

## *MORNING PRAYERS*

### **The Trisagion Prayers**

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art everywhere present and fillest all things; Treasury of good things and Giver of life: Come and abide in us and cleanse us from every impurity, and save our souls, O good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

### **Troparia to the Holy Trinity**

Having arisen from sleep, we fall down before thee, O Blessed One, and sing to thee, O Mighty One, the Angelic Hymn: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

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

From my bed and sleep Thou hast raised me: O Lord, enlighten my mind and my heart, and open my lips that I may praise thee, O Holy Trinity: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

Both now and ever, and unto ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be revealed: but with fear we cry out in the middle of the night: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

Lord, have mercy. (12 times)

### **A Prayer to the Holy Trinity**

Arising from sleep I thank thee, O holy Trinity, because of the abundance of thy goodness and long-suffering thou wast not wroth with me, slothful and sinful as I am; neither hast thou destroyed me in my transgressions: but in thy compassion raised me up, as I lay in despair; that at dawn I might sing the glories of thy Majesty. Do thou now enlighten the eyes of my understanding, open my mouth to receive thy words, teach me thy commandments, help me to do thy will, confessing thee from my heart, singing and praising thine All-holy Name: of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

### **The Creed (The Symbol of the 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 worlds, Light of Light, Very God of Very God,  
Begotten, not made; of one essence with the Father, by whom all things were  
made:

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

And was crucified also for us under Pontius Pilate, and suffered and was buried;  
And the third day He rose again, according to the Scriptures;

And ascended into heaven, and sitteth at the right hand of the Father;  
And He shall come again with glory to judge the quick and the dead,  
Whose kingdom shall have no end.

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

And I believe in One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.  
I look for the Resurrection of the dead.  
And the Life of the world to come.

Amen.

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

We bless thee, O God most high and Lord of mercies, who ever workest great and mysterious deeds for us, glorious, wonderful, and numberless; who providest us with sleep as a rest from our infirmities and as a repose for our bodies tired by labor. We thank thee that thou hast not destroyed us in our transgressions, but in thy love toward mankind thou hast raised us up, as we lay in despair, that we may glorify thy Majesty. We entreat thine infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with thy praise, that we may unceasingly sing and confess thee, who art God glorified in all and by all, the eternal Father, the Only-Begotten Son, and the all-holy and good and life-giving Spirit: now and ever, and unto ages of ages. Amen.

### **Prayer at the Beginning of the Day – Metropolitan Philaret**

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Thy holy will. In every hour of the day reveal Thy will to me. Bless my dealings with all who surround me. Teach me to treat all that come to me

throughout the day with peace of soul and with firm conviction that Thy will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by Thee. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. Pray Thou Thyself in me.

Most Holy God, I pray and beseech Thee, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightness of purpose, powers of reasoning unhindered by passions, conduct that becometh those who fear Thee, and perfect knowledge of Thy commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of Thy truth to proclaim Thy goodness to me, that for ever and in all things placing my trust only in Thee, I may abound in every good work, and that in Christ Thy gifts may increase in every soul.

For unto Thee belong all glory, honor and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

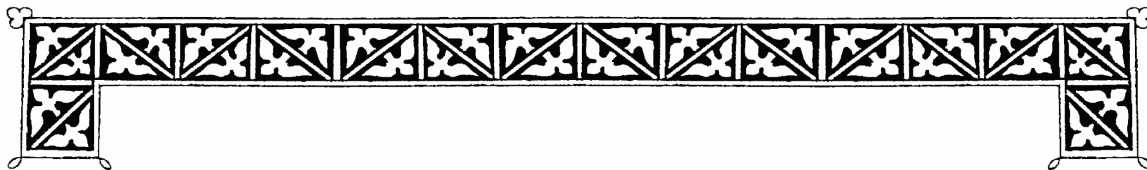
*[Here may be added your own private devotions and intercessions, using your own words or the "Occasional Prayers". When you have finished, conclude with this prayer:]*

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

***\*\*On the priority of reading the Bible\*\****

*Along with daily prayers – morning and evening, at a minimum – it should be a priority of the Christian to avail him/herself to the Holy Scriptures, specifically the prescribed daily readings.*

