

ORTHODOX EVENING PRAYERS

Orthodox Prayers Before Sleep

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

Glory to Thee, our God, glory to Thee!

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things; Treasury of Good Things, and Giver of Life: come and abide in us, cleanse us from every stain, and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

All-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. (3x)

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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one. Amen.

Troparia of repentance

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.

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.

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 are the salvation of the Christian people.

The following troparia for evening may be used in place of the foregoing:

Now that the day hath come to a close, I thank Thee, O Lord, and I ask that the evening with the night may be sinless; grant this to me, O Savior, and save me.

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

Now that the day hath passed, I glorify Thee, O Master, and I ask that the evening with the night may be without offence; grant this to me, O Savior, and save me.

Now and ever, and unto ages of ages. Amen.

Now that the day hath run its course, I praise Thee, O Holy One, and I ask that the evening with the night may be undisturbed; grant this to me, O Savior, and save me.

Lord, have mercy. (12x)

[Psalms may be inserted here as desired after "Come, let us worship..."

If Psalms are not inserted, don't used "Come, let us worship..."

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!

Psalms are read; then after the Psalms

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

Alleluia, alleluia, alleluia, glory to Thee, O God. (3x)]

Prayer I of St Macarius the Great, to God the Father:

O Eternal God and King of all Creation, Who hast granted me to reach this hour: forgive the sins I have committed this day in deed, word and thought. Cleanse, O Lord, my humble soul from every defilement of flesh and spirit.

Grant, Lord, that I may pass through this night in peace.

When I rise from my humble bed may I please Thy most Holy Name all the days of my life and trample under foot the physical and bodiless enemies both that wage war against me. Deliver me, Lord, from vain thoughts that defile me and from evil lusts. 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.

Prayer II of St Antiochus, to Our Lord Jesus Christ:

Almighty Word of the Father, Jesus Christ, Who art perfect: never abandon me, Thy servant, for Thy great mercy's sake, but ever abide in me. O Jesus, Good Shepherd of Thy sheep, do not deliver me to the serpent's rebellion! Do not abandon me to Satan's will, for the seed of corruption is within me! Instead, O Lord God the Adored, Holy King Jesus Christ, keep me while I sleep by Thy unwavering Light, Thy Holy Spirit by Whom Thou didst sanctify Thy disciples. O Lord, grant to me, Thine unworthy servant, salvation on my bed. Enlighten my mind with the light of understanding Thy Holy Gospel; my soul with the love of Thy Cross; my heart with the purity of Thy Word; my body with Thy passionless Passion. Keep my thoughts with Thy humility and raise me at the right time to glorify Thee. For Thou art most glorified, with Thine unoriginate Father and Thy most Holy Spirit forever. Amen.

Prayer III, to the Holy Spirit:

O Lord, the Heavenly King, the Comforter, the Spirit of Truth: have compassion and mercy on me, Thy sinful servant! Absolve me, who am unworthy. Forgive all the sins I have committed this day both in my humanity and my inhumanity, behaving worse than beasts in sins voluntary and involuntary, known and unknown, from my youth, from evil suggestions, haste and despondency. If I have sworn by Thy name or blasphemed it in thought; if I have reproached anyone or become angered by something; or slandered or saddened anyone in my anger; or have lied, or slept unnecessarily; or a beggar has come to me and I have despised him; or have saddened my brother or quarreled with him; or have judged someone; or have allowed myself

to become haughty, proud or angry; or, when standing in prayer, my mind has been shaken by the wickedness of this world; or have entertained depraved thoughts; or have over-eaten, over-drunk or laughed mindlessly; or have had evil thoughts or seen the beauty of someone and been wounded by it in my heart; or have spoken inappropriately; or have laughed at my brother's sins when my own transgressions are countless; or have been indifferent to prayer; or have done any other evil that I can not remember – for I have done all this and more: have mercy, O Master, my Creator, on me, Thy despondent and unworthy servant! Absolve, remit and forgive me, in Thy goodness and love for mankind that I, who am prodigal, sinful and wretched, may lie down in peace and find sleep and rest. May I worship, hymn and praise Thy most honorable name, with the Father and His only-begotten Son, now and ever and unto ages of ages. Amen.

