

## ***Morning and Evening Prayers***

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

+Glory to Thee O Lord, glory to Thee!

O Heavenly King, The Comforter, The Spirit of Truth  
Who art everywhere and fills all things  
The Treasury of Blessings and The 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.  
O Lord, cleanse us from our sins.  
O Maser, pardon our transgressions.  
O Holy One, visit and heal our infirmities for Thy Name's sake.

Lord have mercy. Lord have mercy. Lord have mercy.

+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 evil.

+For Thine is the Kingdom, and the power, and the glory: of the Father, and 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!

### ***Morning Prayer***

Arising from sleep, I thank You, O Most Holy Trinity, that, for the sake of Your great kindness and longsuffering, You have not had indignation against me, for I am slothful and sinful. Neither have You destroyed me in my transgression. But You have shown Your customary love toward mankind and have raised me up as I lay in heedlessness, that I might sing my morning hymn and glorify Your sovereignty. Enlighten the eyes of my understanding, open my ears to receive Your words, and teach me Your commandments. Help me to sing to You, to confess You from my heart, and to praise Your All-Holy Name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

### ***Evening Prayer***

O eternal God, O King of all creation, Who have kept me safe to attain to this hour, forgive me the sins which I have committed this day in thought, word, and deed. And cleanse, O Lord, , my humble soul from every stain of flesh and spirit: Grant me, O Lord, to pass this night in peace, to rise from my bed, and to please You holy Name all the days of my life, and to vanquish the enemies, both corporeal and incorporeal, that contend against me. Deliver me, O Lord, from the vain thoughts that stain me, and from evil desires. For Thine is 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.

## **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 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. 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 life of the world to come. Amen.

## **Psalm 50/51**

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 sins 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 bloodguiltiness, 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.

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

O LORD, I know not what 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. I 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.

## **The Psalms**

	<u>Morning</u>	<u>Evening</u>
Sunday	Psalm 5	Psalm 70
Monday	Psalm 90	Psalm 143
Tuesday	Psalm 101	Psalm 141
Wednesday	Psalm 3	Psalm 130
Thursday	Psalm 63	Psalm 130
Friday	Psalm 103	Psalm 17
Saturday	Psalm 5	Psalm 51

*(Read Epistle & Gospel of the day as time permits.)*

Remember, O Lord Jesus Christ, our God, Your mercies and loving kindnesses, which have been from everlasting, and for the sake of which You did become man and deign to endure crucifixion and death for the salvation of all who rightly believe in You. You rose from the dead and ascended into heaven, and sit at the right hand of God the Father, and regard the humble prayers of all who call upon You with their whole heart. Incline Your ear and hear the humble entreaty of me, Your unprofitable servant, who offers it for an odor of spiritual fragrance for all Your people.

And first of all remember Your Holy Catholic and Apostolic Church which You have purchased with Your precious blood. Confirm and strengthen it, enlarge and multiply it, keep it in peace, and preserve it unconquerable by the gates of hell forever. Heal the schisms of the churches, quench the raging of the heathen, speedily undo and root out the growths of heresies, and bring them to naught by the power of Your Holy Spirit.

Save, O Lord, and have mercy upon all world rulers, on our president (*name*), and all our civil authorities and our armed forces. Speak peace and blessing in their hearts for Your Holy Church and for all Your people, in order that we may live a calm and peaceful life, in all godliness and dignity.

Save O Lord, and have mercy upon Patriarchs, Metropolitans, Archbishops, Priests, and Deacons, and the whole clergy of Your Church, which You have established to feed the flock of Your word, and by their prayers have mercy upon me, and save me, a sinner.

Save, O Lord, and have mercy upon my spiritual father (*name*) and by his holy prayers forgive me my transgressions.

Save, O Lord, and have mercy upon my parents (*names*), my spouse (*name*), my brothers and sisters (*names*), my children (*names*), my kinsmen after the flesh, and my friends, and grant them Your blessings both here and hereafter.

Save, O Lord, and have mercy upon the old, the young, the needy, the orphans and the widows, and on all that are in sickness and sorrow, in distress and affliction, in oppression and captivity, in prison and confinement. More especially have mercy upon Your servants who are under persecution for Your sake and for the sake of the Orthodox Faith at the hands of heathen nations, of apostates, and of heretics: remember them, visit, strengthen, keep, and comfort them, and make haste to grant them, by Your power, relief, freedom, and deliverance.

