

# Byzantine Catholic Prayer

*Based on the Časoslav*

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## Prayers of Preparation for The Divine Liturgy For the Faithful

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us. Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

*Throughout Pascha, the following is said in place of “Glory to you” and “Heavenly King.”*

Christ is risen from the dead! By death he trampled Death;  
and to those in the tombs he granted life. *(Three times)*

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions; Holy One, come to us and heal our infirmities for your name’s sake.

Lord, have mercy. *(Three times)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. 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,  
Father, Son, and Holy Spirit, now and ever and forever.  
Amen.

Lord, have mercy. *(Twelve times)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Come, let us worship our King and God.

Come, let us worship Christ, our King and God.

Come, let us worship and bow before the only Lord Jesus Christ the King and our God.

## Psalm 22

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit.  
He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort.  
You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing.  
Your mercy, O Lord, shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell

forever and ever.

## Psalm 23

To the Lord belong the earth and its fullness,  
the world and all who dwell in it.  
It is he who set it on the seas;  
on the waters he made it firm.  
Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?  
The man with clean hands and pure heart,  
who desires not worthless things,  
who has not sworn so as to deceive his neighbor.  
He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.  
O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!  
Who is the king of glory?  
The Lord, the mighty, the valiant,  
the Lord, the valiant in war.  
O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!  
Who is he, the king of glory?  
He, the Lord of armies,  
he is the king of glory.

## Psalm 115

I trusted even when I said:  
“I am sorely afflicted,”  
and when I said in my alarm:  
“No man can be trusted.”  
What can I return to the Lord  
for all he has given me?  
I shall take the chalice of salvation,

and call upon the name of the Lord.  
My vows to the Lord I will fulfill  
before all his people.  
Precious in the eyes of the Lord  
is the death of his faithful.  
Your servant, Lord, your servant am I;  
you have loosened my bonds.  
A thanksgiving sacrifice I make;  
I shall call on the Lord's name.  
My vows to the Lord I will fulfill  
before all his people,  
in the courts of the house of the Lord,  
in your midst, O Jerusalem.

Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and forever. Amen.

*Then three times, with a bow each time:*

Alleluia! Alleluia! Alleluia! Glory to you, O God! (Three times)

Lord, have mercy. (Three times)

## Troparia of Preparation

O Lord, born of the Virgin, do not look upon my sins, but cleanse my heart, and make it a temple for your most pure Body and precious Blood. Do not cast me away from your presence, for you are merciful without limit.

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

How can I approach and partake of your holy mysteries, for I am unworthy; and if I come to your wedding feast without the proper garment of worthiness of heart, I would but earn my condemnation. However, you, O Lord, are able to cleanse my soul and call me to the table of salvation. For you are the Lover of us all.

Now and ever and forever. Amen.

O Mother of God, great is the number of my sins, but I hasten to you, seeking salvation; visit my soul in its weakness and pray to your Son our God to grant me the forgiveness of my evil deeds. For you alone are truly blessed.

## Troparion of Great and Holy Thursday

While the illustrious disciples were enlightened as their feet were washed at the supper, the ungodly Judas, darkened by a sick love of silver, betrayed you – the just judge – to lawless judges. See how a money-hungry man hanged himself because of it; and flee the greedy soul who would do such things to the Teacher. O Lord, so good to everyone, glory to you!

Lord, have mercy. (*Forty times*)

## Prayer of Our Holy Father Basil the Great

Lord and Master Jesus Christ, my God, source of life and immortality, maker of all things visible and invisible, coeternal Son of the immortal Father, accept the repentance of me, a sinner. Incline your ear and hear my prayer: I have sinned, O Lord, I have sinned before your face, and I am not worthy to lift up my eyes to your glory. I have provoked your goodness; I have transgressed your commandments and disobeyed your statutes. O Lord, be long-suffering with me and show me your mercy. O you who said through the prophet, “I desire not the death of the sinner, but that he may repent and live,” show me your love and forgive me. Wherefore, even unworthy of heaven and of earth as I am, I despair not of your salvation. In this life I have wholly yielded myself to sin and have become the slave of the pleasures of this world. I have defiled your image in me and turned my back on your loving kindness. When I consider your infinite compassion, I dare to come back to you, my God and my maker. Receive me, O Christ, as you received the Adulteress; accept me as you accepted the Prodigal Son, the Publican, and the thief on the cross. Take away the heavy burden of my sins, O you who take away the sins of the world. You heal human weaknesses and call to yourself and give rest to those who are weary and heavy-laden. Cleanse me, O Lord, from every stain of flesh and spirit; teach me to fulfill your will in fear and holiness that, having the witness of a pure conscience, I may receive my share of your holy things and may be united to your body and blood. May I have you to abide in me with the Father and the Holy Spirit. Grant me to receive the bread and wine which are your body and blood until my last breath and, thereby, to receive fellowship with the Holy Spirit as a provision for the journey to eternal life, and as an acceptable defense at your dread judgment-seat. Together with all your saints, may I be a partaker of the good things you have prepared for those who love you, O Lord my God. Amen.