*Make the reading of Holy Scriptures priority – give them precedence in your time of devotion, in your spare moments, you will never be without nourishment nor will you experience boredom as you encounter the wisdom that nurtures wonder in the mind of he who opens wide the gates that the King of glory may enter in. By way of searching the Scriptures we come to recognize this King of glory, reserving space within the treasure house/throne room of the soul for none other than His abiding presence.*



## ***EVENING PRAYERS***

### **The Trisagion Prayers**

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art everywhere present and fillest all things; Treasury of good things and Giver of life: Come and abide in us and cleanse us from every impurity, and save our souls, O good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

### **Troparia of Thanksgiving**

Now that the day has come to a close, I thank thee, O Lord, and I ask that the evening with the night may be sinless; grant this to me, O Saviour, and save me.

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

Now that the day hath passed, I glorify thee, O Master, and I ask that the evening, with the night may be without offence; grant this to me, O Saviour, and save me.

Both now and ever, and unto ages of ages. Amen.

Now that the day hath run its course, I praise thee, O Holy One, and I ask that the evening with the night may be undisturbed; grant this to me, O Saviour, and save me.

Lord, have mercy. (12 times)

### **A Prayer for Forgiveness**

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee; for thou art blessed: with thine Only-begotten Son and thine All-holy Spirit: now and ever, and unto ages of ages. Amen.

### **The Creed (The Symbol of the 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 worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made:

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

And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures;

And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord, and Giver of Life,

Who proceedeth from the Father,  
Who with the Father and the Son together is worshipped and glorified,  
Who spake by the Prophets;

And I believe in One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.  
I look for the Resurrection of the dead.  
And the Life of the world to come.

Amen.

### **Prayer of the Hours**

O Christ our God, who at all times and in every hour, in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come; O Lord, in this hour receive our supplications, and direct our lives according to thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for thou art blessed unto ages of ages. Amen.

### **A General Intercession**

O Lord Jesus Christ our God, who in thy mercy and loving-kindness dost regard the prayers of all who call upon thee with their whole heart, incline thine ear and hear my prayer, now humbly offered unto thee:

Be mindful, O Lord, of thy Holy Orthodox Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever;

Be mindful, O Lord, of our father and Metropolitan JOSEPH, and of every Bishop of the Orthodox: of Priests and Deacons and all the Clergy of thy Church, which thou has established to feed the flock of the Word: and by their prayers have mercy upon me and save me, a sinner.

Be mindful, O Lord, of all civil Authorities, of our Armed Forces, of this city in which we dwell, and of every city and land; grant us peaceful times, that we may lead a calm and tranquil life in all godliness and sanctity.

Be mindful, O Lord, of my parents, my brothers and sisters, my relatives and friends, and all who are near and dear to me, (*name those whom you wish to remember*), and grant them mercy, life, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify thy holy Name.

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

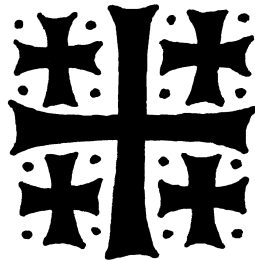
Be mindful, O Lord, of me, thy humble servant; grant me thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving thee, that I may be accounted worthy at the last to enter into the Kingdom of Heaven.

Be mindful, O Lord, of all those who have fallen asleep in the hope of resurrection unto life eternal, especially (*name those whom you wish to remember*); pardon all their transgressions both voluntary and involuntary, whether in word, or deed, or thought. Shelter them in a place of brightness, a place of verdure, a place of repose, whence all sickness, sorrow and sighing have fled away, and where the sight of thy countenance rejoiceth all thy Saints from all the ages. Grant them thy heavenly Kingdom, and a portion in thine ineffable and eternal blessings, and the enjoyment of thine unending Life.

