



*Into Thy hands,
O Lord,
I commend my soul and my body...*

EVENING PRAYERS

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

Lord Jesus Christ, Son of God, through the prayers of Thy most pure Mother and of all the saints, have mercy on us and save us, for Thou art good and holy and the Lover of Mankind.

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.

Be pleased, O God, to deliver me; O Lord, make haste to help me. *(three times)*

Psalm 4

Answer me when I call, O God of my right! Thou hast given me room when I was in distress. Be gracious to me, and hear my prayer. O men, how long shall my honor suffer shame? How long will you love vain words, and seek after lies? But know that the Lord has set apart the godly for Himself; the Lord hears when I call to Him. Be angry, but sin not;

commune with your own hearts on your beds, and be silent. Offer right sacrifices, and put your trust in the Lord.

There are many who say, "O that we might see some good! Lift up the light of Thy countenance upon us, O Lord!" Thou hast put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for Thou alone, O Lord, makest me dwell in safety.

Psalm 90

He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For He will deliver you from the snare of the fowler and from the deadly pestilence; He will cover you with His pinions, and under His wings you will find refuge; His faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand; but it will not come near you. You will only look with your eyes and see the recompense of the wicked.

Because you have made the Lord your refuge, the Most High your habitation, no evil shall befall you, no scourge come near your tent. For He will give His angels charge of you to guard you in all your ways. On their hands they will bear you up, lest you dash your foot against a stone. You will tread on the lion and the adder; the young lion and the serpent you will trample under foot. "Because he cleaves to Me in love, I will deliver him; I will protect him, because he knows My name. When he calls to Me, I will answer him; I will be with him in trouble, I will rescue him and honor him. With long life I will satisfy him, and show him My salvation."

Psalm 133

Come, bless the Lord, all you servants of the Lord, who stand by night in the house of the Lord! Lift up your hands to the holy place, and bless the Lord! May the Lord bless you from Zion, He who made heaven and earth!

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.*

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 Savior, 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 offense; grant this to me, O Savior, 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 Savior, and save me.

Lord, have mercy. *(12 times)*

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.

(Examine your conscience, asking forgiveness for all things wherein you have sinned.)

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

I believe in one God...

SATURDAY AND SUNDAY EVENINGS

*On **Saturday evening**, all Orthodox Christians should participate in Great Vespers, greeting the Lord's Day at its very beginning. For one's evening prayers, the pre-Communion Psalms (22, 23, and 115) are recommended, along with any of the pre-Communion prayers found in most prayer books. It is also essential for one to be reconciled to anyone against whom he may have sinned.*

*On **Sunday evening**, there are no formal prayers for this rule. The Prayers of Thanksgiving after Communion or an Akathist hymn are appropriate. As the Lord's Day draws to a close, we are encouraged to spend some quiet time with the Lord, looking back on the past week and preparing for the next, thanking and praising God for his beneficence and asking Him for His continued assistance in the days to come.*

MONDAY EVENING

Prayer of St. Makarios the Great to God the Father

O Eternal God and King of all creation, who hast granted me to arrive at this hour: forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Thy most holy name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever and to the ages of ages. Amen.

Prayer of St. Antioch to Our Lord Jesus Christ

O Ruler of all, Word of the Father, Jesus Christ, Thou who art perfect: never in Thy great mercy leave me, but ever abide in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not to the revolt of the serpent, and leave me not to the will of Satan, for the seed of corruption is in me. Lord God whom we worship, Holy King, Jesus Christ, guard me asleep by the unwaning light, Thy Holy Spirit, by whom Thou didst sanctify Thy Disciples. O Lord, grant me, Thine unworthy servant, Thy salvation on my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel. Enlighten my soul with the love of Thy Cross. Enlighten my heart with the purity of Thy Word. Enlighten my body with Thy passionless Passion. Keep my thoughts in Thy humility. And rouse me in good time to glorify Thee, for Thou art supremely glorified, with Thine eternal Father, and Thy most Holy Spirit forever. Amen.

Prayer to Your Guardian Angel

O Angel of Christ, holy Guardian and Protector of my soul and body: forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, sinful and unworthy servant, that thou mayest present me worthy of the kindness and mercy of the All-holy Trinity and the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

Petitions and Thanksgivings

O God, have mercy upon me and cleanse me, a sinner.

O Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

O Lord Jesus Christ, Son of God, have mercy upon me and cleanse me, a sinner.

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.

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

Prayer to Our Lord Jesus Christ

By the Monk Antiochus

As we prepare for sleep, O Master, grant rest to our bodies and souls. Keep us from the dark sleep of sin and from every dark and passionate pleasure of the night. Still the impulses of passions and put out the flaming arrows which the evil one looses deceitfully against us. Still the rebellions of the flesh and put to sleep our worldly and material reasonings. O God, grant us an alert mind, chaste thoughts, a sober heart, and a light sleep, free of every satanic dream. Raise us at the time of prayer confirmed in Thy commandments—the memory of Thy judgments firmly in us. Grant us that we may glorify Thee throughout this night, singing, blessing, and glorifying Thy most honorable and majestic name: the Father, the Son, and the Holy Spirit, now and ever and unto ages of ages. Amen.

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.

