

# MORNING PRAYERS

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

Hear, O Israel, the Lord our God is one Lord. Thou shalt love the Lord thy God with all thy heart, with all thy soul, with all thy mind, and with all thy strength; and thou shalt love thy neighbor as thyself.

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

## Invocation to the Holy Spirit

O Heavenly King, O Comforter, the Spirit of Truth, who art everywhere and fillest all things, treasury of good things and giver of life: Come and dwell in us, and cleanse us from every stain, and save our souls, O Gracious Lord.

## Trisagion Prayers

Holy God, Holy Mighty, Holy Immortal: Have mercy on us! (*three times*)

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

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. (*three times*)

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. 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 unto ages of ages. Amen.

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (*three times*)

## Psalm 94

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to Him with songs of praise! For the Lord is a great God, and a great King above all gods. In His hand are the depths of the earth; the heights of the mountains are His also. The sea is His, for He made it; for His hands formed the dry land.

O come, let us worship and bow down, let us kneel before the Lord, our Maker! For He is our God, and we are the people of His pasture, and the sheep of His hand. O that today you would hearken to His voice! Harden not your hearts, as at Meribah, as on the day at Massah in the wilderness, when your fathers tested me, and put me to the proof, though they had seen my work. For forty years I loathed that generation and said, ‘They are a people who err in heart, and they do not regard my ways.’ Therefore I swore in my anger that they should not enter my rest.

### **Psalm 66**

May God be gracious to us and bless us, and make His face to shine upon us, that Thy way may be known upon earth, Thy saving power among all nations. Let the peoples praise Thee, O God; let all the peoples praise Thee!

Let the nations be glad and sing for joy, for Thou dost judge the peoples with equity and guide the nations upon earth. Let the peoples praise Thee, O God; let all the peoples praise Thee! The earth has yielded its increase; God, our God, has blessed us. God has blessed us; let all the ends of the earth fear him!

### **Psalm 50**

Have mercy on me, O God, according to Thy steadfast love; according to Thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against Thee, Thee only, have I sinned, and done that which is evil in Thy sight, so that Thou art justified in Thy sentence and blameless in Thy judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, Thou desirest truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which Thou hast broken rejoice. Hide Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right Spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore to me the joy of Thy salvation, and uphold me with a willing spirit. Then I will teach transgressors Thy ways, and sinners will return to Thee.

Deliver me from blood-guiltiness, O God, Thou God of my salvation, and my tongue will sing aloud of Thy deliverance. O Lord, open Thou my lips, and my mouth shall show forth Thy praise. For Thou hast no delight in sacrifice; were I to give a burnt offering, Thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, Thou wilt not despise. Do good to Zion in Thy good pleasure; rebuild the walls of Jerusalem, then wilt Thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Thy altar.

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

*Other selections from the **Psalter** may be read here.*

### **Morning Prayers 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 will 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)*

Arising from sleep, I thank Thee, O Holy Trinity; because of the abundance of Thy goodness and long-suffering, Thou wast not angry 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**

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.

*Morning Prayers*

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, the Giver of Life, who proceedeth from the Father, who with the Father and the Son together is worshipped and glorified, who spake through 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.

## SUNDAY MORNING

*On **Sunday morning**, it is recommended that, upon arising from sleep, one prays the Trisagion and Pre-Communion prayers before attending Divine Liturgy. Psalms 50, 117, and all or part of 118 are also appropriate.*

# MONDAY MORNING

## First Morning Prayer of St. Makarios the Great

O God, cleanse me, a sinner, for I have never done anything good in Thy sight. Deliver me from the Evil One, and may Thy will be in me, that I may open my unworthy mouth without condemnation and praise Thy Holy Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

## Intercessions of the Saints

O Holy Mary, Mother of God and Ever-Virgin Theotokos, ever remember and pray for us sinners.

O Heavenly Hosts of holy angels and archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all saints, pray for us sinners.

Pray to God for us, O \_\_\_\_\_ (*your patron saints*), for with fervor we turn to you, who art the speedy helpers and intercessors for our souls.

