

HOLY ASCENSION ORTHODOX MISSION



PRAYER BOOK

HOLY ASCENSION ORTHODOX CHRISTIAN MISSION

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This project is still in draft and continues as a work-in-progress.



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MORNING PRAYERS

Having risen from sleep, stand reverently before the presence of the All-seeing God, and, having made the sign of the Cross, say:

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

Pause for a moment, until all your senses are calmed and you have put away earthly thoughts, and then make three bows saying:

The Prayer of the Tax-Collector

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

O Lord Jesus Christ, Son of God, for the sake of the prayers of Your most pure Mother and all the saints, have mercy on us. Amen.

Opening Prayers

Glory to You, our God, glory to You.

Prayer to the Holy Spirit

Heavenly King, Comforter, Spirit of Truth, present everywhere and filling all things, Treasury of good things and Giver of life: Come and dwell in us, and

cleanse us of all impurity, and save our souls, O Good One.¹

Thrice-HolyHymn

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x 3)

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

All Holy Trinity, have mercy on us. Lord, blot out our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. (x 3)

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

Our Father in the Heavens, hallowed be Your Name. Your Kingdom come, Your will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

¹ Between Pascha and Ascension Day the above prayer, *Heavenly King*, is replaced by *Christ is risen...* (x3)

Hymns to the Holy Trinity

O Good One, having risen from sleep, we fall down before You, and sing the angelic hymn, O Mighty One: holy, holy, holy are You, O God; through the prayers of the Theotokos, have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit.

O Lord, You have raised me from bed and sleep, enlighten my mind and heart, and open my lips that I may sing Your praise, O Holy Trinity: holy, holy, holy are You, O God; through the prayers of the Theotokos, have mercy on us.

Now and ever, and to the ages of ages. Amen.

Suddenly the Judge shall come, and everyone's deeds will be revealed, but with fear we sing at midnight: holy, holy, holy are You, O God; through the prayers of the Theotokos, have mercy on us.

Lord have mercy. (x 12)

Prayer of St Basil the Great to the Most Holy Trinity

O Holy Trinity, as I rise from sleep, I thank You, for through Your great goodness and patience You have not been angry with me, an idler and sinner, nor destroyed me with my sins, but rather You have

shown Your usual love for mankind; and when I was prostrate in despair, You raised me up to keep the morning watch and glorify Your power. Enlighten now the eyes of my mind, open my mouth to study Your words and understand Your commandments, to do Your will and sing to You in heartfelt adoration, and praise Your most holy name, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Psalm 50
(A Psalm of Repentance)

Have mercy on me, O God, according to Your great mercy;

And according to the abundance of Your compassion, blot out my transgression.

Wash me thoroughly from my lawlessness

And cleanse me from my sin.

For I know my lawlessness,

And my sin is always before me.

Against You only have I sinned

And done evil in Your sight;

That You may be justified in Your words,
And overcome when You are judged.
For behold, I was conceived in transgressions,
And in sins my mother bore me.
Behold, You love truth;
You showed me the unknown and secret things of
Your wisdom.
You shall sprinkle me with hyssop, and I will be
cleansed;
You shall wash me, and I will be made whiter than
snow.
You shall make me hear joy and gladness;
My bones that were humbled shall greatly rejoice.
Turn Your face from my sins,
And blot out all my transgressions.
Create in me a clean heart, O God,
And renew a right spirit within me.
Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation,
And uphold me with Your guiding Spirit.
I will teach transgressors Your ways,
And the ungodly shall turn back to You.
Deliver me from bloodguiltiness, O God, the God of
my salvation,
And my tongue shall greatly rejoice in Your
righteousness.
O Lord, You shall open my lips,
And my mouth will declare Your praise.

For if You desired sacrifice, I would give it;
You will not be pleased with whole burnt offerings.
A sacrifice to God is a broken spirit,
A broken and humbled heart God will not despise.
Do good, O Lord, in Your good pleasure to Zion,
And let the walls of Jerusalem be built;
Then You will be pleased with a sacrifice of
righteousness,
With offerings and whole burnt offerings;
Then shall they offer young bulls on Your altar.