Save, O Lord, and have mercy upon all who are sent on duty, all who travel, our fathers, brothers, and sisters, and upon all true Christians.

Save, O Lord, and have mercy upon those who envy and affront me, and do me harm, and do not let them perish through me, a sinner.

Those who depart from the Orthodox Faith, dazzled by destroying heresies, enlighten by the light of Your holy wisdom, and unite them to Your Holy, Apostolic, Catholic Church.

*[Add here any additional petitions]*

### ***Prayer for the Beginning of the Day***

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your Holy will. In every hour of the day reveal Your 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 Your 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 You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that is shall bring. Direct my will, teach me to pray, and You, Yourself, pray in me. Amen.

### ***A Prayer***

O Christ our God, who at all times and in every hour in heaven and on earth are worshiped and glorified; who are longsuffering, merciful, and compassionate; who love the just and show mercy upon sinners; who call all to salvation through the promise of the good things to come; O Lord, in this hour receive our supplications and direct our lives according to Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil, and distress. Surround us with Your holy angels, so that guided and guarded by them, we may attain to the unity of the Faith and to the full knowledge of Your unapproachable glory. For You are blessed unto ages of ages. Amen.

### ***To the Theotokos***

It is truly right to bless you, 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 defilement you gave birth to God the Word: true Theotokos, we magnify you.

+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*)

### ***Just Before Going to Sleep***

Into Your hands, O Lord Jesus Christ, I commend my spirit and body; bless me, save me, and grant me eternal life. Amen.

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us. Amen.

### ***A Prayer of a Single Person***

O Blessed Lord, who hast set up for us an example of ideal purity, strengthen me, I beseech Thee, when temptation besets me, and when strong passions seek to overwhelm me, that I may remain constant in virtue and innocent in thought, word, and deed, doing such things that are well-pleasing unto Thee. Grant me growth in wisdom and understanding, that I may serve Thee in holiness all the days of my life; through the intercessions of Thy all-pure Mother and of all Thy saints, especially my patron Saint (*Name*). Amen.

### ***A Prayer of Married Persons***

O merciful God, we beseech Thee ever to remind us that the married state is holy, and that we must keep it so. Grant us Thy Grace, that we may continue in faithfulness and love. Increase in us the spirit of mutual understanding and trust, that no quarrel or strife may come between us. Grant us Thy blessings, that we may stand before the people and in Thy sight as an ideal family. And by Thy mercy, account us worthy of everlasting life: for Thou art our sanctification, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

### ***A Prayer of Parents for Their Children and for Relatives and Friends***

O God, our heavenly Father, who lovest mankind, and art most merciful and compassionate, have mercy upon Thy servants (*NN.*) for whom I humbly pray Thee, and whom I commend to Thy gracious care and protection. Be Thou, O God, their guide and guardian in all their endeavors. Lead them in the path of Thy truth, and draw them nearer to Thee, that they may lead a godly and righteous life in Thy love and fear, doing Thy will in all things. Give them grace that they may be temperate, industrious, diligent, devout, and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life. Direct them in the way of salvation, through the mercy of Thy Son, our Savior Jesus Christ, and the intercessions of his Holy Mother and Thy blessed Saints. Amen.

### ***A Prayer of Children for Their Parents***

Our Father, who art in Heaven, bless my Father and Mother and those who are in authority over me, for their love and tender care for me and the benefits I receive at their hands. Help me, I pray Thee, to be respectful and obedient to them in all things according to Thy will. Give me Thy grace to perform all my duties carefully and faithfully, to avoid undesirable company and influence, and to resist all temptations that may come my way. Abide in me always, that I may live a sober, righteous and godly life, ever praising Thee, and glorifying Thy Holy Name. Amen.

### ***A Prayer for Our Enemies***

Thou who didst pray for them that crucified Thee, O Lord, the Lover of mankind, and who didst command Thy servants to pray for their enemies, forgive those who hate and maltreat us, and turn our lives from all harm and evil to brotherly love and good works. For this we humbly bring our prayer, that with one accord and one heart we may glorify Thee who alone lovest mankind. Amen.