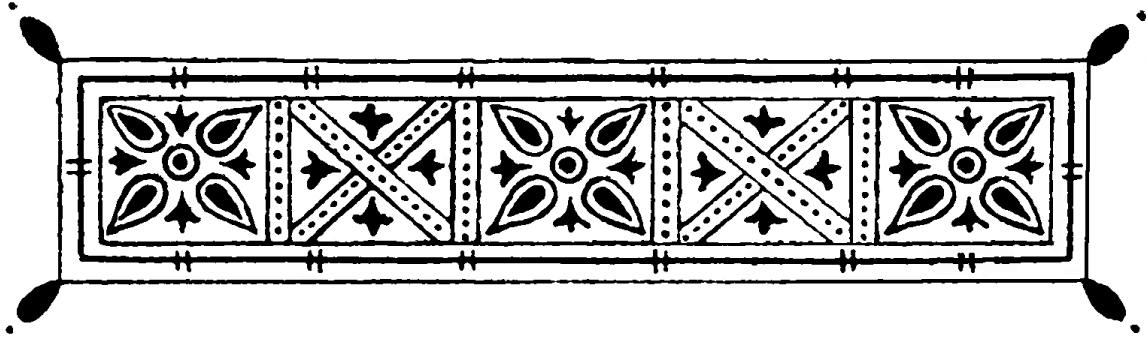
Hear my prayer, O Lord, for thou art merciful and compassionate, and lovest mankind, and to thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

*[Here may be added your own private devotions and intercessions, using your own words or the "Occasional Prayers". When you have finished, conclude with this prayer:]*

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







## PRAYERS AT THE TABLE

### Prayers before meals

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

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

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

*Lord, have mercy. (Thrice)*

*Then*

O Christ our God, bless the food and drink of thy servants, for thou art Holy always; now and ever, and unto ages of ages. Amen.

### Prayers after meals

We thank Thee, O Christ our God, that Thou hast satisfied us with Thine earthly gifts; deprive us not of Thy heavenly Kingdom, but as Thou camest among Thy disciples, O Savior, and gavest them peace, come to us and save us.

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

*Lord, have mercy. (Thrice)*

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



## ***RULE FOR SAYING THE JESUS PRAYER***

*(This can be used as a personal rule of prayer, in addition to morning and evening prayers, and/or when one desires to increase his/her prayer – of course, the Jesus Prayer can be said at any time throughout one's life, in fulfillment of St. Paul's injunction to 'pray without ceasing.')*

### **The Trisagion Prayers**

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art everywhere present and fillest all things; Treasury of good things and Giver of life: Come and abide in us and cleanse us from every impurity, and save our souls, O good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

Lord, have mercy. (12 times)

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

O, come, let us worship and fall down before God our King. (*metania*)

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

(*metania*)

O, come, let us worship and fall down before the Very Christ, our King and our God. (*metania*)

### **Psalm 50**

Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

### **The Creed (The Symbol of the 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 worlds, Light of Light, Very God of Very God,  
Begotten, not made; of one essence with the Father, by whom all things were  
made:

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

And was crucified also for us under Pontius Pilate, and suffered and was buried;  
And the third day He rose again, according to the Scriptures;

And ascended into heaven, and sitteth at the right hand of the Father;  
And He shall come again with glory to judge the quick and the dead,  
Whose kingdom shall have no end.

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

And I believe in One Holy Catholic and Apostolic Church.

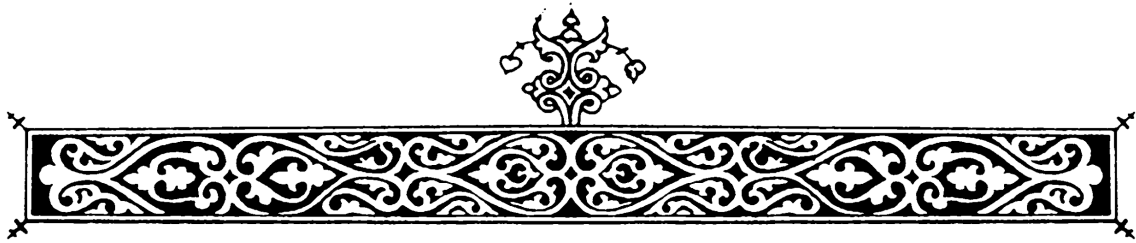
I acknowledge one Baptism for the remission of sins.  
I look for the Resurrection of the dead.  
And the Life of the world to come.

