formal Sunday evening prayers specified for this rule of prayer. It would be appropriate to pray the Trisagion, some or all of the prayers after communion. Or pray the Compline service for your family. The main point is that as the Lord’s Day draws to a close, we are encouraged to spend some "quiet time" with the Lord, looking back on the past week and preparing for the next, thanking and praising God for His goodness and asking Him for His continued assistance in the week to come.

Monday:

Prayer of St. Macarius the Great

O Eternal God and King of all creation, Who have 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 bodiless 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 glory of (†) the Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer of St. Antiochus

O Ruler of all, 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, do not deliver me to the revolt of the serpent and do not leave me to the will of Satan, for the seed of corruption is in me. Lord, God whom we adore, Holy King, Jesus Christ, guard me asleep by the unwaning light, Your Holy Spirit, by Whom You sanctified 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 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 Intercession to Your 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, a 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.

A Prayer to the Most Holy Theotokos

by Peter, the Studite Monk

Before you, the most pure Mother of God the Word, I who am wretched fall down and pray: you know, O Lady Theotokos, that I sin constantly and anger your Son and my God. No matter how often I repent, I appear a liar before God, and repent with trembling. Can God shake me and I do those same things again an hour later? Knowing this, O Lady Theotokos, I pray: have mercy on me, strengthen me and grant that I may do good. You know, my Lady Theotokos, that I abhor my evil deeds and love the Law of my God with all my mind. But, most pure Lady, I do not know how I can love what I abhor and turn away from what is good. Do not allow my will to be done, most pure One, for
it is not appropriate. May the will of your Son and my God be done. May He save and enlighten me, and give me the grace of His Holy Spirit, in order that I might stop sinning from this time on and live the remainder of my life in obedience to your Son, to Whom belongs all glory, honor and majesty, with (†) His Father Who is without beginning, and His most holy, good and life-creating Spirit, now and ever and unto the ages of ages. Amen. (Go to Devotions on p. 27.)

**Tuesday:**

**Prayer of St. Ephrem the Syrian to the Holy Spirit**

O Lord, heavenly King, the Comforter, the 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 become 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 quarreled 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 on me, my Lord and Creator, Your wretched and unworthy servant.

Absolve and forgive and deliver me in Your goodness and love for mankind, 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 honorable name, with (†) the Father and His only-begotten Son, now and ever and for all ages. Amen.
Prayer of Intercession to Your 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, a sinful and unworthy servant, that you might 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.

Hymns to the Mother of God

To you, the champion leader, we God's servants ascribe thank-offerings of victory. For you have delivered us from terrors, O Theotokos; but as you have power which is invincible, from all dangers set us free, that we may cry out unto you: Rejoice, O bride without bridegroom!

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 my hope in you, O Theotokos. Keep me under your protection.

O Virgin Mother of God the Word, do not despise me, a sinner, needing your help and protection, and have mercy on me, for my soul hopes in you. (Go to Devotions on p. 27.)

Wednesday:
Prayer for Forgiveness

O Lord our God, in Your goodness and love for men forgive me all 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 unto 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.

Prayer for Sleep

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 forever. Amen.

**Prayer of Intercession to Your 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 God by any sin. Pray for me, a 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.

**A Prayer to the Theotokos**

I sing of your grace, O Sovereign Lady, and I pray you to grace my mind. Teach me to walk rightly in the way of Christ's commandments. Strengthen me to keep awake in song, and drive away the sleep of despondency. O Bride of God, by your prayers release me, bound with bonds of sin. Guard me by night and by day, and deliver me from foes that defeat me. O bearer of God the Life-giver, enliven me who am deadened by passions. O bearer of the unwaning Light, enlighten my blinded soul. O marvelous palace of the Master, make me to be a house of the Divine Spirit. O bearer of the Healer, heal the perennial passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire, and from evil worms, and from Tartarus. Let me not be exposed to the rejoicing of demons, guilty as I am of many sins.

