

MORNING PRAYERS

Full Version

Having awakened, arise from your bed without laziness and, having gathered your thoughts, make the Sign of the Cross, saying:

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

Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Then, begin the Morning Prayers with these words:

Lord Jesus Christ, Son of God, through the prayers of Thy most pure Mother and all the saints, have mercy on us. Amen.

The Trisagion Prayers

Glory to Thee, our God, glory to Thee!

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

During the Paschal season,

O Heavenly King... is replaced with:

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life (*Thrice*)

Holy God, Holy Mighty, Holy Immortal, have mercy on us! (*Thrice*)

Glory 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 Thy name's sake.

Lord have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Troparia to the Holy Trinity

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.

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

Having raised me from my bed and from sleep, O Lord, 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.

Now and ever and unto ages of ages. Amen.

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

Lord have mercy. (*12 times*)

A Prayer to the Holy Trinity

Having risen from sleep, I thank Thee, the Holy Trinity. In the abundance of Thy kindness and long patience, Thou hast not been angry with me for my laziness and sinfulness, nor hast Thou destroyed me in my lawlessness. Instead, in Thy

usual love for mankind, Thou hast raised me as I lay in despair, that I might rise early and glorify Thy Reign. Enlighten now the eyes of my mind and open my lips, that I might learn of Thy words, understand Thy commandments, accomplish Thy will, hymn Thee in heart-felt confession and praise Thine all-holy name, the Father and the Son, and the Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship God, our King!

Come, let us worship and fall down before Christ, our King and our God!

Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 50 (51)

Have mercy on me, O God, according to Thy steadfast love; according to Thy 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 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 bear 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.

The Symbol of Faith

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 rose 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

First Prayer, by St. Macarius the Great

O God, cleanse me a sinner, for I have done nothing good before Thee. Deliver me from the evil one, and may Thy will be in me, that I might open my unworthy lips without condemnation and

praise Thy holy name, Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Second Prayer, by St. Macarius the Great

Having risen from sleep, I offer Thee, Savior, the midnight song. Falling down, I cry to Thee: let me not fall asleep in the death of sin. Be gracious to me, Thou Who wast willingly crucified. Raise me quickly as I lie in laziness, and save me as I stand in prayer. After the night's sleep, O Christ God, shine a sinless day on me and save me.

Third Prayer, by St. Macarius the Great

Having risen from sleep, I run to Thee, O Master, for Thou lovest mankind, and I rush to accomplish Thy work. Help me, I pray Thee, at all times and in all things. Deliver me from every evil thing of this world and from works of the devil. Save me, and lead me into Thine eternal Kingdom. Thou art my Maker, the Provider and Giver of everything good. All my hope is in Thee and I glorify Thee, now and ever and unto ages of ages. Amen.

Fourth Prayer, by St. Macarius the Great

O Lord, through Thy abundant goodness and great generosity, Thou hast allowed me, Thy servant, to pass through the hours of this night untempted by any evil of the enemy. Grant also, O Master and Creator of all, that I might accomplish Thy will in Thy true light and with an illumined heart, now and ever and unto ages of ages. Amen.

Fifth Prayer, by St. Macarius the Great

O Lord, the Almighty God, Who acceptest the thrice-holy hymn from Thy heavenly hosts: accept this song of the night even from me. Thine unworthy servant. Grant that at every year and hour of my life I might glorify Thee, the Father, the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

Sixth Prayer, by St. Basil the Great

Almighty Lord, the God of hosts and of all flesh, Thou livest in the heights, yet lookest down on the humble, proving the hearts and emotions,

clearly foreknowing the secrets of men. Thou art the Light without beginning, in Whom there is no variation nor shadow of change. Immortal King, accept the prayers which we now offer Thee from defiled lips. Free us from the sins we have committed in deed, word or thought, knowingly and unknowingly. Cleanse us from all defilement of flesh and spirit. Grant us to pass through the entire night of this present life with a watchful heart and a sober mind, awaiting the coming of the bright and manifest day of Thine only-begotten Son, our Lord, God and Savior Jesus Christ, when the Judge of all will come with glory to reward each according to his deeds. May we not be found fallen and lazy, but alert and roused to action, prepared to enter into His joy and the divine chamber of His glory, where the voice of those who feast is unceasing and indescribable is the delight of those who behold the inexpressible beauty of Thy countenance. For Thou art the true Light which enlightens and sanctifies all, and all creation hymns Thee unto ages of ages. Amen.