Prayer IV, of St. Macarius the Great:

What can I bring Thee? With what can I repay Thee, O Immortal King, the bestower of great gifts, O generous Lord, the Lover of Mankind? Though I have been lazy in pleasing Thee and have done no good, Thou hast brought me to the end of this day, ordering the conversion and salvation of my soul. Be merciful towards me, a sinner devoid of any good deeds. Raise up my fallen soul, defiled by immeasurable sins. Remove from me every evil thought of this visible life. Forgive, O only Sinless One, all the sins I have committed against Thee this day, in knowledge or in ignorance, in word, deed or thought or through any of my senses. Covering me Thyself, protect me from every assault of the enemy through Thy divine Power, inexpressible Love

for mankind, and Strength. Cleanse, O God, cleanse the multitude of my sins. Be pleased, O Lord, to deliver me from the snares of the evil one, and save my passionate soul. When Thou comest in glory, illumine me with the light of Thy countenance. May I fall uncondemned into a sleep free of apparitions. Keep the thoughts of Thy servant untroubled, and keep far from me every satanic activity. Enlighten the reason-endowed eyes of my heart that I fall not into the sleep of death. Send to me an angel of peace, the guide and guardian of my soul and body that he may deliver me from my enemies. Then, when I arise from my bed, I shall offer Thee prayers of thanksgiving. Yea, Lord, hear me, Thy sinful servant, impoverished in will and conscience. Grant that I may learn from Thy words when I arise. Cause Thy Angels to drive demonic despondency far from me. May I bless Thy holy Name and praise and glorify Mary, the most pure Theotokos, whom Thou hast given to us sinners as an intercessor. Receive her as she prays for us. We know that she imitates Thy love for mankind and never ceases to pray. Through her intercessions, the Sign of the precious Cross and for the sake of all Thy saints, O Jesus Christ our God, have mercy on my wretched soul, for Thou are Holy and most glorified unto ages of ages. Amen.

Prayer V

O Lord our God, forgive all the sins I have committed this day in word, deed and thought, for Thou art good and lovest mankind. Grant me a peaceful sleep, free of restlessness. Send Thy Guardian Angel to protect and keep me from all harm. For Thou art the Guardian of our souls

and bodies, and to Thee we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer VI

O Lord our God, in Whom we believe and upon Whose Name we call more than any other name: grant relief to our souls and bodies as we go to sleep. Keep us from every fantasy and dark pleasure. Halt the rushing of passions and quench the fiery arousals of the flesh. Grant us to live chastely in word and deed. Having embraced a virtuous life, may we not fall away from Thy promised blessings, for blessed art Thou for ever. Amen.

Prayer VII, of St. John Chrysostom:

Prayers of Supplication, corresponding to the 24 hours of day and night.

For the Day

Lord, exclude me not from Thy heavenly blessings.

Lord, deliver me from eternal torments.

Lord, whether I have sinned in mind or thought, word or deed, forgive me.

Lord, deliver me from all ignorance, forgetfulness, cowardice and stone-like insensitivity.

Lord, deliver me from every temptation.

Lord, enlighten my heart which evil desires have darkened.

Lord, as a man I have sinned: as a gracious God, have mercy on me, seeing the weakness of my soul.

Lord, send Thy Grace to my aid, that I may glorify Thy holy Name.

Lord Jesus Christ, inscribe me, Thy servant, in the Book of

Life and grant me a good end.

Lord, my God, even though I have done nothing good before Thee, grant by Thy Grace that I may make a good beginning.

Lord, sprinkle the dew of Thy Grace into my heart.

