

PRAYERS  
FOR ORTHODOX  
CHRISTIANS



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## FOREWORD

Prayer is direct communication with our Lord. Our prayers make special requests for our various human situations. By prayer we recognize God as our provider of all blessings and grace. Prayer is our source of peace which unites us with Christ and is simultaneously a foretaste of eternity with God.

Saint John Chrysostom teaches us that prayer is a place of refuge from every worry, a foundation for joy, a source of unceasing blessedness and a defense against sorrow. Prayer is the light of our souls, which reveals to us the true knowledge of God and direct link between the human and divine.

Through sincere prayer our soul is raised up to heaven and embraced by the loving Lord Himself. Our souls yearn for their personal needs and prayer grants us inner peace which the world cannot provide for us. Prayerful communication with God

gladdens our soul and provides us with deep inner peace.

As Saint Paul instructs us, we do not know how to pray as we ought, but the Holy Spirit mediates for us with inner peace, a heavenly peace which is undefinable by words and yet a great spiritual sense of well-being.

Whether or not our prayer is heard depends not on the number of our words, but on the fervor of our souls. St. John of Kronstadt says when praying, it is better to say five words from the depth of your heart than ten thousand words only with your tongue.

I pray that this booklet will assist you in your prayer life and meet some of your spiritual needs.

Prayer is our human and direct conversation with Jesus Christ our Lord.

"Christ is among us, He is and shall always be."



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## THE NICENE CREED

I believe in one God, Father Almighty, Creator 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 of Light, true God of true God, begotten, not created, 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.

He was crucified for us under Pontius Pilate, and suffered and was buried;

And He rose on the third day, according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father;

And He will come again with glory to judge the living and dead. His kingdom shall have no end.

And in the Holy Spirit, the Lord, the Creator of life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through 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.





## DAILY PRAYERS

### THE THRICE HOLY-PRAYERS

In the Name of the Father and the Son and the Holy Spirit. Amen.

Glory to You, our God, glory to You.

### PRAYER TO THE HOLY SPIRIT

Heavenly King, Comforter, the Spirit of Truth, Source of Goodness, and Giver of Life, You, who are everywhere and fill everything, come and dwell in us; forgive us our sins, and save our souls.

### THRICE HOLY HYMN

Holy God, Holy Mighty, Holy Immortal; have mercy on us. (3)

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

## PRAYER TO THE HOLY TRINITY

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

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

## THE LORD'S PRAYER

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 Thine is the Kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and forever and ever. Amen.



## MORNING PRAYERS

*Begin with the Thrice Holy Prayers on page 4.*

### PRAYER TO THE HOLY TRINITY

Arising from sleep, I thank You, Holy Trinity, for Your great goodness and patience. You do not become angry with me or destroy me because of my sins and laziness, but rather, You lovingly raise me from my rest that I might glorify Your majesty. Enlighten my mind, and open my ears to hear Your words and commandments, to do Your will, to sing to You, to confess you and to praise Your all-holy Name, Father, Son and Holy Spirit, now and forever and ever. Amen.

### PRAYER OF METROPOLITAN PHILARET

Lord, grant 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 You will governs all things. 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.

*If you would like, read Psalm 100.*

*Ask God for your personal needs.*

### PRAYER OF INTERCESSION TO PATRON SAINT

Saint **(your patron's name)**, Holy Mother of God and all the Saints, who have pleased God in your lives, pray to Christ, my Lord, that I may live this day in peace, love and humility.



## PRAYERS AT MEALS

### BEFORE MEALS

Christ, our God, bless us Your servants, our home, the food and drink before us; multiply it to those less fortunate throughout the world. You are the Source of all blessings, and You we glorify, now and forever and ever. Amen.

### AFTER MEALS

We thank You, Christ, our God, for providing us with Your earthly gifts. Deny us not of Your Heavenly Kingdom. Lord, as You entered among Your disciples to give them peace, enter among us; give us Your peace and save us. Amen.



## EVENING PRAYERS

*Begin with the Thrice Holy Prayers on page 4.*

### PSALM 141:1-2

Hear me when I call to You, O Lord. Receive my prayer as incense and my lifted hands as an evening sacrifice.

### PRAYER FOR FORGIVENESS OF OTHERS

Lord, God of 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 to the ages of ages. Amen.

### PRAYERS FOR SPIRITUAL ENLIGHTENMENT

Christ, our God, Who is worshipped and glorified at all times and in every hour in heaven and on earth, who loves the just and shows mercy to sinners, who calls all to salvation through the promise of the blessings to come, Lord, at this time receive my pray-

er and direct my life according to Your will. Bless my soul and body. Correct my thoughts and purify my mind. Protect me from all evil and distress. Surround me with Your holy angels, that guided and guarded by them, I may attain the unity of the faith and the knowledge of Your unapproachable glory, for You are blessed forever and ever. Amen.

*If you would like read Psalm 103.  
Ask the Lord for your personal needs.*

### PRAYER OF COMMITMENT

Lord, into Your hands I commend my soul and body. Bless me; be merciful to me and grant me life everlasting. Amen.

### CHILDREN'S EVENING PRAYER

Heavenly Father, bless my father and mother and all those who love and care for me. Help me to be respectful and obedient to them according to Your will. Send down upon me Your grace to perform all my responsibilities carefully and faithfully, to avoid undesirable company and influence and to resist all temptation that may come my way. Help me, Lord, to live a serious, good and godly life, ever-praising You and glorifying Your Holy Name. Amen.