## Prayer of Our Venerable Father John Damascene

Lord and Master Jesus Christ, my God, who alone have power to absolve from sins, forgive all my transgressions both voluntary and involuntary, committed in word or deed. O loving God, allow me to partake of your divine, glorious, and pure mysteries. Let my sharing in your body and blood be for the cleansing of my sins and the healing of my body and a pledge of the life to come and of your kingdom. You are a merciful God, loving, kind, and full of compassion, and to you I give glory. Amen.

## Prayer of Our Holy Father Basil the Great

I know, O Lord, that if I partake unworthily of your pure body and precious blood, I will be guilty! I will be eating and drinking my own condemnation, not discerning your body and blood. When I consider your loving kindness, O my Christ and my God, I dare come to you who said, "Whoever eats my flesh and drinks my blood remains in me and I in him." Be merciful to me a sinner, O Lord, and do not rebuke me. Deal with me according to your mercy. Let the bread and wine be for the healing of my soul and body, for the enlightenment of my mind, and for the protection of my life. Let them give me confidence in you and love for my brothers and sisters. Let them be for the amendment of my conduct, for perseverance, for increase in virtue, and for perfection in the communion of your Holy Spirit. Give me your body and blood, O Lord, as a provision for the journey to eternal life and for an acceptable defense at your judgment-seat. Do not let them be for my judgment or condemnation. Amen.

## Prayer of Our Holy Father Simeon the New Theologian

From defiled lips and from a vile heart, an unclean tongue, and a polluted soul, receive this prayer, O Christ. Reject not my words, nor my demeanor, nor my persistence. Allow me, my Christ, to speak boldly of my own desires. Moreover, teach me what you want me to do and say. I have sinned more than the woman in the city who, knowing where you dined, O Christ my Master and God, bought ointment and dared to anoint your feet. As you did not reject her whose heart led her to you, do not despise me, O Word, but allow me also to clasp and embrace your feet and anoint them with a flood of tears, as with a precious ointment. Wash and purify me with your tears, O Word. Forgive my trespasses and grant me pardon. You know the multitude of my evil-doings. You know my wounds and my sores. But you also know my faith. You know what I intend to do and you hear my sighing. No tear is hidden from you, O God, my maker and deliverer. Your eyes behold that which I have not yet done, for in your book is written that which has not yet come to pass. Consider my lowliness. Look upon my affliction and pain. Forgive my every sin, O God of All, that with a

pure heart, a fearful mind, and a contrite spirit, I may partake of your undefiled and most holy mysteries that bring divine life to all who eat and drink with a pure heart. For you said, O Master, "Whoever eats my flesh and drinks my blood remains in me and I in him." True in every way is the word of my Lord and God. Partaking of deifying grace, I am no longer alone but with you, my Christ, the Light of the World. Do not allow me to live apart from you, O Giver of Life, who are my breath, my life, my joy, and the salvation of the world. Therefore, I draw near and you see my tears and my contrite soul. I beseech you, deliver me from my sins and grant me to partake without condemnation of your pure and life-creating mysteries, that, according to your word, you may remain in me, as wretched as I am. For, if I am found fallen from your grace, the tempter may deceive me and entice me from your deifying precepts. For this reason, bountiful Lord, I fall down before you and earnestly cry to you: As you accepted the Prodigal Son and the woman in the city when she came to you, so also receive me, prodigal and vile as I am. Now turning to you with contrition, O Savior, I know that no one has sinned against you as I have, nor done the things I have done. Yet I know too that neither the magnitude of the transgression nor the multitude of the sins surpasses the long-suffering patience of my God and his exceeding love for us. In your merciful compassion you cleanse and raise up those who earnestly repent, and you make them partakers of the light and of your divine nature. Strange as it may seem to angels and human reason, you speak to us as if we are true friends. Inspired with boldness, confident of your rich mercy, O Christ, and with both rejoicing and trembling, I who am like grass partake of fire, and, amazingly, I am refreshed and, like the burning bush of old, I am not consumed. Filled with gratitude, I worship, glorify, and magnify you, my God, for you are blessed, now and ever and forever. Amen.