Old Testament Reading

*Here a passage from the **Old Testament** may be read.*

Then kiss your Cross and say:

Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.

Just before yielding yourself to sleep, say:

Into Thy hands, O Lord, I commend my soul and my body. Do Thou Thyself bless me, have mercy on me, and grant me life eternal. Amen.

TUESDAY EVENING

Prayer of St. Ephrem the Syrian to the Most Holy Spirit

O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Thy sinful servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast—my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have sworn by Thy name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have been angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarreled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts or have overeaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember - for I have done all this and much more - have mercy, my Lord and Creator, on me Thy wretched and unworthy servant, and absolve and forgive and deliver me in Thy goodness and love for men, so that, lustful, sinful and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise and glorify Thy most honorable Name, with the Father and His Only-Begotten Son, now and ever and for all ages. Amen.

Prayer to Your Guardian Angel

O Angel of Christ, holy Guardian and Protector of my soul and body: forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, sinful and unworthy servant, that thou mayest present me worthy of the kindness and mercy of the All-holy Trinity and the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

Petitions and Thanksgivings

O God, have mercy upon me and cleanse me, a sinner.

O Lord Jesus Christ, Son of God, have mercy upon me, a sinner.

O Lord Jesus Christ, Son of God, have mercy upon me and cleanse me, a sinner.

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.

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

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.

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.

Old Testament Reading

*Here a passage from the **Old Testament** may be read.*

Then kiss your Cross and say:

Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.

Just before yielding yourself to sleep, say:

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WEDNESDAY EVENING

O Lord, our God, in Thy goodness and love for men forgive me all the sins I have committed today in word, deed or thought. Grant me peaceful and undisturbed sleep. Send Thy Guardian Angel to guard and protect me from all evil. For Thou art the guardian of our souls and bodies, and to Thee we ascribe glory, to the Father, Son and Holy Spirit, now and ever and to the ages of ages. Amen.

O Lord our God, in whom we believe and whose name we invoke above every name: grant us preparing for sleep relaxation of soul and body, and keep us from all temptations and dark pleasures. Stop the rushing of passions, and quench the burning of bodily tensions. Grant us to live chastely in word and act, that we may live a life of heroic virtue and not fall away from Thy promised blessings. For Thou art blessed for ever. Amen.

Prayer to Your Guardian Angel

O Angel of Christ, holy Guardian and Protector of my soul and body: forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, sinful and unworthy servant, that thou mayest present me worthy of the kindness and mercy of the All-holy Trinity and the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

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Prayer to Our Lord Jesus Christ

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commandments – the memory of Thy judgments firmly in us. Grant us that we may glorify Thee throughout this night, singing, blessing, and glorifying Thy most honorable and majestic name: the Father, the Son, and the Holy Spirit, now and ever and unto ages of ages. Amen.

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THURSDAY EVENING

Prayer of St. John Chrysostom

Lord, deprive me not of Thy heavenly joys.

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 stony insensibility.

Lord, deliver me from every temptation.

Lord, enlighten my heart which evil desires have darkened.

Lord, I being human have sinned, but Thou being the generous God, have mercy on me, knowing the sickness of my soul.

Lord, send Thy grace to my help, that I may glorify Thy holy Name.

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

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

Lord, sprinkle into my heart the dew of Thy grace.

Lord of heaven and earth remember me, Thy sinful servant, shameful and unclean, in Thy Kingdom. Amen.

O Lord, accept me in penitence.

O Lord, leave me not.

O Lord, lead me not into temptation.

O Lord, grant me good thoughts.

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

O Lord, grant me the thought of confessing my sins.

O Lord, grant me humility, chastity and obedience.

O Lord, grant me patience, courage and meekness.

O Lord, plant in me the root of all blessings, the fear of Thee in my heart.

O Lord, grant me to love Thee with all my mind and soul, and always to do Thy will.

O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing.

O Lord, who knowest Thy creation and what Thou hast willed for it: may Thy will also be fulfilled in me, a sinner, for Thou art blessed forevermore. Amen.

Prayer to Your Guardian Angel

O Angel of Christ, holy Guardian and Protector of my soul and body: forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, sinful and unworthy servant, that thou mayest present me worthy of

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FRIDAY EVENING

Prayer to Our Lord Jesus Christ

O Lord Jesus Christ, Son of God, for the sake of Thy most honorable Mother, Thy fleshless Angels, Thy Prophet and Forerunner and Baptizer John, all the God-inspired Apostles, the radiant and victorious Martyrs, the holy and God-bearing Fathers, and by the prayers of all saints: deliver me from the besetting presence of the devil. My Lord and Creator, who desirest not the death of the sinner, but that he should be converted and live, grant also conversion to me, wretched and unworthy; snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to hell alive. My Lord, my Comfort, who wast clothed in corruptible flesh for my miserable sake: deliver me from misery and grant comfort to my miserable soul. Implant in my heart to fulfill Thy commandments, and forsake my evil deeds, and to receive Thy joys. Save me, for I hope in Thee, O Lord. Amen.

Prayer to the Most Holy Mother of God

O good Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of thy Son and our God on my passionate soul and guide me in good works by thy prayers, that I may pass the rest of my life without defilement, and find paradise through thee, O Virgin Mother of God, who alone art pure and blessed.

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