

## THE TRISAGION PRAYERS

In the name of the Father and of the Son and of the Holy Spirit. Amen.

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. (*Thrice, bowing*)

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. (*Thrice*)

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,  
<sup>10</sup>Your kingdom come, Your will be done  
On earth as it is in heaven.  
<sup>11</sup>Give us this day our daily bread.  
<sup>12</sup>And forgive us our trespasses,  
As we forgive those who trespass against us.  
<sup>13</sup>And do not lead us into temptation,  
But deliver us from evil.  
<sup>13</sup>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 ever, and] unto ages of ages. Amen.

(*then evening prayers, or...*)

## 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.

Both 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 the Great*

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] 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 worshipped 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.**

*(then personal prayers...)*

**PSALM 50 [51]**

<sup>1</sup> Have mercy on me, God, according to your loving kindness. According to the multitude of your tender mercies, blot out my transgressions. <sup>2</sup> Wash me thoroughly from my iniquity. Cleanse me from my sin. <sup>3</sup> For I know my transgressions. My sin is constantly before me. <sup>4</sup> 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. <sup>5</sup> Behold, I was brought forth in iniquity. In sin my mother conceived me. <sup>6</sup> Behold, you desire truth in the inward parts. You teach me wisdom in the inmost place. <sup>7</sup> Purify me with hyssop, and I will be clean. Wash me, and I will be whiter than snow. <sup>8</sup> Let me hear joy and gladness, That the bones which you have broken may rejoice. <sup>9</sup> Hide your face from my sins, And blot out all of my iniquities.

<sup>10</sup> Create in me a clean heart, O God. Renew a right spirit within me. <sup>11</sup> Do not throw me from your presence, And do not take your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation. Uphold me with a willing spirit. <sup>13</sup> Then I will teach transgressors your ways. Sinners shall be converted to you. <sup>14</sup> Deliver me from bloodguiltiness, O God, the God of my salvation. My tongue shall sing aloud of your righteousness. <sup>15</sup> Lord, open my lips. My mouth shall declare your praise. <sup>16</sup> For you do not delight in sacrifice, or else I would give it. You have no pleasure in burnt offering. <sup>17</sup> The sacrifices of God are a broken spirit. A broken and contrite heart, O God, you will not despise. <sup>18</sup> Do good in your good pleasure to Zion. Build the walls of Jerusalem. <sup>19</sup> 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.

*(Here you may add your own personal prayers and intercessions, using your own words in "My Daily Prayer Guide" or the following prayers, or you can conclude with this prayer:)*

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

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