## Prayer of Our Holy Father John Chrysostom

O God, absolve, remit, and forgive the transgressions I have committed in thought, word, or deed, voluntarily and involuntarily. Pardon all my sins, for you are a gracious and loving God. Allow me to receive your holy body and blood for the good of my soul and the healing of my body; through the prayers of your most pure Mother, of the spiritual and holy powers of heaven who serve you in holiness, and of all the saints who have pleased you since time began. Yours is the kingdom and yours is the glory. Amen.

*When you approach for holy communion, you may say in your heart:*

Behold, I draw near to divine communion, O Creator; let me not be destroyed. For you are fire to consume the unworthy. Then rather cleanse me from all that defiles.

The blood that makes divine, O (wo)man, let it be your fear, let it be your dread. It is fire to consume the unworthy. The divine body makes me a partaker of the divine nature, and likewise feeds me. It makes the spirit divine and wondrously nourishes the mind.

You have ravished my heart with your love, O Christ; your divine care has converted my soul. Yet, consume my sins with celestial fire.

Grant me to delight in you. Let me rejoice and exalt your incarnation and your second coming, O gracious Lord.

How shall I enter, unworthy as I am, into the splendor of your holy place? If I dare to go along into the bridal chamber my clothing will condemn me, for it is not wedding attire, and I will be bound and cast out by the angels. Purify my filthy soul, O Lord, and save me, for you love us all.

Loving Master, Lord Jesus Christ, my God, let not these holy gifts be to my judgment, in that I am unworthy; but rather for the cleansing and hallowing of soul and body and as a pledge of life eternal and the kingdom. For I hold it good to cling to God; to hope in the Lord for my salvation.

## Morning Prayers

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Glory to You, our God, glory to You!

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. *Three times.*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Most holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions; Holy One, come to us and heal our infirmities for Your Name's sake.

Lord, have mercy. *Three times.*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. 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.

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

## Troparia of the Trinity

Awakening from sleep, we worship You, O blessed One, and offer the angelic hymn to You, O powerful One: Holy, holy, holy are You, O God! Through the intercession of Your heavenly hosts, have mercy on us.

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

O Lord, You have lifted me up from my bed and from sleep, now enlighten my mind and heart, and open my lips that I may sing to You, Holy Trinity: Holy, holy, holy are You, O God! Through the prayers of all Your saints, have mercy on us.

now and ever and forever:

The Judge shall come suddenly and the deeds of all shall be brought to light. In fear we cry out at midnight: Holy, holy, holy are You, O God! Through the prayers of the Theotokos, have mercy on us.

*Lord, have mercy. 12.*

And this prayer:

## Prayer to the Trinity by Saint Basil the Great

Rising from sleep, I give thanks to You, O Holy Trinity, because of Your great goodness and endless patience. You did not become angry with me, a slothful and sinful being, nor did You destroy me because of my transgressions. But, as always, You have shown Your love for mankind and have raised me up as I lay in despair so that I might recite the prayers of the morning and sing the praises of Your power. And now, enlighten the eyes of my understanding so that I may meditate on Your words, understand Your commandments, and accomplish Your will. Open my mouth so that I may sing to You in sincere praise, and

that I may proclaim Your most holy Name, Father, Son, and Holy Spirit, now and ever and forever. Amen.

Come, let us worship our King and God.

Come, let us worship Christ, our King and God.

Come, let us worship and bow before the only Lord Jesus Christ the King and our God.

## Psalm 50

Have mercy on me, God, in Your kindness.

In Your compassion blot out my offence.

O wash me more and more from my guilt  
and cleanse me from my sin.

My offences truly I know them;  
my sin is always before me.

Against You, You alone, have I sinned;  
what is evil in Your sight I have done.

That You may be justified when You give sentence  
and be without reproach when You judge.

O see, in guilt was I born,  
a sinner was I conceived.

Indeed You love truth in the heart;  
then in the secret of my heart teach me wisdom  
O sprinkle me with hyssop, then I shall be clean;  
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,  
that the bones You have crushed may thrill.

From my sins turn away Your face  
and blot out all my guilt.

A pure heart create for me, O God,  
put a steadfast spirit within me.

Do not cast me away from Your presence,  
nor deprive me of Your Holy Spirit.

Give me again the joy of Your help;  
with a spirit of fervor sustain me,

That I may teach transgressors Your ways  
and sinners may return to You.

O rescue me, God, my helper,  
and my tongue shall ring out Your goodness.