Amen.

*[At this time say the Jesus Prayer 100 times, or as prescribed for your personal rule of  
prayer. When you have finished, conclude with this prayer:]*

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





## ***SERVICE OF PREPARATION FOR HOLY COMMUNION***

### **The Trisagion Prayers**

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art everywhere present and fillest all things; Treasury of good things and Giver of life: Come and abide in us and cleanse us from every impurity, and save our souls, O good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)  
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

Lord, have mercy. (*twelve times*) Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

O come, let us worship and fall down before God our King. (*metania*)

O come, let us worship and fall down before Christ our King and our God.  
(*metania*)

O come, let us worship and fall down before the Very Christ our King and our God. (*metania*)

### **Psalm 22**

The Lord is my shepherd, and I shall not want. In a place of green pasture, there hath He made me to dwell; beside the water of rest hath He nurtured me. He hath converted my soul, He hath led me on the paths of righteousness for His name's sake. For though I should walk in the midst of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they have comforted me. Thou hast prepared a table for me in the presence of them that afflict me. Thou hast anointed my head with oil, and Thy cup which filleth me, how excellent it is! And Thy mercy shall pursue me all the days of my life, and I will dwell in the house of the Lord unto length of days.

### **Psalm 23**

The earth is the Lord's, and the fullness thereof, the world, and all that dwell therein. He hath founded it upon the seas, and upon the rivers hath He prepared it. Who shall ascend into the mountain of the Lord? Or who shall stand in His holy place? He that is innocent in hands and pure in heart, who hath not received his soul in vain, and hath not sworn deceitfully to his neighbour. Such a one shall receive a blessing from the Lord, and mercy from God his Saviour. This is the generation of them that seek the Lord, of them that seek the face of the God of Jacob. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord strong and mighty, the Lord, mighty in war. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord of hosts, He is the King of Glory.

### **Psalm 115**

I believed wherefore I spake; I was humbled exceedingly. As for me, I said in mine ecstasy: Every man is a liar. What shall I render unto the Lord for all that He hath rendered unto me? I will take the cup of salvation, and I will call upon the name of the Lord. My vows unto the Lord will I pay in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Thy servant; I am Thy servant and the son of Thy handmaid. Thou hast broken

my bonds asunder. I will sacrifice a sacrifice of praise unto Thee, and I will call upon the name of the Lord. My vows unto the Lord will I pay in the presence of all His people, in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

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

Alleluia, alleluia, alleluia. Glory to thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

O Lord, who wast born of the Virgin, turn away from my transgressions, and purify my heart, making it a temple of thine immaculate Body and Blood, and cast me not away from thy countenance, O thou who hast great mercy without measure.

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

How shall I, the unworthy, dare immodestly to partake of thy holy things? If, with the worthy, I venture to approach thee, my garment will denounce me, for it is not a wedding garment, and I shall call forth the reproach and condemnation of my most sinful soul. Cleanse, O Lord, the defilement of my soul, and save me, for thou art the Lover of mankind.

Both now and ever, and unto ages of ages. Amen.

Because of the multitude of my transgressions, I flee to thee, O pure Theotokos, asking for salvation. Visit thou mine infirmed soul, and intercede with thy Son and our God that he grant forgiveness to me who hath committed terrible deeds, O thou who alone art blessed.

