

DAILY PRAYERS

– TRISAGION PRAYERS –

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

Glory to Thee, O 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 All Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (3x)

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

Our Father, who art in heaven, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one. Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. 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.

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 –

Pray whichever translation you may already be familiar with, and then afterward:

Alleluia, alleluia, alleluia! Glory to Thee, O God! (3x)

– 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 on 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 in glory to judge the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord and 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.

– THE JESUS PRAYER –

Then 5 or 10 prostrations (or bows if we are not able) saying/using the Jesus Prayer:

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

For at least 5 or 10 minutes, we audibly but quietly say the Jesus Prayer, either standing or kneeling (but preferably not sitting).

We pray either for ourselves, our loved ones, or those with whom we are at enmity. We cross ourselves each time and say the prayer as we bow to the ground with our forehead quickly touching the floor.

– OTHER PRAYERS & SCRIPTURES –

At this point we say prayers from our prayer book, or from Prayers for Communion, or Prayers of Intercession for others, etc.

Then we read a chapter from the Gospels and a small portion of Orthodox spiritual reading.

Then, if desired, this morning or evening prayer:

– A MORNING PRAYER –

O Lord, grant me to greet this coming day in peace. Help me in all things to rely upon Thy holy will. In every hour of this day reveal Thy will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout this 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 the coming day with all that it shall bring. Direct my will, teach me to pray, and Thou, Thyself, pray in me. Amen.

– AN EVENING PRAYER –

O Eternal God and King of all creation, Who hast kept me safe to attain this hour, forgive me all wherein I have sinned this day in deed, word, and thought. Cleanse, O Lord, my transgressions and faults and make me a Temple for the Holy Spirit. Vanquish the enemies, both bodily and bodiless that fight against me, and keep and deliver me from the vain thoughts and evil desires which tempt me. Receive my prayers in Thy great mercy. Shine into my heart the Light of the Holy Spirit. Grant me to live according to Thy commandments. Teach me to do Thy will for Thou art my God. O Lord, I thank Thee for all the things that Thou has brought me this day and I commend all into Thy hands, trusting that through Thy mercy all things will turn out for good and for my salvation. Grant me also, as I go to sleep, rest for my body and soul, and preserve me from the

passions of the flesh and the influences of dark and evil spirits. Amen.

– THEOTOKION –

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!

– DISMISSAL –

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. (3x)

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

Through the prayers of Thy most pure mother, my holy guardian angel, my patron saint [Name], and of all Thine angels and saints, have mercy upon us and upon Thy world.

O Lord, into Thy hands I commit my spirit. Amen. ✠

Note: While we are called to pray everywhere and at all times, our prayer rule must not and cannot be said in the car, for example, but rather alone, in front of the icons and the Gospel, preferably with a lit candle and, if possible, the room lights dimmed. It is important to remember that we will never have time for God but rather must make time for God, for the “Kingdom of Heaven suffers violence, and the violent take it by force” (MATT. 11:12). The best time to pray is in the early morning or in the evening, when it is darker.

Also, when using a rule of prayer we must be flexible and do what works for us; our goal is to maintain the connection with God and cultivate a real relationship, not just fulfill our ‘rule’ of prayer.

This prayer rule is extracted from [Acquiring the Mind of Christ](#) by Archimandrite Sergius, p. 157, STM Press (2015)