



## RULE of PRAYER at any time

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to thee, our God, glory to thee.

### Hymn to the Holy Spirit – Tone 6

O Heavenly King, / the Comforter, the Spirit of Truth, / who art everywhere present 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.

### The Trisagion (Thrice Holy) Hymn

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

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Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

### Prayer to the Most Holy Trinity

O most 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. 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.

### The Lord's Prayer (*Matt 6: 1 – 11*)

**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, the power and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and to the ages of ages. Amen. *Then we use one of these sets of Troparia:*

Troparia of Repentance – Tone 6: Anytime/ Evening	Troparia of the Morning	Troparia of the Evening – Tone 8
Have mercy on us, O Lord, have mercy on us; / for laying aside all excuse, / we sinners offer to Thee, as to our Master, this supplication: // Have mercy on us.	<b>Tone 1:</b> Having arisen from sleep, we fall down before Thee, O Blessed One, / and sing to Thee, O Mighty One, the angelic hymn: / Holy! Holy! Holy! art Thou, O God; // through the Theotokos, have mercy on us.	The day is over; I thank Thee, O Lord. / Grant me to pass this evening and this night without sin, // and save me, O Savior!
Glory to the Father and to the Son and to the Holy Spirit.		
O Lord, have mercy on us, / for in Thee have we put our trust. / Do not be angry with us, nor remember our iniquities, / but look down on us even now, since Thou art compassionate, / and deliver us from our enemies. / For Thou art our God, and we are Thy people; / we are all the work of Thy hands, // and we call on Thy name.	<b>Tone 2:</b> Do Thou, O Lord, Who hast raised me from my bed and from sleep, / enlighten my mind and heart, and open my lips that I may praise Thee, O Holy Trinity: / Holy! Holy! Holy! art Thou, O God; // through the Theotokos, have mercy on us.	The day is over; I glorify Thee, O Master! / Grant me to pass this evening and this night without giving offense, // and save me, O Savior!

Now and ever and unto ages of ages. Amen.

O blessed Theotokos, / open the doors of compassion to us whose hope is in thee, that we may not perish / but be delivered from adversity through thee, // who art the salvation of the Christian people.

**Tone 3:** The Judge will come suddenly / and the acts of every man will be revealed; / but with fear we cry in the middle of the night: / Holy! Holy! Holy! art Thou, O God; // through the Theotokos, have mercy on us.

The day is over; I sing to Thee, O Holy One! / Grant me to pass this evening and this night free from temptation, // and save me, O Savior!

Lord, have mercy. (*12 times*)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

*In the morning we say:* **Morning Prayer of St Basil the Great to the Most Holy Trinity**

As I rise from sleep I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou wast not angered with me, an idler and sinner, nor hast Thou destroyed me in my sins, but hast shown Thy usual love for men, and when I was prostrate in despair, Thou hast raised me to keep the morning watch and glorify Thy power. And now enlighten my mind's eye and open my mouth to study Thy words and understand Thy commandments and do Thy will and sing to Thee in heartfelt adoration and praise Thy Most Holy Name of Father, Son and Holy Spirit, now and ever and to the ages of ages. Amen.

**Introductory Verses** (*cf Psalm 94 [95]: 6*)

Come, let us worship God, our King. *bow*

Come, let us worship and fall down before Christ, our King and our God. *bow*

Come, let us worship and fall down before Christ himself, our King, and our God. *Bow*

**Psalm 50 [51] A Psalm of Repentance**

Have mercy on me, O God, / according to Thy great mercy;

and according to the multitude of Thy compassions / 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 Thee, Thee only, have I sinned, / and done that which is evil in Thy sight, so that Thou art justified in Thy sentence / and blameless in Thy judgment.

Behold! I was brought forth in iniquity / and in sin did my mother conceive me.

Behold! Thou desirest truth in the inward being; / therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; / wash me, and I shall be whiter than snow.

Fill me with joy and gladness; / let the bones which Thou hast broken rejoice.

Hide Thy face from my sins / and blot out all my iniquities.

Create in me a clean heart, O God, / and put a new and right spirit within me.

Cast me not away from Thy presence / and take not Thy Holy Spirit from me.

Restore to me the joy of Thy salvation / and uphold me with a willing Spirit.

Then I will teach transgressors Thy ways / and sinners will return to Thee.

Deliver me from bloodguiltiness, O God, Thou God of my salvation, /

and my tongue will sing aloud of Thy deliverance.

O Lord, open Thou my lips, / and my mouth shall show forth Thy praise.

For Thou hast no delight in sacrifice; / were I to give a burnt offering, Thou wouldst not be pleased.

The sacrifice acceptable to God is a broken spirit; / a broken and contrite heart, O God, Thou wilt not despise.

Do good to Zion in Thy good pleasure; / rebuild the walls of Jerusalem.

Then wilt Thou delight in right sacrifices, / in burnt offerings and whole burnt offerings;

then bulls will be offered on Thy altar. *One may here add other psalms. One may also add scripture readings.*

*Next one reads* **The Symbol of Faith** *as follows:*

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 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 the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And 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. 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.

### **The Jesus Prayer**

O Lord Jesus Christ, Son of God, have mercy on me, a sinner. *100 times, or as many times as possible.*

*If one wishes to pray for others as well, say the Jesus prayer thus as many times as desired:*

O Lord Jesus Christ, Son of God, save and have mercy on Thy servant\_\_\_\_\_.

*or for those departed.*

O Lord Jesus Christ, Son of God, give rest to Thy servant\_\_\_\_\_.