The Symbol of Faith

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; 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, and
suffered, and was buried;

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

And ascended into the heavens, and sits 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 proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets.

In One, Holy, Catholic, and Apostolic Church.

I confess one baptism for the remission of sins.

I look for the resurrection of the dead,

and the life of the age to come. Amen.

Prayer 1, of St Macarius the Great

O God, cleanse me a sinner, for I have never done anything good in Your sight; but deliver me from the evil one, and let Your will be done in me, that I may open my unworthy mouth without condemnation, and praise Your holy name: of the Father, and of the Son,

and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

Prayer 2, of the same saint

O Saviour, having risen from sleep, I offer to You the midnight hymn, and falling down I cry to You: Grant me not to fall asleep in the death of sin, but have compassion on me, O You who were voluntarily crucified, and hasten to raise me who am reclining in idleness, and save me in prayer and intercession; and after the night's sleep shine upon me a sinless day, O Christ God, and save me.

Prayer 3, of the same saint

O Master, Lover of mankind, having risen from sleep, I run to You, and by Your loving-kindness, I strive to do Your work, and I pray to You: Help me at all times, in everything, and rescue me from every worldly, evil thing and every impulse of the devil, and save me, and lead me into Your eternal kingdom. For You are my Creator; and the Giver, and Provider of everything good; and in You is all my hope, and to You I send up glory, now and ever, and to the ages of ages. Amen.

Prayer 4, of the same saint

O Lord, in Your abundant goodness and Your great compassion, You have granted me, Your servant, to go through the previous night without attack from any opposing evil; O Master, Creator of all things, grant

me through Your true light and with an enlightened heart to do Your will, now and ever, and to the ages of ages. Amen.

Prayer 5, of St Basil the Great

O Lord Almighty, God of heavenly powers and of all flesh, who dwells on high and cares for the humble, who searches our hearts and innermost being, and clearly foreknows the hidden things of men; O eternal Light without beginning, in whom is no change, neither shadow of alteration; O Immortal King, receive these supplications from our defiled lips, which we dare to offer to You at the present time, in expectation of the multitude of Your compassions; and forgive us our sins, in deed, word, and thought, whether committed by us knowingly or in ignorance, and cleanse us from every defilement of flesh and spirit. Grant us to pass through all the night of this present life with watchful heart and sober thought, awaiting the coming of the bright day of revelation of Your Only-begotten Son, our Lord and God and Saviour, Jesus Christ, in which the Judge of all shall come with glory to reward each according to their deeds. May we not be found fallen and idle, but vigilant, and upright in activity, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless voice of those who feast, and the unspeakable sweetness of those who see the inexpressible goodness of Your presence. For You

are the true Light who enlightens and sanctifies everything, and all creation praises You to the ages of ages. Amen.

Prayer 6, likewise by St Basil

O Most High God and Lord of mercy, we bless You who always performs with us countless things which are great and mysterious, glorious and awesome, who grants to us sleep for rest from our infirmities, and relaxation from the labours of our much-toiling flesh. We thank You that You have not destroyed us with our iniquities, but have shown Your love for mankind as usual, and while we were lying in despair upon our beds, You have raised us up that we might glorify Your dominion. Therefore we implore Your boundless goodness: Enlighten the eyes of our understanding and raise up our mind from the heavy sleep of idleness; open our mouth and fill it with Your praise, that we may be able to sing and confess steadfastly You our God, who is glorified in all and by all, the Father who is without beginning, with Your Only-begotten Son, and Your All-holy and good and life-creating Spirit, now and ever, and to the ages of ages. Amen.

Prayer to the Most Holy Theotokos

O Sovereign Lady, I sing of your grace, and I entreat you to bestow your grace on my mind.

Teach me to walk aright in the way of Christ's commandments.

Strengthen me to remain vigilant so that I may sing your praises, and drive away the sleep of despair.

O Bride of God, by your prayers release me, bound with the bonds of sin.

Guard me by night and by day, and rescue me from enemies who defeat me.

O bearer of God, the Giver of life, enliven me deadened by passions.

