

Orthodox Prayers

ST. CATHERINE'S CHURCH IN MOSCOW *Moscow* ■ 2009

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MORNING PRAYERS (Abbreviated)

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! (3 times)

**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 Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (3 times)

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.

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.

As we rise from sleep we worship Thee, O good and powerful Lord, and to Thee we sing the angel's hymn: 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 sleep, O Lord, enlighten my mind, and open my heart and lips to 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 will come, and the deeds of each will be laid bare; but at midnight let us cry with fear: Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

Lord, have mercy. (12 times)

Prayer of St. Basil the Great to the Most Holy Trinity

As I rise from sleep, I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou was not angered with me, an idler and sinner, nor has Thou destroyed me in my sins, but has shown Thy usual love for men, and when I was prostrate in despair, thus has raised me to keep the morning watch and glorify Thy power. And now enlighten my mind's eye and open my mouth to study Thy words and understand Thy commandments and to do Thy will and sing to Thee in heartfelt adoration and praise Thy Most Holy Name of Father, Son and Holy Spirit, now and ever, and unto ages of ages. Amen.

O come let us worship God our King!

O come let us worship and fall down before Christ our King and our God!

O come let us worship and fall down before Christ Himself, our King and our God!

Psalm 50

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 sin did my mother conceive me. Behold, Thou desires 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 and let the bones which Thou has 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 blood-guiltiness, O God, Thou God of my salvation, and my tongue will speak of Thy deliverance. O Lord, open Thou my lips and my mouth shall show forth Thy praise. For Thou has no delight in sacrifice; were I to give a burnt offering, Thou would not be pleased. The sacrifice acceptable to God is a broken spirit, a broken and contrite heart, O God, Thou will not despise. Do good to Zion in Thy good pleasure, rebuild the walls of Jerusalem. Then will thou delight in right sacrifices, in burnt offerings and in whole burnt offerings, then bulls will be offered on Thy altar.

The Symbol of Faith - the Nicene 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 arose 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 worshiped 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 the life of the world to come. Amen.

Prayer to the Father

O Lord Almighty, God of powers and of all flesh, dwelling in the highest, and caring for the humble, Who searches our hearts and affections, and clearly foreknows the secrets of men; eternal and ever-living Light, in Whom is no change or variation, O Immortal King, receive our

prayers which we offer at the present time with unclean lips, trusting in the multitude of Thy mercies. Forgive all sins committed by us in thought, word or deed, consciously or unconsciously, and cleanse us from every defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of Thy Only-Begotten Son, our Lord and God and Savior Jesus Christ, when the Judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of Thy Countenance. For Thou art the true Light that sanctifies all, and all creation sings to Thee throughout the ages. Amen.

Prayer to the Holy Theotokos, and Ever Virgin Mary

I sing the praises of your grace, O Lady, entreating you to enrich my mind with grace. Teach me to walk uprightly, in the way of Christ's commandments. Strengthen my vigilance in song and prayer, which drive away the despair of sleep. Free me by your entreaties, O Bride of God, who am bound by the bonds of sin. Protect me in the night and in the day, delivering me from the enemies who contend against me. Give life to me who have been deadened by passion, you that gave birth to the life-giving God. Enlighten my blinded soul, you that gave birth to the never-ending Light. O wonderful Palace of the Master, make me a house of the Divine Spirit. You that gave birth to the Physician, heal the passions of my soul. Lead me to the path of repentance, who am tossed in the storm of life. Deliver me from eternal flames. Do not show me to the joy of demons because of my many sins. Renew me who have been made senseless by transgressions, O Blameless One. Show me a stranger to every torment, and entreat the Master of All. Enable me to attain to the gladness of Heaven together with all the saints. O most Holy Virgin, hear the voice of your unprofitable servant. Grant me a stream of tears, O Most Pure One, to wash away the defilement of my soul. I bring to you the groaning of my heart unceasingly; beseech the Master to listen. Accept my prayerful service and bear it to the compassionate God! You that are higher than the angels, make me to be above the gloominess of the world. O light-bearing Cloud of Heaven, establish spiritual grace in me. Although stained by sin, I raise my hands and open my lips in praise of you! Deliver me from soul-corrupting wounds, entreating Christ fervently. To Him honor and worship are due, now and ever, and unto ages of ages. Amen.

