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.


*(If you can, say the Trisagion by heart, then go to Morning or Evening prayers.)*

**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,

10Your kingdom come, Your will be done

On earth as it is in heaven.

11Give us this day our daily bread.

12And forgive us our trespasses,

As we forgive those who trespass against us.

13And 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)

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...