### ***A Prayer for the Sick***

O Holy Father, heavenly Physician of our souls and bodies, who hast sent Thine only-begotten Son and our Lord Jesus Christ to heal our diseases and deliver us from death. Do Thou visit and heal Thy servant (*N.*), granting (*him/her*) release from pain and restoration to health and life, that (*he/she*) may give thanks unto Thee and bless Thy Holy Name, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages. Amen.

### ***A Prayer for the Departed***

Into Thy hands, O Lord, I commend the souls Thy servants (*NN.*), and beseech Thee to grant them rest in the place of Thy rest, where all Thy blessed Saints repose, and where the light of Thy countenance shineth forever. And I beseech Thee also to grant that our present lives may be godly, sober, and blameless; that we too may be made worthy to enter into Thy heavenly Kingdom with those whom we love but see no longer: 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: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of age Amen.

### ***Prayers Before a Meal***

O Lord Jesus Christ our God, bless this food and beverage of ours through the intercessions of Thy most pure Mother and all Thy saints. Amen.

They that hunger shall eat and be satiated; they that seek after the Lord shall praise Him; their hearts shall live forever. Amen.

Bless us, O Lord, and these gifts of which we are about to partake, for Thou art blessed and glorified, now and ever, and unto ages of ages. Amen.

### ***A Prayer Before Lessons***

O Most merciful God, send us the grace of Thy Holy Spirit, Who enlightens and strengthens our spiritual powers. Help us to be attentive to the teaching presented, that we may grow up for the glory of Thee, our Creator, for the joy of our parents, and for the benefit of our Church and of our country. Amen.

### ***A Prayer of Repentance***

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am truly sorry that I have ever offended Thee, and I sincerely repent. With tears I humbly pray Thee, O Lord: because of Thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of righteousness and offer praise and glory to the Father, and to the Son, and to the Holy Spirit. Amen.

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

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. I 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.

### ***The Prayer of St. Ioannikios***

The Father is my hope; the Son is my refuge; the Holy Spirit is my protector. O Holy Trinity, glory to Thee.

### ***Lenten Prayer of St. Ephraim***

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk.

*(prostration)*

But give rather the spirit of chastity, humility, patience and love to your servant.

*(prostration)*

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou unto ages of ages. Amen.

*(prostration)*

*O God cleanse me a sinner and have mercy on me (12X)*

### ***The Jesus Prayer***

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

## **Prayers in Preparation for Holy Communion**

Lord Jesus Christ, Son of God, through the prayers of Thy most pure Mother and all the saints, have mercy on us. Amen.

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 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 evil.

For Thine is 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!

### ***Psalm 22 (23)***

The Lord is my shepherd, I shall not want; He makes me lie down in green pastures.

He leads me beside still waters; He restores my soul!

He leads me in paths of righteousness for His name's sake.

Even though I walk through the valley of the shadow of death I fear not evil;

For Thou art with me; Thy rod and Thy staff, they comfort me. Thou preparest a Table before me in the presence of my enemies; Thou anointest my head with oil, and most excellent is Thy Cup which brings me joy!

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord for ever.

### ***Psalm 23 (24)***

The earth is the Lord's and the fullness thereof, the world and those who dwell therein; for He has founded it upon the seas, and established it upon the rivers.

Who shall ascend the hill of the Lord? And who shall stand in His holy place?

He who has clean hands and a pure heart, who does not lift up his soul to what is false, and does not swear deceitfully.

He will receive blessing from the Lord, and vindication from the God of his salvation.

Such is the generation of those who seek Him, who seek the face of the God of Jacob.

Lift up your heads, O gates! and be lifted up, O ancient doors!

that the King of glory may come in.

Who is the King of glory? The Lord, strong and mighty, the Lord, mighty in battle!

Lift up your heads, O gates! and be lifted up, O ancient doors!

that the King of glory may come in.

Who is this King of glory? The Lord of hosts, He is the King of glory!

### ***Psalm 115***

I kept my faith, even when I said, "I am greatly afflicted"; I said in my consternation, "Every man is a liar."

What shall I render to the Lord for all His bounty to me?