O bearer of the evening-less Light, enlighten my blinded soul.

O marvellous palace of the Master, make me to be a house of the Divine Spirit.

O bearer of the Healer, heal the perennial passions of my soul.

Guide me to the path of repentance, for I am tossed in the storm of life.

Rescue me from eternal fire, and from evil worms,
and from Tartarus.

Let me not be exposed to the rejoicing of demons,
guilty as I am of many sins.

Renew me, worn out from senseless sins, O most
immaculate one.

Present me untouched by all torments, and pray for
me to the Master of all.

Grant me to find the joys of Heaven with all the
saints.

O most holy Virgin, hear the voice of your
unprofitable servant.

O most pure one, grant me torrents of tears, to
cleanse my soul from impurity.

O Sovereign Lady, strive for me as I unceasingly
offer the groans of my heart to you.

Accept my service of supplication and offer it to
compassionate God.

O you who are above the angels, raise me above
this world's confusion.

O Light-bearing heavenly tabernacle, direct the grace of the Spirit within me.

O all immaculate one, I raise my hands and lips in your praise, defiled as they are by impurity.

Rescue me from soul corrupting evils, and fervently intercede with Christ, to whom is due honour and worship, now and ever, and to the ages of ages. Amen.

Prayer to our Lord Jesus Christ

My plenteously merciful and all merciful God, Lord Jesus Christ, through Your great love You came down and became incarnate so that You may save all. And again, I entreat You Saviour, save me by Your grace. For if You were to save me for my works, this would not be grace or a gift, but rather a duty. You who are great in compassion and indescribable in mercy. For You have said, my Christ, "He who believes in Me, will live and never see death." If then faith in You saves the desperate, behold I believe, save me, for You are my God and Creator. Let faith instead of works be attributed to me, my God, for You will find no works which could justify me. But may my faith suffice instead of all works, may it answer for me, may it acquit me, may it make me a partaker of Your eternal glory. And do not let Satan seize me and boast, O Word, that he has

torn me from Your hand and fold. But whether I desire it or not, save me, Christ my Saviour! Save me quickly, quickly, because I perish. You are my God from my mother's womb. O Lord enable me to love You now as fervently as I once loved sin itself, and also to work for You diligently, without idleness, as I worked before for deceptive Satan. But I will work totally for You, my Lord and God, Jesus Christ, all the days of my life, now and ever, and to the ages of ages. Amen.

Prayer to the Holy Guardian Angel

O holy angel who stands by me and intercedes for my wretched soul and my passionate life, do not forsake me a sinner, nor withdraw from me because of my excess. Give no place for the cunning demon to possess me by assaulting my mortal body, strengthen my poor and feeble hand, and guide me in the way of salvation. O holy angel of God, guardian and protector of my wretched soul and body, forgive me for all that I have offended you all the days of my life; and if I have sinned during the past night, protect me during the present day, and guard me from every temptation of the enemy, so that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear, and enable me, His servant, to be worthy of His goodness. Amen.

Prayer to the All-Holy Theotokos

My most holy lady Theotokos, through your holy and all-powerful prayers, banish from me, your humble and wretched servant, despondency, forgetfulness, folly, carelessness, and all impure, evil, and blasphemous thoughts out of my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and rescue me from many cruel memories and deeds, and free me from all evil actions. For you are blessed by all generations, and glorified is your most honourable name to the ages of ages. Amen.

Prayerful Invocation of the Saint Whose Name we Bear

Pray to God for me, holy God pleaser *N.*, for I fervently run to you, the speedy helper and intercessor for my soul.

Prayer to the All-Holy Theotokos

O Virgin Theotokos, rejoice, Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the Fruit of your womb, for you have given birth to the Saviour of our souls.

Troparion to the Precious & Life-Giving Cross

O Lord, save Your people and bless Your inheritance. Grant victory to Orthodox Christians over their enemies, and protect Your dominion by the power of Your Cross.

Prayer for the Living (Abbreviated)

Save, O Lord, and have mercy on my spiritual father *N.*, my parents, (*names*), brothers and sisters, and my kindred according to the flesh, my superiors and spiritual guides, benefactors and all Orthodox Christians.

