

# The Orthodox Prayers

The Lord's Prayer .....	3
The Creed.....	4
Introductory Prayer.....	5
The "Jesus Prayer" .....	6
Prayer at Daybreak - Archimandrite Sophronios.....	7
Morning Prayers .....	9
Psalm 50 .....	10
Prayers at mealtime.....	11
Evening Prayers.....	14
The Thrice-Holy.....	15
Prayers of Preparation Before Holy Communion.....	16
Prayers of Thanksgiving After Holy Communion .....	19
Prayer to the Holy Spirit.....	21
Prayers to the Mother of God.....	22
Prayers to the Guardian Angel.....	24
Prayers to the Patron Saint.....	25
Prayer of Saint Basil the Great.....	26
Prayer of Saint John Chrysostom.....	27
Prayer of Saint Ephraim.....	29
Prayer of Philaret, Metropolitan of Moscow.....	30
Prayer of the Optina Elders .....	31
Prayer for the Dead .....	32
Prayer for the Living .....	33
Prayer of the Married.....	34
Prayer for Parents .....	35
Prayer of Parents for their Children.....	36
Prayer for Enemies .....	37
Prayers of Thanksgiving.....	38

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

## **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy 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 lead us not into temptation,  
but deliver us from the evil one.  
For Thine 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 the ages of ages.

## The 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 ages; Light of Light, true God of true God; begotten, not made; being of one essence with the Father; by Whom all things were made;

Who for us men, and for our salvation, came down from the Heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man;

And was crucified for us under Pontius Pilate, suffered and was buried;

And arose again on the third day according to the Scriptures;

And ascended into the Heavens, and sitteth at the right hand of the Father;

And shall come again, with glory, to judge both the living and the dead; Whose Kingdom shall have no end;

And in the Holy Spirit, the Lord, the Giver of life; Who proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the Prophets;

In One, Holy, Catholic, and Apostolic Church.

I confess one baptism for the remission of sins.

I look for the resurrection fo the dead,

And the life of the age to come. Amen.

## Introductory Prayer

Glory to Thee, O our God, glory to Thee!

O God, be merciful to me, a sinner. *(three times)*

O Lord, Jesus Christ, the Son of God, by the prayers of Thy most pure Mother, and all the saints, have mercy upon us.

## **The "Jesus Prayer"**

O Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

## Prayer at Daybreak - Archimandrite Sophronios

O Lord Eternal and Creator of all things,  
Who of Thy inscrutable goodness called me to this life;  
Who bestowed on me the grace of Baptism  
and the Seal of the Holy Spirit;  
Who imbued me with the desire to seek Thee,  
the one true God: hear my prayer.  
I have no life, no light, no joy or wisdom;  
no strength except in Thee, O God.  
Because of my unrighteousness I dare not raise my eyes to Thee.  
But Thou said to Thy disciples,  
'Whatsoever you shall ask in prayer believing, you shall receive.'  
and 'Whatsoever you shall ask in my name, that will I do.'  
Wherefore I dare to invoke Thee.  
Purify me from all taint of flesh and spirit.  
Teach me to pray aright.  
Bless this day which Thee give unto me, Thy unworthy servant.  
By the power of Thy blessing enable me at all times to speak  
and act to Thy glory with a pure spirit, with humility, patience,  
love, gentleness, peace, courage and wisdom:  
aware always of Thy presence.  
Of Thy immense goodness, O Lord God, show me the path of Thy will,  
and grant me to walk in Thy sight without sin.  
O Lord, unto Whom all hearts be open,  
Thee know what things I have need of.  
Thee are acquainted with my blindness and my ignorance,  
Thee know my infirmity and my soul's corruption;  
but neither are my pain and anguish hid from Thee.  
Wherefore I beseech Thee, hear my prayer and by Thy Holy Spirit  
teach me the way wherein I should walk;  
and when my perverted will would lead me down other paths  
spare me not O Lord, but force me back to Thee.  
By the power of Thy love, grant me to hold fast to that which is good.  
Preserve me from every word or deed that corrupts the soul;  
from every impulse displeasing in Thy sight and hurtful to my brother-man.  
Teach me what I should say and how I should speak.  
If it be Thy will that I make no answer,  
inspire me to keep silent in a spirit of peace  
that causes neither sorrow nor hurt to my fellow man.  
Establish me in the path of Thy commandments  
and to my last breath let me not stray from the light of Thy ordinances,  
that Thy commandments may become the sole law  
of my being on this earth and all eternity.

