

St. Paul the Apostle



Evangelical
Orthodox Church



**PERSONAL AND FAMILY
DAILY PRAYERS**

Morning Prayers

(Personal Prayer When Rising From Bed)

Sitting at the side of the bed, make the sign of the cross, and then say three times: O Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Then one of the following may be prayed:

(Verses from Scripture) I am Yours, O Lord, and You are mine. Your banner over me is love. This is the day that You have made. I will rejoice and be glad in it. May the words of my mouth and the meditations of my heart be acceptable in Your sight, for You alone are my rock and my redeemer.

Or

(Prayer of Saint Basil the Great to the Most Holy Trinity) Arising from sleep I thank You, O Holy Trinity, that, for the sake of Your great kindness and long-suffering, You have not had indignation against me, for 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 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, open my ears to receive Your words and teach me Your commandments. Help me to do Your will, to hymn You, to confess You from my heart, and to extol Your All-holy name, of Father, Son and Holy Spirit, now and ever, and unto ages of ages.

(Lighting of Candles)

Before breakfast, at the altar, while the candles are being lit:

Leader: Glory to God in the highest, on earth peace, and among mankind love and understanding. (1x)

All: **(Repeat the above 2x)**

Leader: Lord, open my lips, and my mouth shall declare Your praise. (1x)

All: **(Repeat the above 1x)**

Leader: Glory be to Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

All: **AMEN.**

(Trisagion Prayers)

All say or sing the following, or just the Trisagion itself:

Glory to You, O our God, glory to you.

O Heavenly King, Comforter, Spirit of Truth, who is everywhere and fills 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. (x3)
Glory be to the Father, and to the Son, and to the Holy Spirit;
now and ever and unto ages of ages. Amen!***

O most holy Trinity, have mercy on us.

O Lord, cleanse us from our sins.

O Master, pardon our transgressions.

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 to the Son and to the Holy Spirit; Now and ever and unto ages of ages, Amen.

(Readings, Creed, and Intercession)

One of the morning Psalms (3, 38, 63, 88, 103, 143) and/or a reading from the Lectionary may be done here or later at the breakfast table.

The Nicene Creed may be said each day or occasionally:

We 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 from the Father before all time; Light of Light, true God of true God, begotten, not created, consubstantial with the Father, through Whom all things came into being; Who for us all, and because of our salvation, came down from heaven and was made flesh by the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried, and rose on the third day according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father, and will come again with glory to judge the living and the dead! His kingdom shall have no end.

And in the Holy Spirit, the Lord and giver of life, Who proceeds from the Father, Who is worshipped and glorified together with the Father and the Son, Who spoke through the prophets; and in One, Holy, Catholic, and Apostolic Church.

We confess one baptism for the remission of sins. We look forward to the resurrection of the dead, and the life of the world to come. Amen!

Specific prayers for the day and for others, such as those prayers listed in the Weekly Epistle, for prayer partners, etc, are offered. When the personal petitions are finished, they are collected with the prayer that was taught us by Christ himself.

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. For Thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

(Closing Prayers)

One or more of the following prayers may be prayed.

(Prayer of Metropolitan Philaret of Moscow) 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 the 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 or embarrassing others. Give me the 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 within me. **Amen.**

Or

(Another Prayer of Met. Philaret) O Lord, I do not know what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I do not dare to ask either for a cross or for consolation. I can only wait on You. My heart is open to You. Visit and heal me; cast me down and raise me up. I worship in silence Your holy will and Your unsearchable ways. I offer myself as a sacrifice to You. I have no other desire than to fulfill Your will. Teach me to pray. Pray You Yourself in me. **Amen.**

Or

(A Personal Prayer of Gratitude To The Trinity) O Lord Jesus Christ, Son of God, Good Shepherd and Savior of mankind: Thank You for showing mercy to me, a willful sinner and a lost sheep. O Renewing and Refreshing Spirit of God, Infinite Storehouse of Heavenly Blessings: Thank You for joining me to Christ and Filling me with gifts of the Father's love. O Father God, Sourceless Source of all that is, Artful Fashioner and Benevolent Benefactor of every creature: Thank You for making me Your royal child, a joint-heir of Your Kingdom. O All-glorious and Resplendent Trinity, adored in unity, beyond all and yet in all: Thank You for bringing me, with all Your children, into Your eternal Communion of Love and Joy. Grant me a vision of the great dignity to which You have raised me, and all of mankind; And help me to live in the light of that vision. **Amen.**

Or

Lord God Almighty and everlasting Father: We thank You for bringing us safely to this new day. We pray that You would preserve us now by Your mighty power that we may not fall into sin, nor be overcome by adversity; and in all that we do direct us to the fulfillment of Your purposes through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit; now and ever and unto ages of ages. **AMEN.**

As the candles are extinguished, the following prayer is prayed:

Bless us, O Lord, we pray, through the prayers of the most holy and blessed God-bearer Mary; the prophet and forerunner St. John, the all glorious and laudable apostles, and all Your saints; that together with them we may ever be found praising and blessing and boldly confessing Your Only-begotten Son as God in the flesh, the Light and Redeemer of all the world, who lives and reigns and is worshipped and adored with You and the Holy Spirit; One God forever and ever. **AMEN.**

Evening Prayers

(Lighting of Candles)

If Vespers has not been prayed at the church, the following may be said or sung if candles are to be lit:

O Gladsome Light of the holy glory of God the Father Immortal; The heavenly, the holy, the blessed Jesus Christ. Now as we come to the setting sun, beholding the evening light, we praise God the Father, the Son and Holy Spirit Who are God. Worthy it is to sing to Thee, with voices of praise at all times. O Son of God, Giver of Life; Let all the world glorify Thee!