Renew me, grown old from senseless sins, O most immaculate Lady. Present me untouched by all torments, and pray for me to the Master of all. Grant me to find the joys of heaven with all the saints. O most holy Virgin, listen unto 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 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 immaculate one. Deliver me from soul corrupting evils, and fervently intercede with Christ, to Whom is due all honor and worship, now and ever and unto the ages of ages. Amen. *Go to Devotions on p. 27.*)
Thursday:
Prayer of St. John Chrysostom
(These supplicatory prayers correspond to the 24 hours of the day.)

Day
Lord, do not deprive me of Your heavenly joys.
Lord, deliver me from eternal torments.
Lord, if I have sinned in mind or thought, in word or deed, forgive me.
Lord, deliver me from all ignorance, forgetfulness, cowardice, and stony insensibility.
Lord, deliver me from every temptation.
Lord, enlighten my heart, which evil desires have darkened.
Lord, I, being human, have sinned; but You, being the generous God, have mercy on me, knowing the sickness of my soul.
Lord, send Your grace to my help so that I may glorify Your holy name.
Lord Jesus Christ, write me, Your servant, in the book of life and grant me a good end.
Lord my God, even though I have done so little good in Your sight, yet grant me by Your grace to make a fresh start.
Lord, sprinkle into my heart the dew of Your grace.
Lord of heaven and earth, remember me, Your sinful servant, shameful and unclean, in Your kingdom. Amen.

Night
Lord, accept me in penitence.
Lord, do not leave me.
Lord, do not lead me into temptation.
Lord, grant me good thoughts.
Lord, grant me tears and remembrance of death and compunction.
Lord, grant me the thought of confessing my sins.
Lord, grant me humility, chastity, and obedience.
Lord, grant me patience, courage and meekness.
Lord, plant in me the root of all blessings, the fear of You in my heart.
Lord, grant me to love You with all my mind and soul, and always do Your will.
Lord, protect me from certain people and demons and passions and from every other harmful thing.
Lord, You know that You act as You will; may Your will also be done in me, a sinner, for blessed are You forever. Amen.

Prayer of Intercession to Your 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, a sinful and unworthy servant, that You may present me worthy of the Lord.
Jesus Christ, and of all the saints. Amen.

**Hymns to the Mother of God**

To you, the champion leader, we your servants ascribe thank-offerings of victory. For you have delivered us from terrors, O Theotokos; but as you have power which is invincible, from all dangers set us free, that we may cry out to you: Rejoice, O bride without bridegroom!

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 my hope in you, O Theotokos. Keep me under your protection.

O Virgin Mother of God the Word, do not despise me, a sinner, needing your help and protection, and have mercy on me, for my soul hopes in you. *(Go to Devotions on p. 27.)*

**Friday:**

**Prayer to our Lord Jesus Christ**

O Lord Jesus Christ, Son of God, for the sake of Your most honorable Mother, Your bodiless angels, Your prophet and forerunner and baptizer John, all the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing Fathers, and by the prayers of all the saints, deliver me from the besetting presence of the devil. My Lord and creator, You do not desire the death of the sinner but that he should be converted and live, grant also conversion to me, wretched and unworthy; snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to hell alive. My Lord, my comfort, You Who were clothed in corruptible flesh for my miserable sake, deliver me from misery and grant comfort to my miserable soul. Implant in my heart to fulfill Your commandments, to forsake my evil deeds, and to receive Your joys. Save me, for I hope in You, O Lord. Amen.

**Prayer of Intercession 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 Christ our God, who alone are pure and blessed.
Prayer of Intercession to Your 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, a 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.

Prayer to the Most Holy Theotokos
(from Compline)

O Lady, Bride of God, spotless, blameless, pure and immaculate Virgin, you who without corruption, by your glorious birth-giving, have united God the Word to man and joined the fallen nature of our race to heavenly things; who alone are the hope of the hopeless, the help of those who do battle; the ready help of those who flee unto you, and the refuge of all Christians: Do not despise me, an accursed sinner, though I have rendered myself unworthy by my shameful thoughts, words, and deeds, and through indolence have become a slave to the pleasures of life; but as the Mother of God the Word Who loves mankind, be merciful and have compassion upon me, a sinner and a prodigal, and receive my prayer, though it be offered unto you by unworthy lips; and using your boldness as a mother, importune your Son, our Lord and Master, that He may open to me also the tender compassions of His goodness so as to overlook my numberless transgressions and turn me to repentance and show me forth as a zealous doer of His commandments.