Yea, Lord, I pray to Thee, have pity on me.  
Spare me in my affliction and my misery  
and hide not the way of salvation from me.  
In my foolishness, O God, I plead with Thee for many and great things.  
Yet am I ever mindful of my wickedness, my baseness, my vileness.  
Have mercy upon me.  
Cast me not away from your presence because of my presumption.  
Do Thee rather increase in me this presumption,  
and grant unto me, the worst of men,  
to love Thee as Thee have commanded, with all my heart, and with all my soul,  
and with all my mind, and with all my strength:  
with my whole being.  
Yea, O Lord, by Thy Holy Spirit, teach me good judgment and knowledge.  
Grant me to know Thy truth before I go down into the grave.  
Maintain my life in this world until I may offer unto Thee worthy repentance.  
Take me not away in the midst of my days, nor while my mind is still blind.  
When Thee shall be pleased to bring my life to an end,  
forewarn me that I may prepare my soul to come before Thee.  
Be with me, O Lord, at that dread hour and grant me the joy of salvation.  
Cleanse me from secret faults, from all iniquity that is hidden in me;  
and give me a right answer before Thy judgment-seat.  
Yea, Lord, of Thy great mercy and immeasurable love for mankind.

## Morning Prayers

Thou hast raised me from bed and sleep, O Lord; enlighten my mind and heart, and open my lips, that I may praise Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God. For the sake of the Mother of God, have mercy upon us.

O Christ, the True Light, Who illuminest and sanctifiest every human being coming into the world: let the light of Thy countenance be turned upon us, that in it we may behold the unapproachable Light. guide our footsteps toward working according to Thy commandments, through the intercessions of Thy most pure Mother, and of all the saints. Amen.

To Thee, O Master Who lovest mankind, I hasten on rising from sleep; by Thy mercy I go forth to do Thy works, and I pray unto Thee: help me at all times, and in all things; deliver me from every evil thing of this world and from the pursuit of the devil; save me and lead me into Thine eternal Kingdom. For Thou art my Creator, Provider and Bestower of every good; wherefore all my hope is in Thee, and to Thee I ascribe glory, now and ever, and unto ages of ages. Amen.

We bless Thee, O God in the highest and Lord of mercies, Who ever workest great and mysterious deeds for us, glorious, wonderful and countless, Who providest us with sleep as a rest from our infirmities, and as a repose for our bodies tired by labor. We thank Thee that Thou hast not destroyed us in our transgressions, but in Thy love toward mankind, Thou hast raised us up that we might glorify Thy Majesty. We entreat Thine 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 Thy praise, that we may unceasingly sing and confess Thee, Who art God glorified in all and by all, the eternal Father, the Only-Begotten Son, and the All-Holy and Good and Life-Giving Spirit, now and ever, and unto ages of ages. Amen.

Grant unto me, my Lord, that with peace in mind I may face all that this new day is to bring. Grant unto me grace to surrender myself completely to Thy holy will. Instruct and prepare me in all things for every hour of this day. Whatsoever tidings I may receive during the day, do Thou teach me to accept them calmly, in the firm conviction that all eventualities fulfill Thy holy will. Govern Thou my thoughts and feelings in all I do and say. When things unforeseen occur, let me not forget that all cometh down from Thee. Teach me to behave sincerely and reasonably toward every member of my family and all other human beings, that I may not cause confusion and sorrow to anyone. Bestow upon me, my Lord, strength to endure the fatigue of the day and to bear my share in all its passing events. Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen.

## Psalm 50

Have mercy upon me, O God, according to thy great mercy: according to the multitude of thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity: and my sin is ever before me. Against thee only have I sinned, and done evil in thy sight: that thou mightest be justified in thy words, and prevail when thou art judged. For behold, I was shapen in iniquity: and in sins did my mother conceive me. For behold, thou hast loved truth: the unclear and hidden things of thy wisdom thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which thou hast broken shall rejoice. Turn away thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from thy presence: and take not thy holy spirit from me. Restore unto me the joy of thy salvation: and steady me with thy guiding Spirit. Then will I teach transgressors thy ways: and the impious shall be converted unto thee. Deliver me from blood-guiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips: and my mouth shall declare thy praise. For hadst thou desired sacrifice, I would have given it to thee: thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, O God, thou wilt not despise. Do good, O Lord, in thy good will unto Zion: that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offering and whole burnt offerings: then shall they offer bullocks upon thine altar.

## Prayers at mealtime

### *Before Breakfast*

O Most Holy Trinity, have mercy on us! Lord, cleanse us from our sins! Master, pardon our transgressions! Holy One, visit and heal our infirmities for Thy name's sake.

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! (*3 times*)

O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever and unto ages of ages. Amen.

### *After Breakfast*

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true 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! (*3 times*)

God is with us, through His Grace and love for mankind, always now and ever, and unto ages of ages. Amen.

### *Before Lunch*

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy 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 lead us not into temptation, but deliver us from evil.

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! (*3 times*)

O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever and unto ages of ages. Amen.

### *After Lunch*

We thank Thee, Christ our God, for Thou hast satisfied us with Thine earthly gifts. Deprive us not of Thy Heavenly Kingdom, but as Thou camest among Thy disciples, O Savior, giving them peace, so come to us and save us!

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! (*3 times*)

Blessed is God, Who has had mercy on us and fed us from His rich gifts, through His Grace and love for mankind, always, now and ever and unto ages of ages. Amen.