Prayer to the Guardian Angel

O Holy Angel, keeping guard over my wretched soul and my passionate life: do not forsake me, a sinner, nor depart from me because of my incontinence. Do not give the evil enemy room to overcome me by force of this mortal body. Strengthen my weak and feeble hand, and set me on the way of salvation. Yes, O Holy Angel of God, guardian and protector of my wretched soul and body: forgive me everything by which I have offended you all the days of my life, and even what I have done this past night; protect me during this day, and guard me from every temptation of the enemy, that I may not anger God by any sin. Pray to the Lord for me, that He may confirm me in His fear, and prove me a worth servant of His goodness. Amen.

Prayer to one's patron saint

Pray to God for me, O Saint _____, for with fervor I come to you, speedy helper and intercessor for my soul.

O Lord, save Thy people, and bless Thine inheritance. Grant victory to Orthodox Christians, over their adversaries, and by virtue of Thy cross, preserve Thy habitation.

It is truly meet 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! (3 times)

God be gracious to us and bless us, show the light of Thy countenance upon us and have mercy on us.

This is the day which the Lord has made; let us rejoice and be glad in it.

EVENING PRAYERS (Abbreviated)

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen!

Glory to Thee, our God, glory to Thee!

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

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O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Thy name's sake. Lord, have mercy. (3 times)

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.

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! (12 times)

Have mercy on us, O Lord, have mercy on us, for laying aside all excuse, we sinners offer to Thee, as to our Master, this supplication: Have mercy on us.

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

O Lord, have mercy on us, for in Thee have we put our trust. Do not be angry with us, nor remember our iniquities, but look down on us even now, since Thou art compassionate, and deliver us from our enemies; for Thou art our God, and we are Thy people; we are all the work of Thy hands, and we call on Thy name.

Now and ever and unto ages of ages. Amen.

O blessed Theotokos, open the doors of compassion to us whose hope is in you, that we may not perish but be delivered from adversity through you, who are the salvation of the Christian people.

Prayer to the Father

O Eternal God, King of every creature, who hast enabled me to attain to this hour: Forgive me the sins which I have committed this day by thought, word and deed. Cleanse my humble soul, O

Lord, from every defilement of flesh and spirit. Grant me, O Lord, to pass through the sleep of this night in peace, that I may rise from my humble bed and please Thy most Holy Name all the days of my life, vanquishing the enemies both fleshly and bodiless that contend against me. Deliver me from vain thoughts that defile me, O Lord, 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.

Prayer to Jesus Christ

O Almighty Word of the Father, Jesus Christ, who art Thyself perfect: Because of Thy great mercy, do not ever depart from me, Thy servant, but always abide in me. O Jesus, Good Shepherd of Thy sheep, let me not fall into the disobedience of the serpent, nor leave me to the will of Satan, for the seeds of corruption are in me. O Lord God adorable, O Holy King Jesus: Guard me while I sleep with the unfading light, Thy Holy Spirit, through whom Thou didst sanctify Thy disciples. Grant even to me, Thy unworthy servant, O Lord, Thy salvation upon my bed. Enlighten my mind with the light of the understanding of Thy Gospel; my soul, with love of Thy Cross; my heart, with the purity of Thy word; my body, with Thy passionless passion; preserve my thought in Thy humility, and raise me at the time proper for Thy glorification. For Thou art most glorified with Thy Father, who is without beginning, and Thy Most Holy Spirit, unto the ages. Amen.

