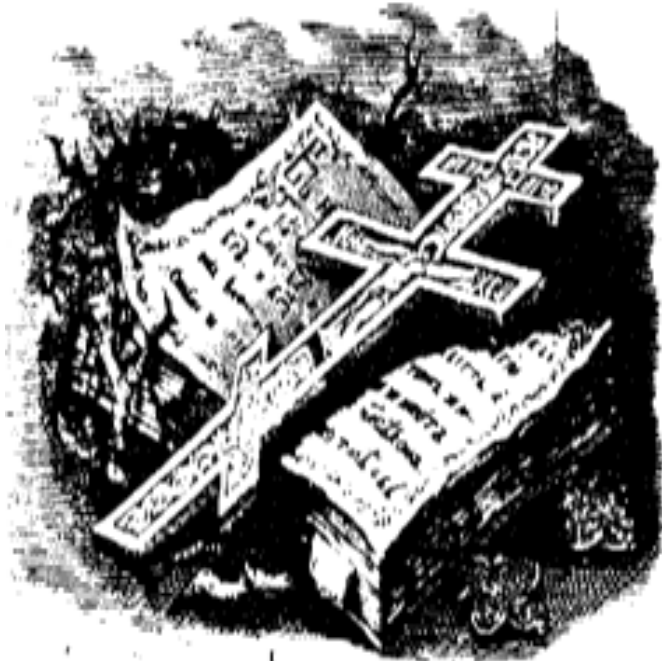




# DAILY PRAYER BOOK



*Compiled and adapted by the  
Orthodox Church in America's  
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young adult events.*

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## Before Communion

I believe, O Lord, and I confess, that Thou art truly the Christ. The Son of the Living God. Who camest into the world to save sinners, of whom I am first. And I believe also that this is truly Thine own most pure body. And that this is truly Thine own precious blood. Therefore I pray Thee. Have mercy upon me. And forgive my transgressions. Both voluntary and involuntary. Of word and of deed. Committed in knowledge or in ignorance. And make me worthy to partake without condemnation, of Thy most pure mysteries. For the remission of my sins. And unto life everlasting. Amen.

Of Thy mystical supper, O Son of God, accept today as a communicant. For I will not speak of Thy mysteries to Thine enemies. Neither like Judas will I give Thee a kiss. But like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom.

May the Communion of Thy most pure mysteries, be neither to my judgment, nor to my condemnation, O Lord. But to the healing of soul and body. Amen.



### Prayer of St. Ephraim

O Lord and Master of my life,  
Take from me the spirit of sloth,  
despair, lust of power and of idle talk. (*Prostration*)

But give rather the spirit of chastity, humility,  
patience and love to your servant. (*Prostration*)

Yea, O Lord and King!  
Grant me to see my own transgressions,  
and not to judge my brother,  
for blessed art Thou unto ages of ages. Amen. (*Prostration*)

## Before Eating

*Everyone:* 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. 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). Father, bless.

*Priest:* O Christ God, bless the food and drink of Thy servants, for Thou art holy, always, unto ages of ages.

*Everyone:* Amen.

## After Eating

*Everyone:* We give thanks to Thee, O Christ our God. For Thou hast satisfied us with Thine earthly blessings. Deprive us not also of Thy heavenly Kingdom. But as Thou didst come to Thy disciples and didst grant them peace. So come to us, O Savior, and save us! 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). Father, bless.

*Priest:* Blessed is God, Who has had mercy on us and fed us from His rich gifts, through His grace and love for mankind, always, now and ever and unto ages of ages.

*Everyone:* Amen.

## Morning Prayers

*Priest:* Blessed is our God always, now, and ever, and unto ages of ages. (If there is no priest present the person in charge of the worship services should begin as a reader saying, **“Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.”** The rest of the service is done as usual except the priest’s/deacon’s parts are omitted, unless it is indicated a reader may read.)

*Reader 1:* Amen. Glory to Thee our God, Glory to Thee!

*Everyone sings:* (tone 6) 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.

*Reader 1:* 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.

O Most 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.