And because you are merciful, compassionate, and benevolent, be ever near me in this present life as an ardent help and protection, defending me from the assaults of adversaries and leading me to salvation. And at the time of my departure from this life, care for my miserable soul, and drive far from it the dark visions of evil demons; and in the fearful day of judgment, deliver me from eternal punishment, and present me as an inheritor of the ineffable glory of your Son, our God. May this be my lot, O Lady, most holy Theotokos, through your mediation and help, through the grace and love toward mankind of your (†) only-begotten Son, our Lord and God and Savior Jesus Christ, to Whom are due all glory, honor, and worship; with His unoriginate Father and His all-holy and good and life-giving Spirit,
Saturday:
Come Let Us Worship

(†) Come, let us worship and bow down before God our king. (bow)
(†) Come, let us worship and bow down before Christ, our king and our God. (bow)
(†) Come, let us worship and bow down before Christ Himself, our king and our God. (bow)

Now read and meditate on Psalm 103:

Bless the LORD, O my soul! O LORD my God, You are very great! You are clothed with honor and majesty, You cover Yourself with light as with a garment, You have stretched out the heavens like a tent, You have laid the beams of Your chambers on the waters, You make the clouds Your chariot, You ride on the wings of the wind, You make the winds Your messengers, fire and flame Your ministers. You set the earth on its foundations, so that it should never be shaken. You covered it with the deep as with a garment; the waters stood above the mountains. At Your rebuke they fled; at the sound of Your thunder they took to flight. The mountains rose, the valleys sank down to the place which You appointed for them.

You set a bound which they should not pass, so that they might not again cover the earth. You make springs gush forth in the valleys; they flow between the hills, they give drink to every beast of the field; the wild asses quench their thirst. By them the birds of the air have their habitation; they sing among the branches. From Your lofty abode You water the mountains; the earth is satisfied with the fruit of Your work. You cause the grass to grow for the cattle, and plants for man to cultivate, that he may bring forth food from the earth, and wine to gladden the heart of man, oil to make his face shine, and bread to strengthen man's heart. The trees of the LORD are watered abundantly, the cedars of Lebanon which He planted. In them the birds build their nests; the stork has her home in the fir trees. The high mountains are for the wild goats; the rocks are a refuge for the badgers.

You have made the moon to mark the seasons; the sun knows its time for setting. You make darkness, and it is night, when all the beasts of
the forest creep forth. The young lions roar for their prey, seeking their food from God. When the sun rises, they get them away and lie down in their dens. Man goes forth to his work and to his labor until the evening. O LORD, how manifold are Your works! In wisdom You have made them all; the earth is full of Your creatures. Yonder is the sea, great and wide, which teems with things innumerable, living things both small and great. There go the ships, and Leviathan which You formed to sport in it. These all look to You, to give them their food in due season. When You give to them, they gather it up; when You open Your hand, they are filled with good things.

When You hide Your face, they are dismayed; when You take away their breath, they die and return to their dust. When You send forth Your Spirit, they are created; and You renew the face of the ground. May the glory of the LORD endure for ever, may the LORD rejoice in His works, Who looks on the earth and it trembles, Who touches the mountains and they smoke! I will sing to the LORD as long as I live; I will sing praise to my God while I have being. May my meditation be pleasing to Him, for I rejoice in the LORD. Let sinners be consumed from the earth, and let the wicked be no more! Bless the LORD, O my soul! Praise the LORD!

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

Alleluia, alleluia, alleluia, (†) Glory to You, O God. (3x)
O our God and our Hope, glory to You!

(Then the Troparion of the Resurrection in the proper tone, as indicated on your church calendar:)

**TONE 1:** While the stone was sealed by the Jews and the soldiers were guarding Your most pure body, You arose on the third day, O Savior, granting life to the world; for which cause the heavenly powers cried aloud unto You, O giver of life. Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your providence, O You Who alone are the lover of mankind!

**TONE 2:** When You submitted Yourself unto death, O You deathless and immortal One, then You destroyed them with Your godly power. And when You raised the dead from beneath the earth, all the powers of heaven cried aloud unto You: O Christ, You giver of life, glory to
TONE 3: Let the heavens rejoice and the earth be glad. For the Lord has done a mighty act with His own arm. He has trampled down death by death and has become the firstborn from the dead. He has delivered us from the depth of hades, granting the world the great mercy.

