

It is truly meet to bless thee, O Theotokos; ever-blessed and most-pure and the Mother of our God. More honorable than the cherubim and more glorious beyond compare than the seraphim; without corruption thou gavest birth to God the Word; true Theotokos we magnify thee!

Forgive those who hate us and do us wrong, O Lord; do good unto those who do good unto us. To our brethren and kinsmen, grant their requests that are unto salvation and life everlasting. Visit those who are in sickness, and grant them healing. Pilot those who are at sea. Accompany those who journey. Be Thou the ally of Orthodox Christians. Unto those who minister and show mercy unto us, grant forgiveness of sins. Upon those who have asked us the unworthy, to pray for them, have mercy, according to Thy great and rich mercy. Remember, O Lord, all our fathers and brethren who have gone to their rest before us, and grant them rest where the light of Thy countenance shines. Remember, O Lord, our brethren, the captives, and deliver them from every misfortune. Remember, O Lord, those who bring offerings and do good works in Thy holy churches, and grant them their requests that are unto salvation and life-everlasting. Remember, O Lord, us also, Thy humble and sinful and unworthy servants, and enlighten our mind with the light of Thy knowledge, and lead us in the path of Thy commandments; by the intercessions of Thine all-immaculate Mother, our Lady the Theotokos and Ever-virgin Mary, and of all Thy Saints, for blessed art Thou unto all ages of ages. Amen.

[Additional prayers may be added here. Also, at this point one may look up and read the daily Epistle and Gospel readings, as well as the Lives of the Saints for the day.] *Prayer of Optina:*

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.

## ***Traditional Morning 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! (3x)  
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. *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 appear, and the deeds of each shall be laid bare. Therefore, 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! (12x)*

As I rise from sleep I thank Thee, O Holy Trinity, for Thy lovingkindness and patience. You were not angry with me even though I am lazy and full of sin. You have not destroyed me for the wrongs I have done, rather You have shown unchanging love for me. When I was bowed low in dark despair, You raised me up to sing the morning hymn and to glorify Your Lordship. Give light to the eyes of my mind, and open my ears to hear Your words and to learn Your commandments. Help me to obey Your will, to sing to You with all my heart, and to 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.

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!

**Psalm 50/51:** Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness, the bones that be humbled, they shall rejoice. Hide Thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. Then I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; and my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice acceptable unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

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 ages; light of light, true God of true 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 became man; and He was crucified 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 sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the Prophets. And 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.

Thee do we bless, Thou Most High God and Lord of mercy, Who ever works with us deeds great and unfathomable, glorious and extraordinary, whereof there is no number; Who has given unto us sleep for rest from our infirmity, and for repose of our much-toiling flesh. We thank Thee that Thou hast not destroyed us in our infirmities, but hast shown Thine unfailing love for man, and though we were prostrate in despair, Thou hast raised us up to glorify Thy dominion. Therefore, we beseech Thine incomparable goodness: Enlighten the eyes of our understanding and raise our mind from the heavy sleep of slothfulness. Open our mouth and fill it with Thy praise, that we may be able undistracted to sing and chant and give thanks unto Thee, Who art God glorified in all and by all, the beginningless Father, with Thine Only-begotten Son, and Thine All-holy, good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

Most glorious, Ever-virgin, blessed Theotokos, present our prayer to thy Son and our God, and pray that through thee He would save our souls.

My hope is the Father, my refuge the Son, my shelter the Holy Spirit. O Holy Trinity, glory be to Thee!

Unto thee do I commit mine every hope, O Mother of God; guard me under thy shelter.