Prayer for the Departed (Abbreviated)

O Lord, give rest to the souls of Your departed servants, my parents, brothers and sisters, and my kindred according to the flesh, benefactors (*names*), and all Orthodox Christians, forgive them every transgression, voluntary and involuntary, and grant them Your heavenly Kingdom.

Prayers for the Living (Unabbreviated)

Remember, O Lord Jesus Christ our God, Your mercies and compassions which are from everlasting, for the sake of which You became man and undertook to endure crucifixion and death for the salvation of all who rightly believe in You. O Lord who rose from the dead, ascended into the heavens and sits at the right hand of God the Father, and regards the humble prayers of all who call upon You with their whole heart; incline Your ear, and hear the humble request of Your unprofitable servant, who offers it as a sweet-smelling spiritual fragrance, for all Your people. Remember first Your Holy, Catholic, and Apostolic Church, which You have provided

through Your precious Blood; establish, strengthen, enlarge, and multiply it, keep it in peace, and preserve it unconquerable by the gates of Hell to the ages; calm the divisions of the churches, quench the raging of the heathen, and quickly destroy and root out the rising of heresies, and bring them to nothing by the power of Your Holy Spirit. *(Bow)*

O Lord save and have mercy on this land, its rulers and armed forces. Grant them, O Lord, peaceful governance, that in their calm we, also, may lead a quiet and peaceable life in all godliness and honesty. *(Bow)*

O Lord save and have mercy on the most holy Orthodox patriarchs, the most reverend metropolitans, Orthodox archbishops and bishops, and all the priestly and monastic order, and all the clergy of the Church, whom You have established to feed the flock of Your Word, and by their prayers have mercy and save me, a sinner. *(Bow)*

O Lord save and have mercy on my spiritual father *N.*, and through his holy prayers forgive my sins. *(Bow)*

O Lord save and have mercy on my parents, *(names)*, brothers and sisters, and my relatives, and the neighbours of my family and friends, and grant

them Your good things both here and hereafter.
(Bow)

O Lord save and have mercy on the old and the young, the poor, the orphans, the widows, and those in sickness and sorrow, in distress and affliction, in oppression and captivity, in prison and confinement. Especially have mercy on Your servants who are persecuted for Your sake and for the sake of the Orthodox Faith, by godless peoples, by apostates, and heretics; remember them, visit, strengthen, and comfort them, and by Your power quickly grant them relief, freedom, and deliverance. *(Bow)*

O Lord save and have mercy on all who are sent on duty, all who travel, our fathers and brothers and sisters, and on all Orthodox Christians. *(Bow)*

O Lord save and have mercy on those whom I have offended or scandalized by my madness, and whom I have turned from the way of salvation, and whom I have led into evil and harmful deeds. By Your divine providence restore them again to the way of salvation. *(Bow)*

O Lord save and have mercy on those who hate and wrong me, and do me harm, and do not let them perish because of me, a sinner. *(Bow)*

Illumine with the light of grace all apostates from the Orthodox Faith, and those blinded by destructive heresies, and draw them to Yourself, and unite them to Your Holy, Apostolic, Catholic Church.

Prayer for the Departed (Unabbreviated)

O Lord, remember those who have departed from this life, Orthodox rulers, Orthodox patriarchs, metropolitans, archbishops and bishops, priests and deacons and those who have served You in the monastic state, and grant them rest with the Saints in Your eternal dwellings. *(Bow)*

O Lord, remember the souls of my parents (*names*), and all my relatives; forgive them every transgression, voluntary and involuntary; grant them the Kingdom and a part in Your eternal joys, and the delight of Your blessed and eternal life. *(Bow)*

O Lord, remember all who have fallen asleep in hope of the resurrection and eternal life, our fathers and brothers and sisters, Orthodox Christians, who rest here and in all the world, and set them with Your saints, where the light of Your face shines, and have mercy on us, for You are good and the Lover of mankind. *(Bow)*

At the end, say three times:

O Lord, grant remission of all sins to our fathers, brothers and sisters departed in the Faith and hope of resurrection, and grant them memory eternal.