*Here invoke the name of other saints whose intercession you desire.*

## Petitions and Thanksgivings

*On Monday morning, intercede for the welfare of your own Church community.*

Remember, O Lord Jesus Christ our God, our own Church community. Protect, preserve, confirm, strengthen, extend, and increase it, and keep it in peace, always a proof against the power of hell!

*Here add your private intercessions, entreating the Lord in your own words.*

## Prayer at the Beginning of the Day

*Metropolitan Philaret of Moscow*

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 comes 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 embarrassing or embittering others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

### Daily New Testament Readings

Shine in our hearts, O Master who lovest mankind, the pure light of Thy Divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all desires of the flesh, we may enter upon a spiritual manner of living, both thinking and doing the things which are well-pleasing unto Thee; for Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine eternal Father, and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*The Epistle and Gospel readings of the day are read here.*

### New Testament Cantic: Ephesians 1

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him.

He destined us in love to be His sons through Jesus Christ, according to the purpose of his will, to the praise of His glorious grace which He freely bestowed on us in the Beloved.

In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace which He lavished upon us.

For He has made known to us in all wisdom and insight the mystery of His will, according to His purpose which He set forth in Christ as a plan for the fulness of time, to unite all things in Him, things in heaven and things on earth.

In Him, according to the purpose of Him who accomplishes all things according to the counsel of His will, we who first hoped in Christ have been destined and appointed to live for the praise of His glory.

### Troparion of the Holy Angels (Tone 4)

O ye foremost of the Heavenly Hosts, we though unworthy beseech you that by your petitions ye would compass us with the shadow of your immaterial glory, preserving us who kneel and cry ceaselessly. Deliver us from oppressions, since ye are the princes of the ranks of dominions on high.

*Here, read or sing the Troparion of the saint or feast of the day, of your home church, of your patron saint, or of any saint that is particularly dear to you.*

### Hymn to the Theotokos

It is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare

*Morning Prayers*

than the Seraphim. Thou who without stain bearest God the Word, and art truly Theotokos, we magnify thee!

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. (*three times*)

God be gracious unto us and bless us; may He make His countenance to shine upon us, and have mercy on us. Amen.

This is the day which the Lord hath made; let us rejoice and be glad in it!

## TUESDAY MORNING

### Second Morning Prayer of St. Makarios the Great

Having risen from sleep, I hasten to Thee, O Lord, Lover of mankind, and by Thy loving-kindness I strive to do Thy works, and I pray to Thee: Help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into Thine eternal Kingdom. For Thou art my Creator, the Giver and Protector of everything good, and all my hope is in Thee. And to Thee I send up glory, now and ever and unto ages of ages. Amen.

### Intercessions of the Saints

O Holy Mary, Mother of God and Ever-Virgin Theotokos, ever remember and pray for us sinners.

O Heavenly Hosts of holy angels and archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all saints, pray for us sinners.

Pray to God for us, O \_\_\_\_\_ (*your patron saints*), for with fervor we turn to you, who art the speedy helpers and intercessors for our souls.

*Here invoke the name of other saints whose intercession you desire.*

### Petitions and Thanksgivings

*On Tuesdays, intercede for the welfare of the bishops of our Archdiocese and all their clergy, as well as other bishops and clergy who are in need of our prayers.*

Save, O Lord, and have mercy on all Orthodox hierarchs, especially our Metropolitan \_\_\_\_\_ and our Bishop \_\_\_\_\_, as well as the priests and deacons of our Archdiocese and all who serve in the Church, especially \_\_\_\_\_, whom Thou hast ordained to feed Thy spiritual flock.

*Here add your private intercessions, entreating the Lord in your own words.*

### Prayer for the Acceptance of God's Will

*Metropolitan Philaret of Moscow*

O Lord, I know not what to ask of Thee. Thou alone knowest what are my true needs. Thou lovest me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either a cross or consolation; I can only wait on Thee. My heart is open to Thee; visit and help me, for Thy great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Thy holy will and Thine inscrutable ways. I offer myself as a sacrifice to Thee. Thou hast said, O Lord, "A man's mind plans his ways, but the Lord directs his steps" (*Proverbs 16.9*). Do not forsake me, O Lord, for I have put all

my trust in Thee. I have no other desire than to fulfill Thy will. Teach me how to pray; pray Thou Thyself in me. Amen.