O Lord, open my lips  
and my mouth shall declare Your praise.  
For in sacrifice You take no delight,  
burnt offering from me You would refuse,  
My sacrifice, a contrite spirit.  
A humbled, contrite heart, You will not spurn.  
In Your goodness, O Lord, show favor to Zion:  
Rebuild the walls of Jerusalem.  
Then You will be pleased with lawful sacrifice,  
(burnt offerings wholly consumed),  
then You will be offered young bulls on Your altar.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

## The Symbol of Faith

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through Whom all things were made. For us men and for our salvation, He came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father; and He is coming again in glory to judge the living and the dead, and His kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, Who proceeds from the Father. Together with the Father and the Son He is worshiped and glorified; He spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

## The First Prayer

*by Saint Macarius*

O God, cleanse me, a sinner, for I have done but little good before You. Deliver me from evil, and may Your will be done in me so that I may open my lips without blame and praise Your holy Name, Father, Son, and Holy Spirit, now and ever and forever. Amen.

## The Second Prayer

*by Saint Macarius*

Awakening from sleep, I offer You, O Savior, a midnight hymn. Bowing before You, I exclaim: Do not allow me to die in sin. Instead, O Lord, Who was willingly crucified, have mercy on me. O Christ our God, raise me up, strengthen me in prayer and perseverance, and, after the night's sleep, grant me a day without sin and save me. Amen.

### The Third Prayer

*by Saint Macarius*

Awakening from sleep I hasten to You, O Master and Lover of Mankind. As I, through Your mercy, begin to fulfill my duties to You, I beseech You: aid me every minute and in every deed. Deliver me from every worldly, evil thing and every impulse of the devil and save me and lead me to Your eternal kingdom. You are my Creator and the Giver of every blessing. In You I trust, and to You I give praise, now and ever and forever. Amen.

### The Fourth Prayer

*by Saint Macarius*

O Lord, in Your manifold goodness and great compassion, You have granted that I, Your servant, pass the preceding hours of this night free from the attack of the evil one. O Master and Creator of all things, grant that by Your true light, I may do Your will with an enlightened heart, now and ever and forever. Amen.

### The Fifth Prayer

O Lord God almighty, You receive from Your heavenly powers the thrice-holy hymn. Receive from me, Your undeserving servant, this nocturnal hymn. Grant that all the years of my life, and at every hour, I may give glory to You, Father, Son, and Holy Spirit, now and ever and forever. Amen.

### The Sixth Prayer

*by Saint Basil the Great*

O Lord almighty, God of powers and of all flesh, You dwell on high but watch over the humble; You search the heart and the innermost being of humans and clearly perceive their secrets. O Eternal and ever-existent Light, in You there is no change nor even a shadow of change. O Immortal King, accept our prayers which at this present moment depend upon the multitude of Your mercies and which we offer to You from defiled lips. Forgive our transgressions committed in word, deed, or thought, committed with knowledge or through thoughtlessness. Cleanse us from every kind of defilement of body and soul; and grant that we approach all the nights of this present life with a watchful heart

and sound judgment, awaiting the glorious coming and day of revelation of Your only-begotten Son, our Lord, God, and Savior, Jesus Christ, Who will come with glory as Judge of all, granting to everyone according to their works. Let us not fall and become slothful, but rather on guard and ready for action. Let us turn from our former ways and be ready to joyfully accompany Him into the divine inner-chamber, where the sound of festive voices never ceases, and where there is indescribable delight in those who behold the inexpressible goodness of Your countenance. For You are the true Light that enlightens and sanctifies all things; and all creation praises You forever and ever. Amen.

## The Seventh Prayer

*by Saint Basil the Great*

We bless You, O Most High God and Lord of mercy, for You always do great and inscrutable things for us which are both glorious and over-abundant. You provide us with sleep as a rest for our infirmities and as a relief for the burdens of our bodies tired by labor. We thank You that You did not destroy us in our transgressions. As usual You loved as a Lover of Mankind, and raised us up who were lying in despair so that we might praise Your majesty. Therefore, we entreat Your immeasurable goodness: enlighten our thoughts and eyes; raise up our minds from the deep sleep of slothfulness; open our mouths and fill them with praise so that everywhere and without distraction we may be able to glorify and profess You, O God, praised by all people and things: the eternal Father, together with Your only-begotten Son, and Your most holy, good and life-creating Spirit, now and ever and forever. Amen.

## The Eighth Prayer

*attributed to Saint John Chrysostom,  
this prayer has twenty-four petitions,  
one for each hour of the day*

O Lord, do not deprive me of Your heavenly riches.

O Lord, deliver me from eternal torments.

O Lord, if I have sinned by mind, thought, word, or deed, forgive me.

O Lord, deliver me from every type of ignorance, forgetfulness, apathy, and faintheartedness.

O Lord, deliver me from every type of temptation.

O Lord, enlighten my heart, which sinful desires cloud.

O Lord, I as a human have sinned. You as a gracious God see the weakness of my soul and have mercy on me.

O Lord, send Your grace to me as a help so that I may glorify Your holy Name.