Lord, have mercy. (*forty times*)

*Then make as many prostrations as are prescribed by your rule of prayer.*

### **Instructive verses**

*If thou desirest, O man, to eat the Body of the Master, approach in fear, lest thou be scorched; for it is fire. And, before drinking the divine Blood unto communion, reconcile thyself to them that have wronged thee. Then dare to eat the mystical food.*

*Before partaking of the dread sacrifice of the life-giving Body of the Master, after this manner and in fear and trembling, pray:*

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

O Lord and Master, Jesus Christ, Our God, Fountain of life and immortality, Creator of all things visible and invisible; co- everlasting and co-eternal Son of the unoriginate Father, who in thine exceeding great love didst become incarnate in the latter days and wast crucified and slain for us ungrateful and wicked men and by thine own Blood didst refashion our nature corrupted by sin: Do thou thyself, O immortal King, receive the repentance of me, the sinner; incline thine ear unto me and hear my words, or I have sinned, O Lord; I have sinned against heaven and before thee, and I am not worthy to lift up my eyes to the height of thy glory, for I have affronted thy goodness, and transgressed thy commandments and disobeyed thine ordinances. But thou, O Lord who rememberest not evil but art long-suffering and of great mercy, hast not given me over to perish in my lawlessness but dost ever await my return. For, O thou who lovest mankind, thou has said, by thy prophet, 'I desire not the death of a sinner, but rather that he should return and live,' because thou dost not wish, O Master, to destroy the work of thy hands, neither dost thou take pleasure in the destruction of the human race but desirest that all men should be saved and come to the knowledge of the truth. Wherefore I, although unworthy both of heaven and of earth and of this transitory life, even I, the wretched one, having wholly yielded myself to sin, and become a slave to pleasures and having defiled thine image within me, who am thy creation and thy work, despair not of salvation; but trusting in thine infinite compassion, I draw nigh unto thee. Receive me, O Christ, thou that lovest mankind, as thou didst receive the harlot, the thief, the publican and the prodigal son. Take away the heavy burden of my sins. O thou that takest away the sin of the world and healest the infirmities of men and callest all that are weary and heavy-laden to thyself and givest them rest; thou that camest not to call the righteous but sinners to repentance, cleanse thou me from every stain of flesh and spirit, and teach me to fulfill holiness in thy fear, that with the witness of my conscience pure, I may receive a portion of thy holy things, and be united to thy holy Body and Blood and may have thee, with the Father and the Holy Spirit, dwelling and abiding in me. Yea, O Lord Jesus Christ my God, grant that the partaking of thine immaculate and life-giving mysteries may not be to my condemnation, nor may I become infirm in soul and body by receiving unworthily thereof, but grant that even unto my last breath, I may partake of a portion of thy holy things without condemnation, unto the communion of thy Holy Spirit, as a provision for eternal life, and for a good defense at thy fearful judgment seat; so that I, as a partner with all thine elect, may also receive those undefiled good things which thou hast prepared for them that love thee, O Lord, in whom thou art glorified forever. Amen.

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

O Lord, I know that I receive unworthily thine immaculate Body and precious Blood; I know that I am guilty and that I eat and drink condemnation to myself,



not discerning the Body and Blood of Christ my God. But trusting in thy compassion I come unto thee who hast said, 'Whosoever eateth my flesh and drinketh my blood abideth in me and I in him.' Therefore, O Lord, have compassion on me and make not an example of me, the sinner. But do unto me according to thy mercy, and grant that these holy things may be for me unto healing, purification, enlightenment, protection, salvation and sanctification of soul and body, and to the expulsion of every evil imagination, wicked deed or work of the devil, which operateth within my mind and members. May they move me to boldness and love toward thee, to amend and keep firm my life, and may they ever be in me unto the increase of virtue, unto the keeping of thy commandments, unto the communion of the Holy Spirit, as a provision for eternal life and for a good defense at thy fearful judgment seat, and not unto judgment nor unto condemnation.

