

PRAYERS UPON RISING

When you awake in the morning, enter at once into the loving presence of God.

SIGN OF THE CROSS

†In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (3x)

PRAYER OF SURRENDER

O Heavenly Father, I surrender myself to You this day. I give You my heart, my will—my whole life. May Your holy will be accomplished in me—today and for all eternity. Amen.

MORNING OFFERING

O Lord, Jesus Christ, ever present among, us in the Mystery of the Most Holy Eucharist! Through the heart of Your most pure Mother, I offer to You all my prayers, works, joys and sufferings of this day and every day of my life. I offer You everything for the intentions of Your most merciful and loving Heart, for the conversion of sinners, the salvation of souls, in atonement for sin, for unity of all Christians, and for the needs of Your Church throughout the world. Remember, O Lord, this day, the intentions of the Holy Father, Pope *[name]*, the intentions of our Patriarch, *[name]*, our Bishop, *[name]*, and all our bishops. Amen.

FOR THE BEGINNING OF THE DAY

Recited daily by blessed Clement Sheptytsky

O Lord, grant, that I may meet this day and, all that it shall bring, with spiritual peace.

Grant that I may submit myself completely to Your holy will. In every hour of the day; be my support and my guide.

Whatever news I may receive today, teach me to accept it with a peaceful soul and with the firm conviction that Your will governs all things

In all my deeds and words, guide my thoughts and feelings.

In unforeseen events, let me not forget that all are sent by You.

Teach me to act firmly and wisely, without embittering and embarrassing others.

O Lord, give me the strength to bear the fatigue of the coming day with all that it shall bring.

Direct my will. Teach me to pray, to believe, to hope, to endure all things, to forgive and to love. Amen.

TO THE MOTHER OF GOD

Mary, most holy Mother of God, I entrust myself to you completely as my spiritual mother. At every moment of my life protect and guide me. Teach me to grow in the likeness of your Son, our God and Saviour, Jesus Christ. Amen.

To MY GUARDIAN ANGEL

Angel of God, my holy guardian, given to me for my protection! I implore you to enlighten me this day, to protect me from all evil, to urge me on to do good deeds and to guide me on the path of salvation. Amen.

TO THE SAINTS

Saint *[name of patron saint]*, pray for me, for with fervour I come to you, faithful guide and intercessor for my soul.

Saint *[name]*, pray for me. *(Repeat for as many saints as you wish to invoke.)*

PRAYER OF THE PUBLICAN ,

†God, be merciful to me, a sinner.

†God cleanse me of my sins and have mercy on me.

†I have sinned without number, forgive me, O Lord.

UPON ENTERING A CHURCH

†God, be merciful to me, a sinner. (3x)

MORNING PRAYER

Having risen from bed and washed your face, stand silently before the holy icons. Turn your thoughts towards the invisible God. Breathe a sigh of longing towards Him. Do this from the bottom of your heart. Then, without haste, begin the morning prayers.

BLESSING

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

GLORY TO GOD

†Glory be to You, our God, glory be to You.

TRISAGION PRAYERS

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

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your Name.

Lord, have mercy. (3x)

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

THE LORD'S PRAYER

Our Father, Who art in heaven, hallowed by 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. Amen.

MORNING TROPARIA

As we rise from sleep we worship You, O good and powerful Lord, and to You we sing the angels' hymn: holy, holy, holy are You, O God; through the intercession of all Your heavenly hosts, have mercy on us.

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

Suddenly the Judge will come, and the deeds of each will be laid bare; so let us cry with fear before the day begins: holy, holy, holy are You, O God through the prayers of the Mother of God, have mercy on us.

Lord, have mercy. (12x)

TO THE MOST HOLY TRINITY

St. Basil the Great (†379)

As I rise from sleep, I thank You, O Most Holy Trinity, for Your great goodness and enduring patience with me, an idler and a sinner. You have not become indignant towards me, nor have You allowed me die in my sins. Instead, You have shown me the love that You have for all mankind. You have raised me from sleep, that I may greet this new day in prayer and glorify Your sovereign power.

And now, enlighten the eyes of my understanding, open my ears to receive Your words, and teach me Your commandments. Help me to do Your will, to sing to You, to profess You from my heart, and to praise Your all-holy name, Father, Son, and Holy Spirit, now and for ever and ever. Amen.