O Lord Jesus Christ, inscribe me in the book of life and grant to me a good end.  
O Lord, my God, even though I have done nothing good before You, grant that I may lay down a worthy beginning according to Your goodness.  
O Lord, sprinkle in my heart the dew of Your grace.  
O Lord of heaven and earth, remember me, Your sinful servant, in Your kingdom. Amen.  
O Lord, receive me in repentance.  
O Lord, do not forsake me.  
O Lord, do not lead me into misfortune.  
O Lord, give me good thoughts.  
O Lord, give me tears and a remembrance of death.  
O Lord, give me the thought of confessing my sins.  
O Lord, give me humility, purity, and obedience.  
O Lord, give me suffering, generosity, and meekness.  
O Lord, implant in my heart the root of all good and the fear of You.  
O Lord, enable me to love You with my whole heart and mind and to do Your will in all things.  
O Lord, protect me from unjust people, demons, sufferings, and from every other evil.  
O Lord, You are known in Your work and in Your will; let Your will be done in me, a sinner, for You are blessed forever. Amen.

## The Ninth Prayer

O my most compassionate and most merciful God, Lord Jesus Christ, because of Your great love You descended and became incarnate so that You might save all. Again, O Savior, I beseech You, save me by Your grace. If You save me by deeds this is nothing but grace and a gift; it is nothing but a greater debt.

You are mighty in generosity and indescribable in mercy. O Christ, You have said, "Whoever believes in me shall have life and shall never see death." Therefore, if faith in You saves those who are in despair, then save me because of my faith in You, for You are my God and my Creator. O my God, let my faith suffice in place of my deeds, for You will find that my deeds do not justify me at all. Let my faith enable me to be a participator in Your eternal glory.

Do not permit Satan to overpower me and boast that he has snatched me from Your hand and protection, O Word. Save me, O Christ my Savior, whether I wish it or not; hasten to me or I perish quickly. You are my God from the time that I was conceived. Now, O Lord, enable me to love You just as I once loved sin itself. May I again serve You diligently and

without slothfulness, just as I once served Satan. Most of all, I will serve You, my Lord and my God, Jesus Christ, throughout all the days of my life, now and ever and forever. Amen.

## The Tenth Prayer

*Prayer to my Guardian Angel by Saint Peter the Studite*

O Holy Angel of Christ: in homage I come to you, my holy guardian who, since my baptism, have been assigned to me to protect my sinful body and soul. I beseech your powerful intercession. I have often offended you by my indolence and bad habits. You are most pure in your radiance, and I have often driven you away by my dishonorable acts: lies, slander, jealousies, rash judgment, haughtiness, pride, uncharitable behavior, malice, greed, miserliness, impurity, hate, gluttony in food and drink, evil and wicked thoughts, indolent habits and evil tendencies, possessing in myself all desire for carnal lust. O my holy guardian, how can you look on me? With what eyes do you see me entangled in evil vices? So how can I expect forgiveness of my evil and repulsive deeds into which I fall repeatedly every day and night? But prostrating myself before you, my holy guardian, I beseech you, be merciful to me, your sinful and unworthy servant. Be my defender and aid me against my enemies through your holy intercession; and make me worthy to be a partaker of the kingdom of God with all the saints, forever and ever. Amen.

## The Eleventh Prayer

*Prayer to the Theotokos by Saint Peter the Studite*

O my most holy Lady and Theotokos, by your holy and all-powerful prayers, drive away from me, your humble and wretched servant, discouragement, forgetfulness, misunderstanding, carelessness; drive away all impure, wicked, and blasphemous thoughts from my bruised heart and clouded mind. Quench the flame of my passions because I am miserable and wretched. Save me from my numerous and evil thoughts and deeds; guard me from every wicked act, for you are blessed by all nations, and your honorable name is glorified, forever and ever. Amen.

## Midnight Hymn to the Most Holy Theotokos

I sing of your grace, O Lady, and I pray you to grace my mind. Teach me to walk aright in the way of the commandments of Christ. Strengthen me to keep awake in song and drive away the sleep of despondency. O Bride of God, by your prayers release me, bound with the bonds of sin. Guard me night and day, and deliver me from the foes that defeat me. O bearer of God the Life-giver, enliven me who am deadened by passions. O bearer of the Unwaning Light, enlighten my blinded soul. O marvelous palace of the Master, make me to

be a house of the divine Spirit. O bearer of the Healer, heal the perennial passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire and from evil worms and from Tartarus. Do not let me be exposed to the rejoicing of demons, guilty as I am of many sins. Renew me, grown old from senseless sins, O most pure one. Present me, untouched by all torments, and pray for me to the Master of all. Deem me worthy to find the joys of heaven with all the saints. O most holy Virgin, hear the voice of your unprofitable servant. Grant me torrents of tears, O most pure one, to cleanse my soul from impurity. I offer the groans of my heart to you unceasingly; strive for me, O Lady. Accept my service of supplication and offer it to the compassionate God. You who are above the angels, raise me above the confusion of the world. O Light-bearing heavenly tabernacle, direct the grace of the Spirit in me. I raise my hands and lips in your praise, defiled as they are by impurity, O all pure one. Deliver me from soul-corrupting evils, and fervently intercede with Christ, to Whom is due honor and worship, now and ever and forever. Amen.