Seventh Prayer, also by St. Basil

We bless Thee, most high God and Lord of mercies, Who ever doest great and unfathomable things for us - glorious and awesome things without number. Thou givest us sleep for the repose of our frailty, relieving the labors of our overburdened flesh. We thank Thee for not destroying us in our lawlessness. Instead, Thou hast shown Thy usual love for mankind, and raised us, as we lay in despair, to glorify Thy Reign. Therefore, we implore Thy boundless goodness: enlighten our thoughts and eyes, and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with Thy praise, that we may unwaveringly hymn and confess Thee, the God glorified in all and by all, Father without beginning, with Thine only-begotten Son and Thine all-holy, and life-giving Spirit, now and ever and unto ages of ages. Amen.

Eighth Prayer, a Midnight Song to the Most Holy Theotokos

I hymn your Grace, O Lady, and pray that you grace my mind. Teach me to walk correctly on the path of Christ's commandments. Strengthen me to

watch in song, dispelling the despair of sleep. I am bound by fetters of sin, free me by your prayers, O Bride of God! Keep me in the night and in the day, delivering me from warring enemies. As you bore the life-giving God, give life to me, who am wounded by passions. As you bore the unsetting Light, enlighten my blinded soul. O wondrous palace of the Master, make me a home of the divine Spirit. As you bore the Physician, heal my soul of its passion-filled years. I am tossed in the tempest of life: direct me to the path of repentance. Deliver me from the eternal flame, from the evil worm, and from hell. Make me not a joy for demons, though I am guilty of many sins. Make me new, most undefiled one, for I am aged by senseless sins. Estrange me from all torments, and pray for me to the Master of all. Grant that, with all the saints, I may inherit the joys of heaven. Hear, most holy Virgin, the voice of your useless servant. Grant me a torrent of tears, most pure one, to wash the filth of my soul. The groans of my heart I bring you unceasingly: open your heart, O Lady! Accept my prayerful service, and take it to the compassionate God. You who are far higher than the angels, raise me above this world's confusion. light-bearing heavenly cloud, direct spiritual grace into me. I raise in praise, all-undefiled one, hands and lips defiled by sin. Deliver me from soul-corrupting harm, praying fervently to Christ, to Whom glory and worship are due, now and ever and unto ages of ages. Amen.

Ninth Prayer, to Our Lord Jesus Christ

My most merciful and all-merciful God, Lord Jesus Christ! In Thy great love. Thou didst come down and become flesh in order to save all. Again, I pray Thee, save me by Grace! If Thou shouldst save me because of my deeds, it would not be a gift, but merely a duty. Truly, Thou aboundest in graciousness and art inexpressibly merciful! Thou hast said, O my Christ: "He who believes in me shall live and never see death." If faith in Thee saves the desperate, behold: I believe! Save me, for Thou art my God and my Maker. May my faith replace my deeds, O my God, for Thou wilt find no deeds to justify me. May my faith be sufficient for all. May it answer for me; may it justify me; may it make me a partaker of Thine eternal glory ; and may Satan not

seize me, O Word, and boast that He has torn me from Thy hand and fold. O Christ my Savior: save me whether I want it or not! Come quickly, hurry, for I perish! Thou art my God from my mother's womb. Grant, O Lord, that I may now love Thee as once I loved sin, and that I may labor for Thee without laziness as once I labored for Satan the deceiver. Even more, I will labor for Thee, my Lord and God Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

Tenth Prayer, to the Angel, the Guardian of Human Life

O Holy Angel, who stand by my wretched soul and my passionate life: do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy Angel of God, the guardian and protector of my wretched soul and body: forgive all the sorrows I have caused you, every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me. His servant, worthy of His goodness. Amen.

Eleventh Prayer, to the Most Holy Theotokos.

O Most Holy Theotokos, my Lady: through your holy and all-powerful prayers, turn away from me, your humble and unworthy servant, despair, forgetfulness, unreasonableness, indifference, and all unclean, evil and blasphemous thoughts from my wretched heart and darkened mind. Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my numerous and wicked memories and fantasies. Free me from all evil acts, for you are blessed by all generations, and your most honorable name is glorified unto ages of ages. Amen.

Rejoice, O Virgin Theotokos! Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls!

O most glorious Ever-Virgin Mother of Christ our God, bear our prayer to your Son and our God, that through you 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 holy (*your Patron Saint*), for with fervor I run to you, swift helper and intercessor for my soul.

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

It is truly meet to bless you, 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 defilement you gave birth to God the Word: true Theotokos, we magnify you.

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

Lord, have mercy! (*Thrice*)

Lord Jesus Christ Son of God, for the sake of Thy

most pure Mother, our venerable and God-bearing fathers, and all the saints, save me, a sinner. Amen.

Some pious Christians use the following "Morning Prayer of the last Elders of Optina" with their morning prayers.

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 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 every member of my family, 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.

