

LET THE CHURCH COME TO ME AND DO NOT

RECEIVE THE KINGDOM OF GOD LIKE A CHILD. WHO SHALL INHIBIT ENTER IT.



CHRIST BLESSES THE CHILDREN

WHOSOEVER TAKETH I TO SUCH BELONGS THE KINGDOM OF GOD

TRULY, I SAY TO YOU, WHOEVER DOES NOT

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# Morning Prayers

*(After rising from sleep, stand with reverence and fear of God, make the sign of the cross, and say :)*

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

Glory to You, our God, glory to You.

O heavenly King, Comforter, and Spirit of truth, You that are in all places and fill all things; the treasury of blessings and the Giver of life: come to dwell in us, cleanse us from every stain, and save our souls, O gracious One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us  
(3).

Glory to the Father and the Son and the Holy Spirit, now and for ever and to the 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 Your Name's sake.

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

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

*Then:*

# The Lord's Prayer



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 Yours is the kingdom and the power and the  
glory, of the Father and the Son and the Holy  
Spirit, now and for ever and to the ages of ages.  
Amen.

*And then:*

Having risen from sleep, we worship You, blessed God, and sing to You, mighty Lord, the angelic hymn: Holy, holy, holy are You, O God; through the prayers of the Theotokos, Mother of God, have mercy on us.

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

Having awakened me from sleep, Lord, enlighten my mind and heart. Open my lips to praise You Holy Trinity: Holy, holy, holy are You, O God; through the prayers of the Theotokos, have mercy on me.

Now and for ever and to the ages of ages. Amen

Suddenly the Judge will come and the deeds of all will be revealed. Therefore, early in the morning let us cry out in awe: Holy, holy, holy are You, O God; through the prayers of the Theotokos have mercy on us.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

# The Nicene Creed

I believe in one God, Father Almighty, Maker of Heaven and Earth, and of all things visible and invisible;

And in one Lord, Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages, Light from Light, true God from true God, begotten not made, one in essence with the Father; through Him all things were made. For our sake and for our salvation He came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

And He was crucified also for us under Pontius Pilate; and suffered and was buried.

And He rose on the third day in accordance with the Scriptures;

And ascended into heaven and is seated at the right of the Father.

He is coming again in glory to judge the living and the dead, and His kingdom will have no end.

And I believe in the Holy Spirit, the Lord, the Giver of life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.

I believe in one, Holy, Catholic, and Apostolic Church.

I confess one Baptism for the forgiveness of sins.

I look for the resurrection of the dead, and the life of the age to come. Amen.

# Evening Prayers

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

Glory to You, our God, glory to You.  
O heavenly King, Comforter, and Spirit of truth, You that  
are in all places and fill all things; the treasury of blessings  
and the Giver of life: come to dwell in us, cleanse us from  
every stain, and save our souls, O gracious One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
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and for ever and to the ages of ages. Amen.

All holy Trinity, have mercy on us. Lord, forgive our sins.  
Master, pardon our transgressions. Holy One, visit and heal  
our infirmities for Your name's sake.

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

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

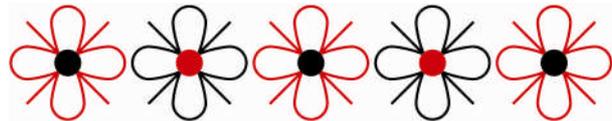
*The Lord's Prayer and then:*

# Prayers of Thanksgiving

Now that the day has ended, I thank You Lord, and I ask that the evening and the night be sinless. Grant this to me, O Saviour, and save me.

Glory to the Father, and the Son and the Holy Spirit.  
Now that the day has passed, I glorify You, O Master, and I ask that the evening and the night be without offense. Grant this to me, O Saviour, and save me.

Now and for ever and to the ages of ages. Amen  
Now that the day has run its course, I praise You, O Holy One, and I ask that the evening and the night be undisturbed. Grant this to me, O Saviour, and save me.



# Prayers for Forgiveness

Lord, God our Father, if during this day I have sinned in word, deed or thought forgive me in Your goodness and love. Grant me peaceful sleep; protect me from all evil and awake me in the morning that I may glorify You, Your Son and Your Holy Spirit now and for ever and ever. Amen.