It is truly proper to glorify you, O Theotokos, the ever-blessed, immaculate, and the mother of our God. More honorable than the cherubim, and beyond compare more glorious than the seraphim; who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Lord, have mercy. *(Three times)*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

## Prayers Before Sleep

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. We: Amen.

Trisagion. Most Holy Trinity. And after Our Father:

These troparia:

Have mercy on us, O Lord, have mercy on us: since we have no defense, we sinners offer this supplication to You, our Master; have mercy on us.

Glory:

Lord, have mercy on us, for in You we place our hope. Be not exceedingly angry with us, nor mindful of our transgressions, but look upon us even now with mercy, and deliver us from our enemies. For You are our God and we are Your people: we all are the work of Your hands, and we call upon Your Name.

Now and ever: Theotokion:

Open unto us the doors of mercy, O blessed Theotokos. Let us not perish who place our trust in you, but rather through you be delivered from misfortune. For you are the salvation of all Christians.

Then: Lord, have mercy. 12.

And these prayers in order with understanding and contrition.

## The First Prayer

*of Saint Macarius the Great, to God the Father*

O eternal God and Ruler of all creation, You have allowed me to reach this hour. Forgive the sins I committed today by word, deed, or in thought. Purify me, O Lord, from every spiritual and physical stain. Grant me, Lord, to pass the sleep of this night in peace. Grant that I may rise from this lowly bed to glorify You by my deeds throughout my entire lifetime, and that I may be victorious over every spiritual and physical enemy. Deliver me, O Lord, from all vain thoughts and evil desires, for Yours, Father, Son, and Holy Spirit, are the kingdom, and the power, and the glory, now and ever and forever. Amen.

## The Second Prayer

*to our Lord Jesus Christ, of Saint Antiochus*

O Almighty Word of the Father, Jesus Christ, Who alone are perfect: according to the greatness of Your mercy, do not abandon me, Your servant, but ever rest in my heart. O Jesus, Good Shepherd of Your sheep, deliver me from the attacks of the devil. Do not allow me to become the prey of Satan's evil intention, even though I have within me the seeds of eternal damnation. Instead, O Jesus Christ, Lord God, holy King Who alone are worshiped, while I sleep protect me by Your Unwaning Light, the Holy Spirit, through Whom You sanctified Your disciples. O Lord, grant salvation to me, Your unworthy servant, as I lie in my bed. Enlighten my mind by the light of understanding of Your holy Gospel, my soul by the love of Your cross, my heart by the purity of Your teaching. Protect my body by Your sacred passion, my senses by Your humility, and awaken me in due time for Your

glorification. For You, above all, are glorified with Your eternal Father, and Your most Holy Spirit, forever. Amen.

## The Third Prayer

*to the Most Holy Spirit*

O Lord, heavenly King, Comforter, Spirit of Truth, have compassion and mercy on me, Your unworthy servant. Forgive me, unworthy as I am, and remit whatever sins I have committed today both through human frailty and through acting less than human. Forgive my voluntary and involuntary sins, those committed knowingly or through ignorance—which are from my youth and the knowledge of evil—and those which have arisen from arrogance and despondency. Forgive me if I have reproached or cursed someone in my anger, or if I have afflicted grief or have become angry for some reason. Forgive me if I have lied, or unsuitably slept, or turned away a poor person who came to me. Forgive me if I have caused grief for my brother or sister, or judged, or condemned someone. Forgive me if, while at prayer, my mind wandered on the glamorous things of this world, or if I thought about depraved things. Forgive me if I was guilty of acting foolishly, thought evil, or desired in my heart the property of another. Forgive me if I have said indecent things or laughed at the sin of my brother or sister without discerning my own sins, which are great in number. Forgive me if I have been neglectful in my prayers, or guilty of some evil action which I cannot now recall, for I have committed these sins and even much greater sins. Have mercy on me, Your dejected and unworthy servant, O my Master and Creator. Remit, pardon, and forgive me, for You are good and the Lover of Mankind. May I, who am dissolute, sinful, and cursed, lie down in peace to sleep and rest, and I will worship, praise, and glorify Your most honorable Name with the Father and His only-begotten Son, now and ever and forever. Amen.