### *Before Supper*

The poor shall eat and be satisfied, and those who seek the Lord shall praise Him; their hearts shall live forever!

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! (*3 times*)

O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever and unto ages of ages. Amen.

### *After Supper*

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

Your womb became a Heavenly Table, bearing the Heavenly Bread - Christ our God. Whoever eats of Him shall not die, O Birth-giver of God, according to the word of the Nourisher of all.

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Theotokos, we magnify you.

Thou, O Lord, hast made us glad by Thy works; in the works of Thy hands shall we rejoice. Lift up the Light of Thy countenance upon us, O Lord! Thou hast put joy in my heart. With the fruit of wheat, wine and oil have we been satisfied. In peace I will both lie down and sleep; for Thou alone, O Lord, makest me to dwell in hope.

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! (*3 times*)

God is with us, through His Grace and love for mankind, always now and ever, and unto ages of ages. Amen.

## Evening Prayers

And now as we lay down to sleep, O Master, grant us repose both of body and of soul, and keep us from the dark passions of the night. Subdue Thou the assaults of passions. Quench the fiery darts of the Wicked One which are thrown insidiously at us; calm the commotions of our flesh and put away all thoughts about worldly and material things as we go to sleep. Grant us, O God, a watchful mind, chaste thoughts, a sober heart, and a gentle sleep, free from all the fantasies of Satan. And raise us up again at the hour of prayer, established in Thy commandments and holding steadfast within ourselves the remembrance of Thy judgments. Give us the words of Thy glorification all night long, that we may praise, bless, and glorify Thy most honorable and magnificent name, O Father, Son and Holy Spirit, now and ever, and unto ages of ages. Amen.

O eternal God! Ruler of all creation! Who hast vouchsafed that I should live even down to the present hour, forgive the sins I have committed this day by deed, word or thought. Cleanse, O Lord, my humble soul of all corporal and spiritual stain. And grant, O Lord, that I may during this night have a peaceful sleep, so that on rising from my humble bed, I should continue to praise Thy holy Name throughout all the days of my life, and that I be victorious over all the physical and spiritual enemies battling against me. Deliver me, O Lord, from all vain thoughts that defile me, and from evil desires. For Thine 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.

O Lord our God, however I have sinned this day in word, deed or thought, forgive me, for Thou art gracious and lovest mankind. Grant me peaceful and undisturbed sleep. Send me Thy guardian angel to shield me and protect me from every evil; for Thou art the Guardian of our souls and bodies, and unto Thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Into Thy hands, O Lord, Jesus Christ, my God, I commend my spirit. Bless me, save me and grant unto me everlasting life. Amen.

## The Thrice-Holy

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Three times*)

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

O All-Holy Trinity, have mercy on us; O Lord, wash away our sins; O Master, forgive us our iniquities; O Holy One, visit and heal our infirmities, for thy Name's sake.

Lord have mercy! (*Three times*)

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

## Prayers of Preparation Before Holy Communion

### A Prayer of St. Basil the Great

O Lord and Master, Jesus Christ, our God, Fountain of life and immortality, Creator of all things visible and invisible; Consubstantial and Co-eternal Son of the eternal Father, who in thine exceeding great love didst become incarnate in the latter days, and was crucified for us ungrateful and wicked children, and by thine own Blood didst renew our nature corrupted by sin; Do thou, O Immortal King, receive me, a repentant sinner; incline thine ear unto me and hear my prayer. I have sinned, O Lord, I have sinned against heaven and before thee, and I am not worthy to lift up my eyes to the majesty of thy glory, for I have affronted thy goodness, and broken thy commandments, and disobeyed thy laws. But thou, O Lord most loving, long-suffering and merciful, hast not given me over to perish in my sin, but dost ever await my return. For, O Thou who lovest mankind, thou hast said, by thy Prophet, that thou hast no pleasure in the death of a sinner, but rather that he should turn from his wickedness and live. Thou dost not desire, O Master, to destroy the works of thy hands or that they should perish, but willest that all men should be saved and come to the knowledge of the Truth. Wherefore I, although unworth both of heaven and of earth and of this temporary life, even I, a wretched sinner who had given myself over to every evil desire, despair not of salvation, though I have been wholly subject to sin, a slave to passion, and have defiled thine image within me, who am thy creation and thy work; but trusting in thine infinite compassion, draw nigh unto thee. Receive me, O Lord, thou that lovest mankind, as thou didst receive the sinful woman, the thief, the publican and the prodigal son. Take away the heavy burden of my sins, O Thou that takest away the sins of the world, and healest the infirmities of men, and callest all that are weary and heavy laden to thyself and givest them rest; thou that camest not to call the righteous but sinners to repentance, cleanse thou me from all stain of body and soul and teach me to fulfill holiness in thy fear, that with the witness of my conscience pure, I may receive a portion of thy Holy Gifts, and be united to thy Holy Body and Precious Blood, and may have thee, with thy Father and Holy Spirit, dwelling and abiding in me. And grant, O Lord Jesus Christ, my God, that the partaking of thy precious and Life-giving Mysteries may not be to my condemnation, nor may not through the weakness of my soul and body be received unworthily; but grant that, even unto my last breath, I may partake of a portion of thy Holy Gifts without condemnation, unto the Communion of thy Holy Spirit, as a preparation for eternal Life and for a good defence at thy dread Judgement Seat; so that I, together with all thine elect, may also receive those incorruptible good things which thou hast prepared for them that love thee, O Lord; in whom thou art glorified forever. Amen.

