



Beginning Daily Prayer Rule

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

Glory to You our God, Glory to You.

Trisagion Prayer

Heavenly King, Comforter, the Spirit of Truth, present in all places and filling all things, Treasury of Goodness and Giver of life: come and abide in us. Cleanse us from every stain of sin and save our souls, O Gracious Lord.

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

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

All Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for the glory of Your Name.

Lord, have mercy.(3)

Glory to the Father, and the Son and the Holy Spirit, both now and forever and to the 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.

For Yours is the Kingdom and the Power and the Glory of the Father and the Son and the Holy Spirit, both now and forever and to the ages of ages. Amen.

Psalms

Morning Psalms: 3, 38, 63, 88, 103, 143 - Choose one each day

Evening Psalms: 70 and 143 - alternate

In morning only:

Commemorate the Living

Lord have mercy on: The leaders of the church, nation, spiritual fathers and mothers, parents and relative, Old and young, needy, orphans, widows, those in sickness and sorrow, those in captivity or confinement. Remember, strengthen and comfort them and grant them speedy relief and freedom and deliverance. (add your own names)

Commemorate the Departed

Remember Your servants who have fallen asleep: our grandparents, parents and family members and friends. Forgive them all their sins committed knowingly or unknowingly and grant them You Kingdom, a portion of Your eternal blessing and the enjoyment of Your unending life. (add your own names)

Psalm 51

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I realize my iniquity, and my sin is before me continually. (Pause and remember your sinfulness) Against Thee only have I sinned I and done evil in Thy sight, that Thou mayest be justified in Thy words and win when Thou art judged. For, behold, I was conceived in iniquities, and in sins did my mother desire me. For, lo, Thou lovest truth; the unknown and secret things of Thy wisdom Thou hast made known to me. Thou shalt sprinkle me with hyssop, and I shall be cleansed; Thou shalt wash me, and I shall become whiter than snow. Thou shalt make me hear joy and gladness; the bones that have been humbled will rejoice. Turn Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Thy face, I and take not Thy Holy Spirit from me. Restore to me the joy of Thy salvation, and confirm me with a princely spirit. I shall teach Thy ways to the lawless and the godless will return to Thee. Deliver me from blood, O God - O God of my salvation - and my tongue shall extol Thy justice. O Lord, Thou wilt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I would have given it; but burnt offerings do not please Thee. The sacrifice for God is a contrite spirit; a contrite and humble heart God will not despise. Gladden Sion, O Lord, with Thy good will; and let the walls of Jerusalem be built. Then Thou wilt be pleased with the sacrifice of righteousness, the oblation and burnt offerings; then they will offer calves on Thine altar.

The Creed (Symbol of Faith)

I believe in one God, 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 of the Father before all ages; Light from Light, True God from True God, begotten, not made, of One Essence with the Father, through Whom all things were made: Who for us men, and for our salvation, came down from Heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became Man: And was crucified for us under Pontius Pilate, and suffered and was buried: And He rose on the third day according to the Scriptures: And ascended into Heaven, and sits at the right hand of the Father: He 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, the Creator of the Life, Who proceeds from the Father, Who with the Father and the Son is equally worshipped and glorified, Who spoke by the Prophets: And in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the remission of sins. I look for the Resurrection of the Dead; And the life of the Age to come. Amen.

Lesser Doxology

Glory to God, who has shown us the Light!
Glory to God in the highest, and on earth, peace, good will toward men!
We praise You! We bless You! We worship You!
We glorify You and give thanks to You for Your great glory!
O Lord God, Heavenly King, God the Father Almighty!
O Lord, the Only-begotten Son, Jesus Christ, and the Holy Spirit!
O Lord God, Lamb of God, Son of the Father, Who take away the sins of the world, have mercy on us!
You, Who take away the sins of the world, receive our prayer!
You, Who sit on the right hand of the Father, have mercy on us!
For You alone are holy, and You alone are Lord. You alone, O Lord Jesus Christ, are most high in the glory of God the Father! Amen!
I will give thanks to You every day and praise Your Name for ever and ever.
Lord, You have been our refuge from generation to generation! I said, "Lord, have mercy on me. Heal my soul, for I have sinned against You!"
Lord, I flee to You, Teach me to do Your will, for You are my God. For with You is the fountain of Life, and in Your light shall we see light. Continue Your lovingkindness to those who know You.

Vouchsafe, O Lord, to keep us this day without sin. Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your Name for ever. Amen. Let Your mercy be upon us, O Lord, even as we have set our hope on You.

Blessed are You, O Lord; teach me Your statutes. Blessed are You, O Master; make me to understand Your commandments.

Blessed are You, O Holy One; enlighten me with your precepts.

Your mercy endures forever, O Lord! Do not despise the works of your hands!

To You belongs worship, to You belongs praise, to You belongs glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Morning Prayer of Metropolitan Philaret

Lord, give me the strength to greet the coming day in peace. Help me in all things to rely on Your holy will. Reveal Your will to me every hour of the day. Bless my dealings with all people. Teach me to treat all people who come to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unexpected events, let me not forget that all are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the physical strength to bear the labors of this day. Direct my will, teach me to pray, pray in me. Amen.

or Evening Prayer

O Lord, God our Father, if during this day I have sinned in word, deed or thought forgive me in Your goodness and love. Grant me peaceful sleep; protect me from all evil and awake me in the morning that I may glorify you, Your Son and Your Holy Spirit now and forever and ever. Amen.

(Here you may add your own private prayers using your own words or some of the Prayers found on the Web Page.)

Jesus prayer - repeat 100 times.

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

Reflection

Reflect quietly on the tasks of the day and prepare yourself for the difficulties you might face, asking God to help.

Dismissal

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us.

Amen.