## The Fourth Prayer

*of Saint Macarius the Great*

What shall I offer to You, or what shall I give to You, O great Gift-giver, Immortal King, Lord and Lover of Mankind? Though I was lazy in pleasing You and did nothing good, You brought me to the end of this day which has passed, effecting the conversion and salvation of my soul. Be merciful to me, a sinner and one who is empty of any good deed. Raise up my fallen soul which has been stained by immeasurable sins. Take away from me every thought which is wicked in this life, O sinless One. You alone can forgive my sins which I have committed against You today, either knowingly or unknowingly, by word, deed, or thought and with all of my senses. You alone are my protection. Through Your divine

authority, Your inexpressible love for mankind, and Your strength, preserve me from every evil circumstance. O God, cleanse the multitude of my sins. O Lord, grant that I may be delivered from the snare of the evil one. Save my suffering soul and illuminate me with the light of Your countenance when You will come in glory. Now grant that I may fall into a sleep which is without condemnation and without disturbing dreams. Keep the mind of Your servant undisturbed, dispelling from me every satanic action. Enlighten the eyes of my mind and heart so that I will not fall into a sleep of death. Send me an angel of peace, a guardian and guide of my soul and body that he may deliver me from my enemies, that when I arise from my bed, I may bring to You prayers of thanksgiving. Hear me, O Lord, Your sinful and poor servant, made so by my will and conscience. Grant that when I arise I may meditate on Your words, and that by Your angels I may drive far from me all demonic despondency, so that I may glorify and praise the most holy Theotokos, Mary, whom You gave to us sinners as an intercessor. For we know that she imitates Your love for mankind and does not cease to pray for us. Through her intercession, through the sign of the honorable cross, and for the sake of all the saints, keep my soul, O Lord Jesus Christ our God, for You are holy and most glorified forever. Amen.

### The Fifth Prayer

O Lord, our God, since You are good and a Lover of Mankind, forgive the sins which I have committed today by word, deed, and thought. Give me a peaceful and undisturbed sleep. Send Your guardian angel to protect and keep me from all evil. For You are the guardian of our souls and bodies, and we give glory to You, Father, Son, and Holy Spirit, now and ever and forever. Amen.

### The Sixth Prayer

O Lord, our God, in Whom we believe and Whose Name we call upon above every other name, grant us, who are about to sleep, rest of soul and body. Keep us from every disturbance and dark sensuality. Calm the striving of the passions and extinguish physical excitements that arise. Grant that we may lead a chaste life by words and deeds, and upon living a life of good deeds, we may not fall away from Your promised blessings, for You are blessed forever. Amen.

### The Seventh Prayer

*to the Most Holy Theotokos,  
of Peter the Studite Monk*

I, an accursed person, prostrate myself before you, O most pure Mother of God, and I pray: “O Queen, you know that I sin unceasingly and anger your Son and my God.” As many times as I repent in trembling, wondering if the Lord will not destroy me, yet after a while, I still do the same things. Seeing this, my Queen, O Theotokos, I pray: have mercy on me, strengthen me, and give me a sense of doing good. O my Lady, Theotokos, you know that I despise my evil actions and that I love the law of God with my whole mind. I do not understand the origin of that which I hate, O most pure Lady. I also love, yet transgress, that which is good. O most pure one, do not permit me to do my will for that is not good, but rather let the will of your Son and my God be done, so that He might save, instruct, and grant me the grace of the Holy Spirit. Thus from now on, I may cease to do acts of uncleanness to my soul, and that I may live the rest of my life according to the commands of your Son. To Him belong all glory, honor, and might, with His eternal Father, and His most holy, good, and life-giving Spirit, now and ever and forever. Amen.

## The Eighth Prayer

*to the Most Holy Theotokos*

O good Mother of the good King, O most pure and blessed Theotokos, Mary, pour upon my suffering soul the mercy of your Son and our God. By your prayers guide me to do good deeds. Grant that I may spend the rest of my life without fault and attain paradise through you, O Virgin Theotokos; for you alone are pure and blessed.

## The Ninth Prayer

*to the Holy Guardian Angel*

O Guardian Angel, protector of my soul and body, to your care I have been entrusted by Christ. Obtain for me the forgiveness of the sins committed by me this day. Protect me from the snares of my enemy that I may never more offend God by my sin. Pray for me, your sinful and unworthy servant, that through your help I may become worthy of the grace and mercy of the most Holy Trinity, and of the Mother of my Lord God, Jesus Christ, and of all the saints. Amen.