### **Another Prayer of St. Basil the Great**

O Lord, I know that I am unworthy to receive thy Holy Body and Precious Blood; I know that I am guilty, and that I eat and drink condemnation to myself, not discerning the Body and Blood of Christ my God. But trusting in thy loving-kindness I come unto thee who hast said: He that eateth my Body and drinketh my Blood shall dwell in me and I in him. Therefore, O Lord, have compassion on me and make not an example of me, thy sinful servant. But do unto me according thy great mercy, and grant that these Holy Gifts may be for me unto the healing, purification, enlightenment, protection, salvation and sanctification of my soul and body, and to the expulsion of every evil imagination, sinful deed or work of the Devil. May they move me to reliance on thee and to love thee always, to amend and keep firm my life; and be ever in me to the increase of virtue, to the keeping of the Holy Spirit, and as a good defence before thy dread Judgement Seat, and for Life Eternal. Amen.

### **A Prayer of St. John Chrysostom**

O Lord my God, I know that I am not worthy nor sufficient that thou shouldest enter under my roof into the habitation of my soul, for it is all deserted and in ruins, and thou hast not a fitting place in me to lay thy head. But as from the heights of thy glory thou didst humble thyself, so now bear me in my humility; as thou didst deign to lie in a manger in a cave, so deign now also to come into the manger of my mute soul and corrupt body. As thou didst not refrain from entering into the house of Simon the leper, or shrink from eating there with sinners, so also vouchsafe to enter the house of my poor soul, all leprous and full of sin. Thou didst not reject the sinful woman who ventured to draw near to touch thee, so also have pity on me, a sinner, approaching to touch thee. And grant that I may partake of thine All-holy Body and Precious Blood for the sanctification, enlightenment and strengthening of my weak soul and body; for the relief from the burden of my many sins; for my preservation against all the snares of the devil; for victory over all my sinful and evil habits; for the mortification of my passions; for obedience to thy Commandments; for growth in thy divine Grace and for the inheritance of thy Kingdom. For it is not with careless heart that I approach thee, O Christ my God, but I come trusting in thine infinite goodness, and fearing lest I may be drawn afar from thee and become the prey of the wolf of souls. Wherefore I pray thee, O Master, who alone art holy, that thou wouldest sanctify my soul and body, my mind and heart and reins, and renew me entirely. Implant in my members the fear of thee, be thou my helper and guide, directing my life in the paths of peace, and make me worthy to stand at thy right hand with thy Saints; through the prayers and intercessions of thine immaculate Mother, of thy Bodiless Servitors, of the immaculate Powers, and of all the Saints who from all ages have been well-pleasing unto thee. Amen.

### **A Prayer of St. John of Damascus**

O Lord and Master Jesus Christ, our God, who alone hath power to forgive the sins of men, do thou, O Good One who lovest mankind, forgive all the sins that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation thy divine, glorious, immaculate and life-giving Mysteries; not unto punishment or unto increase of sin; but unto purification, and sanctification and a promise of thy Kingdom and the Life to come; as a protection and a help to overthrow the adversaries, and to blot out my many sins. For thou art a God of Mercy and compassion and love toward mankind, and unto Thee we ascribe glory together with the Father and the Holy Spirit; now and ever, and unto ages of ages. Amen.

### **Another Prayer of St. John of Damascus**

I stand before the gates of thy Temple, and yet I refrain not from my evil thoughts. But do thou, O Christ my God, who didst justify the publican, and hadst mercy on the Canaanite woman, and opened the gates of Paradise to the thief; open unto me the compassion of thy love toward mankind, and receive me as I approach and touch thee, like the sinful woman and the woman with the issue of blood; for the one, by embracing thy feet received the forgiveness of her sins, and the other by but touching the hem of thy garment was healed. And I, most sinful, dare to partake of thy whole Body. Let me not be consumed but receive me as thou didst receive them, and enlighten the perceptions of my soul, consuming the accusations of my sins; through the intercessions of Her that without stain gave Thee birth, and of the heavenly Powers; for thou art blessed unto ages of ages. Amen.