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

O Lord my God, I know that I am not worthy nor sufficient that thou shouldst enter under the roof of the house of my soul, for it is all deserted and in ruins, and thou hast not a worthy place in me to lay thy head. But as from the heights of thy glory thou didst humble thyself, so now bear me in my humility; as thou didst deign to lie in the cave in a manger of dumb animals, so deign now also to come into the manger of my dumb soul and soiled body. As thou didst not refrain from entering and eating with sinners in the house of Simon the leper, so also vouchsafe to enter the house of my humble, leprous and sinful soul. As thou didst not reject the harlot and sinner, like unto me, who approached and touched thee, so also have pity on me, a sinner, as I approach and touch thee; and as thou didst not loathe the filthy mouth of her who drew near to kiss thee, neither loathe my mouth which is more filthy, nor my unclean lips, nor my yet more unclean tongue. But grant that the fiery coal of thine all-holy Body and precious Blood be for the sanctification, enlightenment and strengthening of my wretched soul and body; for the relief from the burden of my many transgressions, for my preservation against every demonic activity, for trampling down and averting of my careless and evil habits, for the mortification of passions; for obedience to thy commandments, for growth in thy divine grace and for the inheritance of thy kingdom. For it is not with presumption that I approach thee, O Christ God, but I come trusting in thine indescribable goodness, lest that through long absence from communion with thee I may become the prey of the invisible wolf. Wherefore, I pray thee, O Master, who alone art holy, sanctify my soul and body, my mind and heart, my reins and bowels, and renew me enirely. Implant in my members the fear of thee, and make thy sanctification to be inalienable from me. Be thou my Helper and Guide, directing my life in peace, vouchsafing me to stand at thy right hand with thy saints; through the prayers and intercessions of thine all-immaculate Mother, of thy bodiless servitors, and immaculate powers, and of all the saints who from all ages have been well-pleasing unto thee. Amen.

#### **4 – Another Prayer of St. John Chrysostom**

O Lord Master, I am not worthy that thou shouldst come under the roof of my soul; but for that thou desirest, O Lover of mankind, to dwell in me, I make bold to draw near. Thou biddest me to open the doors which thou alone has made, and thou dost enter with thy love for man. Thou dost enter and enlighten my darkened reasoning. I believe that thou wilt so do. For thou didst not turn from the harlot when she came to thee with tears. Neither didst thou reject the publican who repented, nor the thief when he acknowledged thy kingdom. Nor didst thou despise the persecutor when he was converted. But all who came to thee in repentance thou didst reckon among thy friends, O thou who alone art blessed, always, now and ever, and unto ages of ages. Amen.

#### **5 – Another Prayer of St. John Chrysostom**

O Lord Jesus Christ, my God, absolve, remit, be gracious and forgive me, thy sinful, unprofitable and unworthy servant, my sins, offences and transgressions, by which from my youth even unto this present day and hour I have sinned against thee, in knowledge or in ignorance, whether of words or deeds, whether in thought or imagination, in my own counsels and in all my senses. And by the intercessions of her who bore thee without seed, Mary, thine all-immaculate and ever-virgin Mother, my only hope which maketh not ashamed, my protection and my salvation, vouchsafe that I may partake without condemnation of thine immaculate, immortal, life-giving and dread mysteries, for the forgiveness of sins and unto life eternal, unto the sanctification, enlightenment, strength, healing and health of both soul and body, and unto the blotting out and complete obliteration of my evil thoughts and imaginings and intents, of night fantasies and the evil spirits of darkness; for thine is the kingdom and the power and the glory and honor and the worship, with the Father and the Holy Spirit, now and ever, and unto ages of ages. Amen.

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

O Lord and Master, Jesus Christ, our God, who alone hath power to forgive men their sins, for thou art good and lovest mankind: Forgive me all transgressions that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation thy divine, glorious, immaculate and life-giving mysteries, not unto punishments or unto increase of sins; but unto purification, and sanctification and a pledge of the life and kingdom to come, as a protection and help and an averting of the adversaries, and unto the blotting out my many trespasses. For thou art a God of mercy and compassions and love toward mankind, and unto thee we ascribe glory together with the Father and Holy Spirit, now and ever, and unto ages of ages. Amen.