# Prayers for Enlightenment

Christ our God, Who is worshipped and glorified at all times and in every hour in heaven and on earth; Who is most patient, loving and kind; Who loves the just and shows mercy to sinners; Who calls all to salvation through the promise of the blessings to come; Lord, at this time receive our prayer and direct our lives according to Your will. Bless our souls and bodies. Correct our thoughts and purify our minds. Protect us from all evil and distress. Surround us with Your holy angels, that guided and guarded by them, we may attain the unity of the faith and the knowledge of Your unapproachable glory, for You are blessed for ever and ever. Amen

Lord, have mercy (12).

*(When ready for sleep, say:)*

Under the protection of Your wings I shall be covered and fall asleep, for in You only, Lord, does my hope lie.

*Or*

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

# Prayers at the Table

## Before meals

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

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

*then*

Christ our God, bless the food and drink of Your servants, for You are Holy always, now and for ever and to the ages of ages. Amen.

*Or*

Bless us O Lord, and these Your gifts of which we are about to partake, for You are blessed and glorified; now and for ever, and to the ages of ages. Amen.

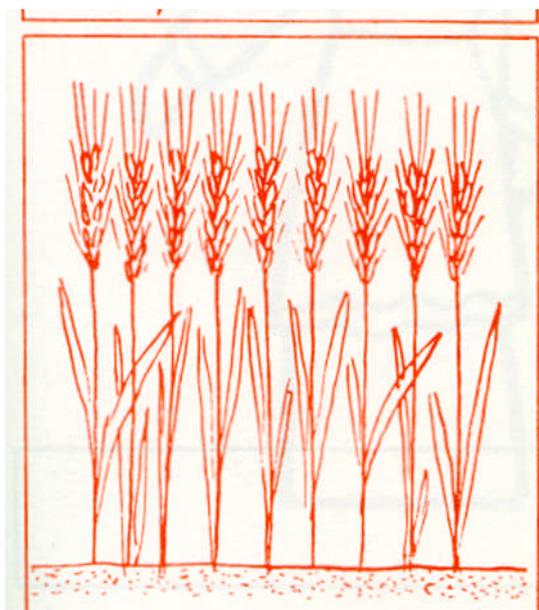


# Thanksgiving after a meal

We thank You, Christ our God, for You have satisfied us with earthly gifts. Do not deprive us of Your heavenly kingdom, but as You, O Saviour, came among Your disciples and gave them peace, come among us also and save us.

*Or*

We thank, O God, the Giver of all good things, for these gifts and all Your mercies, and we bless Your Holy Name always: now and for ever, and to the ages of ages. Amen.



# Various Prayers

## The Jesus Prayer

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

*(This prayer can be used at any time of the day or night. It can be repeated while walking or traveling; at home, school or park. Jesus fills us empowers us with His Light and Love).*



## Prayer at the Icon of Christ

We reverence Your spotless icon, O gracious Lord, and ask forgiveness of our transgressions, O Christ our God. Because of Your own good will You ascended the Cross in the flesh, that You might deliver those who You had created from the bondage of the enemy. We cry aloud unto You: You have filled all things with joy, O our Saviour, for You came to save the world. Amen.

