

Introductory 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, the Comforter, the Spirit of Truth, Who art everywhere present and fillest all things. Treasury of blessings 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!

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

O Most-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy! (3x) +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 the evil one. [Priest: *For Thine are 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.

Lord, have mercy! (12x) +Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

+ Come let us worship God our King!

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

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

The Morning Prayer of the Optina Elders

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 the 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 this coming day. Direct my will, teach me to pray, pray Thou Thyself within me. Amen.