Recite one, several, or all of the following prayers. Always end with the Prayer to the Guardian Angel, Mother of God and the Concluding prayers.

PRAYER 1

St. Macarius the Great (†390)

O God, cleanse me, a sinner, for I have done nothing good in Your sight. Deliver me from the evil one. Let Your will be accomplished in me. Open my unworthy lips to praise Your most holy name, Father, Son and Holy Spirit, now and for ever and ever. Amen.

PRAYER2

St. Macarius the Great

Awakening from sleep, I offer to You, O Saviour, my morning praise. Falling before You I cry: Do not let me die in my sins. Be gracious to me, O Lord, crucified of Your of Your own free will. Hasten to raise me up and save me as I stand before You in prayer. After the sleep of this night, O Christ God, shine forth a sinless day upon me and save me.

PRAYER 3

St. Macarius the Great

Awakening from sleep I turn to You, O Master, for You love mankind, and I strive to accomplish Your work. Help me, I pray You, at all times and in all things. Deliver me from the evil of this world and from the works of the devil. Save me, and lead me to Your eternal kingdom. You are my Creator, Protector, and Provider of all good things. All my hope is in You and I glorify You, now and for ever and ever. Amen.

PRAYER4

St. Macarius the Great

O Lord, in Your great goodness and abundant compassion, You have granted me, Your servant, to sleep safely this night, uninjured by the evil of the enemy. Grant also, O Master and Creator of all, that by Your true Light and with an enlightened heart, I may accomplish Your will, now and for ever and ever. Amen.

PRAYER 5

St. Macarius the Great

O Lord, Almighty God, Who accepts the thrice-holy hymn from the heavenly hosts, accept also from me, Your unworthy servant, the heavenly song: Holy! Holy! Holy! Grant that in every year and hour of my life I may glorify You, the Father, the Son and the Holy Spirit now and for ever and ever. Amen.

PRAYER 6

St. Basil the Great (†379)

Almighty Lord, You are the God of angelic hosts and of all humanity. You dwell in the heights and care for the humble on earth. You search the hearts and depths of all and truly know our hidden thoughts! You are the Light without beginning, in Whom there is no variation, not even a shadow of change.

Accept our prayers which we offer to You from unclean lips, O immortal King. Free us from the sins we have committed in deed, word or thought, knowingly or unknowingly. Cleanse us from all stain of flesh and spirit. Grant us to pass the night of this present life with a watchful heart and a sober mind, in expectation of that bright day of revelation when Your only-begotten Son, our Lord God Saviour, Jesus Christ, will come again in glory. He will judge and reward each according to his deeds. May we not be found idle or sleeping, but watchful, alert and prepared to enter the joy and glory of the divine banquet, where the voice of those who feast is unceasing, and the delight of those who behold the inexpressible beauty of Your face has no bounds. For You are the true Light, Who enlightens and sanctifies all, and all creation glorifies You for ever and ever. Amen.

PRAYER 7

St. Basil the Great (†379)

We bless You, O Most High God and Lord of mercy, for You continually work in us such great and awesome things, which are immeasurable and indescribable. You have granted us sleep to restore our body and soul. We thank You for not abandoning us in our transgressions. Your love for mankind has lifted us up, so that we may glorify Your power. Therefore we implore You in Your infinite goodness to enlighten our thoughts and open the eyes of our understanding. Raise our minds from the heavy sleep of negligence. Fill our mouths with Your praise, so that we may faithfully sing, cry out, and ever proclaim You as God, glorified, in all and by all; the Father Without beginning, together with Your only-begotten Son and Your most holy, good and life-giving Spirit, now and for ever and ever. Amen.

PRAYER 8

Corresponding to the 24 hours of the day

St. John Chrysostom (†407)

Lord, do not deprive me of Your heavenly blessings.

Lord, deliver me from eternal torments.

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

Lord, deliver me from all ignorance, forgetfulness, cowardice, and hardness of heart.

Lord, deliver me from all temptations.

Lord, enlighten my heart which has been darkened by lust.

Lord, I, being mortal, have sinned; look upon my feeble soul, for You are a God of compassion, and have mercy on me.

Lord, send Your mercy to help me so that may extol Your glorious name.

Lord, Jesus Christ, inscribe me, Your servant, in the Book of Life, and grant that the end of my life may be peaceful.

