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

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
Conclusion 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 Conclusion 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 Conclusion 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 Conclusion 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 Conclusion 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 Conclusion on p. 13.)

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