

MORNING PRAYERS

(Monday - Friday)

In the name of the Father and the Son and the Holy Spirit. Amen. +

Glory to you, our God, glory to you. +

Heavenly King, Comforter, the Spirit of truth, who are present everywhere filling all things, Treasury of good things and Giver of life, come and dwell in us. Cleanse us of every stain, and save our souls, gracious Lord. +

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3). +

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

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. 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, now and forever and to the ages of ages. Amen. +

Lords Prayer

Our Father, who are in heaven,
hallowed be your name.

Your kingdom come,
your will be done,

on earth as it is in heaven.

Give us this day our daily bread;
and forgive us our trespasses,

ΕΩΘΙΝΑΙ ΠΡΟΣΕΥΧΑΙ

(Δευτέρα - Παρασκευή)

Εἰς τὸ ὄνομα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. +

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι. +

Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρῶν καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθέ καὶ σκῆνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος καὶ σῶσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ') +

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. +

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου. +

Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. +

Πάτερ ἡμῶν

Πάτερ ἡμῶν, ὁ ἐν τοῖς οὐρανοῖς
ἁγιασθήτω τὸ ὄνομά σου.

Ἐλθέτω ἡ βασιλεία σου·

Γενηθήτω τὸ θέλημά σου,

ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς

Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον

δός ἡμῖν σήμερον.

as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

For yours is the kingdom and the power and
the glory, of the Father and the Son and the
Holy Spirit, now and forever and to the ages of
ages. Amen. +

(Then the following prayers to the Holy Trinity:)

Having risen from sleep, we fall before you, O
good One, and sing to you, mighty One, the
angelic hymn: Holy, holy, holy are you, O God.
Through the prayers of the Theotokos, have
mercy on us. +

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

Having aroused me from sleep and bed, O
Lord, enlighten my mind and open my heart
and lips that I may sing to you, Holy Trinity:
Holy, holy, holy are you, O God. Through the
Theotokos, have mercy on us.

Now and forever and to the ages of ages.
Amen.

Suddenly the Judge will come and everyone's
deeds will be revealed. But with awe we cry out
in the middle of the night: Holy, holy, holy are
you, O God. Through the prayers of the
Theotokos, have mercy on us.

Lord, have mercy (12).

PSALM 120 (121)

I will lift up my eyes to the hills. From where
comes my help My help comes from the Lord,
who made heaven and earth. He will not allow
your foot to be moved; he who keeps you will
not slumber. Behold, he who watches over
Israel shall neither slumber nor sleep. The Lord
shall protect you; the Lord is your shelter at

Και άφες ημίν τα οφειλήματα ημών,
ως και ημείς αφίεμεν τοίς οφειλέταις ημών
Και μή εισενέγκης ημάς εις πειρασμόν,
αλλά ρύσαι ημάς από του πονηρού.

Ότι σοϋ έστιν ή βασιλεία και ή δύναμις και ή δόξα
του Πατρός και του Υιού και του Άγίου
Πνεύματος, νϋν και άει και εις τούς αιώνας τών
αιώνων. Άμήν. +

Δόξα Πατρι και Υιϋ και Άγιϋ Πνεύματι. +

Και νϋν και άει, και εις τούς αιώνας τών αιώνων.
Άμήν.

Κύριε, έλέησον. ().

your right hand. The sun shall not burn you by day, nor the moon by night. The Lord shall preserve you from all evil; the Lord shall preserve your soul. The Lord shall preserve your going out and your coming in from this time forth, and forevermore.

A PRAYER OF THANKSGIVING

As I rise from sleep, I thank you, Holy Trinity, for because of your great goodness and patience, you were not angry with me, an idler and sinner, nor have you destroyed me in my sins, but have shown your usual love for me. And when I was prostrate in despair, you raised me to glorify with your power. Enlighten now my mind's eye, open my mouth to study your words and understand your commandments, to do your will and sing to you in heartfelt adoration, and praise your most holy name, of the Father and the Son and the Holy Spirit, now and forever and to ages of ages. Amen.

ANOTHER PRAYER

Glory to you, King, God almighty, who through your divine and loving providence have consented that I, an unworthy sinner, should rise from sleep and obtain entrance into your holy house. Accept, Lord, the voice of my prayer as you accept those of your holy and spiritual powers; and that not through my defiled lips, but from a pure heart and humble spirit, praise may be offered to you so that I also, with the bright lamp of my soul, may become a companion of the wise virgins and glorify you, God the Word, who is glorified in the Father and the Spirit. Amen

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

Δόξα Πατρι και Υιῷ και Ἁγίῳ Πνεύματι. Και νῦν και ἀεί, και εἰς τοὺς αἰῶνας τῶν αἰῶνων.

Ἀμήν. +

NICENE CREED

I believe in one God,
Father Almighty,
Creator 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 created,
of one essence with the Father
through 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.
He was crucified for us
under Pontius Pilate,
and suffered and was buried;
And 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 will come again with glory
to judge the living and dead
His kingdom shall have no end.
And in the Holy Spirit,
the Lord, the Creator of life,
Who proceeds from the Father, +
Who together with the Father and the Son is
worshipped and glorified,
Who spoke through the prophets.
In one, holy, catholic,
and apostolic Church. +
I confess one baptism
for the forgiveness of sins.
I look for the resurrection of the dead,
and the life of the age to come. Amen

PRAYER

(Monday - Friday)

We bless you, O God, most high and Lord of mercy. You are always doing great and inscrutable things with us, glorious and wonderful, and without number. You grant us sleep for rest from our infirmities, and repose from the burdens of our much toiling flesh. We thank you, for you have not destroyed us with our sins, but have continued to love us; and though we were sunk in despair, you have raised us up to glorify your power. Therefore, we implore your incomparable goodness. Enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence. Open our mouth and fill it with your praise, that we may be able without distraction to sing and confess that you are God, glorified in all and by all, the eternal Father, with your only begotten Son, and your all holy, good, and life giving Spirit, now and forever and to the ages of ages.

Amen. +