It is truly right to bless you, the Theotokos, /
ever-blessed and most-blameless, and Mother of our
God./

More honorable than the cherubim/
and beyond compare more glorious than the
seraphim;/
who without corruption gave birth to God the Word, //
the very Theotokos, we magnify you.

Lord, have mercy. (x 3)

O Lord Jesus Christ, Son of God, through the
prayers of Your most pure Mother, our holy and God-
bearing fathers and all the saints, have mercy on us.
Amen.

EVENING PRAYERS

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

O Lord Jesus Christ, Son of God, through the prayers of Your most pure Mother, and all the saints, have mercy on us. Amen.

Glory to You, our God, glory to You.

From Pascha until the Eve of Ascension, we replace “Heavenly King” with, “Christ is risen.”

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (x 3)

On the Feast of Ascension, we replace “Heavenly King” with the troparion for Ascension.

You ascended in glory, Christ our God, having gladdened Your disciples with the promise of the Holy Spirit; and they were assured by the blessing that You are the Son of God, the Redeemer of the world.

Heavenly King, Comforter, Spirit of Truth, present everywhere and filling all things, Treasury of good things and Giver of life: Come and dwell in us, and

cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x 3)

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

All Holy Trinity, have mercy on us. Lord, blot out our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Your name's sake.

Lord have mercy. (x 3)

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

Our Father in the Heavens, hallowed be Your Name. Your Kingdom come, Your will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Have mercy on us O Lord, have mercy on us; for we are at a loss for any defence, we sinners offer this prayer to You as our Master: Have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit.

O Lord, have mercy on us, for we have hoped in You; do not be greatly angered with us, neither remember our iniquities; but look upon us now since You are compassionate, and rescue us from our enemies; for You are our God, and we are Your people; all are the works of Your hands, and we call upon Your name.

Now and ever, and to the ages of ages. Amen.

O blessed Theotokos, open the door of compassion to us, for hoping in you, let us not perish; through you may we be rescued from adversities; for through you came the salvation of the Christian race.

Lord have mercy. (x 12)

*Prayer 1, of St Macarius the Great
to God the Father*

O Eternal God and King of all creation, who has granted me to arrive at this hour, forgive my sins which I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. Grant that I will pass through this night in peaceful sleep, so that when I rise from my humble bed I may please Your most

holy Name all the days of my life and conquer my enemies, both bodily and bodiless that war against me. O Lord deliver me from vain thoughts and evil desires which defile me. For Yours is the kingdom, the power and the glory of the Father, and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

*Prayer 2, of St Antiochus
to our Lord Jesus Christ*

O Almighty Word of the Father, Jesus Christ, You who are perfect, never leave me in Your great mercy, but always remain in me, Your servant. O Jesus, Good Shepherd of Your sheep, do not give me over to the sedition of the serpent and do not leave me to the will of Satan, for the seed of corruption is in me. Therefore Lord God who is worshipped, Holy King, Jesus Christ, guard me while I sleep by the unfading 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 Your Holy Gospel, my soul with the love of Your Cross, my heart with the purity of Your Word, my body with Your passionless Passion. Preserve my mind in Your humility, and raise me up at the proper time to glorify You, for You are most glorified, with Your Father who is without beginning, and Your most Holy Spirit to the ages. Amen.

*Prayer 3, of St Ephraim the Syrian
to the Most Holy Spirit*

O Lord, Heavenly King, Comforter, 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 insolence, and from despondency; 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 quarrelled 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 craftiness 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 goodness of someone and have 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. O my Lord and my Creator, have mercy on me Your wretched and unworthy servant, and absolve, forgive and deliver me as You are good and the Lover of 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 honourable Name, with the Father and His only-begotten Son, now and ever, and to all ages. Amen.