Lord, though I have done nothing good in Your sight, grant that through Your grace I may now make a new beginning.

Lord, shower the dew of Your graces upon my heart.

Lord of heaven and earth, remember me, Your sinful servant, cold and impure of heart, in Your kingdom. Amen.

Lord, accept me in penitence.

Lord, do not leave me.

Lord, do not lead me into temptation.

Lord, grant me good thoughts.

Lord, grant me tears of repentance, remembrance of death, and humility.

Lord, grant me mindfulness to confess all my sins.
Lord, grant me humility, chastity, and obedience.
Lord, grant me patience, courage, and meekness.

Lord, implant in me the root of all good—the fear of You in my heart.
Lord, grant that I may love You with all my heart, my mind and soul and that I may do Your will in all things.
Lord, deliver me from those who are evil, from demons, from bodily passions and from unholy deeds.
I know, O Lord, that You act according to Your will; may Your will also be in me, a sinner, for You are blessed for ever and ever. Amen.

TO MY GUARDIAN ANGEL

O holy angel, you who stand by my despondent soul and passionate life: do not abandon me, because of my intemperance. Leave no room for the evil one to gain control of me through violence towards my mortal body. Strengthen my weak and feeble hands, and guide me in the way of salvation.

O holy angel of God, the guardian and protector of my wretched soul and body, forgive all the sorrows I have caused you, every day of my life. If I have sinned during this past night, protect me during this day. Keep me from every temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me, His servant, worthy of His goodness. Amen.

TO THE MOTHER OF GOD

O most gracious Queen, my hope, Mother of God, you receive the poor and help the travellers. You are the joy of those who are in sorrow, and the refuge for the oppressed. Look upon my affliction and see my needs. Help me as you would one in despair. Feed me as you would a stranger. You know all my troubles, acquit them according to your will, for I have no other help but you, other ready recourse or comfort but you, Mother of God. Help me and protect me all ages. Amen.

CONCLUDING PRAYERS

It is truly right to bless you, O God-bearing One, as the ever-blessed and immaculate Mother of our God. More honourable than the cherubim and by far more glorious than the seraphim; ever a virgin, you gave birth to the God the Word, O true Mother of God, we magnify you.

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy. (3x)

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

PRAYER FOR THE GREAT FAST

Prayer of St. Ephrem the Syrian is recited during the Great Fast, with prostrations.

O Lord and Master of my life, drive from me the spirit of indifference, despair, lust for power and idle chatter.
†*Prostration.*

Instead, bestow on me, Your servant, the spirit of integrity, humility, patience, and love. †*Prostration.*

Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for You are blessed for ever and ever. Amen. †*Prostration.*

EVENING PRAYERS:

EVENING TABLE PRAYER BEFORE THE EVENING MEAL

Psalm 21 :27

The poor shall eat and be satisfied; those who seek the Lord shall praise Him, and their hearts will live for ever.

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.
Lord, have mercy. (3) Give the blessing.

O Christ God, bless the food and drink for Your servants, for You are holy, always, now and for ever and ever.
Amen.

AFTER THE EVENING MEAL

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Your womb O God-bearer, became a holy table, bearing Christ our God, the Bread of heaven. As the Nourisher of all, He has said "Anyone who eats from it shall not die."'

More honourable than the cherubim and by far more glorious than the seraphim; ever a virgin, you gave birth to God the Word, O true Mother of God, we magnify you.

Psalm 91:5

Your deeds, O Lord, have made us glad; for the work of Your hands we shout for joy.

Psalm 4:7-9

Lift up the light of Your face upon us, O Lord.

You have put into my heart a greater joy than they have from abundance of grain and new wine.

I will lie down in peace and sleep comes at once for You alone, Lord, make me dwell in safety.

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.
Lord, have mercy. (3) Give the blessing.

God is with us through His grace and love for mankind, always, now and for ever and ever. Amen.

The following intercessions may be taken at the conclusion of the Noonday or Evening meal.

LECTOR Let us pray for His Holiness, the universal Pontiff, [name], the Pope of Rome, for His Beatitude our Patriarch, [name], for our reverend Metropolitan, [name], and our Godloving Bishop, [name].

ALL: May God save and have mercy upon them.

LECTOR For our country, its civil authorities, and for all who protect us.

ALL: May God uphold them in justice and peace.

