now and ever, and unto ages of ages. Amen. *(Go to Devotions on p. 27.)*

**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

**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 Hexap Psalm 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.

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 assualts 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,