### **Daily New Testament Readings**

Shine in our hearts, O Master who lovest mankind, the pure light of Thy Divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all desires of the flesh, we may enter upon a spiritual manner of living, both thinking and doing the things which are well-pleasing unto Thee; for Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine eternal Father, and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*The **Epistle and Gospel** readings of the day are read here.*

### **New Testament Cantic: The Song of Zachariah (Luke 1:68-79)**

Blessed be the Lord God of Israel, for He has visited and redeemed His people, and has raised up a horn of salvation for us in the house of His servant David, as He spoke by the mouth of His holy Prophets from of old, that we should be saved from our enemies, and from the hand of all who hate us; to perform the mercy promised to our fathers, and to remember His holy covenant, the oath which He swore to our father Abraham, to grant us, that we being delivered from the hand of our enemies, might serve Him without fear, in holiness and righteousness before Him all the days of our life.

And thou, O child, wilt be called the Prophet of the Most High; for thou wilt go before the Lord to prepare His ways: to give knowledge of salvation to His people, in the forgiveness of their sins, through the tender mercy of our God, when the day shall dawn upon us from on high, to give light to those who sit in darkness and in the shadow of death, and to guide our feet into the way of peace.

### **Troparion of St. John the Forerunner (Tone 2)**

The memory of the righteous is in praise, and for thee, O Forerunner, the testimony of the Lord sufficeth; for in truth thou hast been revealed as nobler than all the prophets, for thou hast been considered worthy to baptize in running waters Him who was preached. Therefore, thou didst strive for the truth happily. Thou didst proclaim to those in Hades God appearing in the body, who taketh away the sin of the world and granteth us great mercy.

*Here, read or sing the **Troparion** of the saint or feast of the day, of your home church, of your patron saint, or of any saint that is particularly dear to you.*

**Hymn to the Theotokos**

Rejoice, O Virgin Theotokos, Mary full of grace, the Lord is with thee! Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

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. (*three times*)

God be gracious unto us and bless us. May He make His countenance to shine upon us, and have mercy on us. Amen.

This is the day which the Lord hath made; let us rejoice and be glad in it!

# WEDNESDAY MORNING

## Third Morning Prayer of St. Makarios the Great

Almighty Lord God, who dost receive from Thy Heavenly powers the thrice-holy hymn, receive also from me, Thine unworthy servant, this song of the morning, and grant me every year of my life and at every hour to send up glory to Thee: Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

### Intercessions of the Saints

O Holy Mary, Mother of God and Ever-Virgin Theotokos, ever remember and pray for us sinners.

O Heavenly Hosts of holy angels and archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all saints, pray for us sinners.

Pray to God for us, O \_\_\_\_\_ (*your patron saints*), for with fervor we turn to you, who art the speedy helpers and intercessors for our souls.

*Here invoke the name of other saints whose intercession you desire.*

### Petitions and Thanksgivings

*On Wednesdays, intercede for the civil authorities of our country, state, and city, that they may enable us to live our lives in peace and tranquility.*

Save, O Lord, and have mercy on our President \_\_\_\_\_ and all those in authority in our country, state, and city, along with all those exercising political authority throughout the world. Speak peace and blessing in their hearts for Thine Holy Church and for all Thy people, and grant that in their calm we too may lead a quiet and peaceful life in true belief, in all piety and holiness.

*Here add your private intercessions, entreating the Lord in your own words.*

### Prayer at the Beginning of the Day

*Metropolitan Philaret of Moscow*

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 comes 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 embarrassing or embittering others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

### Daily New Testament Readings

Shine in our hearts, O Master who lovest mankind, the pure light of Thy Divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all desires of the flesh, we may enter upon a spiritual manner of living, both thinking and doing the things which are well-pleasing unto Thee; for Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine eternal Father, and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*The **Epistle and Gospel** readings of the day are read here.*

### New Testament Cantic: Colossians 1

Let us give thanks to the Father, who has qualified us to share in the inheritance of the saints in light. He has delivered us from the dominion of darkness and transferred us to the Kingdom of His Beloved Son, in whom we have redemption, the forgiveness of sins.