If Vespers has been prayed at the church, the following may be said or sung if candles are to be lit:

Bless the Lord, O my soul; Blessed are You, O Lord! (3x)

(Trisagion Prayers)

The Trisagion Prayers or just the Trisagion may be prayed again as in morning prayers (pg. 3) up to the Our Father.

(Readings, Thanksgivings, and Confession)

One of the evening Psalms (104, Ps. 4; 32; 33; 111; 130, 142, 148) and/or a reading from the Lectionary may be done here. Then the prayer of the hours is offered:

O Lord, Who at all times and in every hour in heaven and earth are worshipped and glorified, O Christ our God, most patient, most merciful, most compassionate, Who loves the just and the righteous and has mercy on sinners, Who calls all to repentance and salvation through the promise of the good things to come: Receive, O Lord, our prayers at this hour, and guide our life to Your commandments. Sanctify our souls, purify our bodies, direct our thoughts, clarify our intentions, and deliver us from all distress, evil and sorrow. Surround us with your holy angels, so that guided and guarded by their host, we may attain to the unity of the faith and the full knowledge of Your unapproachable glory. For blessed are You unto ages of ages. **Amen.**

Time is taken to give thanks for the blessings of the day and to pray for any needs that are on your heart, giving them into the Lord's hands so that you may rest in peace. Then one of the following confession prayers is prayed:

O Eternal God, King of all creation, who has kept me safe to attain to this hour, forgive me the sins which I have committed this day in thought, word, and deed; and cleanse, O Lord, my humble soul from every stain of flesh and spirit. Grant me, O Lord, to pass this night in peace, to rise from my bed, and to vanquish the enemies, both visible and invisible, that contend against me. Deliver me, O Lord, from the vain thoughts that stain me, and from evil desires. For Yours is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. **Amen.**

Or

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for You are good and love mankind. Grant me peaceful and undisturbed sleep and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify You; for You are blessed: with Your Only-begotten Son and Your All-holy Spirit; now and ever, and unto ages of ages. **Amen.**

Or Psalm 51

Have mercy on me, O God, according to Your steadfast love; according to Your abundant mercy 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, have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment.

Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit. Then I will teach transgressors Your ways, and sinners will return to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue will sing aloud of Your deliverance.

O Lord, open my lips, and my mouth shall show forth Your praise. For You have no delight in sacrifice; were I to give a burnt offering, You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise.

Forgiveness may here be asked for specific sins of the day. Then prayers are collected with the prayer Christ taught us:

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. For Thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

(Closing Prayers)

Then one of the following prayers may be prayed as the candles are extinguished:

My soul proclaims the greatness of the Lord, and my spirit exults in God my Savior; for He has looked upon my lowliness with favor, and my name shall be forever exalted! The Mighty One has done great things for me, and His mercy shall endure for age to age; and holy, holy, holy is His Name.

Or

Grant rest, O Master, to our souls and bodies as we sleep; preserve us from the gloomy slumber of sin and from the dark passions of the night. Calm the impulses of carnal desires, quench the fiery darts of the evil one which are craftily directed against us. Still the rebellions of the flesh, and put far from us all anxiety and worldly cares. Grant us, O God, a watchful mind, pure thoughts, a sober heart and a quiet rest free from every vision of the devil. Raise us up again at the hour of prayer, strengthened in Your precepts and holding within us steadfastly the thought of Your commandments. Grant that our unconscious minds may sing praises to You even as we sleep, and that we may hymn, bless and glorify Your all-honorable and majestic Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

(Personal Prayer Before Going to Sleep)

Into Your hands I commit myself, body and soul, and all those whom I love, both living and departed, for this night. Let Your holy angels be with us through the night that the wicked enemy may have no power over us, in the 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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In place of much or all of the above evening prayers, when time is short or a shorted evening prayer is desired, the following may simply be used when going to bed:

Father, thank You for the blessings of this day (*recount specific blessings*). Forgive the sins I have committed against You (*recount specific sins you are mindful of*). Into Your hands I commit myself, body and soul, and all those whom I love, both living and departed, for this night. Let Your holy angels be with us through the night that the wicked enemy may have no power over us, in the name of the Father, and of the Son, and of the Holy Spirit; now and ever and unto ages of ages. Amen.