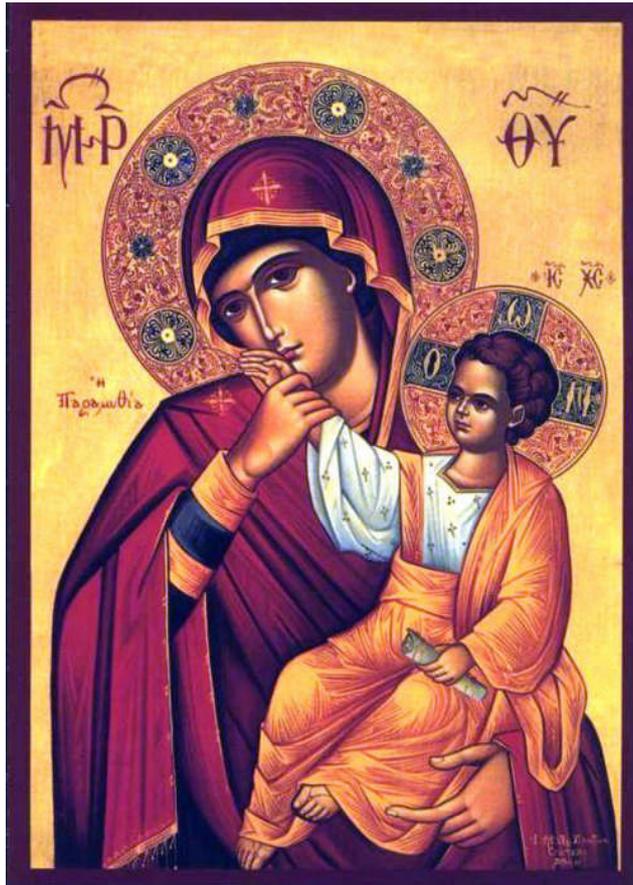


## Prayer at the Icon of the Virgin Mary (Theotokos)

Forasmuch as you are a well-spring of tenderness, O Theotokos, Make us worthy of compassion; Look upon a sinful people; manifest your power as ever, for hoping in you we cry aloud unto you: Hail, as once did Gabriel, Chief of the Bodiless Powers.

# Prayer to the Virgin Mary (Theotokos)

Theotokos virgin, hail most blessed Mary, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have given birth to the Saviour of our souls.



*Or*

More Honoured than the Cherubim, and more glorious beyond compare than the Seraphim, in all purity you gave birth to God the Word, true Theotokos, we exalt you.

## Prayer to the Holy Trinity

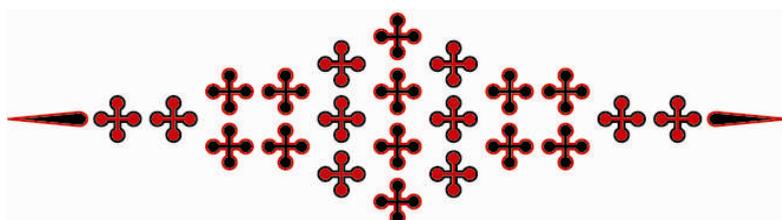
The Father is my hope,  
The Son is my refuge,  
The Holy Spirit is my protector.  
All Holy Trinity, glory to You!

## Prayer to the Patron Saint

Pray to God for me, O holy Saint ....., well pleasing to God; for I turn to you, who is the speedy helper and intercessor for my soul.

## Prayer to Saint Nicholas, Patron Saint of our Church

The truth of your dealings, Our Father and Bishop Nicholas, showed you to your flock as a standard of faith, as the image of gentleness, and as a teacher of self-discipline. By lowliness you attained to the heights, by poverty to great riches. Therefore, we beseech you, pray to Christ our God for the salvation of our souls.



## Prayer to Your Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and body, forgive me of everything I have done to offend you every day, and protect me from all influence and temptation of the evil one. May I never offend God by my sin. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, and of the Most Blessed Theotokos, and of all the Saints. Amen.

## Prayer of a Student

Christ my Lord, the Giver of light and wisdom, Who opened the eyes of the blind man and transformed the fishermen into wise heralds and teachers of the gospel through the coming of the Holy Spirit, shine also in my mind the light of the grace of the Holy Spirit. Grant me discernment, understanding and wisdom in learning. Enable me to complete my assignments and to abound in every good work, for to You I give honour and glory. Amen.

## Prayer for the departed

Remember, Lord, Your servants, for You are good. Forgive them all wherein they have erred in this life: for there is none without sin except You, Who are able to grant rest to the departed.

## Prayer of a Sick Person

Jesus Christ, my Lord and Saviour, You became man and died on the cross for our salvation. You healed people of sickness and affliction through Your love and compassion. Visit me, Lord and grant me strength to bear this sickness with which I am afflicted, with patience, submission to Your will and trust in Your loving care. I pray that You will bless the means used for my recovery and those who administer them. Grant that my sickness may be to my spiritual benefit and that I may live the rest of my life more faithfully according to Your will. For You are the source of life and healing and to You I give praise and glory, now and for ever. Amen.

## Prayer for a Sick Person

Heavenly Father, physician of our souls and bodies, Who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal also Your servant (*name*) from all physical and spiritual ailments through the grace of Your Christ. Grant him (*her*) patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray, heal Your servant (*name*) and grant to him (*her*) the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

# Prayers at Confession

## Before confession

O God, forgive me your sinful servant. (*Thrice*)

O Father, Lord of heaven and earth, I confess to You all my sins which I have committed until this present day. Those which are hidden and those which are visible, both in my heart and in my mind.

*(The Penitent confesses specific sins to the Lord in the presence of his spiritual father.)*

For all these I ask You to forgive me, O merciful and righteous Judge and to give me the grace not to sin again.

## After confession

O, all mighty and merciful God, I truly thank You for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasant to You, and sin no more. Amen.