### **7 – A Prayer of St. Simeon the New Theologian**

From filthy lips, from a loathsome heart, from an unclean tongue, from a polluted soul, receive my prayer, O my Christ; and despise not my words, neither my manner nor mine impudence. Suffer me to speak boldly that which I desire, O my Christ. Nay, rather, teach me that which it becometh me to do and to speak. I have sinned more than the harlot who, learning where thou wast lodging, bought ointment and dared to anoint thy feet, O Christ, my Master and my God. Inasmuch as thou didst not reject her who came to thee from her heart, neither loath thou me, O Word, but grant me also to hold and kiss thy feet and to dare to anoint them with a flood of tears, as with very precious ointment. Wash me with my tears and purify me thereby, O Word. Forgive my transgressions, and grant me pardon. Thou knowest the multitude of mine evil deeds. Thou knowest too my bruises, and thou seest my wounds. But thou knowest likewise my faith and beholdest my zeal, and thou hearest my sighs. No tear is hidden from thee, O my God, my Maker, my Deliverer, nor even a part thereof. Thine eyes knew that which I had not yet done, for in thy book is written that which I will do. Behold, my lowliness. Behold, my weariness. Forgive me all my sins, O God of all, that with a pure heart and fearful mind and contrite soul, I may partake of thine immaculate and all-pure mysteries, wherewith every man who eateth and drinketh thereof with a pure heart is enlivened and made divine. For thou, O Master, didst say, 'Whosoever eateth my flesh and drinketh my blood abideth in me, and I in him.' True in all ways is the word of my Lord and God; for he who partaketh of the divine and deifying gifts is in no way alone but is with thee, O my Christ, thou tri-radiant Sun who illumineth the world. Suffer me not to dwell apart from thee, O Giver of life, who art my Breath, my Life, my Joy, the Salvation of the world. Wherefore I draw nigh unto thee, as thou seest, with tears and a contrite soul, beseeching that I may be delivered from my transgressions and may partake without condemnation of thy life-bestowing and blameless mysteries, that, as thou has said, thou mayest abide with me, the thrice-wretched, lest if I be found without thy grace, the tempter should craftily beguile me and entice me away from thy deifying words. For this cause I fall down before thee and earnestly cry unto thee: As thou didst accept the prodigal son and the harlot when she came to thee, so also receive me, who am as a harlot and a prodigal, O compassionate One. Turning to thee now with a contrite soul, I know, O Saviour, that no man hath so sinned against thee as I, nor done the things that I have done. Yet this also I know, that neither the magnitude of the transgressions, nor the multitude of the sins surpasseth the great long-suffering of my God and his exceeding love toward mankind. But with the oil of compassion thou dost cleanse and enlighten them that earnestly repent, bounteously making them partakers of the light and communicants of thy divinity. And strange though it be to angels and to the minds of men, thou dost oft-times converse with them as with thy true friends. These things make me bold; these things give me wing, O my Christ. And emboldened by thy rich bounty toward us, in joy and trembling I, who am as grass, do partake of fire. And lo, a strange wonder! I am inexplicably bedewed, even as of old the burning bush was not consumed. Now with thankful mind, with thankful heart,

with thankfulness in all my members, my soul and my flesh, I worship, magnify and glorify thee, O my God, who art blessed both now and unto the ages.

### **8 – A Prayer of St. Simeon the Translator**

O Lord, Jesus Christ our God, the Wisdom, Peace and Power of God, who alone art pure and undefiled, who for the compassion of thine ineffable love for mankind didst take our entire nature from the pure and virginal blood of her who bore thee in a manner beyond nature by the descent of the divine Spirit and the good will of the unoriginate Father, who didst accept the life-giving and saving passion, the cross, the nails, the spear and death: Mortify the soul-corrupting passions of my body, O thou who by thy burial didst lead captive the kingdom of hades. Bury under good thoughts my evil counsels and scatter abroad the evil-spirits, O thou who by thy life-giving, third-day resurrection didst raise the forefathers who had fallen, raise me up, who slip in sin, placing before me the ways of repentance. O thou who by thy glorious ascension didst vouchsafe that the flesh which thou hadst assumed should sit at the right hand of the Father, thereby ennobling it, so prepare me that, by partaking of thy holy mysteries, I may attain a portion at thy right hand with the saved. O thou who by the descent of the comforting Spirit didst make thy sacred disciples precious vessels, show me, also, to appear a vessel for his descent. O thou who art about to come and judge the world with righteousness, be well pleased, O my Maker and my Creator, that I too may welcome thee in the clouds with all thy saints, that I may ceaselessly glorify and hymn thee, with thine unoriginate Father and thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

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

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

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