Prayer to the Holy Spirit

O Lord, Heavenly King, Comforter, the Spirit of Truth: Be compassionate and have mercy on me, Thy sinful servant. Remit and forgive me, the unworthy one, all the things in which I have sinned as a man(and even, as a beast), both voluntary and involuntary, in knowledge and in ignorance: from my youth, from learning of evil, and from emptiness or despair. If I swore with Thy name, or stained it in my reasoning; or dishonored someone; or cursed someone with my anger; or saddened him; or if I have become angry over something; or lied; or slept unfittingly; or if a poor man came to me and I despised him; or if I saddened my brother; or frustrated or judged someone; or became puffed up and proud; or if while standing in prayer my mind was moved by the evil of this world; or contemplated suicide, or overate and overdrank, or laughed without reason; or thought of evil; or if I saw another's good and was bound by it in my heart; or spoke unseemingly; or laughed at my brother's sin; my sins are countless in number. If I have forsaken prayer, or done anything evil I do not remember, for I have committed even more, Have mercy on me!

O Master my Creator, Thy unworthy and unprofitable servant. Forgive, remit, and loose my sins, for Thou art gracious and lovest mankind; that I may rest in peace and sleep, though a prodigal, sinful and wretched; that I may adore and praise and glorify Thy most honorable name, together with the Father and His only-begotten Son, now and ever and unto ages of ages. Amen.

Prayer to the Holy Theotokos, and Ever Virgin Mary

Rejoice! O Virgin Theotokos! Mary, full of Grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have born the Savior of our souls! O victorious leader of triumphant hosts! We, your servants, delivered from evil, sing our grateful thanks to you, O Theotokos! As you possess invincible might set us free from every calamity so that we may sing: Rejoice! O unwedded Bride!

SPECIAL PRAYERS

Prayer before meals

In the name of the Father, and of the Son, and of the Holy Spirit. 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. 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.)

O Christ our God, bless the food and drink of Thy servants, for Thou art holy always, now and ever and unto ages of ages. Amen.

Prayer after meals

We give thanks to Thee, O Christ our God, that Thou hast satisfied us with Thy earthly blessings; deprive us not also of Thy Heavenly Kingdom. As Thou didst enter into the midst of Thy disciples, granting peace; so come into our midst and save us, O Savior! 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.)

Blessed is God, who has mercy on us and nourishes us from His bounteous gifts by His grace and compassion always, now and ever and unto ages of ages. Amen.

Prayer before reading Holy Scripture

Illumine our hearts, O Master who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, who is from everlasting, and Thine all-holy, good, and life-creating Spirit now and ever and unto ages of ages. Amen.

Prayer before Holy Communion

I believe O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, who came into the world to save sinners, of whom I am first. I believe also that this is truly Thine own pure Body, and that this is I 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 and 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.

Of Thy Mystical Supper, O Son of God, accept me today 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.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body.

Of Thy Mystical Supper, O Son of God, accept me today 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.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.

Prayer following Holy Communion

I thank Thee, O Lord my God, for Thou hast not rejected me, a sinner, but hast made me worthy to be a partaker of Thy Holy Things. I thank Thee, for Thou hast permitted me, the unworthy, to commune of Thy most pure and Heavenly Gifts. But, O Master who loves mankind, who for our sakes didst die and rise again, and gave us these awesome and life-creating Mysteries for the good and sanctification of our souls and bodies; let them be for the healing of our soul and body, the repelling of every adversary, the illumining of the eyes of my heart, the peace of my spiritual power, a faith unashamed, a love unfeigned, the fulfilling of wisdom, the observing of Thy commandments, the receiving of Thy divine grace, and the attaining of Thy Kingdom. Preserved by them in Thy holiness, may I always remember Thy grace and live not for myself alone, but for Thee, our Master and Benefactor. May I pass from this life in the hope of eternal life, and so attain to the everlasting rest, where the voice of those who feast is unceasing and the gladness of those who behold the goodness of Thy countenance is nending. For Thou art the true desire and the ineffable joy of those who love Thee, O Christ our God and all creation sings Thy praise forever, Amen.

Prayer before beginning any work

O Lord Jesus Christ, the only-begotten Son of the eternal Father, Thou hast said, "Without me you can do nothing." In faith I embrace Thy words, O Lord, and bow before Thy goodness. Help me to complete the work I am about to begin for Thine own glory: in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Prayer at the completion of work

Thou, O Christ, art Thyself the fulfillment of all good things! Fill my soul with joy and gladness, and save me, for Thou art all merciful.