Prayer 4, of St Macarius the Great

O most gracious, immortal King, O compassionate Lord who loves mankind, what shall I offer You, or what shall I give You? For though I have been slothful in pleasing You, and have done nothing good, You have led me to the end of this day which has passed by, establishing the conversion and salvation of my soul. Be merciful to me a sinner, who lacks every good deed. Raise up my fallen soul which has become defiled by countless sins, and take away from me every evil thought of this visible life. O Only Sinless One, forgive my sins in which I have sinned against You this day, known or unknown, in word, and deed, and thought, and in all my senses. By Your Divine authority, power and inexpressible love for mankind, protect and preserve me from every opposing circumstance. O God, blot out, blot out the multitude of my sins. O Lord, by Your good-will deliver me from the net of the evil one, and save my passionate soul, and overshadow

me with the light of Your face when You come in glory; and being uncondemned, make me fall asleep and have a dreamless sleep, and keep Your servant untroubled by thoughts, and drive away from me all satanic deeds; and enlighten the eyes of my heart with understanding, unless I should sleep in death. And send me an angel of peace, a guardian and guide of my soul and body, that he may deliver me from my enemies; so that rising from my bed, I may offer You prayers of thanksgiving. O Lord, hear me, Your sinful and wretched servant, in confession and conscience; grant me, when I arise, to be instructed by Your sayings; and through Your angels cause demonic despondency to be driven far from me, so that I may bless Your holy name, and glorify and exalt the most pure Theotokos Mary, whom You have given to us sinners as a protectress, and accept her who prays for us. For I know that she exemplifies Your love for mankind and prays for us without ceasing. Though her protection, and the sign of the precious Cross, and for the sake of all Your saints, preserve my wretched soul, O Jesus Christ our God: for You are holy, and most glorious to the ages. Amen.

Prayer 5

O Lord, our God, forgive me all the sins I have committed today in word, deed or thought, as You are good and the Lover of mankind. Grant me

peaceful and undisturbed sleep. Send Your Guardian Angel to guard and protect me from all evil. For You are the guardian of our souls and bodies, and to You we send up glory, to the Father, and to the Son and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Prayer 6

O Lord our God, in whom we believe and whose Name we invoke above every name, grant us who are preparing for sleep relaxation of soul and body, and protect us from all temptations and dark pleasures. Stop the rushing of passions, and quench the burning of bodily tensions. Grant us to live chastely in word and deed, so that we may live a life of virtuous life and not fall away from Your promised blessings. For You are blessed to the ages. Amen.

*Prayer 7, of St John the Golden-Mouth,
according to the number of hours of day and night*

¹O Lord, do not deprive me of Your heavenly blessings.

²O Lord, deliver me from the eternal torments.

³O Lord, if I have sinned in mind or thought, in word or deed, forgive me.

⁴O Lord, deliver me from all ignorance, forgetfulness, faintheartedness, and stony insensibility.

⁵O Lord, deliver me from every temptation.

⁶O Lord, enlighten my heart which was darkened by evil desire.

⁷O Lord, I have sinned as a man, but as the compassionate God, seeing the infirmity of my soul, have mercy on me.

⁸O Lord, send Your grace for my help, that I may glorify Your holy name.

⁹O Lord Jesus Christ, write me Your servant in the Book of Life, and grant me a good end.

¹⁰O Lord my God, even though I have done nothing good in Your sight, yet grant me by Your grace to make a good beginning.

¹¹O Lord, sprinkle into my heart the dew of Your grace.

¹²O Lord of Heaven and earth, remember me Your sinful, shameful and unclean servant, in Your kingdom. Amen.

¹³O Lord, accept me in repentance.

¹⁴O Lord, do not forsake me.

¹⁵O Lord, lead me not into temptation.

¹⁶O Lord, grant me good thoughts.

¹⁷O Lord, grant me tears, and remembrance of death, and compunction.

¹⁸O Lord, grant me mindfulness to confess my sins.

¹⁹O Lord, grant me humility, chastity, and obedience.

²⁰O Lord, grant me patience, courage, and meekness.

²¹O Lord, implant in me the root of good, Your fear into my heart.

²²O Lord, enable me to love You with all my soul and thoughts, and in all things to do Your will.

²³O Lord, protect me from evil men, and demons, and passions, and from every other improper thing.

²⁴O Lord, You know that You do as You will: Your will be done also in me a sinner; for You are blessed to the ages. Amen.