He is the image of the invisible God, the first-born of all creation; for in Him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or principalities or authorities--all things were created through Him and for Him.

He is before all things, and in Him all things hold together. He is the head of the body, the Church; He is the beginning, the first-born from the dead, that in everything He might be pre-eminent.

For in Him all the fulness of God was pleased to dwell, and through Him to reconcile to Himself all things, whether on earth or in heaven, making peace by the blood of His Cross.

### Troparion of the Holy Cross (Tone 1)

O Lord, save Thy people and bless Thine inheritance. Grant victory to the Orthodox Christians, over their adversaries. And by the virtue of Thy Cross, preserve Thy habitation.

*Here, read or sing the **Troparion** of the saint or feast of the day, of your home church, of your patron saint, or of any saint that is particularly dear to you.*

### Hymn to the Theotokos

It is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without stain bearest God the Word, and art truly Theotokos, we magnify thee!

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

*Morning Prayers*

Lord, have mercy. (*three times*)

God be gracious unto us and bless us. May He make His countenance to shine upon us, and have mercy on us. Amen.

This is the day which the Lord hath made; let us rejoice and be glad in it!

# THURSDAY MORNING

## First Morning Prayer of St. Basil the Great

Almighty Lord, God of the powers and of all flesh, who livest in the highest and carest for the humble, who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and everlasting Light, in whom is no change nor shadow of variation; O Immortal King, receive our prayers which at the present time we offer to Thee from unclean lips, trusting in the multitude of Thy mercies. Forgive all sins committed by us in thought, word, or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of Thine Only-Begotten Son, our Lord and God and Savior Jesus Christ, when the Judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany Him into the joy and Divine palace of His glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of Thy face. For Thou art the true Light that enlightens and sanctifies all, and all creation sings to Thee throughout the ages. Amen.

## Intercessions of the Saints

O Holy Mary, Mother of God and Ever-Virgin Theotokos, ever remember and pray for us sinners.

O Heavenly Hosts of holy angels and archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all saints, pray for us sinners.

Pray to God for us, O \_\_\_\_\_ (*your patron saints*), for with fervor we turn to you, who art the speedy helpers and intercessors for our souls.

*Here invoke the name of other saints whose intercession you desire.*

## Petitions and Thanksgivings

*On Thursdays, intercede for our Church's missionaries, spreading the Gospel worldwide:*

God of truth and love: Father, Son, and Holy Spirit, hear our prayer for those who do not know Thee, that they may come to a saving knowledge of the truth, and that Thy Name may be praised among all peoples of the world. Sustain, inspire, and enlighten Thy servants \_\_\_\_\_ who bring them the Gospel. Bring fresh vigor to wavering faith; sustain our faith when it is still fragile. Continually renew missionary zeal in ourselves and in the Church, and raise up new missionaries who will follow Thee to the ends of the world.

*Here add your private intercessions, entreating the Lord in your own words.*

## **Prayer for the Acceptance of God's Will**

*Metropolitan Philaret of Moscow*

O Lord, I know not what to ask of Thee. Thou alone knowest what are my true needs. Thou lovest me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either a cross or consolation; I can only wait on Thee. My heart is open to Thee; visit and help me, for Thy great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Thy holy will and Thine inscrutable ways. I offer myself as a sacrifice to Thee. Thou hast said, O Lord, "A man's mind plans his ways, but the Lord directs his steps" (*Proverbs 16.9*). Do not forsake me, O Lord, for I have put all my trust in Thee. I have no other desire than to fulfill Thy will. Teach me how to pray; pray Thou Thyself in me. Amen.

## **Daily New Testament Readings**

Shine in our hearts, O Master who lovest mankind, the pure light of Thy Divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all desires of the flesh, we may enter upon a spiritual manner of living, both thinking and doing the things which are well-pleasing unto Thee; for Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine eternal Father, and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*The **Epistle and Gospel** readings of the day are read here.*

## **New Testament Canticle: First Peter 2**

Christ suffered for you, leaving you an example, that you should follow in His steps. He committed no sin; no guile was found on His lips. When He was reviled, He did not revile in return; when He suffered, He did not threaten; but He trusted to Him who judges justly.