I will lift up the Cup of Salvation and call on the name of the Lord, I will pay my vows to the Lord in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Thy servant; I am Thy servant, the son of Thy handmaid. Thou hast loosed my bonds.

I will offer to Thee the Sacrifice of Thanksgiving and call on the name of the Lord.

I will pay my vows to the Lord in the presence of all His people, in the courts of the house of the Lord, in your midst, O Jerusalem.

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

Alleluia! Alleluia! Alleluia! Glory to Thee, O God! (3X)

Disregard my iniquities, O Lord Who wast born of a Virgin! Cleanse my heart and make it a temple of Thy most pure Body and Blood. Turn me not away from Thy countenance, for Thy great mercy is immeasurable.

Glory to the Father, and to the Son, and to the Holy Spirit:

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Now and ever and unto ages of ages. Amen.

When you intend, O man, to eat the Master's Body, approach with fear, lest you be burned-for It is fire!

Before drinking the Divine Blood in Communion, make peace with those who have grieved you.

Only then may you dare to eat the Mystical Food.

Before partaking of the Dread Sacrifice, the life-giving Body of the Master, pray, trembling, in this manner:

### ***First Prayer: of St. Basil the Great***

O Lord and Master, Jesus Christ our God, the Fountain of life and immortality, the Creator of everything visible and invisible, the eternal and everlasting Son of the eternal Father: Thou hast come in these latter days because of the abundance of Thy goodness. Thou hast put on our human flesh and wast crucified and buried for us thankless and graceless men, and through Thine own blood Thou hast renewed our human nature which is corrupted by sin. And now, O Immortal King, accept the repentance of me a sinner, and incline Thine ear to me and listen to my words:

I have sinned, O Lord, I have sinned before heaven and before Thy face, and I am not worthy to look upon the height of Thy Glory.

I have provoked Thy goodness, I have transgressed Thy commandments, I have not obeyed Thy statutes.

But, O Lord, since Thou dost not remember evil, but art longsuffering and of great mercy, Thou hast

not given me over to destruction for my lawlessness, but hast ever awaited my conversion. O Lover of mankind, Thou hast said by Thy prophets: "I have no pleasure in the death of the wicked, but that the wicked turn from his way and live."

For Thou dost not wish, O Master, that the work of Thy hands should perish, neither dost Thou take pleasure in the destruction of men, but Thou desirest that all men should be saved and come to the knowledge of the truth.

Therefore, although I am unworthy both of heaven and of earth and of this passing life, having wholly yielded myself to sin and defiled Thine image, yet being Thy creature and of Thy making, I do not despair of my salvation in my wickedness. But made bold by Thine infinite compassion, I draw near.

Receive me, O Christ Who lovest mankind, as Thou didst receive the prostitute, the thief, the tax-collector and the prodigal. Take away the heavy burden of my sins, for Thou takest away the sins of the world. Thou healest the infirmities of mankind. Thou callest to Thyself and givest rest to those who labor and are heavy laden.

Thou hast not come to call the righteous, but sinners to repentance. Cleanse me from every stain of flesh and spirit. Teach me to fulfill holiness in fear of Thee, that having the testimony of my own conscience clean, and having communion of Thy holy things, I may be united with Thy Body and Blood and may have Thee to dwell and abide in me, with the Father and Thy Holy Spirit.

O Lord Jesus Christ my God, may the communion of Thy most pure and life-creating mysteries not bring me into judgment, nor may I become weak in soul and body by partaking in an unworthy manner, but grant me to receive communion of Thy holy things without condemnation even to my very last breath, and by them to receive communion of the Holy Spirit, provision for the journey of eternal life, and an acceptable answer at Thy dread judgment seat; that I, together with all Thy chosen ones, may also be a partaker of the incorruptible blessings which Thou hast prepared for those who love Thee, O Lord, in whom Thou art glorified forever. Amen.

### ***Second Prayer of St. John Chrysostom***

O Lord my God, I know that I am not worthy nor sufficiently pleasing that Thou shouldst come under the roof of the house of my soul, for it is entirely desolate and fallen in ruin, and Thou wilt not find in me a place worthy to lay Thy head. But as Thou didst humble Thyself from on high for our sake, so now humble Thyself to my lowliness.

As Thou didst deign to lie in a cavern, in a manger of dumb beasts, so now deign to enter into the manger of my beastly soul, and into my soiled body.

