

Prayers Upon Awakening

+In the Name of the Father and of the Son and of the Holy Spirit. Amen.

Holy God, Holy Mighty, Holy Immortal, have mercy on us!
(3x) 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 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. *Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us. Amen.*

As we arise from sleep, we fall down before Thee, O Good One, and we cry unto Thee with the hymn of the Angels, O Mighty One: 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,

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

Now and ever, and unto ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be laid bare. But let us cry out with fear in the midst of the night: Holy, holy, holy art Thou, O God. Through the Theotokos, have mercy on us!

Lord, have mercy! (12x)

As I rise from sleep I thank Thee, O Holy Trinity, for because of Thy lovingkindness and patience you were not angry with me, the slothful and sinner, nor didst Thou destroy me in my iniquities, but Thou didst show Thine unchanging love for man, and when I was prostrate in despair, Thou didst raise me up to keep the morning watch and glorify Thy dominion. And now enlighten Thou the eyes of my mind, open my mouth to meditate on Thy words and to understand Thy commandments, and to do Thy will, and to chant unto Thee in heartfelt confession, and praise 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.

Glory be to Thee, O Almighty God and King, for in Thy divine and man-befriending providence Thou hast deemed me, who am a sinner and unworthy, worthy to rise up from sleep and to enter Thy holy House. O Lord, receive the voice of my supplication, as Thou dost receive that of Thy holy noetic Powers; and be Thou well-pleased that with a pure heart and in a spirit of humility praise be offered unto Thee from my defiled lips; so that I with the radiant lamp of my soul may also become a communicant with the wise virgins, and glorify Thee, God the Word, glorified in the Father and the Spirit. Amen.