

Orthodox Morning Prayers

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.

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.

In the Paschal Season, 'Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life' is said thrice in place of "O Heavenly King".

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, look upon 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.

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 with fear: Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

Lord, have mercy! (12x)

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!

A Psalm of Repentance (Psalm 50) (*Archbishop Dmitri trans*)

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 yet more from my transgressions, and from my sin purify thou me: for I know my transgression, and my sin is continually before me. Against thee alone have I sinned, and have done evil before thee; that thou mightest be justified in thy words, and conquer when thou art judged. Behold, in transgressions was I conceived, and in sin did my mother bear me. Behold, thou hast loved truth, the hidden and secret things of thy wisdom hast thou revealed unto me. Thou shalt sprinkle me with hyssop and I shall be cleansed; Thou shalt wash me, and I shall be whiter than snow. Thou shalt make me hear joy and gladness; the bones that have been humbled shall rejoice. Turn away thy face from my sins, and blot out my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy face, and take not thy Holy Spirit from me. Give me again the joy of thy salvation, and establish me with a princely spirit. Then will I teach transgressors thy ways, and the impious shall return unto thee. Deliver me from bloodguiltiness, O God, the God of my salvation; my tongue shall rejoice in thy righteousness. O Lord, open thou my lips and my mouth shall declare thy praise. For if thou hadst desired sacrifice, I would have given it; with burnt-offerings thou wilt not be pleased. A sacrifice to God is a broken spirit; a broken and humbled heart God will not despise. Do good, O Lord, in thy goodwill unto Zion; and let the walls of Jerusalem be built. Then shalt thou be pleased with the sacrifice of

righteousness, oblations, and burnt-offerings; then shall they lay bullocks upon thine altar.

Other Psalms may be added as desired and time permits.

The Symbol of the Orthodox 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 arose again, according to the Scriptures, and ascended into Heaven, and sitteth 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 proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by 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 I, of 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 mine unworthy lips without condemnation, and praise Thy holy name: Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer II, of the same saint:

Having risen from sleep, I offer Thee, O Savior, the midnight song. Falling down I cry to Thee: let me not fall

asleep in the death of sin. Be gracious to me, O 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.

Prayer III, of the same saint:

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.

Prayer IV, of the same saint:

O Lord, through Thine 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.

Prayer V, of the same saint:

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.

Prayer VI, by St. Basil the Great:

Almighty Lord, the God of hosts and of all flesh, who 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. O 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.

Prayer VII, likewise 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 has 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.

Prayer VIII, a midnight song to the Theotokos:

I hymn thy grace, O Lady, And pray that thou dost grace my mind. Teach me to walk correctly in 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 thy prayers, O Bride of God! Keep me in the night and in the day, delivering me from warring enemies. As thou didst bear the life-giving God, give life to me who am wounded by passions. As thou didst bear the unsetting Light, enlighten my blinded soul. O wondrous Palace of the Master, make me a home of the Divine Spirit. As thou didst bear 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 thy 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 thee unceasingly: open thy heart, O Lady! Accept my prayerful service and take it to the compassionate God. Thou who art far higher than the angels, raise me above this world's confusion. O 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.

Prayer IX, to Our Lord Jesus Christ:

My most merciful and all-merciful God, O 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 believeth in me shall live and never see death." If faith in Thee saveth 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 hath 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.

Prayer X, 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 cause thee 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.

Prayer XI, to the Most Holy Theotokos:

O Most Holy Theotokos, my Lady: through thy holy and all-powerful prayers, turn away from me, thy 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 thou art blessed by all generations, and thy most honorable name is glorified unto ages of ages. Amen.

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 borne the Savior of our souls!

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 holy _____ (*your patron Saint*) for with fervor I run to thee, swift helper and intercessor for my soul!

You May insert the troparion of your saint here, and any others you might wish; the Commemoration of the Living & the Dead may be read here as well.

O Lord, save Thy people, and bless Thine inheritance. Grant victory to Orthodox Christians over the enemy; and by Thy Cross, preserve Thine estate.

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 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 with their morning prayers:

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.