*Everyone sings:* 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.

*Priest:* For Thine is the kingdom, and the Power, and the Glory: of the Father, and the Son, and the Holy Spirit, now and ever and unto ages of ages.

*Reader 2:* 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.

*Reader 3:* Glory to the Father, and to the Son, and to the Holy Spirit:

*Reader 2:* 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.

*Reader 3:* Now and ever and unto ages of ages. Amen.

*Reader 2:* The Judge will come suddenly and the acts of every person 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.

*Reader 4:* 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 great mercy; according to the multitude of thy tender mercies, blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know 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 sins did my mother conceive 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 made clean; wash me, and I shall 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 in 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 blood guiltiness, 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

*Priest:* (Gives blessing)

*Everyone sings:* Amen! Preserve, O God, the holy Orthodox Faith and Orthodox Christians unto ages of ages.

*Priest:* Most Holy Theotokos, save us.

*Everyone sings:* 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.

*Priest:* Glory to Thee, O Christ our God, glory to Thee!

*Everyone sings:* 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! Lord, have mercy! Lord, have mercy! Father, bless!

*Priest:* (Gives blessing)

*Everyone sings:* Amen!

*(If no priest is present the above parts starting at "Wisdom" are omitted and the person in charge of the worship services instead says, "Through the prayers of the holy fathers, O Lord Jesus Christ our God have mercy on us and save us!" The rest respond "Amen.")*

*(At the conclusion of the service the troparion of the local patron saint may be sung as all participants come forward to venerate the icons and receive a blessing from the priest.)*

*Priest (or reader if no priest):* Hear our prayer, O God, and hearken to the words of our lips. Attend to our supplication and receive our petitions. Incline Thine ear and be merciful to the intercessions of Thine unworthy servants, which we offer as a spiritual sacrifice on behalf of all and for all.

Remember, O Lord, first of all Thy holy Church. Strengthen and increase it. Keep it in peace and preserve it in fullness, safe from all destruction divisions and heresies.

Remember, O Lord, and have mercy on his Beatitude, our Metropolitan \_\_\_\_\_, on His Eminence/Grace our Archbishop/Bishop \_\_\_\_\_, on the priests, and deacons; the monks and nuns; and on all those who Thou hast called to serve Thy holy Church.

Forgive, O Lord, those who hate us and treat us unjustly. Do good to those who do good.

Grant our brethren and families their requests which are for salvation and eternal life.

Visit the sick and grant them healing.

Watch over those at sea and accompany those who travel. Be an ally to our armed forces and to those in authority.

Grant remission of sin to those who serve us and are kind to us.

Be merciful according to Thy great mercy to those who have asked us to pray for them, unworthy though we be.

Remember, O Lord, our fathers, mothers, and brethren who have fallen asleep before us and grant them rest where the light of Thy countenance shines.

Remember, O Lord, those who are in captivity and deliver them from distress.

Remember, O Lord, those who bring offerings and do good in Thy holy Churches and grant them their requests, which are for salvation and eternal life.

Remember us also, Thy sinful and unworthy servants, O Lord, and enlighten our minds with the light of Thy knowledge, guiding us along the way of Thy commandments, by the intercessions of Thine immaculate Mother, our Lady Theotokos and ever-virgin Mary, and of all Thy saints. For blessed art Thou unto ages of ages.

*Everyone sings:* Amen!

*Priest:* Wisdom!

*Everyone sings:* Father, bless!

despise.

Do good unto Zion in Thy good pleasure; rebuild the walls of Jerusalem, Then wilt Thou delight in right sacrifices, in burnt offerings; then bulls will be offered on Thy altar.

*Everyone says: (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 through 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 worshiped 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.

*Deacon (or Priest):* Let us attend!

*Priest:* Peace be unto all!

*Reader 5:* And to your spirit!

*Priest:* Wisdom!

*Reader 5:* The reading is from \_\_\_\_\_ (the epistle).

(If there is no priest present the reader announces the reading, saying, **“The reading is from \_\_\_\_\_”** and immediately proceeds to read the epistle.)