## Prayers before receiving Communion

I believe, Lord, and I acknowledge, that You are the Christ, the Son of the living God, Who came into the world to save sinners, among whom I am the foremost. And I believe that this is truly Your own most precious Body, and that this is indeed Your most precious Blood. Therefore I pray You to have mercy on me and to forgive me my transgressions, both voluntary and involuntary, whether by word or deed, knowing or unknowing; and make me worthy to partake without condemnation of Your most pure mysteries, for the forgiveness of my sins and for eternal life. Amen.

*Or*

May my partaking of Your holy mysteries not be to me an accusation or a condemnation, but for the healing of my soul and body.

## Prayers after receiving Communion

Lord Jesus Christ, my God, now that I have received Your holy Body and Blood, grant me forgiveness of my sins and life everlasting.

# Doxology

Glory to You who have shown us the light, Glory be to God on high and on earth peace, and goodwill among men.

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your Great Glory.

O Lord heavenly King, God the Father Almighty, O Lord the only begotten Son Jesus Christ, And the Holy Spirit.

O Lord God, Lamb of God, Son of the Father who takes away the sin of the world Have mercy on us, You who take away the sins of the world.

Receive our prayer, You who sit at the right hand of the Father, And have mercy on us.

For You only are Holy, You only are the Lord, O Jesus Christ, to the Glory of God the Father Amen.

Everyday will I bless You, and I will praise Your Name to the ages of ages amen.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed are You O Lord, God of our Fathers, and praised and glorified be Your Name for ever, Amen.

Let Your Mercy O Lord be upon us, as we do put our hope in You.

Blessed are You O Lord, teach me Your Statutes.

Blessed are You O Lord, teach me Your Statutes.

Blessed are You O Lord, teach me Your Statutes.

Lord, You have been our refuge in all generations. I said be merciful to me, heal my soul, for I have sinned against You.

Lord I have fled to You, Teach me to do Your will, for You are my God.

For with You is the fountain of Life, and in Your light shall we see light.

O Continue Your loving kindness to them that know You.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

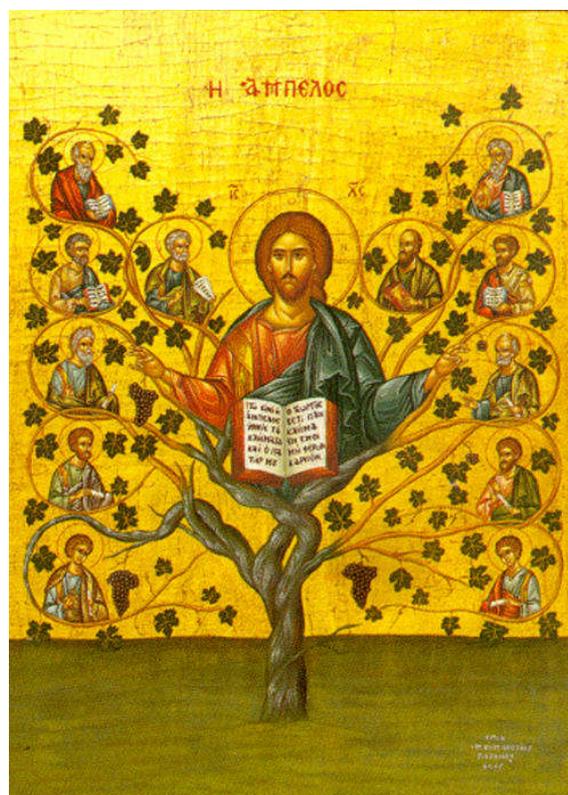
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit.

Both now and for ever and to the ages of ages Amen.

Holy Immortal have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.



# Quotes on Prayer

*When mind and heart are united in prayer and the soul is wholly concentrated in a single desire for God, then the heart grows warm and the light of Christ begins to shine and fills the inward man with peace and joy. We should thank the Lord for everything and give ourselves up to His will; we should also offer Him all our thoughts and words, and strive to make everything serve only His good pleasure.*

St. Seraphim of Sarov

*Prayer is a great weapon, a rich treasure, a wealth that is never exhausted, an undisturbed refuge, a cause of tranquility, the root of a multitude of blessings and their source.*

St. John Chrysostom

*Prayer is a conversation directly with God, being always with God, having one's soul united with Him and one's mind inseparable. A person becomes one with the angels and unites with them in perpetual praise and longing for God.*

-St. Symeon of Thessaloniki

*St Nicholas Antiochian Orthodox Church*

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