### **A Prayer of St. John Chrysostom**

I believe, O Lord, and I confess that thou art truly the Christ, the Son of the living God, who didst come into the world to save sinners, of whom I am chief. And I believe that this is truly thine own immaculate Body, and that this is truly thine own precious Blood. Wherefore I pray thee, have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance; and make me worthy to partake without condemnation of thine immaculate Mysteries, unto remission of my sins and unto life everlasting. Amen. Of thy Mystic Supper, O Son of God, accept me today as a communicant; for I will not speak of thy Mystery to thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess thee: Remember me, O Lord, in thy Kingdom. Not unto judgement nor unto condemnation be my partaking of thy Holy Mysteries, O Lord, but unto the healing of soul and body.

## **Prayers of Thanksgiving After Holy Communion**

Glory to thee, O God; Glory to thee, O God; Glory to thee, O God.

I thank thee, O Lord my God, that thou hast not rejected me, a sinner, but hast accounted me worthy to become a communicant of thy Holy Mysteries. I thank thee that thou hast accounted me, the unworthy, worthy to partake of thine immaculate and heavenly gifts. But, O Master who lovest mankind, who didst both die for us and rise again, and didst bestow upon us these thy terrible and life-giving Mysteries for the benefitting and sanctification of our souls and bodies: grant that they may be for me also unto the healing of soul and body, unto the averting of everything contrary thereto; unto the enlightenment of the eyes of my heart; unto the peace of my spiritual powers; unto faith invincible; unto love unfeigned; unto fulfilling of wisdom; unto the keeping of thy commandments; unto growth in thy divine grace, and the attainment of thy kingdom: that by them preserved in thy holiness, I may ever remember thy grace, and henceforth live not unto myself, but unto thee, our Master and Benefactor. And thus, when this life is ended, in the hope of eternal life, I may attain unto everlasting rest, where the voice of those who keep festival is unceasing, and the delight of those who behold the ineffable beauty of thy countenance is boundless; for thou art the true desire and unutterable joy of all those who love thee, O Christ our God, and all creation hymneth thee forever. Amen.

### **A Prayer of St. Basil the Great**

O Master, Christ our God, King of the ages, and maker of all things: I thank thee for all the good things which thou hast bestowed upon me, and for this partaking of thine immaculate and life-giving Mysteries. Wherefore I pray thee, who art good and lovest mankind: Keep me under thy protection, and in the shadow of thy wings; and grant unto me with a pure conscience and even unto my last breath, to partake of thy holy Mysteries, unto remission of sins and unto life everlasting. For thou art the Bread of Life, the Fountain of holiness, the Giver of good things, and unto thee we ascribe Glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

### **A Prayer of St. Simeon Metaphrastes**

O Thou who willingly dost give thy flesh to me as food, Thou who art a Fire, consuming the unworthy, Consume me not, O my Creator; But rather pass through all my body parts, Into all my joints, my reins, my heart. Burn thou the thorns of all my transgressions, Cleanse my soul, and hallow thou my thoughts. Make firm my knees, and my bones likewise; Enlighten as one my five senses, Establish me wholly in thy fear; Ever shelter me, and guard and keep me From every soul-corrupting deed and word, Chasten me, purify me, and control me; Adorn me, teach me, and

enlighten me. Show me to be a Tabernacle of thy Spirit only, And in no wise the dwelling-place of sin, That from me, thy habitation, through the entrance of thy Communion, Every evil deed and every passion may flee as from fire. As intercessors I bring to thee all the Saints, Both the Angelic Leaders of the Bodiless Powers, Thy Fore-runner, and thy wise Apostles; And besides these, thine immaculate and chaste Mother; Do thou accept their prayers, my Christ, who art Compassionate, And make thy servant to be a child of the light: For thou alone, Good Lord, are the sanctification and splendor of our souls, And to thee as God and Master, day by day, Duly we all ascribe glory.

May thy holy Body, O Lord Jesus Christ our God, be unto me for life eternal, and thy precious Blood unto remission of my sins. May this Eucharist be unto me for joy, health, and gladness; and at thy dread Second Coming make me, a sinner, worthy to stand at the right hand of thy glory: through the intercessions of thine all-immaculate Mother and of all thy Saints. Amen.

### **A Prayer to the All-Holy Theotokos**

O All-holy Lady Theotokos, light of my darkened soul, my hope, my shelter, my refuge, my consolation and my joy: I thank thee that thou hast accounted me worthy, although unworthy, to be a partaker of the immaculate Body and precious Blood of thy Son. But do thou, who gavest birth to the true Light, enlighten the mental eyes of my heart; O thou who didst bear the fountain of immortality, quicken thou me who lie dead in sin. O compassion-loving Mother of the merciful God, have mercy upon me and grant me humility and contrition of heart, and meekness in my thoughts, and deliverance from the bondage of my vain imaginings. And account me worthy, even unto my last breath, to receive without condemnation the sanctification of the immaculate Mysteries, unto the healing of both soul and body. And grant unto me tears of repentance and confession, that I may hymn thee and glorify thee all the days of my life: for blessed and glorified art thou unto all ages. Amen.