Prayer 8, to Our Lord Jesus Christ

O Lord Jesus Christ, Son of God, for the sake of Your all-honorable Mother, Your bodiless angels, Your Prophet and Forerunner and Baptizer, the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing fathers, and through the prayers of all saints, rescue me from the overwhelming presence of the demons. My Lord and Creator, who does not desire the death of a sinner, but rather that they be converted and live, grant conversion also to me, wretched and unworthy; rescue me from the mouth of the deadly serpent who is yawning to devour me and drag me down to Hades alive. My Lord, my Comfort, who for my miserable sake was clothed in corruptible flesh, rescue me from misery, and grant comfort to my miserable soul. Implant in my heart to fulfill Your commandments, and to forsake evil deeds, and to receive Your blessings. Save me, for I hope in You Lord. Amen.

Prayer 9, of Peter the Studite to the Most Holy Theotokos

O Most Pure Mother of God, I the wretched one fall down and pray before you: O Queen you know that I sin constantly and anger your Son and my God. No matter how often I repent, I appear as a liar before God, and repent with trembling. God shakes me and yet I repeat these things an hour later? Knowing this I pray to you O my Queen, Lady Theotokos: have mercy on me, strengthen me and grant that I may do good. You know, my Lady Theotokos, that I despise my evil deeds and love the Law of my God with all my mind. But, O most pure Lady, I do not know how I can love what I despise and turn away from what is good.

O Most Pure One, do not allow my will to be done, for it is not appropriate, but 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 to the ages of ages. Amen.

Prayer 10, to the Most Holy Theotokos

O good Mother of the Good King, most pure and blessed Theotokos Mary, pour out the mercy of your Son and our God upon my passionate soul, and by your intercessions guide me to good works, so that I may pass the remaining time of my life without fault, and attain paradise through you, O Virgin Theotokos, who alone are pure and blessed.

Prayer 11, of Intercession to the Holy Guardian Angel

Angel of Christ, my holy guardian and protector of my soul and body, forgive all my sins committed today. Rescue me from all opposing evil of my enemy, that I may not anger my God by any sin. Pray for me, the sinful and unworthy servant, that you may present me worthy of the kindness and mercy of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and of all the saints. Amen.

Kontakion to the Theotokos

To you, O Theotokos, victorious Leader, we your servants rescued from sufferings dedicate hymns of victory and thanksgiving. But since you have invincible power, free us from all dangers, that we may cry to you: Rejoice, O Unwedded Bride.

Most glorious Ever-Virgin Mother of Christ God, present our prayer to your Son and our God, that through you, He may save our souls.

O Mother of God I place all my hope in you. Keep me under your protection. O Virgin Theotokos, do not despise me a sinner, needing your help and intercession, and have mercy on me, for my soul hopes in you.

Prayer of Saint Ioannicius

The Father is my hope, the Son is my refuge, the Holy Spirit is my protection: O Holy Trinity, glory to You.

It is truly right to bless you, the Theotokos, /
ever-blessed and most-blameless, and Mother of our God./

More honorable than the cherubim/
and beyond compare more glorious than the seraphim;/
who without corruption gave birth to God the Word, //
the very Theotokos, we magnify you.

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

Lord, have mercy (x3)

O Lord Jesus Christ, Son of God, through the intercessions of Your Most Pure Mother, of Saint *N.* whose name I bear, of our holy and God-bearing

fathers and of all the saints, have mercy on us.
Amen.

*Prayer of St John of Damascus.
(To be said pointing at the bed)*

O Lord, Lover of mankind, is this bed to be my coffin, or will You enlighten my wretched soul with another day? Here the coffin lies before me, and here death confronts me. O Lord, I fear, Your Judgment and the endless torments, yet I do not cease to do evil. My Lord God, I continually anger You, and Your immaculate Mother, and all the Heavenly Powers, and my holy Guardian Angel. O Lord, I know, that I am unworthy of Your love, but deserve condemnation and every torment. O Lord, save me whether I want it or not. For to save a good man is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of Your mercy. But show the wonder of Your mercy on me, a sinner. In this reveal Your love for mankind, unless my wickedness prevail over Your inexpressible goodness and mercy, and order my life as You will.