LECTOR For those who travel.

ALL: May God protect and guide them.

LECTOR For this household and all our brothers and sisters in Christ.

ALL: May God save and have mercy upon them.

LECTOR For those who treat us with charity.

ALL: May God reward and have mercy upon them.

LECTOR For those who love us and those who hate us.

ALL: May God forgive and have mercy upon them.

LECTOR For those who have asked us, unworthy though we are, to pray for them.

ALL: May God bless and have mercy upon them.

LECTOR For the blessed repose of our departed ancestors and relatives.

ALL: May their memory be eternal.

LECTOR: Lord Jesus Christ, Son of God, through the prayers of Your immaculate Mother, of our venerable and God-bearing fathers, and through the prayers of all the saints, have mercy on us and save us.

ALL: Amen.

INSISTENT PRAYER FOR THOSE WHO ARE IN NEED

If you wish to pray diligently for someone, say the following prayers with a bow or a full prostration:

Save, O Lord, and have mercy on Your servant [name], †*Prostration.*

Deliver [him,het] **from every tribulation, wrath and need.** †*Prostration.*

From every sickness of soul and body. †*Prostration.*

Forgive [him,he1] **every transgression, voluntary and involuntary.** †*Prostration.*

And do whatever is profitable for our souls. †*Prostration.*

PRAYERS BEFORE SLEEP

In the evening before going to sleep, stand before the holy icons and looking upon them, turn your thoughts to God. Enter once again in to His loving presence and recite the following prayers.

BLESSING

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

GLORY TO GOD

†Glory be to You, our God, glory be to You.

TRISAGION PRAYERS

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

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your Name.

Lord, have mercy. *(3x)*

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

THE LORD'S PRAYER

Our Father, Who art in heaven, hallowed by 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. Amen.

EVENING TROPARIA

Now that the day has come to a close, I thank You, O Lord, and I ask of You that my evening and my night be without sin. Grant this to me, O Saviour, and save me. Now that the day has come to a close, I glorify You, O Master, and I ask of You that **my evening and my night be without offence**. Grant this to me, O Saviour, and save me.

Now that the day has come to a close, I praise You, O Holy One, and I ask of You that my evening and my night be undisturbed. Grant this to me, O Saviour, and save me.

Lord, have mercy. *(12x)*

PRAYER TO GOD

St. Macrius the Great (†390)

O eternal God and King of all Creation, You have allowed me to arrive at this hour. Forgive me the sins which I have committed this day in word, deed and thought. Cleanse, O Lord, my humble soul from every stain of flesh and spirit.

Grant me, O Lord, to pass this night in peace, to rise from my bed, to please You all the days of my life, and to conquer my flesh and to triumph over the enemies of my spirit. Deliver me, O Lord, from evil, empty thoughts and desires. For the kingdom, the power and the glory are Yours, Father, Son and Holy Spirit, now and for ever and ever. Amen.

TO THE MOTHER OF GOD

Rejoice, Mother of God, Virgin 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 borne Christ, the Saviour and Redeemer of our souls.

Most glorious ever-virgin Mother of Christ our God, receive our prayers and bring them to your Son and our God, that through you, He may save our souls.

All my hope I entrust to you, O Mother of God. Keep me under your protection.

TO MY HOLY GUARDIAN ANGEL

Angel of God, heavenly angel, my guardian and comforter, reveal yourself to my mind and heart. How fortunate I am to have you as my friend and fellow traveller. Speak to my heart the words of salvation and open to my heart the words of Christ's Gospel. As my guide, make me worthy of your holy inspiration. Guard me under your wings and direct my soul to heaven.

Angel of God, my holy guardian, have mercy on me and pray to God for me, a sinner. Help me now in this life, at the departure of my soul and in the age to come. Amen.

TO THE SAINTS

Saint *[name of patron saint]*, pray for me, for with fervour I come to you, faithful guide and intercessor for my soul.

Saint *[name]*, pray for me. *(Repeat for as many saints as you wish to invoke.)*

CONCLUDING PRAYERS

†The Father is my hope. The Son is my refuge. The Holy Spirit is my protection. Most Holy Trinity, glory be

to You!

†Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever Amen.

Lord, have mercy. (3x)

O Lord, Jesus Christ, Son of God, through the prayers of your immaculate Mother and of all the saints, have mercy on us and save us. Amen.