

## MORNING PRAYERS

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### – 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, O Comforter, the Spirit of Truth, Who art in all places 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.

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.

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!

### – A MORNING PRAYER –

Arising from sleep, I thank you, O Lord, that you have not had indignation against me, for I am slothful and sinful. Neither have you destroyed me in my lawlessness, but you have shown your customary love for mankind and have raised me up as I lay in heedlessness, that I might sing my morning hymn and glorify your sovereignty. Do now, enlighten the eyes of my understanding and open my ears to receive your words. Teach me your commandments, help me to do your will, to sing to you, 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.

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### – PSALM 50 –

*Whichever translation you may already be familiar with, then:*  
Alleluia, alleluia, alleluia! Glory to Thee, O God! (3x)

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### – 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 Only-begotten Son of God, 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 I believe 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. And in One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, and for the life of the world to come. Amen.

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– THE JESUS PRAYER –

Lord Jesus Christ, Son of God, have mercy on me. (100x)

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– SCRIPTURE READING  
& OTHER PRAYERS –

*At this point, prayers in preparation for Communion.*

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*Then an ode from an akathist to the Mother of God.*

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*Then prayers of intercession for others.*

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*Then the daily Gospel and Epistle readings, and a small portion of Orthodox spiritual reading (ie. The Prologue of Ohrid).*

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– ANOTHER MORNING PRAYER –

O Lord, grant me to greet this 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 it shall bring. Direct my will, teach me to pray, and You, Yourself, pray in me. Amen.

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– 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!

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– 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. ✠

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*Note: This rule is based on that which was given to St. Pachomius of Egypt in the fourth century by an angel, and was the rule he used at each hour of the day and night (St. Seraphim of Sarov: A Spiritual Biography, p. 77). It is a prayer routine that especially lends itself to memorization, and as such is one that can be done in situations in which it is impractical for one to pray using a prayer book.*