Commemoration of the Living and the Dead

To be read daily at the end of the rule of prayer:

For the Living:

Remember, O Lord Jesus Christ our God, Thine eternal mercies and compassion, for whose sake Thou didst become man and willingly endured crucifixion and death for the salvation of those who rightly believe in Thee. Thou didst rise from the dead and ascend into Heaven and sittest at the right hand of God the Father, looking down on the humble

petitions of those who call upon Thee with their whole heart. Bow down Thine ear and hear the prayer which I, Thy useless servant, offer Thee for all Thy people as a spiritual fragrance. First of all, remember Thy Holy, Catholic, and Apostolic Church which Thou didst obtain through Thy precious Blood. Establish, strengthen, broaden, and multiply her. Give her peace and keep her eternally unassailable by the gates of hell. Calm the quarrels of the churches, put out the arrogance of the heathen, and swiftly destroy and uproot the rebellions of heresies, turning them into nothing through the power of Thy Holy Spirit. *Prostration.*

Save, Lord, and have mercy on the most Holy Orthodox Patriarchs, on our Lord, the most Reverend *Dmitri*, Archbishop of Dallas and the South; on priests, deacons, and all the clergy whom Thou hast installed to tend Thy reason-endowed flock. Through their prayers, save me also, a sinner, and have mercy on me. *Prostration.*

Save, Lord, and have mercy on the President of our country, on all our civil authorities and armed forces. Surround them with peace, and speak peace and goodness into their hearts for Thy Holy Church and all Thy people. In their calm may we live a calm and silent life in the True Faith and in all piety and purity. *Prostration.*

Save, Lord, and have mercy on our father (*the name of your parish priest*) with all our brethren in Christ, and have mercy on me, who am wretched, through their prayers. *Prostration.*

Save, Lord, and have mercy on my spiritual father *N.*, and forgive my transgressions through his holy prayers. *Prostration.*

Save, Lord, and have mercy on all our brethren who serve this holy Church—the parish council, the choir, the teachers, the custodians and cleaners, and all who work for our parish, and all Christians. *Prostration.*

Save, Lord, and have mercy on my parents *NN.*, (*if they are still living*), my wife/husband *N.*, my children *NN.*, my brothers and sisters *N.*, and all my relatives according to the flesh, my godparent(s) *N.*, those who are close to my family, and my friends. Grant them Thy worldly and heavenly good things. *Prostration.*

Save, Lord, and have mercy on our fathers, brothers, and sisters who live with patient faith in the monasteries of the Holy Mountain, Russia, America, and any other place. Through their prayers have mercy on me a sinner. *Prostration.*

Save, Lord, and have mercy, according to the multitude of Thy compassions, on all hieromonks, monks, and nuns, and on all who in virginity, reverence, and fasting, live in the True Faith in monasteries, in deserts and caves, on mountains and pillars, in hermitages and cleft rocks, on islands in the sea, and in every place of Thy dominion, serving Thee piously and praying to Thee. Lighten their burden and console them in sorrow. Grant them strength and resolution in their struggles, and grant me remission of sins through their prayers.

Save, Lord, and have mercy on the old and the young, the poor, the orphans and widows, and on those who are in sickness and in sadness, in misfortunes and in sorrow, in war and in captivity, in prison and in exile—especially those who, being Thy servants, are persecuted for the Orthodox Faith by godless heathens, apostates, and heretics. Remember, visit, strengthen, and comfort them, giving them early release, freedom, and deliverance by Thy might. *Prostration.*

Save, Lord, and have mercy on our benefactors who have mercy on us and feed us, giving us alms and security, and ask us to pray for them, despite our unworthiness. Be Thou merciful to them and grant their every petition for salvation and the reward of eternal good things. *Prostration.*

Save, Lord, and have mercy on all our fathers, brothers, and sisters, NN. and all Orthodox Christians who are travelling in Thy service. *Prostration.*

Save, Lord, and have mercy on those whom I have caused to stumble, turning them away from the path of salvation and leading them to evil and unseemly deeds, NN. Return them to the path of salvation by Thy Divine Providence. *Prostration.*

Enlighten with the light of Thy knowledge those who have left the Orthodox Faith and have been blinded by devastating heresies, reuniting them to Thy Holy, Catholic, and Apostolic Church. *Prostration.*

For Departed Clergy

Remember, Lord, all Orthodox bishops, priests, and those who serve in holy orders; those who serve Thee in monastic ranks, and the blessed founder of our church NN.. Grant them rest with the saints in Thine eternal dwellings. *Prostration.*

For Departed Relatives

Remember, Lord, the souls of Thy departed servants, my parents NN. (*if they are already dead*), and all my relatives according to the flesh NN. Forgive all their sins, both voluntary and involuntary. Grant them participation in Thine eternal good things and the enjoyment of the eternal and blessed life. *Prostration.*

For Departed Friends, et al.

Remember, Lord all our departed fathers, brothers, and sisters, the Orthodox Christians who lie here and everywhere in the hope of the Resurrection and eternal life NN [*friends, etc.*]. Grant them to live with Thy saints under the Light of Thy countenance. Have mercy on us also, for Thou art good and lovest mankind. *Prostration.*

The following is said three times, each time with a prostration.

Grant remission of sins, Lord, to all our fathers, brothers, and sisters who have departed before us in faith and hope of the Resurrection, and make their memory eternal.