He Himself bore our sins in His body on the tree, that we might die to sin and live to righteousness. By His wounds you have been healed. For you were straying like sheep, but have now returned to the Shepherd and Guardian of your souls.

## **Troparion of the Holy Apostles (Tone 3)**

O Holy Apostles, intercede with the merciful God that He may grant our souls the forgiveness of sins.

*Here, read or sing the **Troparion** of the saint or feast of the day, of your home church, of your patron saint, or of any saint that is particularly dear to you.*

**Hymn to the Theotokos**

Rejoice, O Virgin Theotokos, Mary full of grace: the Lord is with thee! Blessed art thou among women, and blessed is the fruit of thy womb: for thou hast borne the Savior of our souls.

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. (*three times*)

God be gracious unto us and bless us. May He make His countenance to shine upon us, and have mercy on us. Amen.

This is the day which the Lord hath made; let us rejoice and be glad in it!

# FRIDAY MORNING

## Second Morning Prayer of St. Basil the Great

We bless Thee, O God most high and Lord of mercies, who ever werkest 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.

## Intercessions of the Saints

O Holy Mary, Mother of God and Ever-Virgin Theotokos, ever remember and pray for us sinners.

O Heavenly Hosts of holy angels and archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all saints, pray for us sinners.

Pray to God for us, O \_\_\_\_\_ (*your patron saints*), for with fervor we turn to you, who art the speedy helpers and intercessors for our souls.

*Here invoke the name of other saints whose intercession you desire.*

## Petitions and Thanksgivings

*On Fridays, intercede for the sick, the suffering, and the poor.*

Save, O Lord, and have mercy on the infirm, the suffering, and the poor, especially \_\_\_\_\_. Visit, strengthen, comfort, and heal them, and by Thy power speedily grant them relief, assistance, and deliverance.

*Here add your private intercessions, entreating the Lord in your own words.*

## Third Prayer of Matins

In the morning our soul awaketh early unto Thee, O God, for Thy precepts are a light. Teach us Thy righteousness, Thy commandments and Thy statutes, O God. Enlighten the eyes of our understanding, lest at any time we sleep unto death in sins. Dispel all darkness from our hearts. Graciously give unto us the Sun of Righteousness, and preserve our life unassailed, by the seal of Thy Holy Spirit. Guide our steps into the way of peace. Grant us to behold the

dawn and the day with joy, that we may raise our morning prayers unto Thee. For Thine is the dominion, and Thine is the majesty 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.

### **Daily New Testament Readings**

Shine in our hearts, O Master who lovest mankind, the pure light of Thy Divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all desires of the flesh, we may enter upon a spiritual manner of living, both thinking and doing the things which are well-pleasing unto Thee; for Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine eternal Father, and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*The **Epistle and Gospel** readings of the day are read here.*

### **New Testament Canticle: Philippians 2**

Have this mind among yourselves, which is yours in Christ Jesus, who, though He was in the form of God, did not count equality with God a thing to be grasped, but emptied Himself, taking the form of a servant, being born in the likeness of men.

And being found in human form He humbled Himself and became obedient unto death, even death on a Cross. Therefore God has highly exalted Him and bestowed on Him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

### **Troparion of the Holy Cross (Tone 1)**

O Lord, save Thy people and bless Thine inheritance. Grant victory to the Orthodox Christians over their adversaries. And by the virtue of Thy Cross, preserve Thy habitation.

*Here, read or sing the **Troparion** of the saint or feast of the day, of your home church, of your patron saint, or of any saint that is particularly dear to you.*

### **Hymn to the Theotokos**

It is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without stain bearest God the Word, and art truly Theotokos, we magnify thee!

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

*Morning Prayers*

Lord, have mercy. (*three times*)

God be gracious unto us and bless us. May He make His countenance to shine upon us, and have mercy on us. Amen.

This is the day which the Lord hath made; let us rejoice and be glad in it!