As Thou didst not disdain to enter and to eat with sinners in the house of Simon the leper, so now be pleased to enter into the house of my soul, humble and leprous and sinful.

As Thou didst not cast away the sinful woman who came to touch Thee, so have compassion on me a sinner who comes to touch Thee.

As Thou didst not abhor the kiss of her sin-stained and unclean mouth, do not abhor my mouth, worse stained and more unclean than hers, nor my stained and shamed and unclean lips, nor my still more impure tongue.

But let the fiery coal of Thy most pure Body and Thy most precious Blood bring me sanctification, enlightenment and strengthening of my lowly soul and body, relief from the burden of my many transgressions, protection against every action of the devil, repulsion and victory over my wicked and evil habits, mortification of my passions, accomplishment of Thy commandments, increase of Thy divine grace, and inheritance of Thy Kingdom.

For I do not come to Thee in presumption, O Christ my God, but made bold by Thine inexpressible goodness, lest I stray far away from Thy flock, O Master, and become caught by the wolf of souls.

Therefore, I pray Thee, O Master, for Thou alone art holy: sanctify my soul and body, my mind and heart, my muscles and bones. Renew me entirely. Implant Thy fear in my fleshly members and let Thy sanctification never be removed from me.

Be my helper and defender, guide my life in peace and make me worthy to stand at Thy right hand with all Thy saints.

By the prayers and supplications of Thy most pure Mother, of Thy spiritual servants, the most pure angelic powers, and of all the saints who have been well-pleasing to Thee. Amen.

### ***Third Prayer: of St. Simeon Metaphrastes***

O only pure and incorruptible Lord! Because of the inexpressible mercy of Thy love for mankind, Thou didst take to Thyself our entire human composition from the pure blood of the Virgin who gave birth to Thee beyond nature, by the descent of the Holy Spirit and the goodwill of the ever-existing Father.

O Christ Jesus, Wisdom of God and Peace and Power, through the human nature which Thou didst take to Thyself, Thou didst suffer the life-creating and saving passion: the Cross, the nails, the spear-death itself. Put to death in me the soul-destroying passions of the body.

Through Thy burial Thou didst capture the kingdom of death. Bury in me the evil devices of the devil with good thoughts, and destroy the spirits of evil.

Through Thy life-bringing Resurrection Thou didst raise up the first father who had fallen. Raise me up who am sunk down in sin and give me the image of repentance.

Through Thy glorious Ascension Thou didst deify the flesh which Thou didst assume, and placed it on the throne at the Father's right hand. Grant me to receive a place at the right hand with the saved through communion of Thy holy mysteries.

Through the coming of Thy Spirit, the Comforter, Thou didst make Thy consecrated disciples to be honorable vessels. Show me also to be the receptacle of His coming.

Thou hast promised to come again to judge the world in righteousness. Grant that I may go to meet Thee in the clouds, my Judge and Creator, with all Thy saints; that I may glorify and praise Thee without end, together with Thy Father Who is without beginning, and Thy most holy and good and life-creating Spirit, now and ever and unto ages of ages. Amen.

#### ***Fourth Prayer: of St. John of Damascus***

O Lord and Master Jesus Christ our God, Who alone hast power to absolve men from their sins, for Thou art good and lovest mankind: forgive all my transgressions done in knowledge or in ignorance, and make me worthy without condemnation to have communion of Thy divine, glorious, pure and life-creating mysteries. Let them not be for my punishment, or for the increase of my sins.

But let them be for my purification and sanctification, as a promise of the life and Kingdom to come, a defense and a help and a repulsion of every attacker and the removal of my many transgressions. For Thou art a God of mercy and generosity and love for mankind, and to Thee we ascribe glory, with the Father and the Holy Spirit, now and ever and unto ages of ages. Amen.