## **Prayer to the Holy Spirit**

O Heavenly King, the comfortor, the spirit of Truth, Who art present everywhere and fillest all things; Treasury of Blessings and Giver of Life; come and abide in us and cleanse us from every stain, and save our souls, O Gracious One.

## Prayers to the Mother of God

Rejoice Mary, Mother of God, Virgin, full of grace, the Lord is with thee: blessed art thou among women and blessed is the Fruit of thy womb, for thou hast borne the Savior of our souls.

Meet it is in truth, to glorify thee, O Birth-giver of God, ever blessed, and all undefiled, the Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, thou who without stain didst bear God the word, true Birth-giver of God, we magnify thee.

O gracious Mother of the gracious God, O most pure and blessed Mary, the Mother of God, pour the mercy of thy Son and our God upon my impassionate soul, and with thine intercessions set me unto good deeds, that I may pass the rest of my life without blemish and, with thine aid, attain heaven. O Virgin mother of God, the only one who art pure and blessed. O Queen of the Heavenly Host, Defender of our souls: being delivered from evil, as thy servants, O Mother of God, we offer unto thee the hymns of thanks and victory; but as thou hast power invincible, deliver us from all calamity, that we may cry unto thee: Rejoice, O ever-Virgin Bride!

O virgin, spotless, undefiled, unstained, all-chaste and Pure Lady, Bride of God, who by the glorious birth-giving hast united God the Word with Man and linked our fallen nature with Heavenly Things; who art the hope of the hopeless, the helper of the oppressed, the ready protection of those who haste unto thee, and the refuge of Christians; despise me not, who am defiled and sinful, who by my wicked thoughts, words and deeds, have become an unworthy servant, and by my slothfulness have turned into a slave to evil affections. O Mother of the God of Love, have mercy and compassion upon me, a sinner and a prodigal. Accept this prayer which is offered to thee from my impure lips; and putting forward thy maternal influence with thy Son, my Lord and Master, beseech Him to open unto me the lovingkindness of His grace; beseech Him to overlook my countless transgressions, to give me true repentance and to make me to be a zealous doer of His commandments. And thou, being gracious and compassionate and tender-hearted, be thou ever present with me in this life as my defender and helper, so that I may turn aside the assault of my enemies, and guide me into salvation; help my poor soul at the hour of my death, and drive far from it all the dark forms of the evil ones. And in the dreadful Judgement Day, deliver me from everlasting punishment, and present me as an inheritor of the ineffable glory of the son, our God.

O may I obtain this, most-holy Lady and Birth-giver of God, through thine intercessions and mediations, by the grace and exceeding great love of thine Only-Begotten son, my Lord and God and Savior, Jesus Christ, to Whom is due, with the eternal Father and the All-Holy, Good and Life-Giving Spirit, all honor and glory and worship, now and ever, and unto ages of ages. Amen.

O most glorious Ever-Virgin Mary, Mother of Christ our God, accept our prayers and present them to thy son and our God, that He may, for thy sake, enlighten and save our souls.

## Prayers to the Guardian Angel

O angel of God, my holy guardian, given to me from heaven, enlighten me this day, and save me from all evil. Instruct me in doing good deeds, and set me on the path of salvation. Amen.

O angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the Evil One. May I never again anger God by my sins. Pray for me to the Lord, that He may make me worthy of the grace of the All-Holy Trinity, and of the blessed Mother of God, and of all the saints. Amen.

## Prayers to the Patron Saint

O saint of God, (*the name of the saint*), pray to God for me, for my home and my family. Amen.

Pray to God for me, O saint (*the name of the saint*), well-pleasing to God, for I readily recommend myself to you, who are the speedy helper and intercessor for my soul. Amen.

## Prayer of Saint Basil the Great

O God and Lord of the Powers, and Maker of all creation, Who, because of Thy clemency and incomparable mercy, didst send Thine Only-Begotten Son and our Lord Jesus Christ for the salvation of mankind, and with His venerable Cross didst tear asunder the record of our sins, and thereby didst conquer the rulers and powers of darkness; receive from us sinful people, O merciful Master, these prayers of gratitude and supplication, and deliver us from every destructive and gloomy transgression, and from all visible and invisible enemies who seek to injure us. Nail down our flesh with fear of Thee, and let not our hearts be inclined to words or thoughts of evil, but pierce our souls with Thy love, that ever contemplating Thee, being enlightened by Thee, and discerning Thee, the unapproachable and everlasting Light, we may unceasingly render confession and gratitude to Thee: The eternal Father, with Thine Only-Begotten Son, and with Thine All-Holy, Gracious, and Life-Giving Spirit, now and ever, and unto ages of ages. Amen.