### **Prayers of Supplication, of St John Chrysostom corresponding to the 24 hours of day and night.**

**For the Day:** **i.** Lord, exclude me not from Thy heavenly blessings. **ii.** Lord, deliver me from eternal torments. **iii.** Lord, whether I have sinned in mind or thought, word or deed, forgive me. **iv.** Lord, deliver me from all ignorance, forgetfulness, cowardice and stone-like insensitivity. **v.** Lord, deliver me from every temptation. **vi.** Lord, enlighten my heart which evil desires have darkened. **vii.** Lord, as a man I have sinned: as a gracious God, have mercy on me, seeing the weakness of my soul. **viii.** Lord, send Thy Grace to my aid, that I may glorify Thy holy Name. **ix.** Lord Jesus Christ, inscribe me, Thy servant, in the Book of Life and grant me a good end. **x.** Lord, my God, even though I have done nothing good before Thee, grant by Thy Grace that I may make a good beginning. **xi.** Lord, sprinkle the dew of Thy Grace into my heart. **xii.** Lord of Heaven and earth, remember me, Thy sinful, shameful and impure servant, in Thy Kingdom. Amen.

**For the Night:** **i.** Lord, accept me in penitence. **ii.** Lord, abandon me not. **iii.** Lord, lead me not into temptation. **iv.** Lord, grant me good thoughts. **v.** Lord, grant me tears, the remembrance of death and compunction. **vi.** Lord, grant me the thought of confessing my sins. **vii.** Lord, grant me humility, chastity and obedience. **viii.** Lord, grant me patience, courage and meekness. **ix.** Lord, cause the root of good to dwell in me – Thy fear in my heart. **x.** Lord, grant that I may love Thee with all my soul and mind and do Thy will in all things. **xi.** Lord, protect me from certain people, demons and passions, and from any other unseemly thing. **xii.** Lord, I know that Thou doest as Thou wilt: may Thy will be in me a sinner, for blessed art Thou for ever. Amen.

### **Prayer of the Hours (at any time)**

Thou who at every season and every hour, in Heaven and on earth art worshipped and glorified, O Christ God; long-suffering, merciful and compassionate; Who lovest the just and showest mercy upon the sinner; Who callest all to salvation through the promise of blessings to come. O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments. Sanctify our souls. Purify our bodies. Correct our minds; cleanse our thoughts; and deliver us from all tribulations, evil, and distress. Surround us with Thy holy angels; that, guided and guarded by them, we may attain to the unity of the faith, and unto the knowledge of Thine unapproachable glory. For Thou art blessed unto ages of ages. Amen.

*In the morning one may say* **The Morning Prayer of the Last Optina Elders:** O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy will. At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Thy holy will. Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from Thee. Grant that I may deal straightforwardly and wisely with everyone I encounter, neither embarrassing nor saddening anyone. O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

**Prayer at Night:** Lighten our darkness we beseech thee O Lord: and by thy great mercy defend us from all

perils and dangers of this night.

### A Shorter Prayer of Intercession

O Lord, Lover of men, forgive those who hate and wrong us. Do good to those who do good. Grant our brothers and relatives their saving petitions and eternal life. Visit the sick and grant them healing. Guide those at sea. Travel with travellers. Struggle alongside the Orthodox. To those who serve and are kind to us, grant remission of sins. On those who have charged us, unworthy as we are, to pray for them, have mercy according to Thy great mercy. Remember, O Lord, our fathers and brothers who have fallen asleep, and grant them rest where the light of Thy countenance shines. Remember, O Lord, those who bear fruit and do good works in Thy holy churches and grant them their saving petitions and eternal life. Remember also, O Lord, us Thy humble, sinful and unworthy servants, and enlighten our minds with the light of knowledge of Thyself, and guide us in the way of Thy commandments, by the prayers of our immaculate Lady, Mother of God, and Ever-Virgin Mary, and of all Thy Saints, for Thou art blessed to the ages of ages. Amen.

**Serenity Prayer:** O God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

### Prayer of St Ephraim

*During Lent:* O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. *(Prostration)* But give rather the spirit of chastity, humility, patience, and love to Thy servant. *(Prostration)* Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. *(Prostration)* O God, cleanse me a sinner. *(12 x, with bows), then the whole prayer once more with one prostration at the end.*

### A Prayer to the Most Holy Trinity by St Ioannikios

My Hope is the Father; my Refuge is the Son; my Protection is the Holy Spirit: O Holy Trinity, glory to Thee!

### Prayers to the Theotokos

Most holy Theotokos, save us! *as many times as desired.*

**Rejoice! O Virgin Theotokos! / Mary, full of Grace, the Lord is with thee. / Blessed art thou among women, / and blessed is the fruit of thy womb, // for thou hast born the Savior of our souls!**

### To the Theotokos, all Angels and Saints, and One's Patron Saint

Most glorious Ever-Virgin Mother of Christ our God, bear our prayer to thy Son and our God, that through thee He may save our souls.

O heavenly hosts of holy Angels and Archangels, pray for us sinners.

O glorious Apostles, Prophets, Martyrs and all Saints, pray for us sinners.

Pray to God for me, O **N**, / for I fervently flee unto thee, // the speedy helper and intercessor for my soul.

### Hymn to the Theotokos

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!

### Dismissal

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

Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, Bless!

O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, of our holy and God-bearing fathers, of **N**, and all the saints, have mercy on us and save us, for Thou art good and the Lover of mankind.

### *Make the sign of the Cross and say:*

Guard me, O Lord, by the power of Thy holy and life-giving ✠ Cross, and keep me from all evil.

*This prayer rule is a slightly expanded form of the Rule of St Pachomius. If one feels one cannot pray this whole rule, at least say the Lord's Prayer, "Our Father" and "Rejoice, O Virgin", which are both in bold print, and the Symbol of Faith, and say the Jesus Prayer throughout the day.*