Lord of Heaven and earth, remember me, Thy sinful, shameful and impure servant, in Thy Kingdom. Amen.

For the Night

Lord, accept me in penitence.

Lord, abandon me not.

Lord, lead me not into temptation.

Lord, grant me good thoughts.

Lord, grant me tears, the remembrance of death and compunction.

Lord, grant me the thought of confessing my sins.

Lord, grant me humility, chastity and obedience.

Lord, grant me patience, courage and meekness.

Lord, cause the root of good to dwell in me - Thy fear in my heart.

Lord, grant that I may love Thee with all my soul and mind and do Thy will in all things.

Lord, protect me from certain people, demons and passions, and from any other unseemly thing.

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 VIII, to our Lord Jesus Christ:

O Lord Jesus Christ the Son of God, for the sake of Thy most honorable Mother, Thy bodiless Angels, Thy Prophet, Forerunner and Baptist, the Divinely inspired Apostles, the Bright and victorious Martyrs, the venerable and God-

bearing Fathers and all the Saints: deliver me from this present assault of the devil. Yea, O Lord my Creator, Who desirest not the death of the sinner, but that he should return to Thee and live: grant repentance to me, wretched and unworthy. Snatch me from the jaws of the consuming serpent, its mouth opened to devour me and take me down to hell alive. Yea, my Lord and my Comfort, Who didst put on corruptible flesh for my wretched sake: deliver me from wretchedness and bring comfort to my wretched soul. Implant in my heart the accomplishment of Thy precepts, the abandonment of evil deeds and the obtainment of Thy blessings. In Thee, O Lord, have I trusted: save me!

Prayer IX, of Peter the Studite, to the Most Holy Theotokos:

Before thee, the Most Pure Mother of God, I who am wretched fall down and pray: thou knowest, O Queen that I sin constantly and anger thy Son and my God. No matter how often I repent, I appear a liar before God, and repent with trembling. Can God shake me and I do those same things again an hour later? Knowing this, my Mistress, O Lady Theotokos, I pray: have mercy on me, strengthen me and grant that I may do good. Thou knowest, my Lady Theotokos, that I abhor my evil deeds and love the Law of my God with all my mind. But, most pure Lady, I do not know how I can love what I abhor and turn away from what is good. Do not allow my will to be done, Most Pure One, for it is not appropriate. May the will of thy Son and my God be done. May He save and enlighten me, and give me the Grace of His Holy Spirit, in order that I might stop sinning from this time on and live the remainder of my life in obedience to thy Son, to Whom belongeth all glory, honor and majesty, with His Father Who is without

beginning, and His Most Holy, good and life-creating Spirit, now and ever and unto ages of ages. Amen.

Prayer X, to the Most Holy Theotokos:

O Good Mother of the Good King, most pure and blessed Mary, the Theotokos: pour out the mercy of thy Son and our God on my passionate soul. Direct me towards many good deeds through thy prayers, that I may pass through the remainder of my life without stain, and find Paradise through thee, O Virgin Theotokos who alone art pure and blessed.

Prayer XI, to the Holy Guardian Angel:

Angel of Christ, my holy guardian, the protector of my soul and body: forgive me for all the sins I have committed this day. Deliver me from all the evil of my militant Enemy, that I may not anger my God by any sin. Pray for me, thy sinful and unworthy servant, that thou mayest show me worthy of the goodness and mercy of the All-Holy Trinity, the Mother of my Lord Jesus Christ and all the Saints. Amen.

Kontakion to the Theotokos:

O Victorious leader of triumphant hosts! We thy servants delivered from evil, sing our grateful thanks to thee, O Theotokos! As thou dost possess invincible might, set us free from every calamity so that we may sing: Rejoice, O unwedded Bride!

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!

All my hope I place in thee, O Mother of God: keep me under thy protection!

Virgin Theotokos, do not despise me a sinner who crave thy help and intercession. My soul hopeth in thee, have mercy on me!