## Prayer of Saint John Chrysostom

### According to the Hours of the Day and Night

1. O Lord, deprive me not of Thy heavenly blessings;
2. O Lord, deliver me from eternal torment;
3. O Lord, if I have sinned in my mind or thought, in word deed, forgive me.
4. O Lord, deliver me from every ignorance and heedlessness, from pettiness of the soul and stony hardness of heart;
5. O Lord, deliver me from every temptation;
6. O Lord, enlighten my heart darkened by evil desires;
7. O Lord, I, being a human being, have sinned; do Thou, being God, forgive me in Thy lovingkindness, for Thou knowest the weakness of my soul.
8. O Lord, send down Thy grace to help me, that I may glorify Thy holy Name;
9. O Lord Jesus Christ, inscribe me, Thy servant, in the Book of Life, and grant me a blessed end;
10. O Lord my God, even if I have done nothing good in Thy sight, yet grant me, according to Thy grace, that I may make a start in doing good.
11. O Lord, sprinkle on my heart the dew of Thy grace;
12. O Lord of heaven and earth, remember me, Thy sinful servant, cold of heart and impure, in Thy Kingdom.
13. O Lord, receive me in repentance;
14. O Lord, leave me not;
15. O Lord, save me from temptation;
16. O Lord, grant me pure thoughts;
17. O Lord, grant me tears of repentance, remembrance of death, and the sense of peace;
18. O Lord, grant me mindfulness to confess my sins;

19. O Lord, grant me humility, charity, and obedience;
20. O Lord, grant me tolerance, magnanimity, and gentleness;
21. O Lord, implant in me the root of all blessings: the fear of Thee in my heart;
22. O Lord, vouchsafe that I may love Thee with all my heart and soul, and that I may obey in all things Thy will;
23. O Lord, shield me from evil persons and devils and passions and all other lawless matters;
24. O Lord, Who knowest Thy creation and that which Thou hast willed for it; may Thy will also be fulfilled in me, a sinner, for Thou art blessed forevermore. Amen.

## Prayer of Saint Ephraim

O Lord and Master of my life,  
Grant not unto me a spirit of idleness,  
of discouragement,  
of lust for power,  
and of vain speaking.

But bestow upon me, Thy servant,  
the spirit of chastity,  
of meekness,  
of patience,  
and of love.

Yea, O Lord and King,  
grant that I may perceive  
my own transgressions,  
and judge not my brother,  
for blessed art Thou  
unto ages of ages.  
Amen.

## Prayer of Philaret, Metropolitan of Moscow

My Lord, I know not what I ought to ask of Thee.  
Thou and Thou alone knowest my needs.  
Thou lovest me more than I am able to love Thee.  
O Father, grant unto me, Thy servant, all which I cannot ask.  
For a cross I dare not ask, nor for consolation;  
I dare only to stand in Thy presence.  
My heart is open to Thee.  
Thou seest my needs of which I myself am unaware.  
Behold and lift me up!  
In Thy presence I stand,  
awed and silenced by Thy will and Thy judgments,  
into which my mind cannot penetrate.  
To Thee I offer myself as a sacrifice.  
No other desire is mine but to fulfill Thy will.  
Teach me how to pray.  
Do Thyself pray within me.  
Amen.

## Prayer of the Optina Elders

Grant unto me, O Lord, that with peace of mind I may face all that this new day is to bring.

Grant unto me to dedicate myself completely to Thy Holy Will.

For every hour of this day, instruct and support me in all things.

Whatsoever tidings I may receive during the day, do Thou teach me to accept tranquilly, in the firm conviction that all eventualities fulfill Thy Holy Will.

Govern Thou my thoughts and feelings in all I do and say.

When things unforeseen occur, let me not forget that all cometh down from Thee.

Teach me to behave sincerely and rationally toward every member of my family, that I may bring confusion and sorrow to none.

Bestow upon me, my Lord, strength to endure the fatigue of the day, and to bear my part in all its passing events.

Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love.

Amen

## Prayer for the Dead

Into thy hands, O Lord, I commend the souls of thy servants (*names*), and beseech Thee to grant them rest in the place of thy rest, where all thy blessed Saints repose, and where the light of thy countenance shineth forever. And I beseech Thee also to grant that our present lives may be godly, sober, and blameless, that, we too may be made worthy to enter into thy heavenly Kingdom with those we love but see no longer: for Thou art the Resurrection, and the Life, and the Repose of thy departed servants, O Christ our God, and unto Thee 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 the Living

O Lord Jesus Christ, our God, in Thy mercies and lovingkindness Thou regardest the humble prayers of all who call upon Thee with their whole heart; incline Thine ear and hear now my prayer, offered to Thee in humility:

Be Mindful, O Lord, of Thy Holy, Universal and Apostolic Church; confirm and strengthen her, increase her and keep her in peace, and preserve her unconquerable forever.

Be mindful, O Lord, of our bishop, (*your bishop's name*), and of every bishop of the Orthodox Church; the priests and deacons, and all the clergy of the Church, which Thou hast established to feed the flock of Thy word; and by their prayers have mercy upon me and save me, a sinner.

Be mindful, O Lord, of all civil authorities, of our armed forces, of this city in which we reside, and of every city and the countryside; grant them peaceful times, that we, in their tranquility, may lead a calm and peaceful life in all godliness and sanctity.