*Deacon (or Priest):* Let us attend!

*Reader 5:* (The reader chants the epistle.)

*Priest:* Peace be unto you reader.

Reader 5: And to your spirit! Alleluia, Alleluia, Alleluia!

Priest: Wisdom! Let us stand aright! Let us listen to the Holy Gospel.  
Peace be unto all!

Everyone sings: And to your spirit!

Priest: The reading is from the Holy Gospel according to Saint

\_\_\_\_\_.  
(In the absence of a priest only a deacon, subdeacon, or a tonsured reader may read the Gospel and then with the permission of his pastor. He begins with "The reading is from the Holy Gospel..." waits for the usual people's response, and continues as usual)

Everyone sings: Glory to Thee, O Lord, Glory to Thee!

Priest: Let us attend! (Priest chants the gospel)

Everyone sings: Glory to Thee, O Lord, Glory to Thee!

(Sermon)

Priest: Let us pray to the Lord.

Everyone sings: Lord, have mercy!

Everyone says: O Lord, grant that we may meet all that this coming day brings to us with spiritual tranquility. Grant that we may fully surrender ourselves to Thy holy Will.

At ever hour of this day, direct and support us in all things. Whatsoever news may reach us in the course of the day; teach us to accept it with a calm soul and the firm conviction that all is subject to Thy holy Will.

Direct our thoughts and feelings in all our words and actions. In all unexpected occurrences, do not let us forget that all is sent down from Thee.

Grant that we may deal straightforwardly and wisely with every member of our family and friends, neither embarrassing nor saddening anyone.

O Lord, grant us the strength to endure the fatigue of the coming day and all that takes place during it. Direct our will and teach us to pray, to believe, to hope, to be patient, to forgive, and to love.

(mother)\_\_\_\_\_." Conclude reading with, "**Through the prayers of our holy father (mother) \_\_\_\_\_, have mercy on us and save us.**" All gathered respond, "**Amen.**" For lives of the saints you can go to [http://www.oca.org/pages/orth\\_chri/Feasts-and-Saints/index.html](http://www.oca.org/pages/orth_chri/Feasts-and-Saints/index.html) for the life of the saint of the day and/or of saints of North America.

Deacon (Priest): Let us pray to the Lord!

Everyone sings: Lord, have mercy!

Priest (Reader): O Eternal god and King of all creation, who hast granted us to reach this hour: forgive the sins we have committed this day in deed, word and thought. Cleanse, O Lord, our humble souls from every defilement of flesh and spirit. Grant, Lord, that we may pass through this night in peace. When we rise from bed, may we please Thy most holy Name all the days of our lives and trample under foot the physical and bodiless enemies that wage war against us 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.

Everyone sings: Amen! (If there is no priest the reader says, "Amen." and only then does everyone sing...) (Tone 8) 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.

Reader 1: Lord, have mercy! (12x) O Christ God, who art worshiped and glorified at every place and time; who art long-suffering, most merciful to sinners; Who callest all to salvation with the promise of good things to come: receive, Lord, the prayers we now offer, and direct our lives in the way of Thy commandments. Sanctify our souls, cleanse our bodies, correct our thoughts, purify our minds and deliver us from all affliction, evil and illness. Surround us about with Thy holy angels, that guarded and instructed by their forces, we may attain to the unity of the Faith and the understanding of Thine unapproachable glory; for blessed art Thou unto ages of ages. Amen.

Priest: Let us pray to the lord!

Everyone sings: Lord, have mercy!

who takes away the sins of the world, have mercy on us!

Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father have mercy on us! For Thou only art holy, Thou only art Lord, Thou only, O Jesus Christ, art most high in the glory of God the Father. Amen!

Every night will I give thanks to Thee and praise Thy name forever and ever! Lord Thou has been our refuge from generation to generation! I said, Lord be merciful to me, heal my soul for I have sinned against Thee. Teach me to do Thy will, for Thou art my God. For with Thee is the fountain of life, and in Thy light shall we see light. O continue forth Thy mercy upon those who know Thee! Grant, Lord, that we may keep this night without sin! Blessed art Thou, Lord God of our fathers, and praised and glorified be Thy name forever. Amen!

Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee. Blessed art Thou, O Lord, teach me Thy statutes! Blessed art Thou, O Master, make me understand Thy commandments! Blessed art Thou, O Holy One, enlighten me with Thy precepts! Thy mercy, O Lord endures forever! O despise not the works of Thy hands! To Thee belongeth worship! To Thee belongeth praise! To Thee belongeth glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen!

*Everyone says: (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 through 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 worshiped 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.

*At this time a reading from the life or writing of a saint may be read. Beginning with "A reading from [the life of] our holy father*

*People: Amen!*

*Priest: Wisdom!*

*Everyone sings: Father, bless!*

*Priest: (Gives blessing)*

*Everyone sings: Amen! Preserve, O God, the holy Orthodox Faith and Orthodox Christians unto ages of ages.*

*Priest: Most Holy Theotokos, save us.*

*Everyone sings: 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.*

*Priest: Glory to Thee, O Christ our God, glory to Thee!*

*Everyone sings: 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). Father, bless.*

*Priest: (Gives blessing)*

*(If no priest is present the above parts starting at "Wisdom" are omitted and the person in charge of the services instead says, "Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us!" Then responds "Amen.")*

*(At the conclusion of the service the troparion of the local patron saint may be sung as all participants come forward to venerate the icons and receive a blessing from the priest)*

## Evening Prayers

*Priest:* Blessed is our God always, now, and ever, and unto ages of ages. (If there is no priest present the person in charge of the service should begin as a reader saying: **“Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.”** The rest of the service is done as usual except that the priest’s parts are omitted unless it is indicated that a reader may read.)

*Reader 1:* Amen. Glory to Thee our God, Glory to Thee!

*Everyone sings: (Tone 6)* 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.

*Reader 1:* 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.

O Most 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.

*Everyone says:* 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.

*Priest:* For Thine is the Kingdom, and the power, and the glory: of the Father, and the Son, and the Holy Spirit, now and ever and unto ages of ages.

*Reader 2:* Amen. 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.

*Reader 3:* Glory to the Father, and to the Son, and to the Holy Spirit:

*Reader 2:* 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 our God and we are Thy people; we are all the work of Thy hands, and we call on Thy name.

*Reader 3:* Now and ever and unto ages of ages.

*Reader 2:* O Blessed Theotokos, open the doors of compassion to us whose hope is in you, that we may not perish but be delivered from adversity through you, who are the salvation of the Christian people.

*Reader 3:* Lord have mercy! (12x)

*Reader 4:* 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 143)

Hear my prayer, O Lord; give ear to my supplications! In Thy faithfulness answer me, in Thy righteousness!

Enter not into judgment with Thy servant; for no man living is righteous before Thee. For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled.

I remember the days of old, I meditate on all that Thou has done; I muse on what Thy hands have wrought. I stretch out my hands to Thee; my soul thirsts for Thee like a parched land.

Make haste to answer me, O Lord! My spirit fails! Hide not Thy face from me, lest I be like those who go down into the Pit. Let me hear in the morning of Thy steadfast love, for in Thee I put my trust.

Teach me the way I should go, for to Thee I lift up my soul. Deliver me, O Lord, from my enemies! I have fled to Thee for refuge!

Teach me to do Thy will for Thou art my God! Let Thy good spirit led me on a level path!

For Thy name’s sake, O Lord, preserve my life! In Thy righteousness bring me out of trouble! And in Thy steadfast love cut off my enemies, and destroy all my adversaries, for I am Thy servant.

*Reader 5:* (The Doxology)

Glory to God in the highest, and on earth peace, good will towards men. We praise Thee! We bless Thee! We worship Thee! We glorify Thee! We give thanks to Thee for Thy great glory. O Lord, heavenly King, God the Father almighty! O Lord, the only-begotten Son Jesus Christ and the Holy Spirit! O Lord, Lamb of God, Son of the Father,