#### ***Fifth Prayer: of St. Basil the Great***

I know, O Lord, that I have communion unworthily of Thy most pure Body and Thy most precious Blood, and that I am guilty and drink condemnation to myself not discerning Thy Body and Blood, O my Christ and God. But daring upon Thy generous loving-kindness I come to Thee Who hast said: "He who eats My flesh and drinks My blood abides in Me and I in him." Be merciful, therefore, O Lord, and do not rebuke me, a sinner, but deal with me according to Thy mercy, and let Thy holy things be for my purification and healing, for enlightenment and protection, for the repulsion of every tempting thought and action of the devil which works spiritually in my fleshly members. Let them be for boldness and love for Thee, for the correction and grounding of my life, for the increase of virtue and perfection, for the fulfillment of Thy commandments, for the communion of the Holy Spirit, for the journey of eternal life, for a good and acceptable answer at Thy dread judgment, but not for judgment or condemnation. Amen.

#### ***Sixth Prayer of: St. Simeon the New Theologian***

From lips defiled and a vile heart,  
from an impure tongue and a soul defiled,  
receive my prayer, O my Christ,  
and do not despise my words, my appearance,  
nor my shamelessness.  
Grant me the boldness, my Christ,  
to say what I desire.

Even more-teach me what to do and say. I have-sinned more than the harlot who,  
 on learning where Thou wast, brought myrrh and came boldly to anoint Thy feet, my God, my Master  
 and my Christ.

As Thou didst not turn her away  
 when she came with her heart,  
 so, O Word, turn me not away,  
 but give me Thy feet to hold, to kiss,  
 and to anoint boldly with a stream of tears  
 as a precious ointment.

Wash me with my tears, O Word,  
 and cleanse me with them!  
 Remit my transgressions and grant me forgiveness. Thou knowest the multitude of my evil:  
 Thou knowest also my wounds!

Thou seest my scars:  
 Thou knowest also my faith!  
 Thou seest my intentions and hearest my sighs.

Nothing is hidden from Thee,  
 my God, my Maker, my Redeemer  
 not even a tear-drop or part of that drop.

Thine eyes have seen  
 that which I have not yet done.

Thou hast inscribed in Thy book things yet to happen.  
 See my humility!  
 See each of my labors and all of my sins!  
 Absolve me, O God of all, that with a pure heart,  
 trembling thoughts and a contrite soul  
 I may partake of Thine undefiled and most holy Mysteries  
 which enliven and deify all who partake of them with a pure heart.

Thou hast said, O Master:  
 "Whoever eats My Body and drinks My Blood abides in Me and I in him!"  
 True is every word of my Master and God!  
 When I partake of Thy divine and deifying Grace,  
 I am no longer alone-  
 I am with Thee, my Christ, the Light of the Triple Sun  
 which enlightens the world.

May I not remain alone-without Thee, O Life-giver,  
 my Breath, my Life and my Joy,  
 the salvation of the world.

I approach Thee, therefore,  
 with tears, as Thou seest, and a contrite soul.

I beg to receive deliverance from my sins.  
 May I partake uncondemned  
 of Thy life-giving and spotless Mysteries,  
 that Thou mayest abide, as Thou hast said,  
 with me, the thrice-wretched.

May the Tempter not find me without Thy Grace  
 and seize me deceitfully, and lead me,  
 deceived, from Thy deifying words.

Therefore, I fall down before Thee and fervently cry:  
 As Thou didst receive the Prodigal  
 and the harlot who came to Thee, O Gracious One, receive me, prodigal and defiled.

With a contrite soul I approach Thee now.  
 I know, O Savior, that no one has sinned against Thee as I have,  
 nor done the deeds that I have done.

But I also know that neither the greatness of my transgressions,  
 nor the multitude of my sins surpass the great patience of my God and His extreme love for mankind.

Through Thy merciful compassion

Thou dost cleanse and brighten those who repent with fervor, making them partakers of Light and full communicants of Thy Divinity.

To the astonishment of angels and human minds,

Thou dost converse with them often as with Thy true friends.

This makes me bold, my Christ, this gives me wings!

Emboldened by the wealth of Thy generosity towards us,

with both joy and trepidation, I who am grass partake of fire.

O strange wonder!

I am sprinkled with dew and am not burned, as the bush burned of old without being consumed.

With grateful thoughts and a grateful heart,

with my grateful members, my soul and my body,

I now fall down and worship and glorify Thee, my God, for blessed art Thou, now and for ever.