Be mindful, O Lord, of my parents, (*their names*), of my brothers and sisters, (*their names*), of relatives, (*their names*), and of my friends, (*their names*); grant that they may have mercy, life, peace, health, salvation and visitation, pardon and remission of their sins; that they may ever praise and glorify Thy Holy Name.

Be mindful, O Lord, of those who travel by land, by sea, and by air; of the old and young, the sick, the suffering, the sorrowing, the afflicted, the captives, the needy and the poor; and upon them all send forth Thy mercies, for Thou art the Giver of all good things.

Be mindful, O Lord, of me, Thy humble servant; grant me Thy grace, that I may be diligent and faithful, avoiding evil company and influence, resisting temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving Thee; that I may be accounted worthy of entering the Kingdom of Heaven. Amen.

## Prayer of the Married

My bountiful God, I beseech Thee, listen to my humble prayer, that I may ever feel that the married state is holy and that I must keep it holy. Grant Thy grace that I may never sin against the faithfulness and love of this marriage. Foster between us the spirit of understanding and of peace, that no strife, quarrel or misunderstanding, may arise between us. Grant us health and our daily bread, whereby we may serve Thee more. Amen.

## Prayer for Parents

O merciful Lord God, Thou hast commanded and enjoined me to honor my father and mother, and Thou Thyself hast shown even until death humble obedience to Thy Father. From the depth of my soul I fervently beseech Thee, O gracious Jesus Christ, my God, hear my prayer and have mercy upon my parents, who have given birth to me and are bringing me up in Thy grace and love. Protect them from all evil, harm and sickness; grant them health, and mercifully pour forth Thy bountiful blessings upon them. Bless their efforts and deeds; have mercy on them according to Thy great mercy, that faithfully serving Thee, through them I also may be worthy to praise and serve Thee. Amen.

Our Father, Who art in heaven, bless my father and mother, my guardians, and those who are in authority over me, for their love and tender care for me, and the benefits I receive at their hands. Help me, I pray Thee, to be respectful and obedient to them in all matters according to Thy will; and give me Thy grace to perform all my duties carefully and faithfully, to avoid undesirable company and influence, and resist all temptation that may come my way; that I may live a sober, righteous and godly life, ever praising Thee and glorifying Thy Holy Name. Amen.

## Prayer of Parents for their Children

O God, our heavenly Father, Who lovest mankind, and art most merciful and compassionate, have mercy upon our children, Thy servants, (*their names*), for whom I humbly pray Thee, and commend them to Thy gracious protection. Be Thou, O God, their guide and guardian in all their endeavors; lead them in the path of Thy truth, and draw them near to Thee, that they may lead a godly and righteous life in Thy love and fear; doing Thy will in all matters. Give them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life; and direct them in the way of salvation, for the merits of Thy Son, our Savior Jesus Christ, and the intercessions of His Holy Mother, and Thy blessed saints. Amen.

## Prayer for Enemies

Lord Jesus Christ, Who didst command us to love our enemies, and those who defame and injure us, and to pray for them and forgive them; Who Thyself didst pray for Thine enemies, who crucified thee: grant us, we pray, the spirit of Christian reconciliation and meekness, that we may heartily forgive every injury and be reconciled with our enemies. Grant us to overcome the malevolence and offences of people with Christian meekness and true love of our neighbor. We further beseech Thee, O Lord, to grant to our enemies true peace and forgiveness of sins; and do not allow them to leave this life without true faith and sincere conversion. And help us repay evil with goodness, and to remain safe from the temptations of the devil and from all the perils which threaten us, in the form of visible and invisible enemies. Amen.

## Prayers of Thanksgiving

O Lord my Savior and my Master, I, Thine unprofitable servant, with fear and trembling give thanks unto Thy loving goodness for all Thy benefits which Thou hast poured so abundantly upon me, Thy servant. I fall down in adoration before Thee and offer Thee, O god, my praises; with fervor I cry to Thee: O God, deliver me henceforth from all adversities and mercifully fulfill in me such of my desires as may be expedient for me. Hear me, I entreat Thee, and have mercy, for Thou art the Hope of all the ends of the earth, and unto Thee, with the Father, and the Holy Spirit, be ascribed glory, now and ever, and unto ages of ages. Amen.

I praise Thee, O God of our Fathers, I hymn Thee, I bless Thee, I give thanks unto thee for Thy great and tender mercy. To Thee I flee, O merciful and mighty God. Shine into my heart with the True Sun of Thy righteousness. Enlighten my mind and keep all my senses, that henceforth I may walk uprightly and keep Thy commandments, and may finally attain unto eternal life, even to Thee, Who art the source of life, and be admitted to the glorious fruition of Thy inaccessible Light. For Thou art my God, and unto Thee, O Father, Son and Holy Spirit, be ascribed glory, now and ever and unto ages of ages. Amen.