# SATURDAY MORNING

## Fourth Prayer of Matins

O Lord God, holy and unsearchable, who didst command the light to shine forth from the darkness, who hast refreshed us by the slumber of the night, and hast raised us up to glorify and supplicate Thy goodness: being implored of Thine own tender loving-kindness, accept us also now who bow down in adoration before Thee, and render thanks unto Thee according to the measure of our strength; and grant us all our petitions which are unto salvation. Make us children of the light, and of the day, and heirs of Thine everlasting good things. Call to remembrance, O Lord, in the multitude of Thy bounties, all Thy people who make their supplications unto Thee, and all our brethren on land, on the sea, in the air, and in every place of Thy dominion, who are in need of Thy loving-kindness and of Thy help, and vouchsafe unto them all Thy great mercy, that being always preserved in safety of soul and body, we may with boldness magnify Thy wondrous and blessed name: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

## Intercessions of the Saints

O Holy Mary, Mother of God and Ever-Virgin Theotokos, ever remember and pray for us sinners.

O Heavenly Hosts of holy angels and archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs, and all saints, pray for us sinners.

Pray to God for us, O \_\_\_\_\_ (*your patron saints*), for with fervor we turn to you, who art the speedy helpers and intercessors for our souls.

*Here invoke the name of other saints whose intercession you desire.*

## Petitions and Thanksgivings

*On Saturdays, intercede for the departed.*

O God of spirits and of all flesh, who has trampled down death, and made powerless the Devil, and given life to Thy world: Do Thou, the same Lord, give rest to the souls of Thy departed servants (*names*), in a place of brightness, a place of verdure, a place of repose, whence all sickness, sorrow, and sighing have fled away. Pardon every sin which they have committed, whether by word or deed or thought. For Thou art good and lovest mankind, and there is no man who liveth and sinneth not. Thou only art without sin, and Thy righteousness is to all eternity and Thy Law is truth. For Thou art the Resurrection and the Life and the Repose of Thy departed servants, O Christ our God, and unto Thee we ascribe glory, together with Thy Father who is from everlasting, and Thine all-holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

*Here add your **private intercessions**, entreating the Lord in your own words.*

**Prayer at the Beginning of the Day**

*Metropolitan Philaret of Moscow*

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 comes 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 embarrassing or embittering others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

**Daily New Testament Readings**

Shine in our hearts, O Master who lovest mankind, the pure light of Thy Divine knowledge, and open the eyes of our mind to the understanding of Thy Gospel teachings; implant in us also the fear of Thy blessed commandments, that trampling down all desires of the flesh, we may enter upon a spiritual manner of living, both thinking and doing the things which are well-pleasing unto Thee; for Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thine eternal Father, and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*Read the daily **Epistle and Gospel** selections.*

**New Testament Cantic: Hymn of the Mother of God**

My soul magnifies the Lord, and my spirit rejoices in God my Savior!

For He has regarded the low estate of His handmaiden; for behold, henceforth all generations will call me blessed.

For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.

He has shown strength with His arm, He has scattered the proud in the imagination of their hearts.

He has put down the mighty from their thrones, and exalted those of low degree; He has filled the hungry with good things, and the rich He has sent empty away.

He has helped his servant Israel, in remembrance of his mercy, as He spoke to our fathers, to Abraham and to his seed for ever.

**Troparion of All Saints (Tone 4)**

Adorned in the blood of Thy martyrs, throughout all the world as in purple and fine linen, Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassions upon Thy people; grant peace to Thine habitation and great mercy to our souls.

**Kontakion for the Departed (Tone 8)**

O Christ, with the saints grant rest to the souls of Thy servants in a place where there is no suffering, no sorrows, and no sighs, but life everlasting.

*Here, read or sing the **Troparion** of the saint or feast of the day, of your home church, of your patron saint, or of any saint that is particularly dear to you.*

**Hymn to the Theotokos**

Rejoice, O Virgin Theotokos, Mary full of grace: the Lord is with thee! Blessed art thou among women, and blessed is the fruit of thy womb: for thou hast borne the Savior of our souls.

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. (*three times*)

God be gracious unto us and bless us. May He make His countenance to shine upon us, and have mercy on us. Amen.

This is the day which the Lord hath made; let us rejoice and be glad in it!