#### ***Seventh Prayer of St. John Chrysostom***

O God, absolve, remit and pardon me my transgressions--as many sins as I have committed by word or action or thought, willingly or unwillingly, consciously or unconsciously; forgive me everything since Thou art good and lovest mankind. And by the prayers of Thy most pure Mother, of Thy spiritual servants, the holy angelic powers and all the saints, who from all ages have been well-pleasing Thee, be pleased to allow me to receive Thy most pure Body and Thy most precious Blood for the healing of my soul and body, and the purification of my evil thoughts. For Thine is the Kingdom and the power and the glory with the Father and the Holy Spirit, now and ever and unto ages of ages. Amen

#### ***Eighth prayer of St. John Chrysostom***

I am not worthy, Master and Lord, that Thou shouldst enter under the roof of my soul; yet inasmuch as Thou desirest to live in me as the Lover of mankind, I approach with boldness. Thou hast commanded: Let the doors be opened which Thou alone hast made and Thou shalt enter with Thy love for mankind just as Thou art. Thou shalt enter and enlighten my darkened reasoning. I believe that Thou wilt do this. For Thou didst not cast away the prostitute who came to Thee with tears, neither didst Thou turn away the tax-collector who repented, nor didst Thou reject the thief who acknowledged Thy Kingdom, nor didst Thou forsake the repentant persecutor, the Apostle Paul, even as he was. But all who came to Thee in repentance Thou didst unite to the ranks of Thy friends, Who alone art blessed forever, now and unto tile endless ages.

#### ***Ninth Prayer of St. John Chrysostom***

O Lord Jesus Christ my God, absolve, loose, cleanse and forgive me Thy sinful and useless and unworthy servant my errors, transgressions and sinful failings-as many as I have committed from my youth up to this present day and hour, consciously and unconsciously, in words or actions or reasonings, thoughts, pursuits and in all my senses. By the prayers of Thy Mother the most pure and ever,-virgin Mary who gave birth to Thee without human seed, my only hope which will not put me to shame, my intercessor and salvation, grant me to have communion without condemnation of Thy most pure, immortal, life-creating and awesome mysteries; for the remission of sins and unto life everlasting; for sanctification, enlightenment, strength, healing and health of soul and body; for the most perfect removal and destruction of my evil thoughts arid reasonings and intentions, fantasies by night, brought by dark and evil spirits; for Thine is the Kingdom and the power and the glory and the honor and the worship, with the Father and Thy Holy Spirit, now and ever and unto ages of ages. Amen.

#### ***Tenth Prayer of St. John of Damascus***

I stand before the doors of Thy temple, and I do not forsake my wicked thoughts. But, O Christ my God, as Thou hast justified the tax-collector, and hast had mercy on the woman of Canaan and hast opened the gates of paradise to the thief, open to me the interior depths of Thy love for mankind and receive me as I come and repent before Thee. Receive me as Thou didst receive the sinful woman and

the woman with the flow of blood. For the first embraced Thy most pure feet and received the forgiveness of her sins, and the second just touched the hem of Thy garment and received healing. But I who am lost, daring to receive Thy whole Body, may I not be burned; but receive me as Thou hast received them, and enlighten my spiritual senses, burning up my spiritual faults by the prayers of her who gave birth to Thee without human seed, and of the heavenly angelic powers, for Thou art blessed unto ages of ages. Amen.

### ***Another Prayer of St. John Chrysostom***

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the living God, Who camest into the world to save sinners, of whom I am first. I believe also that this is truly Thine own most pure Body, and that this is truly Thine own precious Blood. Therefore, I pray Thee: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, committed in knowledge or in ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

Behold: I draw near to the Divine Communion.  
Burn me not as I partake, O Creator,  
For Thou art a Fire which burns the unworthy.  
Rather, cleanse me of all defilement.

Of Thy Mystical Supper, O Son of God, accept me this day as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom.

Be awed, O man, when you see the deifying Blood!  
It is a fire which burns the unworthy!  
The Divine Body both deifies and nourishes me.  
It deifies the spirit and wondrously nourishes the mind.

With love hast Thou drawn me, O Christ, and with Thy divine love hast Thou changed me. Burn away my sins with a spiritual fire and satisfy me with joy in Thee, that I may joyfully magnify Thy two comings, O Good One.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Of Thy Mystical Supper, O Son of God, accept me this day as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom.