

HOLY ASCENSION ORTHODOX MISSION



PRAYER BOOK

**HOLY ASCENSION
ORTHODOX CHRISTIAN MISSION**

www.ascensionorthodox.org

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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
cleansing 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.

PRAYERS BEFORE MORNING OR MIDDAY MEALS

From Pascha until the Eve of Ascension, we start 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)

If there has been a Liturgy, chant the troparion of the feast, instead of the Lord’s Prayer.

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.

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. (x 3)

O Lord bless.

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

PRAYERS AFTER **MORNING** **OR MIDDAY MEALS**

If there has been a Liturgy, chant the kontakion of the feast, instead of “We thank You, Christ our God...”

Tone 8

We thank You, Christ our God, that You have satisfied us with Your earthly gifts; do not deprive us of Your heavenly Kingdom, but as You came among Your disciples, Savior, and gave them peace, come to us also and save us.

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, bless.

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

PRAYERS BEFORE THE EVENING MEAL

From Pascha until the Eve of Ascension, we start 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)

The poor will eat and be satisfied, and those who seek the Lord will praise him; their hearts will live to the ages of ages.

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, bless.

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

PRAYERS AFTER THE EVENING MEAL

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

O Theotokos, your womb has become a holy table, bearing Christ the heavenly bread. All who eat from it will not die, as said He Who Is the Nourisher of all.

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, bless.

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

PRAYERS IN PREPARATION FOR HOLY COMMUNION

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

Glory to You, our God, glory to You.

From Pascha until the Eve of Ascension, instead of “Heavenly King” we start 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)

Heavenly King, Comforter, Spirit of Truth, present everywhere and fills 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.

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

Lord have mercy. (x 12)

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

Come, let us worship God our King.

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

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

Psalm 22

The Lord is my Shepherd, and will deny me nothing. He has settled me in a green pasture, and nourished me beside refreshing water. He has converted my soul, and led me in the paths of righteousness for His Name's sake. For even though I walk in the shadow of death, I will fear no evil, for You are with me. Your rod and Your staff have comforted me. You have prepared a table before me in the face of those who trouble me. You have anointed my head with oil. And Your chalice which inebriates me, how glorious it is! And Your mercy will follow me all the days of my life. And I will live in the house of the Lord throughout the length of my days.

Psalm 23

The earth is the Lord's and all that is in it, the world and all who live in it He has set it on the seas, and prepared it on the rivers. Who will ascend the mountain of the Lord, or who will stand in His holy place? He who has clean hands and a pure heart, who has not set his mind on vanity or sworn deceitfully to his neighbour. He will receive a blessing from the Lord, and mercy from God his Saviour. These are the kind who seek the Lord, who seek the face of the God of Jacob. Lift up your gates,

you princes, and be lifted up, you eternal doors, and the King of Glory will enter. Who is this King of Glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your gates, you princes, and be lifted up, you eternal doors, and the King of Glory will enter. Who is this King of Glory? The Lord of Hosts, He is the King of Glory.

Psalm 115

I believed and so I spoke; but I was deeply humiliated. I said in my madness: every man is a liar. What will I give in return to the Lord for all that He has given me? I will receive the cup of salvation and call on the Name of the Lord. I will pay my vows to the Lord in the presence of all His people. Precious in the sight of the Lord is the death of His Saints.

O Lord, I am Your servant and the son of Your handmaid. You have broken my bonds apart. I will offer You the sacrifice of praise, and will pray in the Name of the Lord. I will pay my vows to the Lord in the presence of all His people, in the courts of the Lord's house, in the midst of you, O Jerusalem.

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

Alleluia, Alleluia, Alleluia. Glory to You, O God. (x3)

Lord, have mercy (x3).

Overlook my faults, O Lord Who was born of a Virgin, and purify my heart, and make it a temple for Your spotless Body and Blood. Let me not be rejected from Your presence, You Who have infinitely great mercy.

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

How can I who am unworthy dare to come to the communion of Your Holy Things? For even if I should dare to approach You with those who are worthy, my garment betrays me, for it is not a festal robe, and I will cause the condemnation of my sinful soul. O Lord cleanse the pollution from my soul, and save me as the Lover of mankind.

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

Great is the multitude of my sins, O Mother of God. To you, O pure one, I flee and implore salvation. Visit my sick and feeble soul and intercede with your Son and our God, that He may grant me forgiveness for the terrible things I have done, you who alone are blessed.

On Holy & Great Thursday the following is read:

When Your glorious Disciples were enlightened at the Supper by the feet-washing, then impious Judas was darkened with the disease of avarice, and he delivered You, the Just Judge, to lawless judges. See, O lover of money, this man through money came to hang himself. Flee the insatiable desire which dared to do such things to the Master. Lord, Who are good towards all, glory to You.

Lord, have mercy. (*x 40*)

Prostrations as desired. Then these prayers:

First Prayer of St Basil the Great

Sovereign Lord Jesus Christ our God, source of life and immortality, Who are the Author of all creation, visible and invisible, the equally everlasting and co-eternal Son of the eternal Father, Who through the excess of Your goodness assumed our flesh and was crucified for us, ungrateful and ignorant as we were, and caused through Your own Blood the restoration of our nature which had been marred by sin: O immortal King, accept the repentance even of me a sinner, and incline Your ear to me and hear my words. For I have sinned, O Lord, I have sinned against heaven and before You, and I am not worthy to gaze on the height of Your glory; for I have provoked Your goodness by transgressing Your commandments and not obeying Your orders. But You, O Lord, in Your forbearance, patience, and great mercy, have not given me up to be destroyed

with my sins, but You await my complete conversion. For You, O Lover of mankind, have said through Your Prophet that You desire not the death of the sinner, but that he should return to You and live. For You do not will, O Lord, that the work of Your hands should be destroyed, neither do You delight in the destruction of men, but You desire that all should be saved and come to a knowledge of the Truth. Therefore, though I am unworthy both of Heaven and Earth, and even of this transient life, since I have completely succumbed to sin and am a slave to pleasure and have defaced Your image, yet being Your work and creation, wretch that I am, even I do not despair of my salvation and dare to draw near to Your boundless compassion. So receive even me, O Christ Lover of mankind, as the harlot, as the robber, as the tax-collector, and as the prodigal; and take from me the heavy burden of my sins, You Who takes away the sin of the world, Who heals men's sicknesses, Who calls the weary and heavy laden to Yourself and gives them rest; for You came not to call the righteous but sinners to repentance. And purify me from all defilement of flesh and spirit. Teach me to achieve perfect holiness in the fear of You, that with the clear witness of my conscience I may receive the portion of Your holy Things and be united with Your holy Body and Blood, and have You dwelling and remaining in me with the Father and Your Holy Spirit. And, O Lord Jesus Christ, my God,

let not the communion of Your immaculate and life-giving Mysteries be to me for condemnation nor let it make me sick in body or soul through my partaking of them unworthily; but grant me until my last breath to receive without condemnation the portion of Your holy Things, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Your awesome judgment, so that I too with all Your elect may become a partaker of Your pure joys which You have prepared for those who love You, O Lord, in whom You are glorified throughout the ages. Amen.

First Prayer of St John the Golden-Mouth

O Lord my God, I know that I am not worthy or sufficient that You should come under the roof of the house of my soul, for all is desolate and fallen, and You have not with me a place fit to lay Your head. But as from the highest heaven You humbled Yourself for our sake, so now conform Yourself to my humility. And as You consented to lie in a cave and in a manger of dumb beasts, so also consent to lie in the manger of my unspiritual soul and to enter my defiled body. And as You did not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as You did not reject the woman, who was a harlot and a sinner like me, when she approached and touched You, so also be

compassionate with me, a sinner, as I approach and touch You, and let the live coal of Your most holy Body and precious Blood be for the sanctification and enlightenment and strengthening of my humble soul and body, for a relief from the burden of my many sins, for a protection from all diabolical practices, for a restraint and a check on my evil and wicked way of life, for the mortification of passions, for the keeping of Your commandments, for an increase of Your divine grace, and for the advancement of Your Kingdom. For it is not insolently that I draw near to You, O Christ my God, but as taking courage from Your unspeakable goodness, and that I may not by long abstaining from Your communion become a prey to the spiritual wolf. Therefore, I pray to You, O Lord, Who alone are holy, sanctify my soul and body, my mind and heart, my emotions and affections, and totally renew me. Root the fear of You in my members, and make Your sanctification indelible in me. Be also my helper and defender, guide my life in peace, and make me worthy to stand on Your right hand with Your Saints: through the prayers and intercessions of Your immaculate Mother, of Your serving Angels, of the immaculate Powers and of all the Saints who have ever been pleasing to You. Amen.

Prayer of St Symeon the Translator

Only pure and sinless Lord, Who through the indescribable compassion of Your love for men assumed our whole nature through the pure and virgin blood of her who supernaturally conceived You by the coming of the Divine Spirit and by the will of the Eternal Father; Christ Jesus, Wisdom and Peace and Power of God, Who in Your assumption of our nature suffered Your life-giving and saving Passion - the Cross, the Nails, the Spear, and Death - mortify all the deadly passions of my body. You Who in Your burial spoiled the dominions of hell, bury with good thoughts my evil schemes and scatter the spirits of wickedness. You Who by Your life-giving Resurrection on the third day raised up our fallen first Parent, raise me up who am sunk in sin and suggest to me ways of repentance. You Who by Your glorious Ascension deified our nature which You had assumed and honored it by sitting at the right hand of the Father, make me worthy by partaking of Your holy Mysteries of a place at Your right hand among those who are saved. You Who by the descent of the Spirit, the Comforter, made Your holy Disciples worthy vessels, make me also a recipient of His coming. You Who are to come again to judge the World with justice, grant me also to meet You on the clouds, my Maker and Creator, with all Your Saints, that I may unendingly glorify and praise You with Your Eternal Father and Your all-holy and good and

life-giving Spirit, now and ever, and to the ages of ages. Amen.

First Prayer of St John of Damascus

Sovereign Lord Jesus Christ our God, Who alone has authority to forgive men their sins, overlook in Your goodness and love for men all my offences whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification and as a pledge of the life and kingdom to come, as a protection and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For You are a God of mercy and compassion and love for men, and to You we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

Second Prayer of St Basil the Great

I know, O Lord, that I partake of Your immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of You my Christ and God. But taking courage from Your compassion I approach You, for You have said: "He who eats My Flesh and drinks My Blood lives in Me and I in him." Therefore have compassion, O Lord, and do not

make an example of me, a sinner, but deal with me according to Your mercy; and let these Holy Things be for my healing and purification and enlightenment and protection and salvation and sanctification of body and soul, for the turning away of every fantasy and all evil practice and diabolical activity working subconsciously in my members, for confidence and love towards You, for reformation of life and security, for an increase of virtue and perfection, for fulfillment of the commandments, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Your awesome Judgment, not for judgment or for condemnation.

Prayer of St Symeon the New Theologian

From sullied lips,
From an abominable heart,
From an unclean tongue,
Out of a polluted soul,
Receive my prayer, O my Christ.
Reject me not,
Nor my words, nor my ways,
Nor even my shamelessness,
But give me courage to say
What I desire, my Christ.
And even more, teach me
What to do and say.
I have sinned more than the harlot
Who, on learning where You were lodging,

Bought myrrh,
And dared to come and anoint
Your feet, my Christ,
My Lord and my God.
As You did not repulse her
When she drew near from her heart,
Neither, O Word, abominate me,
But grant me Your feet
To clasp and kiss,
And with a flood of tears
As with most precious myrrh
Dare to anoint them.
Wash me with my tears
And purify me with them, O Word.
Forgive my sins
And grant me pardon.
You know the multitude of my evil-doings,
You know also my wounds,
And You see my bruises.
But also You know my faith,
And You see my willingness,
And You hear my sighs.
Nothing escapes You, my God,
My Maker, my Redeemer,
Not even a tear-drop,
Nor part of a drop.
Your eyes know
What I have not achieved,
And in Your book

Things not yet done
Are written by You.
See my depression,
See how great is my trouble,
And all my sins
Take from me, O God of all,
That with a clean heart,
Trembling mind
And contrite spirit
I may partake of Your pure
And all-holy Mysteries
By which all who eat and drink You
With sincerity of heart
Are made alive and deified.
For You, my Lord, have said:
"Whoever eats My Flesh
And drinks My Blood
Abides in Me
And I in Him."
Completely true is the word
Of my Lord and God.
For whoever partakes of Your divine
And deifying Gifts
Certainly is not alone,
But is with You, my Christ,
Light of the Triune Sun
Which illumines the world.
And that I may not remain alone
Without You, the Giver of Life,

My Breath, my Life,
My Joy,
The Salvation of the world,
Therefore I have drawn near to You
As You see, with tears
And with a contrite spirit.
Ransom of my offences,
I beseech You to receive me,
And that I may partake without condemnation
Of Your life-giving and perfect Mysteries,
That You may remain as You have said
With me, thrice-wretched as I am,
In case the tempter may find me
Without Your grace
And craftily seize me,
And having deceived me, may seduce me,
From Your deifying words.
Therefore I fall at Your feet
And fervently cry to You:
As You received the prodigal
And the harlot who drew near to You,
So have compassion and receive me,
The profligate and the prodigal,
As with contrite spirit
I now draw near to You.
I know, O Saviour, that no other
Has sinned against You as I,
Nor has done the deeds
That I have committed.

But this again I know
That not the greatness of my offences
Nor the multitude of my sins
Surpasses the great patience
Of my God,
And His extreme love for mankind.
But with the oil of compassion
Those who fervently repent
You purify and enlighten
And make them children of the light,
Sharers of Your Divine Nature.
And You act most generously,
For what is strange to Angels
And to the minds of men
Often You say to them
As to Your true friends.
These things make me bold, my Christ,
These things give me wings,
And I take courage from the wealth
Of Your goodness to us.
And rejoicing and trembling at once,
I who am straw partake of fire,
And, strange wonder!
I am inexpressibly bedewed,
Like the bush of old
Which burnt without being consumed.
Therefore with thankful mind,
And with thankful heart,
And with thankfulness in all the members

Of my soul and body,
I worship and magnify
And glorify You, my God,
For You are blessed,
Now and ever and to the ages of ages.

Second Prayer of St John the Golden-Mouth

I am not worthy, O Lord and Master, that You should enter under the roof of my soul; but in Your love for mankind You come to dwell in me. Therefore I take courage and approach. You command: I will open wide the doors which You alone created, that You may enter with love as is Your nature. Enter and enlighten my darkened thought. I believe that You will do this, for You did not banish the harlot who approached You with tears, nor did You reject the tax-collector who repented, nor did You drive away the robber who acknowledged Your Kingdom, nor did You leave the repentant persecutor (Paul) to himself; but all who had been brought to You by repentance You set in the company of Your friends, You who alone are blessed always, now and ever and to the ages of ages. Amen.

Third Prayer of St John the Golden-Mouth

O Lord Jesus Christ my God, remit, forgive, absolve and pardon the sins, offences and transgressions which I, Your sinful, useless and unworthy servant have committed from my youth, up to the present

day and hour, whether with knowledge or in ignorance, whether by words or deeds or intentions or thoughts, and whether by habit or through any of my senses. And through the intercession of her who conceived You without seed, the immaculate and ever-virgin Mary Your Mother, my only sure hope and protection and salvation, make me worthy without condemnation to receive Your pure, immortal, life-giving and awesome Mysteries, for forgiveness of sins and for eternal life, for sanctification and enlightenment and strength and healing and health of soul and body, and for the blotting out and complete destruction of my evil reasonings and intentions and prejudices and nocturnal fantasies of dark evil spirits. For Yours is the kingdom and the power and the glory and the honour and the worship, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

Second Prayer of St John of Damascus

I stand before the doors of Your sanctuary, yet I do not put away my terrible thoughts. But O Christ our God, Who justified the tax-collector, and had mercy on the Canaanite woman, and opened the gates of Paradise to the robber, open to me the depths of Your love for mankind, and as I approach and touch You, receive me like the harlot and the woman with an issue of blood. For the one received healing easily by touching the hem of Your garment, and the

other by clasping Your sacred feet obtained release from her sins. And I, in my wretchedness, dare to receive Your holy Body. Let me not be burnt, but receive me just as You received them; enlighten the senses of my soul, and burn the stains of my sins: through the intercessions of her who bore You without seed, and of the Heavenly Powers, for You are blessed to the ages of ages. Amen.

Fourth Prayer of St John the Golden-Mouth

I believe, O Lord, and I confess that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am chief. Moreover, I believe that this is truly Your most pure Body, and that this is truly Your Own precious Blood. Therefore, I entreat You: Have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, in knowledge and in ignorance. And grant me to partake without condemnation of Your most pure Mysteries for the remission of sins and for eternal life. Amen.

Lines of St Symeon the Translator

Behold I approach for Divine Communion. O Creator, let me not be burnt by communicating, For You are fire which burns the unworthy. But purify me from every stain.

Then this Prayer:

Of Your Mystical Supper, O Son of God, receive me today as a communicant: for I will not speak of the Mystery to Your enemies, nor will I give You a kiss as did Judas, but like the Robber I confess You: Remember me, O Lord, in Your Kingdom.

And these lines:

Tremble, when you see the deifying Blood, For it is a coal that burns the unworthy. The Body of God both deifies and nourishes; It deifies the spirit and miraculously nourishes the mind.

And these Troparia:

You have ravished me with longing, O Christ, and with Your divine love You have changed me. But burn up with spiritual fire my sins and make me worthy to be filled with delight in You, that I may leap for joy, O gracious Lord, and magnify Your two comings.

How will I who am unworthy enter into the splendor of Your saints? For if I dare to enter the bride-chamber, my vesture betrays me, for it is not a wedding garment, and as a prisoner I will be thrown out by the Angels. Cleanse my soul from pollution and save me Lord, in Your love for mankind.

And this Prayer:

Sovereign Lover of men, O Lord Jesus my God, let not these Holy Things be to me for judgment through my being unworthy, but for the purification and sanctification of my soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cling to God and to place in the Lord my hope of salvation.

THANKSGIVING

PRAYERS AFTER HOLY

COMMUNION

When you have received the Holy Communion of the life-giving Mystical Gifts, give praise immediately, give thanks greatly, and from the soul say fervently to God the following:

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

I thank You, O Lord my God, that You have not rejected me, a sinner, but have granted me to be a communicant of Your holy Things. I thank You that You have granted me, the unworthy, to partake of Your all-pure and heavenly Gifts. But, O Master, Lover of mankind, Who for our sake died and rose again and bestowed upon us these awesome and life-creating Mysteries for the well-being and sanctification of our souls and bodies, grant that these may be even for the healing of both my soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for unashamed

Faith, for genuine love, for the fullness of wisdom, for the keeping of Your commandments, for an increase of Your divine grace, and for the attainment of Your Kingdom; that being preserved by Them in Your holiness, I may remember Your grace always, and no longer live for myself, but for You, our Master and Benefactor; and thus when I have departed this life in hope of eternal life, I may attain to eternal rest, where the sound of them that keep festival is unceasing and the delight is endless of them that behold the indescribable beauty of Your face. For You are the true desire and the unutterable gladness of those who love You, O Christ our God, and all creation praises You to the ages. Amen.

Thanksgiving Prayer of St Basil the Great, 2

O Master Christ our God, King of the ages and Creator of all things, I thank You for all the good things You have bestowed upon me and for the Communion of Your all-pure and life-creating Mysteries. Therefore I pray to You, O Good Lord and Lover of mankind: Keep me under Your protection and in the shadow of Your wings and grant me, even to my last breath, to partake worthily, with a pure conscience, of Your holy Things for the remission of sins and eternal life. For You are the Bread of Life, the Source of Holiness, the Giver of good things, and

to You we send up glory, together with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

Verses of St Symeon the Translator (Metaphrastes), 3

You who willingly gave me Your Flesh as food, You who are fire that consumes the unworthy, let me not be scorched, my Creator. But rather, enter into my members, into all my joints, my governing faculties, my heart.

Burn up the thorns of all my sins. Purify my soul, sanctify my thoughts. Strengthen my substance together with my bones. Enlighten my simple five senses. Nail down the whole of me with the fear of You.

Ever protect, preserve, and keep me from every soul-corrupting deed and word.

Purify, cleanse and adorn me; beautify me, give me understanding and enlighten me. Show me to be the dwelling-place of Your Spirit alone, and no longer a habitation of sin, that from me as Your abode through the entry of Communion, every evildoer, and every passion may flee as from fire.

As intercessors I offer to You all the saints, the commanders of the bodiless hosts, Your Forerunner,

the wise apostles, and Your undefiled pure Mother, whose entreaties You accept, my compassionate Christ, and make Your servant a child of light.

For You alone are our sanctification, O Good Lord, and the radiance of our souls, and to You as God and Master, we all send up glory as is appropriate, every day.

Another Prayer

O Lord Jesus Christ our God, may Your Holy Body be for me eternal life, and Your Precious Blood for the remission of sins; and may this Eucharist be for me joy, health, and gladness. And at Your awesome Second Coming, grant me, a sinner, to stand at the right hand of Your glory, through the intercessions of Your all-pure Mother and of all the saints.

Another Prayer, To the All-Holy Theotokos

O all-holy Lady, Theotokos, light of my darkened soul, my hope, protection, refuge, consolation, my joy; I thank you that you have granted me, who am unworthy, to be a partaker of the all-pure Body and precious Blood of your Son. You who gave birth to the True Light, enlighten the spiritual eyes of my heart; you who gave birth to the Source of Immortality, revive me who am dead in sin; you who are the lovingly-compassionate Mother of the merciful God, have mercy on me and grant me

compunction and contrition in my heart, and humility in my thoughts, and the recollection of my thoughts from captivity. And grant until my last breath to receive without condemnation the sanctification of the all-pure Mysteries for the healing of soul and body; and grant me tears of repentance and confession, that I may hymn and glorify you all the days of my life, for you are blessed and all-glorified to the ages. Amen.

Then:

Now let Your servant depart in peace, O Master, according to Your word, for my eyes have seen Your salvation, which You have prepared before the face of all peoples; a light to enlighten the Gentiles, and the glory of Your people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

Glory to the Father, and to the Son, and to the Holy Spirit, both 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. (x3)

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

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

If you have just received Holy Communion at a Divine Liturgy of St John Chrysostom:

***Troparion to St John Chrysostom, Tone 8
(or the Troparion of the day)***

Grace shining forth from your mouth like a beacon has illumined the inhabited universe, and disclosed to the world treasures of generosity, and shown us the heights of humility; but while instructing by your words, Father John Chrysostom, intercede with the Word, Christ our God, to save our souls.

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

***Kontakion St John Chrysostom, Tone 6
(or the Kontakion of the day)***

From the heavens you receive divine grace, and by your lips you teach all to worship the One God in Trinity, John Chrysostom, all blessed righteous one. Rightly do we acclaim you, for you are a teacher revealing things divine.

But if it is a Divine Liturgy of St Basil the Great:

Troparion to St Basil the Great, Tone 1

Your fame has gone out into all the earth, which has received your word. In this way you have divinely taught the Faith; you have revealed the nature of created things; you have made the moral life of men a royal priesthood. Basil, our righteous father, intercede with Christ God that our souls be saved.

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

Kontakion to St Basil the Great, Tone 4

You proved to be an unshakable foundation of the Church, giving to all mortals an inviolate lordship, and sealing it with your doctrines, righteous Basil, revealer of heavenly things.

But if it is a Pre-Sanctified Liturgy (Divine Liturgy of St Gregory the Dialogist):

Troparion to St Gregory the Dialogist, Tone 4

Receiving divine grace from God on high, glorious Gregory, And strengthened with its power, You willed to walk in the path of the Gospel, most blessed one. Therefore you have received from Christ the reward of your labors! Entreat him that he may save our souls!

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

Kontakion to St Gregory the Dialogist, Tone 3

You showed yourself to be an imitator of Christ, the chief Shepherd, Father Gregory, Guiding the orders of monks to the fold of heaven. From there you taught the flock of Christ His commandments! Now you rejoice and dance with them in the mansions of heaven!

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

Protection of Christians that cannot be put to shame. Mediation to the unfailing Creator. Do not disdain the prayerful voices of us sinners, but be quick, good Lady, to help us who in faith cry to you; hasten to intercede and make speed to supplicate, Theotokos who always protects, those who honor you.

Note: It is customary to replace "Protection of Christians" with the Kontakion of Pascha throughout Bright Week.

Kontakion, Tone 8

Though You descended into the grave, Immortal Lord, yet You destroyed the power of hades. And You arose as victor, Christ God, calling to the myrrh-bearing women: Rejoice! And giving peace to Your apostles: You who grants resurrection to the fallen.

Lord, have mercy. (x 12)

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, both now and ever, and to the ages of ages. Amen.

Lord, have mercy. (x3)

O Lord, bless.

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

PRAYERS BEFORE **ANY TASK**

O Lord Jesus Christ, my God, You have said, "Apart from me You can do nothing." In faith I embrace Your words, O Lord, and I entreat Your goodness. Help me to carry out the work I am about to begin, and to bring it to completion. To You I give glory, to the Father, and to the Son, and to the Holy Spirit. Amen.

Almighty God, our Help and Refuge, who knows that we can do nothing right without Your guidance and help; direct me by Your wisdom and power, that I may accomplish this task and, whatever I do according to Your divine will, so that it may be beneficial to me and others and to the glory of Your holy Name. Amen.

My Lord and Savior, You became man and labored with Your hands until the time of Your ministry. Bless me as I begin this work. Help me to bring it to completion. Lord, enlighten my mind and strengthen my body, that I may accomplish my task according to Your will. Guide me to bring about works of goodness to Your service and glory. Amen.

PRAYER AFTER **ANY TASK**

Thank You, Lord, for Your strength and guidance in my work. You are the fulfillment of all good things. Fill also my soul with joy and gladness, that I may praise You always. Amen.

PRAYERS FOR THOSE WHO ARE ILL

Prayer for the Sick

Heavenly Father, physician of our souls and bodies, Who sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal also Your servant (name) from all physical and spiritual ailments through the grace of Your Christ. Grant him (her) patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I also pray to You Lord, heal Your servant (name) and grant him (her) the gift of complete health. For You are the source of healing and to You I give glory, to the Father, and to the Son, and to the Holy Spirit. Amen.

Another Prayer for the Sick

O Lord our God, Who by a word alone heals all diseases, Who cures the mother-in-law of Peter, You Who chastise with mercy and heal according to Your goodness; Who are able to put aside every sickness and infirmity, grant aid to Your servant (name) and cure him (her) of every sickness of which he (she) is

grieved; and send down upon him (her) Your great mercy, and if it is Your will, give him (her) health and complete recovery; for You are the Physician of our souls and bodies, and to You do 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.

THANKSGIVING **AFTER RECOVERY**

O Lord God Jesus Christ, the Life and strength of all who put their hope in You. Whose mercies are numberless, and the treasury of blessings that is infinite, we give thanks to You for the blessings which You have bestowed, and we humbly beseech You to continue Your goodness toward us. As You have been well pleased to restore us to our bodily health, so too imbue our souls with all the heavenly graces, perseverance in good works, and prepare us by Your blessings in this life for the enjoyment of eternal joy in the Life to come. For to You are due all glory, honor, and worship, as also to Your Eternal Father and Your All-holy Good and Life-creating Spirit, now and ever, and to the ages of ages. Amen.

PRAYERS IN TIMES OF NEED

Almighty God, the Father of mercies and God of all comfort, come to my help and rescue me from this difficulty that besets me. I believe O Lord, that all trials of life are under Your care and that all things work for the good of those who love You. Take away from me fear, anxiety and distress. Help me to face and endure my difficulty with faith, courage and wisdom. Grant that this trial may bring me closer to You for You are my rock and refuge, my comfort and hope, my delight and joy. I trust in Your love and compassion. Blessed is Your name of the Father, and of the Son and of the Holy Spirit, now and ever and to the ages of ages. Amen.

O God, our help in time of need, Who are just and merciful, and Who inclines to the supplications of His people. Look down upon me and have mercy on me and rescue me from the trouble that now besets me. Deal with us not according to our iniquities, but according to Your abundant mercies, for we are the works of Your hands, and You know our weaknesses. I pray to you to grant me Your divine helping grace, and endow me with patience and strength to endure my hardships with complete

submission to Your Will. O God, our hope and refuge, only You know our misery and sufferings. I run to You for relief and comfort, trusting in Your infinite love and compassion, that in due time, as You know best, You will rescue me from this trouble, and turn my distress into comfort. We then shall rejoice in Your mercy, and exalt 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 AGAINST **DEMONIC INFLUENCE**

Almighty God, Who rescued Your people from captivity to the enemy, and through Your Son cast down Satan like lightning, rescue me also from every influence of unclean spirits. Command Satan to depart far from me by the power of Your only begotten Son. Rescue me from demonic imaginings and darkness. Fill me with the light of the Holy Spirit that I may be guarded against all traps of crafty demons. Grant that an angel will always go before me and lead me to the path of righteousness all the days of my life, to the honor of Your glorious Name, of the Father, and of the Son, and of the Holy Spirit, now and ever and to the ages of ages. Amen.

PRAYER FOR **OUR ENEMIES**

O Lord Jesus Christ, in Your great mercy You prayed for the forgiveness of those who crucified You, and You taught us to love our enemies and to pray for those who persecute us. O Lord, I also pray that You forgive those who treat me unjustly and speak out against me, and that You bless them and guide them according to Your will. Take away any bitterness I may have in my heart against them. O Lord, may Your forgiveness, goodness and love be revealed in all of us, to Your praise and glory. Amen.

THANKSGIVING **AFTER TROUBLE**

Almighty and merciful God, I most humbly and heartily thank Your divine majesty for Your loving kindness and tender mercies, that You have heard my humble prayer, and graciously granted me deliverance from my trouble and misery. I pray to you to continue granting Your helping grace, that I may lead a life pleasing to You, that I may continually offer to You a sacrifice of praise and thanksgiving, to the Father, and to the Son, and to the Holy Spirit. Amen.

A PRAYER AT THE ASSAULT OF LUST

O Lord God of Righteousness, my Strength and my Help, my Refuge in evil days, who saves in time of sorrows: Save me, for the waters have come in to my soul, I have sunk into a muddy abyss, and there is no standing before the face of the violent enemy. My soul is pursued, my life is trampled down to the ground, and all night long the demons attack me. Be well pleased Lord, to rescue me from the hands of sinners and those who work evil, that I not sin against You. The fear of death has fallen upon me, and the darkness covers me. How long will I cry to You Lord, and You do not hear me? I am wounded, I cry out to You Lord, and You do not save? Look down from the Heavens Lord, and consider from Your holy house, where Your glory is, for You have had patience with us according to Your mercies. Lord, judge those who are attacking me; do not be like a man who sleeps, nor as a man who is not able to save.

For You are a merciful God and the Lover of mankind, 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 FOR ONE WHO HAS SHAMEFUL THOUGHTS

O Master, Lord my God, in whose hands is my destiny: help me according to Your mercy, and do not leave me to die in my sins, nor allow me to follow those who place desires of the flesh over those of the spirit. I am Your creation; do not disdain the work of Your hands. Do not turn away, be compassionate and do not humiliate me, neither scorn me, O Lord, as I am weak. I have fled to You as my Protector and God. Heal my soul, for I have sinned against You; save me for Your mercy's sake, for I have been with you since my youth; let me who seeks You not be put to shame by being rejected by You because of unclean actions, unseemly thoughts, and unprofitable remembrances. Drive away from me every filthy thing and excess of evil. For You alone are holy, You alone are mighty, and You alone are immortal, in all things you have unexcelled power, which, through You, is given to all who strive against the devil and the might of his armies.

For to You is due all glory, honor and worship: to the Father, and to the Son, and to the Holy Spirit, now

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

PRAYER FOR ONE WHO IS PUT TO THE TEST DURING SLEEP

Much-hymned, Incorrupt, Chaste Lord, Only-sinless One: Cleanse me, Your servant, from every filth of flesh and spirit, and show me undefiled, by the grace of Your Christ. Sanctify me also, by the infusion of Your Spirit, that springing up from the mist of impure dreaming of the devil, and every temptation, I may be counted worthy at a seasonable time to draw near and taste of Your formidable and awesome Mysteries.

For You God are He who blesses and sanctifies all things, and to You we send up glory, together with Your Only-begotten Son, and Your All-holy Spirit, now and ever, and to the ages of ages. Amen.

PRAYER FOR THOSE **WHO STRUGGLE WITH** **DEPRESSION**

O Lord Jesus Christ our God, who brought great joy into the world with Your divine Birth, and salvation through Your glorious Resurrection; who shed Your precious Blood to wash away the sins of man and to revive his spirit: Accept me as I approach Your goodness and do not despise me the sinner, but hear the voice of my petition, and look with compassion upon Your servant and restore hope and well-being to my life. Banish from me the spirit of depression and melancholy by Your grace. And if it was brought about by the stain of sin, wash it away with Your precious Blood; if by lawlessness, remove it with Your righteousness; if by guilt, lead me to confession and forgiveness; if by fear, drive it away with Your reassurance; if by anger and hostility, replace them with calmness and love. Do not let my faith waver; Do not permit my hope to flee; Do not let my trust in You fade away. Illumine the darkness of my soul; Disperse the cloud of despair that has surrounded me; Reassure my mind; Lift up my spirit; Restore my confidence, and open the doors of my

heart to permit Your Holy Spirit to enter and live there, and bring renewal and healing to my body and soul.

For You are the healer of souls and bodies, and the reviver of the spirits of all of us, and to You we send glory and thanksgiving and worship, to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages. Amen.

PRAYER FOR MATRIMONY

O All-Good Lord, I know that on this depends my great happiness, that I love You with all my heart and all my soul, and fulfill Your holy will in all things. Guide my soul, my God, and fill my heart: I desire to please You alone, for You are my Creator and my God. Preserve me from pride and self-love; let reason, modesty, and chastity adorn me. Idleness offends You, and engenders vice; give me then a desire for diligence and bless my labours. Inasmuch as Your law commands men to live in honourable matrimony, so bring me, Holy Father, to this calling which You have consecrated, not for the satisfaction of my desires, but for the fulfillment of Your purpose; for You Yourself have said: It is not good for man to be alone, and having made woman as a help-mate for him, You blessed them to be fruitful, and multiply, and replenish the earth.

(Genesis 1: 28, 2: 18) Listen to my humble prayer sent up to You from the depths of a young man's/maiden's heart: give me a spouse, honourable and pious, that together with him/her in love and harmony we may glorify You, the Compassionate

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

PRAYER FOR **CHILD-BEARING**

O Lord our God, You created man in Your image and likeness and established him as the king of creation. And so that he would not be alone on the earth, You took one of his ribs and formed woman whom You gave to him as a helper fit for him. And You told them, “Be fruitful and multiply, and have dominion over the earth,” therefore giving them the gift of procreation.

Through Your first miracle at the wedding at Cana of Galilee, You affirmed that lawful union in marriage and child-bearing from it are indeed in accordance with Your divine will and purpose.

Yet, on many occasions, faithful couples like Abraham and Sarah, Jacob and Rachel, Zacharias and Elizabeth and Joachim and Anna were without children. But when they came to You in prayer and supplication, You responded mercifully to them, answered their prayers and rewarded their patience and trust in You with one or more children.

In like manner Lord, Your servants *NAME* and *NAME* who are joined in matrimony in Your holy name, in order to fulfill Your will, have not as yet been blessed with child. Therefore, with profound humility and utmost faith and trust in You, we pray to You and supplicate You and ask of You, if it is Your will, to be gracious and merciful to us, to remove our pain and sorrow, and to bless us with beautiful offspring at a time pleasing to You.

O Lord our God, accept the petitions of Your unworthy servants, and bring to us joy and peace by granting us our request and blessing us with a child.

For You alone are merciful and compassionate, and to You we send up glory and thanksgiving and worship, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.
Amen.

PRAYERS DURING PREGNANCY

O Master, Lord Jesus Christ our God, the Source of life and immortality, I thank You, for in my marriage You have blessed me to be a recipient of Your blessing and gift; for You, O Master, said: be fruitful and multiply and replenish the earth. I thank You and pray: Bless the fruit of my body that was given to me by You; favor it and animate it by Your Holy Spirit, and let it grow a healthy and pure body, with well formed limbs. Sanctify its body, mind, heart, and vitals, and grant this infant that is to be born an intelligent soul; establish it in the fear of You.

Grant it a faithful angel, a guardian of soul and body. Protect, preserve, strengthen, and shelter the child in my womb until the hour of its birth. But do not conceal it in it's mother's womb; give it life and health.

O Lord Jesus Christ, into Your almighty and paternal hands I entrust my child. Place it upon the right hand of Your grace, and through Your Holy Spirit sanctify it

and renew it forever, that it may be a communicant of Your Heavenly Kingdom. Amen.

All-Merciful Christ our God, look down and protect me, Your servant, from fear and from evil spirits that seek to destroy the work of Your hands. And when my hour and time has come, deliver me by Your grace. Look with compassionate eye and deliver me, Your servant, from pain. Lighten my infirmity in the time of my travail and grant me fortitude and strength for birth giving, and hasten it by Your almighty help. For this is Your glorious work, the power of Your Omnipotence, the work of Your grace and tender-heartedness. Amen.

My most gracious Queen, my hope, O Theotokos, the joy of those in sorrow, help me, for I am helpless. Intercede and entreat your Son, Christ our God, that He lighten for me this season while I am giving birth. For I know no other help except you, no other hope except you, O Mother of God, that will guard and protect me and my child. For by your intercession and help we send up glory and thanksgiving for all things to the One God in Trinity, the Creator of all, now and ever, and to the ages of ages. Amen.

GUIDELINE FOR **CONFESSION**

Mystery of Repentance (Confession)

Sins Against God and the Church

Renouncing God or falling away from the Orthodox Faith. Scepticism and doubt regarding the truthfulness of the Bible's and Church's teachings — her canons, legality and correctness of the clergy, the truth of the Church Services and the Mysteries of the Church, and the authority of the holy Fathers' writings.

Little faith and doubt are products of a spiritually lacking upbringing, or the assimilation of materialistic, "eastern" or heretical teachings, or simply from being overburdened with life's anxieties. "Empty" doubts are distinct from little faith as they are usually brought about through lack of understanding of one truth or another.

Heresy and superstition. Heresy is a false religious teaching that has been rejected by the Church, yet has pretensions to Christian truth. It often springs from ignorance and pride — extravagant

dependence on one's personal intellect and experience. More destructive interests that are alien to the Christian teachings are: occultism, eastern mysticism, theosophy, spiritualism, extrasensory, personal perspicacity (showing off), ability to heal through incantations and conjurations etc.

Superstition in its various beliefs emanates from paganism and sorcery (magic, witchcraft, fortune-telling, symbols). These include national beliefs, customs and symbols that are associated with Church Feast days, and days commemorating specific Saints, as well as utilising holy church items and even the Sacraments toward blasphemously magic purposes. Superstitions are weeds in a spiritual meadow that smother spiritual offshoots and true Faith. Fastening themselves like parasites on a person's soul, they devour its energy, warp the true spiritual path and cloak Christ's Truth. Superstitions foster spiritual illiteracy and blind faith in pagan traditions.

All these sins and problems of the mind are treated with studies of the Holy Scriptures and reading of spiritual books endorsed by the Church.

Passivity and indifference to Christian Teachings and absence of spiritual interests. This state is the result of a lazy mind and spiritual drowsiness. In a

spiritually passive individual, the truth of Faith is not rejected but simply ignored, thereby not allowing it to illuminate the mind with Christ's Teachings. Signs of passivity: absence of thoughts on God, lack of love and gratitude to Him, indifference to the participation in the life hereafter.

Passivity engenders lukewarm relationship with God and to the purpose of saving one's soul. Even though a person may pray, this spiritual tepidness emerges because of his inattentiveness and the feeling of being obliged to do it. In relation to Church Services, this feeling is reflected in rare and irregular church attendances, in inattentiveness or conversing during Church Services, unnecessary walking inside the church, distraction of other people through requests and comments and coming late or leaving early during the Service.

The sin of indifference to the Mystery of repentance is usually seen through infrequent confessionals, in preference for general confessions (rather than individual ones) thereby avoiding personal discomfort, in not wanting to deeply understand yourself, in maintaining an unrepentant and proud attitude, in the unwillingness to abandon sinful behaviour, to eradicate sordid leanings and conquer temptations: instead — strive to minimise the gravity

of sin, to justify yourself and not reveal the more shameless deeds and thoughts.

It must be remembered that a person that partakes of Sacraments without the necessary preparation and not cleansing his soul through repentance, commits a grave sin and will bring upon himself more harm than good. After Holy Communion, he soon forgets that he has the Holy Gifts within him and quickly returns to his old iniquitous and sinful habits.

Reasons for passivity: attachment to earthly blessings and various pleasures. In its entirety, this sin leads to absence of awareness of God's grace and His nearness to us and as a consequence, that person becomes a Christian in name while being a pagan in his lifestyle.

Nit-picker of the law — adherence to the letter of the law, extreme and fanatical commitment to the outward facet of Church life, oblivious as to its meaning and purpose. Belief in salvation through the strict and accurate though perfunctory (doing it without care or interest) carrying out of ritual acts without realising their inner meaning — is testimony to a flawed conviction and a decrease in the true treasures of Faith (Romans 7:6). This type of conviction arises from insufficient immersion into the Good News from Christ, Who gave us the ability to

be His servants of the New Testament — not to the word, but to the spirit, because "...the letter kills, but the Spirit gives life" (2 Cor. 3:6).

A nit-picker of the law testifies to an inadequate comprehension of the Church's teachings and non-conformity to its majesty, or to an indiscriminate zeal in serving old customs.

Lack of trust in God through the absence of belief in that our life with all its minutest details is in God's hands, Who loves us and is concerned for our salvation. This lack of trust occurs through not having a living relationship with Him and being engulfed in earthly interests.

This sin engenders ungratefulness toward God, despondency, pusillanimity (cowardly weakness) and not being concerned for the future, anxious efforts to insure oneself against suffering and this sin is exhibited to avoid ordeals, and in instances of misfortune — to complain against God. The antithesis to this: placing all your Faith in God and having total trust in His Fatherly concern for us.

Complaining. This sin is a consequence of not having trusted in God, which in turn may lead to a falling away from Church and total loss of Faith.

Ungratefulness to God. Many people turn to God when faced with trials and tribulations, yet during auspicious periods, they forget Him, not realising that all the benefits they receive are from Him. It is essential to compel yourself daily to thank God for his mercy — especially, for sending His Son, who suffered for our sins through the most humiliating death, and Who now constantly thinks about us, directing us toward our salvation.

Absence of fear of God and reverence before Him. Careless, inattentive prayers, irreverent behaviour in church before the Holiest of the Holy, disrespect for the clergy. No conscious realisation of death and the expected Final Judgment. This condition ensues from a mindless attitude toward Faith, which in turn prompts us to perform many of our obligations without interest or care, through habit, just as it is written in the Bible: "These people draw near to Me and honor Me with their lips, but their heart far from Me" (Isaiah 29: 13).

Disobedience toward God's will. This usually takes the form of open disagreement with God's will as expressed in His Commandments, Holy Gospel, directives of the spiritual father, voice of one's own conscience, misinterpret the will of God in one's own favour so that it either justifies his actions or condemns another, placing one's will above that of

God's, practicing senselessly ardent acts of asceticism and obliging others to emulate them, not honouring promises given to God during past Confessions.

Frivolous attitude to God and Church. The use of God's name in jokes and idle conversations; flippant conversations and jokes on items of Faith; cursing or swearing with the use of His name.

Mercenary attitude toward faith (What's in it for me? What can I get out of it without putting anything in myself. What is the bare minimum that I have to do and contribute?): Rushing to church and turning to God in times of need, not from feelings of love for Him or for the sake of saving one's soul, but for the ulterior motive of receiving something instant and earthly. Having achieved success or with a change of the situation, the person reverts to his customary mundane activities.

Sins Against One's Neighbour

Judging. Tendency toward noting faults in others and present them in a reproaching manner. Sometimes, without even realising his judgmental actions toward his neighbour, that person's heart formulates a distorted picture of him. Consequently,

this image serves as an inner justification for not loving and ignoring him.

Pride — attributing to yourself exceptional abilities (mental, knowledge, talents, "spirituality") which give rise to feelings of superiority over others, or belief in one's self-righteousness and sufficiency. Pride is expressed in feelings of ill will, or sometimes in highly opinionated and condescending attitudes toward others.

Vanity and conceit — are related to pride. We fall into these sins when we show off our talents, scholarship or when we demonstrate our spiritual knowledge, our attachment to the Church or our piety.

Ask yourself: don't you boast in front of other people about your efforts, charitable acts, helping your neighbours, and expecting their approval or praise? How do you treat members of your family as well as people you come into contact or work with on a regular basis? Do you patiently tolerate their weaknesses or do they irritate you? Are you ever arrogant, testy, impatient to others failings or differing views?

Being domineering — desire to be pre-eminent and to dictate to others. Do you love to have people

listening to you or serving you? How do you treat people that rely on you both at home and at work? Do you love insisting people carry out your will? Don't you strive to say the last word just for the sake of not agreeing with another person, even if he is right?

Self-isolation — alienation from people, unwillingness to associate or pray with others. Are you attentive to the needs of your family and close ones? Do you withdraw into yourself and your problems, ignoring the sorrow of others? This feeling comes about from the absence of spiritual fire and Christian love.

Neglect of and indifference to your close ones. This sin becomes especially frightful when it is applied against parents, when we do not express our gratitude, do not have concerns for them, are short and neglectful toward them. If the parents are dead, we must pray for them, serve Memorials and lodge commemorative notices during Liturgy.

Pleasing people. On the face of it, this sin is the opposite side of Dominance. We fall into it when we try to get people to like us by currying favour with them. Through this, we close our eyes to their iniquitous acts or even try to mask them. Have you practiced flattery in order to secure their favour?

Because of covetous ambitions, have you subordinated yourself to other people's opinions or tastes that differed to yours? Have you been untruthful, dishonest or hypocritical?

Have you ever betrayed another for personal gain? Have you ever shifted your blame on others? Have you kept other people's confidences?

Are you sinning by satisfying your physical passions through mindlessly adopting the lifestyle and behavior of the people surrounding you, including those that are members of your church, but who are devoid of the Christian spirit?

Violation of peace. Are you able to maintain peace in your family, with your neighbours and fellow workers? Do you allow yourself to slander, defame, judge, evil laughter? Are you capable of curbing your tongue? Are you too talkative? Do you display a superficial curiosity toward the lives of others?