Also the Prayer of St. Ionnikios:

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

Meet it is in truth to bless thee, O Theotokos, who art ever-blessed and all-blameless, and the Mother of our God. More honorable than the Cherubim, and more glorious without compare than the Seraphim, who without corruption gavest birth to God the Word: verily, Theotokos, we magnify thee!

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

Lord, have mercy. (3x)

Lord, Bless!

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.

A Prayer of St John of Damascus,

said pointing at the bed:

O Master Who lovest mankind, is this be to be my coffin? Or wilt Thou enlighten my wretched soul with another day? Behold: before me lies the coffin, before me stands death! O Lord, I fear Thy judgment and the endless torments, yet I cease not to do evil. I always anger Thee, my Lord God, and Thy most pure Mother, all the heavenly hosts and my holy Guardian Angel. I know, Lord, that I am unworthy of Thy love for mankind. Indeed, I am worthy of every

condemnation and torment. Yet, Lord, save me whether I want it or not! When Thou savest the righteous, it is no great thing. When Thou has mercy on the pure, it causes no wonder, for they are worthy of Thy mercy. Astound us with Thy mercy towards me, a sinner. Reveal in this manner Thy love for mankind, that my wickedness may not overcome Thine inexpressible goodness and mercy. As Thou wilt, order my life!

Wishing to lie down on your bed, say:

Enlighten my eyes, Christ God, that I fall not asleep to death and that my enemy may not say of me: I have overcome him.

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

Be the Helper of my soul, O God, for I walk among many snares. Deliver me from them, O Good One, and save me, for Thou lovest mankind.

Now and ever and unto ages of ages. Amen.

Let us ever hymn the most glorious Mother of God, who is holier than the Holy Angels. With heart and lips let us confess that she is the Theotokos, for she truly bore God incarnate for us and prays ceaselessly for our souls.

Kiss your Cross. Then make the Sign of the Cross over your bed, saying

The Prayer to the Precious Cross:

Let God arise and let His enemies be scattered! 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 sinners perish before the face of those who love God and

sign themselves with the Sign of the Cross and say joyfully: rejoice, most precious and life-creating Cross of the Lord, which chases demons away through the power of our Lord Jesus Christ Who was nailed to you, descended into hell and, having trampled down the power of the devil gave to us His precious Cross for the routing of all enemies. Help me for ever, most precious and life-creating Cross of the Lord, with the Holy Lady Virgin Theotokos and all the Saints. Amen.

Prayer of Confession:

Remit absolve and forgive, O God, all our voluntary and involuntary sins, in word and in deed, in knowledge and in ignorance, in the day or in the night, in mind and in thought! Forgive us everything, for Thou art good and lovest mankind.

Prayer of Intercession:

O Lord Who lovest mankind, forgive those who hate and wrong us. Do good to those who do good. Grant to our brethren and relatives all petitions for salvation and eternal life. Visit the afflicted and heal them. Guide those at sea. Travel with travelers. Join the Orthodox Christians in battle. Grant remission of sins to those who serve us and are kind to us. Have mercy, according to Thy great mercy, on those who have asked us to pray for them, unworthy though we be. Remember, Lord, our fathers and brethren who have fallen asleep before us, and give them rest under the light of Thy countenance. Remember, Lord, our captive brethren, and deliver them from every misfortune. Remember, Lord, those who bear fruit and do good works in Thy holy churches, and grant them all their petitions for salvation and eternal life. Remember us also, Lord, Thy humble, sinful and

unworthy servants. Enlighten our minds with the light of Thy reason and direct us onto the path of Thy commandments through the prayers of our most Pure Lady, the Theotokos and ever-virgin Mary and all Thy Saints, for blessed art Thou unto ages of ages. Amen.

*From the 1982 St. Tikhon's Prayerbook, now out of print.
Translation modified to conform to useage at St. Maximus.*