Then, the Kontakion of the Theotokos:

We are yours, O Theotokos. Since you have delivered us from all tribulations, we give thanks to you by dedicating our songs of victory to you, O Saving Champion. In your invincible might, deliver us from all dangers that we may exclaim to you: Rejoice, full of grace!

Then:

O most glorious, Ever-Virgin Mother of Christ, our God, offer up our prayers to your Son and our God, so that, through you He may save our souls.

I place all my hope in you, Mother of God. Protect me under your patronage.

O Virgin Theotokos, do not turn away from me, a sinner, for I need your help and intercession. Have mercy on me, for my soul hopes in you.

Then, the Prayer of Saint Joannicius

The Father is my hope; the Son is my refuge; and the Holy Spirit is my protection. O Holy Trinity, glory to You!

Then: It is truly proper: Glory: now and ever: Lord, have mercy, Three times. Give the blessing. And the Dismissal:

May the Lord Jesus Christ, Son of God, through the prayers of Your most pure Mother, of our venerable and God-bearing fathers, and of all the saints, save me, a sinner. Amen.

Prayer of Saint John Damascene

which is to be said while pointing to your bed:

O Master, Lover of Mankind, is this bed to be my grave, or will You enlighten my wretched soul with another day? Behold, the grave lies before me; behold, death confronts me. I fear, O Lord, Your judgment and the endless torments, yet I do not cease to do evil. My Lord God, I continually anger You, and Your most pure Mother, and all the heavenly hosts, and my holy guardian angel. I know, O Lord, that I am unworthy of Your love for mankind, but am worthy of every condemnation and torment. But, O Lord, whether I will it or do not will it, save me. For to save a righteous one is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of Your mercy. But on me, a sinner, show the wonder of Your mercy; in this reveal Your love for mankind lest my wickedness overcome Your ineffable goodness and merciful kindness, and order my life as You wish.

And when about to lie down in bed,  
this:

[Ps. 12: 4, 5] Give light to my eyes, O Christ God, lest I fall asleep in death, lest my enemies say: "I have overcome him."

Glory:

O God, be the defender of my soul, for I walk through the midst of many enemies. Deliver me from them, and save me, O Blessed One, for You love mankind.

Now and ever: Theotokion:

Let us with our hearts and lips unceasingly extol the most glorious Mother of God, holier than the holy angels, and proclaim that she is truly the Theotokos for she has truly given birth to God in the flesh and never ceases to intercede for our souls.

Then kiss your cross, and make the sign of the cross [with your cross] from the head to the foot of your bed, and likewise from side to side, saying the Prayer of the Precious Cross:

Let God arise, and let His enemies be scattered, and let those who hate Him flee from before His face. As smoke vanishes, so let them vanish as wax melts before the fire. So let the demons perish in the presence of those who love God and who sign themselves with the sign of the cross and say in gladness: Rejoice, most precious and life-creating cross of the Lord, for you drive away the demons by the power of our Lord Jesus Christ Who was crucified on you, Who descended to Hades and trampled on the power of the devil, and gave us you, His precious cross, for the driving away of every adversary. O most precious and life-creating cross of the Lord, help me, together with the holy Lady Virgin Theotokos and with all the saints, forever. Amen.

Before even lying down on your bed, go through all these in your thoughts and memory.

Firstly, thus:

Give thanks to Almighty God for having given to you, during the past day, by His grace, to live and to abide in health

Secondly:

Lay before yourself your words, and make an examination of your conscience, a thorough and detailed review of all the hours of the day, beginning from the time when you arose from your bed, and call to mind: where you went, what you did: with whom, and on what, did you converse; and all your deeds, words, and thoughts from morning until evening recite to yourself, with all fear remembering and examining.

Thirdly:

If you have done any good this day, this has not happened of you, but of the same God Who gives all good things to us who fear Him, to Whom be praise and thanksgiving, and pray that He confirm you in this good and enable you to accomplish other good things.

Fourthly:

But if you have done anything evil, of yourself and from your own weakness or from evil habits and arbitrariness which result in speech, repent and pray to the Lover of Mankind, that He may will to grant you forgiveness, and with a firm promise never to do this evil again.

Fifthly:

With tears implore your gracious Creator to grant that the present night be quiet, undisturbed, pure, and sinless; to grant that the coming day may be devoted entirely to the glorification of His holy Name.

Finally:

If you find a soft pillow, forsake it, and put a stone in its place for Christ's sake; if you sleep in winter, bear it patiently, saying: some did not sleep at all.

Refer: Patericon, Sermon IV.

Then, make the sign of the cross, and with prayer go to sleep, thinking of the Day of Judgment and of how you shall have to stand before God.