

IN THE MORNING

*When you wake up, pray the **Basic Prayers** and the following.*

Having risen from sleep, I fall down before Thee, O Good One, and join the angels in singing, “Holy, Holy, Holy art Thou, O God!” Through the prayers of the Mother of God, have mercy on me.

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

Thou hast raised me from sleep, O Lord. Enlighten my mind and heart and open my lips, so that I may sing to Thee: “Holy, Holy, Holy art Thou, O God!” Through the prayers of the Mother of God, have mercy on me.

Now and ever, and unto the ages of ages. Amen.

Guide me throughout this day, O Lord, and help me to remember that Thou art with me at every moment of my life. In thanksgiving, I sing to Thee: “Holy, Holy, Holy art Thou, O God!” Through the prayers of the Mother of God, have mercy on me.

As I rise from sleep, I thank Thee, O Holy Trinity – Father, Son, and Holy Spirit – for always showing me Thy love. During this coming day, enlighten my mind. Help me to remember Thee in all that I do. Enable me to live according to Thy commandments and Thy will. Help me to love Thee above all else, so that I may love those around me, even my enemies. May everything I do today glorify Thee – Father, Son, and Holy Spirit – now and ever, and unto ages of ages. Amen.

When you leave for work or school – and throughout the day – pray the following.

O Lord, I offer to Thee everything I do, think, and say today, so that in all things, I may glorify Thee and reflect Thy love for us!

DURING THE DAY

Before beginning work or studies.

O Lord, enlighten my mind. Help me to do my work [or to study] to the best of my ability. I thank Thee for giving me the ability to think, to speak, to learn, and to get along with those with whom I work or study. Help me to use Thy gifts now, and during the entire day. Amen.

When you feel discouraged.

O Lord, things do not seem to be going very well for me today. But I know that, with Thy help, I can overcome my doubts, fears, and anger. Help and strengthen me to do better and to complete my work or studies for Thy glory. Amen.

When you have hurt someone.

O Lord, forgive me for speaking or acting in an improper manner. Give me the strength to ask forgiveness of those whom I have hurt by my words or actions. Help me to be more patient with others, and to always treat them as I want them to treat me. Amen.

When something good happens.

O Lord, I thank Thee for the blessings Thou hast given me! Help me to appreciate the good things that are happening today, and to remember that Thou art the Source of all good things and my ultimate Joy! May I use that which pleased me to please Thee! Amen.

After finishing work or studies.

O Lord, I thank Thee for helping me throughout this day. When I was discouraged, Thou didst encourage me. When I sinned, Thou didst forgive me. When I had reason to rejoice, Thou didst rejoice with me! O Lord, glory to Thee for all things! Amen.

AT NIGHT

*Before you retire for the night, pray the **Basic Prayers** and the following.*

Have mercy on me, O Lord, have mercy on me. Forgive me for the sins I have committed this day, for I am sorry for not doing Thy will.

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

Have mercy on me, and forgive me, O Lord. I put my hope in Thee. Grant me compassion and the strength to improve my life, that I may recognize that Thou alone art my Lord and God – the work of Thy loving hands.

Now and ever, and unto ages of ages. Amen.

Pray for me, O blessed Mother of God, and ask your Son and our God, Jesus Christ, to deliver me from my sins and enemies.

O eternal God and King of all creation! Forgive me for the sins I have committed today in word, in deed, and in thought. Grant that I may sleep peacefully, so that I may awake praising Thee and armed to do Thy will throughout the day to come.

O Lord, Jesus Christ! Do not depart from me, but always remain in me, for I am Thy child and servant. Guard me throughout the coming night. When I awake, enlighten me, so that I may face the new day with a renewed commitment to do Thy will. For I glorify Thee, together with Thy Father and Holy Spirit, now and ever, and unto ages of ages. Amen.

*If you have not prayed the **General Intercessions** on the back cover of this folder earlier in the day, pray them at this time.*

*“When in doubt,” the **Lenten Prayer of St. Ephraim** is always appropriate!*

BASIC 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 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!

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

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! 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 of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

A GENERAL INTERCESSION

Set aside a few moments daily to pray for others.

O God, save Thy People and bless Thine inheritance! Bless those who love me, and those who hate me. Grant Thy heavenly gifts to all Thy people, especially those who are ill, lost or lonely, depressed or hurting, and those who have no one else to pray for them.

Bless the members of my family, who are a constant reminder to me of Thy love. Grant them every good thing, that may may share their blessings with those in need.

Bless my neighbors, my friends and enemies, my coworkers, and those with whom I interact daily. Make me an example of Thy love.

Bless all the members of our parish – our clergy, our sick and suffering, and all our faithful departed. *[Mention by name those whom you wish.]* Grant that, with them, I may always glorify Thy Name!

And finally, O Lord, bless me. Teach me to do Thy will at all times. Rescue me when I am weak or tempted. Forgive me when I sin. Rejoice with me when good happens. Above all, help me to love others, even as Thou dost love me. Amen.

THE LENTEN PRAYER OF ST. EPHRAIM

During Great Lent, pray this prayer at the conclusion of each prayer session.

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 others, for blessed art Thou unto ages of ages. Amen. ■

PRAYER 101

A basic, "no excuse" daily rule of prayer for Great Lent



Saint Mark

Orthodox Church

Bethesda, Maryland