TONE 4: Having learned the joyful message of the resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the disciples, saying: Death has been spoiled! Christ God is risen, granting the world great mercy!

TONE 5: Let us believers praise and worship the Word, coeternal with (†) the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the cross in the flesh, to suffer death, and to raise the dead by His glorious resurrection.

TONE 6: When Mary stood at Your grave, looking for Your sacred body, angelic powers shone above Your revered tomb; and the soldiers who were to keep guard became as dead men. You led hades captive and were not tempted thereby. You met the Virgin and gave life to the world. O You Who are risen from the dead, O Lord, glory to You!

TONE 7: You shattered death by Your cross. You opened paradise to the thief. You turned the sadness of the ointment-bearing women into joy and commanded Your apostles to proclaim a warning that You have risen, O Christ, granting to the world the great mercy.

TONE 8: From the heights You descended, O compassionate One, and You submitted to the three-day burial, that You might deliver us from passion. You are our life and our resurrection, O Lord, glory to You!

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 peoples, a light to lighten the Gentiles and the glory of Your people Israel.

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.
If you are planning to receive Holy Communion at the Divine Liturgy in the morning it is very appropriate to prepare yourself by also praying the **Pre-Communion Prayers**. When finished, go to Scripture Readings on p. 28.

**Begin Your Private Devotions**

(†) O God, have mercy upon me and cleanse me a sinner.

(†) Lord Jesus Christ, Son of God, have mercy upon me a sinner.

(†) Lord Jesus Christ, Son of God, have mercy upon me and cleanse me a sinner. (†)

**Prayer for Forgiveness**

Now examine your conscience, asking forgiveness for all those things in which you have sinned:

O Lord our God, if during this day I have sinned, whether in thought, word or deed, forgive me all my sins, 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, together with (†) Your only-begotten Son and Your all-holy Spirit, now and ever and unto ages of ages. Amen.

**Prayer for the Acceptance of God's Will**

(St. Philaret, Metropolitan of Moscow, †1867)

O Lord, I do not know what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs that are concealed from me. I do not dare ask either a cross or consolation, I can only wait on You. Come and help me for Your great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Your holy will and Your inscrutable ways. I offer myself to You as a living sacrifice. You have said, O Lord, "A man's mind plans his ways, but the Lord directs his steps" (Prov. 16:9). Do not forsake me, O Lord, for I have put all my trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Holy Spirit, (†) pray You Yourself in me. Amen.

*Here you may add your own private intercessions, entreating the Lord in your own words. When finished, pray the following prayer:*
A Prayer to our Lord Jesus Christ  
(from Compline)

And grant unto us, O Master, when we depart to sleep, repose of body and soul; and protect us from the murky sleep of sin and from all the dark pleasures of the night. Calm the impulses of passions, and quench the fiery darts of evil which are craftily thrown against us; check the turbulence of our flesh, and still all earthly and material thoughts. And grant us, O God, a watchful mind, a prudent reason, a vigilant heart, a tranquil sleep free from all the fantasies of Satan. Raise us up again at the time of prayer strengthened in Your commandments, holding steadfastly within us the remembrance of Your judgments. Grant us grace to glorify You all through the night, that we may praise and 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.

If you prefer to read the texts assigned for the day during your evening prayers, you may do so at this point, beginning with this prayer before the readings:

Shine in our hearts, O Master Who loves mankind, the pure light of Your divine knowledge, and open the eyes of our minds to understand Your Gospel teachings; enable us also to fear Your blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual way of life, both thinking and doing what pleases You; for You illumine our souls and bodies, O Christ our God, and we glorify You, together with Your (†) Eternal Father, and Your all-holy, good, and life-giving Spirit, now and ever, and unto ages of ages. Amen.

Scripture Readings (When finished, return here.)

When the time for sleep comes, kiss your cross and make the sign of the cross over your bed, from head to foot and from side to side, saying:

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, I commend my soul and my body. O Lord, bless me, have mercy on me, and grant me life eternal. Amen.