Prayer for the Sick

O Christ, who alone art our Defender: Visit and heal Thy suffering Servant_____, delivering him from sickness and grievous pains. Raise him up that he may sing to Thee and praise Thee without ceasing; through the prayers of the Theotokos, O Thou who alone loves mankind.

Prayer for the departed

O God of spirits and of all flesh, who hast trampled down death and overthrown the Devil, and given life to Thy world: Do Thou, the same Lord, give rest to the souls of Thy departed servants in a place of brightness, a place of refreshment, a place of repose, where all sickness, sighing, and sorrow have fled away. Pardon every transgression which they have committed, whether by word or deed or thought. For Thou art a good God and lovest mankind; because there is no man who lives yet does not sin; for Thou only art without sin; Thy righteousness is to all eternity; and Thy word is truth.

For Thou are the Resurrection, the Life, and the Repose of Thy servants who have fallen asleep, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever unto ages of ages. Amen.

SELECTED LITURGICAL HYMNS

The Paschal Troparion

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3 times)

Paschal Hymn

Before the dawn, Mary and the women came and found the stone rolled away from the tomb. They heard the angelic voice: "Why do you seek among the dead as a man the One who is Everlasting Light? Behold the clothes in the grave! Go and proclaim to the world: The Lord is risen!" He has slain death, as He is the Son of God, saving the race of men.

Paschal hymn to the Theotokos and Ever-virgin Mary

The angel cried to the Lady Full of Grace: Rejoice, O Pure Virgin! Again I say: Rejoice! Your Son is risen from His three days in the tomb! With Himself He has raised all the dead! Rejoice all ye people! Shine! Shine! O New Jerusalem! The Glory of the Lord has shone on you! Exalt now and be glad, O Zion! Be radiant, O Pure Theotokos, in the Resurrection of your Son!

Hymn of the Resurrection

Having beheld the Resurrection of Christ, let us worship the holy Jesus, the only Sinless One! We venerate Thy Cross, O Christ, and Thy Holy Resurrection we praise and glorify; for Thou art our God, and we know no other than Thee; we call on Thy name. Come, all you faithful, let us venerate Christ's Holy Resurrection! For, behold, through the Cross joy has come into all the world. Ever blessing the Lord, let us praise His Resurrection. By enduring the Cross for us, He destroyed death by death!

Troparion of Ascension

O Christ God, Thou hast ascended in glory, granting joy to Thy disciples by the promise of the Holy Spirit. Through the blessing they were assured that Thou art the Son of God, the Redeemer of the world!

Troparion of Pentecost

Blessed art Thou, O Christ our God, who has revealed the fishermen as most wise by sending down upon them the Holy Spirit; through them Thou didst draw the world into Thy net. O Lover of Man, glory to Thee!

Troparion of the Cross

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation.

Troparion of Christmas

Thy Nativity, O Christ our God, has shone to the world the light of wisdom! For by it those who worshipped the stars were taught by a star to adore Thee, the Sun of Righteousness, and to know Thee, the Orient from on high! O Lord, glory to Thee!

Troparion of the Epiphany

When Thou, O Lord, wast baptized in the Jordan, the worship of the Trinity was made manifest! For the voice of the Father bare witness to Thee, and called Thee His beloved Son! And the Spirit, in the form of a dove, confirmed the truthfulness of His word. O Christ our God, who hast revealed Thyself, and hast enlightened the world, glory to Thee!

Troparion of the Annunciation

Today is the beginning of our salvation, the revelation of the eternal mystery! The Son of God becomes the Son of the Virgin, as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace! The Lord is with you!

Troparion of the Transfiguration

Thou wast transfigured on the mount, O Christ God, revealing Thy glory to the disciples as far as they could bear it. Let Thine everlasting light shine upon us sinners! Through the prayers of the Theotokos, O Giver of Light, glory to Thee!

The Lenten prayer of St. Ephraim the Syrian

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

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

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

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