When about to lie down in bed, say:

O Christ God enlighten my eyes, that I may never sleep in death, so that my enemy does not say: I have prevailed over him.

Glory to the Father, and to the Son, and to the Holy Spirit.

O God, be the Defender of my soul, for I walk in the midst of many snares. O Good One, deliver me from them and save me, in Your love for mankind.

Now and ever, and to the ages of ages. Amen.

Let us not withhold our voices from praising the most glorious Mother of God, holiest of holy Angels, but confess her with heart and mouth to be the Mother of God, for she truly gave birth to God incarnate for us, and is praying unceasingly for our souls. Amen.

Kiss your cross, and make the sign of the Cross from head to foot of the bed and from two sides, and then say:

Prayer to the Venerable Cross

Let God arise, and let His enemies be scattered, and let those who hate Him flee from before His face. As smoke vanishes, so let them vanish; and as wax melts from the presence of fire, so let the demons perish from the presence of those who love God and who sign themselves with the Sign of the Cross and say in gladness: Rejoice, most precious and life-giving Cross of the Lord, for You drive away the demons by the power of our Lord Jesus Christ crucified on you, who went down to Hades and

trampled on the power of the devil, and gave us you, His venerable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me with our holy Lady, the Virgin Theotokos, and with all the Saints to the ages of ages. Amen.

Or else say the following prayer:

O Lord, surround me by the power of Your holy and life-giving Cross, and protect me from every evil.

O God, absolve, remit and forgive our transgressions, voluntary and involuntary, whether in word or deed, whether knowingly or unknowingly, whether by day or night, whether in mind or in thought: forgive us everything for You are good and love mankind.

Just before falling asleep, say:

O Lord Jesus Christ, my God, into Your hands, I surrender my spirit and body; bless me, save me, and grant me eternal life. Amen.

Prayer

O Lord, lover of mankind, forgive those who hate and wrong us. Do good to those who do good. Grant our brothers and sisters and relatives their petitions for salvation and eternal life. Visit the sick and grant them healing. Guide those at sea. Travel with travelers. Help Orthodox Christians in their struggles.

To those who serve and are kind to us, grant remission of sins. Have mercy according to Your great mercy on those who have asked us unworthy ones to pray for them. O Lord, remember our fathers, mothers, brothers and sisters, who have fallen asleep, and grant them rest where the Light of Your face shines. O Lord, remember our brothers in captivity and deliver them from every attack. O Lord, remember those who bring offerings and do good works in Your holy churches and grant them their petitions of salvation and eternal life. O Lord, remember also us Your humble, sinful and unworthy servants, and enlighten our minds with the Light of Your knowledge, and guide us in The Way of Your commandments, through the prayers of our immaculate Lady Theotokos, and Ever-Virgin Mary, and of all Your saints, for You are blessed to the ages of ages. Amen.

Daily Confession of Sins

I confess to You, my Lord, God and Creator, to the One glorified and worshipped in Holy Trinity, to the Father, the Son and the Holy Spirit, all my sins which I have committed all the days of my life, at every hour, in the present and in the past, day and night, in thought, word and deed; by over-eating, drunkenness, secret eating, idle talking, despondency, laziness, arguing back, disobedience, slander, condemnation, negligence, self-love,

hoarding, stealing, lying, dishonest gain, unnecessary accumulation, jealousy, anger, remembering wrongs, hatred, extortion; and by all my senses: sight, hearing, smell, taste, touch; and all other sins, spiritual and bodily, through which I have angered You, my God and Creator, and caused injustice to my neighbours. Sorrowing for this, but determined to repent, I stand guilty before You, my God. Only help me, my Lord and God, I humbly pray to You with tears. Forgive my past sins by Your mercy, and absolve me from all that I have confessed in Your presence, for You are good and the Lover of mankind. Amen.

Just before falling asleep

O Lord Jesus Christ, my God, into Your hands, I surrender my spirit and body; bless me, save me, and grant me eternal life. Amen.

Sources

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