

Morning Prayers

Through the prayers of the Holy Fathers, have mercy on us and save us.

Glory to you, O Christ, our God and our Hope, glory to you;

O Heavenly King, the Comforter, the Spirit of Truth, Who are always present everywhere and who fills all things, the Treasury of good gifts and the Giver of Life, come and abide in us, cleanse us from all impurity, and save our souls, O Good One.

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

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Glory to the Father, and the Son, and the Holy Spirit, both now and forever and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us; O Lord, wash away our sins, O Master, pardon our iniquities, O 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, both now and forever and to the 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 debts as we forgive our debtors, 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, both now and forever and to the ages of ages. Amen.

Morning Troparia

Having risen from sleep, we fall down before you, O Blessed One, and we sing to you the angelic hymn, O Mighty One, saying, holy, holy, holy, are You, O God, through the intercessions of the Theotokos have mercy on us.

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

From my bed and sleep have You raised me up, do now enlighten the eyes of my heart, that I may cry to You, saying; holy, holy, holy, are You, O God, through the intercessions of the Theotokos, have mercy on us,

Both now and forever, and to the ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each one of us will be laid bare, therefore, we cry out to you in the middle of the night, saying; holy, holy, holy, are You, O God, through the intercessions of the Theotokos, have mercy on us.

Lord have mercy (12 times)

Morning Prayer of St. Basil the Great

As I rise from sleep, I thank you, O Holy Trinity, that for the sake of Your loving-kindness, you have not have wrath and anger against me, though I am slothful and sinful; neither have you destroyed me in my transgressions, but You have shown Your customary love towards mankind and have raised me from my bed and sleep that I might sing my morning hymn to You to glorify Your sovereignty.

Do now enlighten the eyes of my heart, open the eyes of my mind, teach me to do Your words, that I might hymn You, praise You, confess You from my heart, and extol Your Holy Name of the Father, and the Son, and the Holy Spirit, both now and ever and unto the ages of ages. Amen.

Psalm 50 (51)

Have mercy on me, O God, according to Your lovingkindness; According to the greatness of Your compassion 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 You, You only, I have sinned And done what is evil in Your sight, So that You are justified when You speak And blameless when You judge. Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom. Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. Make me to hear joy and gladness, Let the bones which You have broken rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation and sustain me with a willing spirit. Then I will teach transgressors Your ways, and sinners will be converted to You. Deliver me from blood guiltiness, O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness. O

Lord, open my lips, that my mouth may declare Your praise. For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise. By Your favor do good to Zion; Build the walls of Jerusalem. Then You will delight in righteous sacrifices, In burnt offering and whole burnt offering; Then young bulls will be offered on Your altar.

Nicene – Constantinopolitan 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 worlds, Light of Light, Very God of Very 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 was made man;
And was crucified also for us under Pontius Pilate, and suffered and was buried;
And the third day He rose again, according to the Scriptures;
And ascended into heaven, and sitteth at the right hand of the Father;
And He shall come again with glory to judge the quick and the dead,
Whose kingdom shall have no end.
And I believe in the Holy Spirit, the Lord, and Giver of Life,
Who proceedeth from the Father,
Who with the Father and the Son together is worshipped and glorified,
Who spake by the Prophets;
And I believe 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.

A General Petition

O Lord, You have said that you hear the petitions of all those who cry out to you with their whole heart, incline now Your ear to my petitions though they be offered up to you in my humility from these unhallowed lips;

And be mindful of your One, Holy, Catholic, and Apostolic Church, confirm and strengthen it, keep it in peace and preserve it unconquerable against the gates of hell forever, heal the schisms of the Churches, quench the raging of the heathen, speedily undo them and bring them all to nothing through the power of your Holy Spirit.

Lord have mercy. (3)

And be mindful of our Metropolitan Gerasimos (or your regional Hierarch), our Archbishop Elpidoforos (or your national Hierarch), our Patriarch His All-Holiness Bartholomew (or your Patriarch) and all the priests, deacons, and clergy whom you have established to feed the flock of Your Holy Word, especially our parish priest(s) and deacon(s), with all the Abbots and Abbesses, the brothers and sisters, and by their holy intercessions have mercy on us and save us.

Lord have mercy. (3)

And be mindful, O Lord, of the city in which we live and of every city and country and all the faithful Orthodox Christians who live therein, be mindful of the President of our country, all civil authorities, and of our armed forces deployed throughout the world on land, seas, and air in defense of peace and freedom; grant them peaceful times that we in their tranquility may lead a calm and peaceful life in all godliness and holiness.

Lord have mercy. (3)

Be mindful, O Lord, of my family, my relatives, and my friends, my god-parents and god-children, especially today remembering the servants of God, (*here consul your list of loved ones for whom you wish to pray on a daily basis.*) grant that they might have mercy, life, peace, health, salvation, visitation, and pardon and remission of their sins and transgressions.

Lord have mercy. (3)

Be mindful, O Lord, of all those who travel by land, sea, and air, the sick, the suffering, captives, orphans, widows, children of broken homes, the very old, the very young, the mentally ill, the infirm and chronically ill, and the needy poor, and upon them send forth your rich mercies for you are the Giver of every good gift.

Lord have mercy. (3)

And be mindful, O Lord, even of me your unprofitable servant; grant that I might not further invite your wrath because of my many sins, forgive me every sin I have committed against you every hour of my life up to this present moment, please cleanse me of everything within me that is not of You, prepare my soul for eternity and save me in the end.

Lord have mercy. (3)

Be mindful, O Lord, of all those who have fallen asleep in the hope of resurrection to eternal life and all those who have completed their lives in faith and piety, especially remembering the servants of God (*here, consult your list of names of all the souls of your family, relatives, friends, and fellow parishioners who have reposed*)...

Forgive their every transgression in thought, word, and deed, and shelter them in a place of Light, in a place of Rest, in a place of Green Pasture, where all sorrow, sickness and sighing have fled away and where the Sight of Your countenance gladdens all the saints from all ages, for You are the Resurrection and the Light of Your departed servants and to You we send up all glory to the Father, and the Son, and the Holy Spirit, both now and ever and to the ages of ages. Amen.

Lord have mercy. (3)

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God; higher in honor than the Cherubim, and beyond compare more glorious than the Seraphim, you without corruption gave birth to God the Logos and are truly the Theotokos, you do we magnify.

Second Morning Prayer of St. Basil the Great

We bless thee, O God most high and Lord of mercies, who ever works great and mysterious deeds for us, glorious, wonderful, and numberless; who provides us with sleep as a rest from our infirmities and as a repose for our bodies tired by labor. We thank thee that thou hast not destroyed us in our transgressions, but in thy love toward mankind thou hast raised us up, as we lay in despair, that we may glorify thy Majesty. We entreat thine infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with thy praise, that we may unceasingly sing and confess thee, who art God glorified in all and by all, the eternal Father, the Only-Begotten Son, and the all-holy and good and life-giving Spirit: now and ever, and unto ages of ages. Amen.

Morning Prayer of Metropolitan Philaret

O Lord, grant me to greet the 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. Pray You Yourself in me.

Most Holy God, I pray and beseech you, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightness of purpose, powers of reasoning unhindered by passions, conduct that becomes those who fear you, and perfect knowledge of your commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of Your truth to proclaim Your goodness to me, that forever and in all things placing my trust only in You, I may abound in every good work, and that in Christ Your gifts may increase in every soul.

For to You belong all glory, honor and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

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

(Pause before stepping away from your icons to recall to mind the many blessings that God has lavished upon you and remain a moment longer to draw strength from the place of silence and holiness opened to you through this time of prayer.)