Envy and malevolence. Have you been jealous of another's success or well-being? Have you wished misfortune and failure to another, or rejoiced when it happened? Have you instigated others to commit wrong deeds while remaining seemingly innocent? Have you ever been overly suspicious of another, seeing only deficiencies in him? Have you ever

pointed out to one person the defects of another, so as to start an argument between them? Have you ever betrayed a trust of a close person, disclosing his or her deficiencies and sins to others? Have you ever spread rumours? Have you done anything to produce sorrow or jealousy in another person?

Anger, irritation and antagonism. Are you capable of controlling your fits of anger? Do you use swear words or curses when you argue, or when you are angry with your children? Do use foul language in everyday conversations so that you are "part of the crowd"? Do you permit yourself rudeness, vulgarity, impertinence (not showing proper respect), sarcasm?

Callousness and hard-heartedness. Were you ever stingy, overcautious, afraid not to receive back that which was asked of you? Do you respond to requests for help? Are you prepared for self-sacrifice and charitable acts? Do you lend things and money freely and willingly? Do you rebuke your debtors? Do you rudely and persistently demand the repayment of your advance or return of borrowed property?

How do you bear the misfortunes of your close ones, do you remember the directive: "Bear one another's burdens"? Are you prepared to come to the aid of another, sacrificing your rest and happy and

comfortable lifestyle? Do you help a close one who is in trouble?

We succumb to these sins either, because of our attachment to earthly blessings or from fear of losing our material advantages — forgetting that God sends us people in need to test the sincerity of our love.

Grudges and revenge. Excessive demands from your close ones. These sins deny the spirit as well as the written word of Christ's Gospel. Our Lord teaches us to forgive our close ones their infractions against us. By not forgiving others, avenging our hurts and maintaining our animosity toward others, we cannot hope for forgiveness for our transgressions.

Insubordination. Have you sinned by disobeying your parents, your elders or your superiors at work? Have you violated the advice of your spiritual father or failed to fulfill acts of penance that he has directed you to perform?

Sins Against Yourself - Sinful leanings.

Physical excesses. Have you been prone to abusing your physical rest and comfort by oversleeping or lying in bed for lengthy periods after awakening? Have you submitted yourself to laziness, lethargy, inactivity, feebleness? Are you so attached

to your lifestyle that you are unwilling to change it for the sake of your close one? Did you indulge in various forms of excesses to the detriment to your health, through: gluttony, gorging on sweets, appeasing the body, eating out of hours?

Have you sinned through drunkenness or attachment to narcotics — these most frightening vices that destroy body and soul, bringing suffering to our loved ones? How are you combating these iniquities?

Likewise, are you addicted to smoking, which also destroys health? As the cigarette replaces prayer to the smoker, smoking distracts him from a spiritual life, supplants the awareness of sin, destroys spiritual purity, serves as temptation to those around him and brings harm to them, especially the young.

Have tempted anyone to overdrink, smoke or do something sinful?

Thoughts of feeling, and temptations. Do you wrestle with your sinful thoughts and desires? Do you avoid places that present tempting sights and sounds? Did you turn away from seductive conversations, feelings and self-defilement? Have you not sinned through immodest scrutiny of

members of the opposite sex? Do you recall your past carnal sins with relish?

Unconscientiousness. Do you force yourself to discharge your obligations and promises? Have you sinned by not working conscientiously or through the careless upbringing of your children? Have you ill-treated people by your late arrivals, your offhandedness & flippancy? Are you responsible at work, in your household and when you are driving? Are you scatter-brained at work, forgetting to finish one task before embarking on another? Are you endeavouring to strengthen your resolve to give everything for God?

Laziness, wastefulness, attachment to things. Do you waste your time? Are you applying your God-given talents to achieve good? Are you dissipating your God-given money and other resources without any purpose? Are you sinning with your predilection to the comforts of life, your attachment to material things and your saving of resources for "a rainy day," thereby showing your lack of Faith in God and the realization that you may appear before His Judgment tomorrow?

Hoarding. We succumb to this sin when we are captivated with accumulating money and riches:

when we decline to pray or attend church because we are too busy — even on Feastsdays and Sundays, when we submit to many activities and bustle. This vice leads to a captive mind and a callous heart.

Egoism and self-love — when we place ourselves in the centre of everything, endeavouring to utilise other people for achieving personal aims, and do everything for personal gain.

Lack of will to struggle with sin. Fallen spirits direct this feeling by implanting thoughts, that it is pointless to fight against sin, as sooner or later the person will fall again. These feelings must be vanquished with hope on God's mercy and His omnipotence. He promised that He would help us. Therefore we must struggle. It is said that if death finds us in a state of battle and atonement, then God will be merciful to us, but if it finds us in a state of sin and despondency, then He will reject us. Consequently, we must assume that each day is our last one on earth. By inclining ourselves this way, we will be able to conquer the wiles of our enemy.

Impatience in our efforts. This refers to our non-fulfillment of our obligations toward reciting prayers, violating fast days, eating at abnormal times, leaving church before the conclusion of the Service.

Depression and despair. Have you ever succumbed to dark thoughts and feelings? Have you ever fallen into despair? Have you permitted yourself thoughts of suicide?

BRIEF GUIDELINE **FOR CONFESSION**

I have sinned through: - (Sins that may apply to you)

Neglecting morning and evening prayers at home

Love of glory and honour

Showing lack of respect to others

Disobedience

Being insensitive to other people's feelings and offending them

Not forgiving those who have offended me

Pride

Envy

Anger

Slander

Not concentrating in church

Being irritated and impatient

Holding grudges

Negligence

Resentment

Deliberately remembering wrongs

Complaining and grumbling

Self-will

Swearing and using bad language

Lying

Arguing

Not keeping the fast with food or entertainment

Lack of discipline

Tempting others to sin

Laziness and boredom

Uncontrollable and insensitive laughter

Self-love

Seeking praise

Gluttony

Love of sensual pleasure

Drunkenness

Using illicit drugs

Enslavement to worldly passions

Obsession with personal appearance

Reading horoscopes, consulting fortune tellers and practitioners of the occult: wicca and other “new-age” movements

Love of money

Selfishness and greed

Not helping the poor and needy

Entertaining lustful and impure thoughts

Missing church services or coming late to church

Talking and distracting others in church

Apathy towards and not participating in church life:
Cleaning duties, working bees, meetings, church membership

Wishing ill on others

Judging others wrongly or harshly

Inappropriate sexual behavior

Concealing sins at confession

Sources

ROCOR Prayer Book.

Based on the edition of Divine Services offered by Fr John Whiteford and accessible at: <http://saintjonah.org/services/>

With practices according to the usage of Holy Protection Cathedral (ROCOR, East Brunswick, Vic, Australia) incorporated.