## PARENTS EVENING PRAYER

Heavenly Father, in Your love have mercy on Your servants (**names**) whom I pray and commend to Your care and protection. Guide him (her, them) in all things; lead him (her, them) in the path of Your truth and draw him (her, them) nearer to You, that he (she, them) may lead a godly and righteous life in Your love, doing all things according to Your will. Give him (her, them) Your grace to be faithful, devout, loving, industrious and diligent in his (her, their) life (lives). Keep him (her, them) from the attacks of the adversary and grant him (her, them) the wisdom and the strength to resist all the temptations and immoralities of this life. Direct him (her, them) on the path that leads to salvation, through the mercy of Your Son and Our Savior Jesus Christ and the prayers of His holy Mother and all the Saints. Amen.





## DAILY MEDITATION

*Upon arising ask God to illumine the day with His Light.*

Christ, the true Light, Who enlightens and sanctifies all people, may Your light shine in me that I may see Your radiance. Help me to live according to Your commandments, through the prayers of Your all-pure Mother and all Your Saints. Amen.

*At 9AM the Disciples received the Holy Spirit on Pentecost.*

Lord God, Almighty Father, only-begotten Son, Lord Jesus Christ and Holy Spirit, one God and one power, have mercy on me, a sinner and save me, Your unworthy servant, according to the ways of Your wisdom, for You are blessed forever and ever. Amen.

*At 12 noon Jesus Christ was crucified.*

O God, Maker of all creation, accept the prayers of gratitude and supplication from me a sinner, and deliver me from any fatal fall into darkness and from all enemies, visible or invisible. O loving Lord, in Your great mercy, You sent Your only-begotten Son,

our Lord, Jesus Christ, for the salvation of all people. By Your Holy Cross, You cancelled the debt of our sins and defeated the powers of darkness. Pierce our bodies with Your power and wrap our hearts with love in You, that we may always look upon You and be guided by Your eternal light. We give everlasting praise and thanks to You, our eternal Father, Your only-begotten Son, and Your all-holy, good and life-giving Spirit, now and forever and ever. Amen.

*At 3 PM Jesus died on the Cross.*

Master, Lord Jesus Christ our God, You patiently bore our sins and led us to this hour, at which You were hung on the life-giving Cross. You opened the way to Paradise for the penitent thief and destroyed death by Your death. Have mercy also on us Your sinful and unworthy servants. We have sinned and transgressed Your law. We are unworthy to lift our eyes and look into the heights of heaven, for we have forsaken the path of Your righteousness and have walked according to the desires of our hearts. We entreat You in Your abundant goodness; spare us Lord, in Your great mercy and save us for the glory of Your holy Name, for our days were spent in vain.

Save us from the hand of the enemy. Forgive our sins, and destroy the evil desires of our flesh, that we may live anew in You, our Master and Benefactor. Help us follow Your commandments and attain eternal rest, where all the blessed dwell. For You are truly the joy of all those who love You, O Christ, our God, and You, we glorify with Your Eternal Father and Your all-holy, good and life-giving Spirit, now and forever and ever. Amen.

### FAMILY OR GROUP PRAYER

*Leader:* May the grace of our Lord Jesus Christ and the love of God the Father and the fellowship of the Holy Spirit be with you.

*Response:* And also with you.

*Together:* O Lord, You have given us this occasion to pray together and have promised that when two or three are gathered in Your name, You will grant their requests. Answer, O Lord, our prayers for our benefit, granting us in this world, the knowledge of Your truth, and in the world to come life everlasting.

Amen.



## PRAYERS FOR SPIRITUAL DEVELOPMENT

### PRAYER FOR REPENTANCE

God, my good and loving Lord, I acknowledge all the sins which I have committed every day of my life, whether in thought, word or deed. I ask for forgiveness from the depths of my heart for offending You and others and repent of my old ways. Help me by Your grace to change, to sin no more and to walk in the way of righteousness, and to praise and glorify Your Name, Father, Son and Holy Spirit, now and forever and ever. Amen.

*Read Psalm 50 (51).*

### PRAYER FOR LOVE

Christ, my God, set my heart on fire with love in You, that in its flame, I may love You with all my heart, with all my mind, with all my soul and with all my strength, and my neighbor as myself, that by keeping Your commandments, I may glorify You, the Giver of every good and perfect gift. Amen.

## PRAYER FOR FORGIVENESS OF OTHER

Christ, my Lord, in Your love for all people, You prayed for those who crucified You. You commanded us, Your servants, to pray for our enemies. Forgive those who hate, slander and mistreat me; transform them and me to do all things in love and goodness for the glory of Your holy Name. Amen.

## PRAYER OF PRAISE

*From Psalm 150.*

Praise the Lord.

Praise His strength in heaven!

Praise Him for the mighty things He has done!

Praise His supreme greatness.

Praise the Lord, all living creatures!

Praise the Lord!

## PRAYER OF SAINT FRANCIS OF ASSISI

Lord, make me an instrument of Your peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

Divine Master, grant that I may not so much seek to  
be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

Amen.

## ACCEPTANCE OF GOD'S WILL

Lord, I do not know what to ask of You. You know my needs better than I. You love me more than I know how to love. Help me to see clearly my real needs which I do not see. I open my heart to You. Examine and reveal to me my faults and sins. I put all my trust in You. I have no other desire than to fulfill Your will. Teach me how to pray. Pray in me. Amen.

## THE JESUS PRAYER

*Repeat often at various times of the day.*

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

## LENTEN PRAYERS

Almighty Master, You created all things in wisdom. By Your providence and great goodness, you led us to this Lenten season for purification of our souls and bodies, and for control of our passions in the hope of the resurrection. You, Who after forty days, gave Moses the tablets of the law inscribed by Your divine hand, grant us the strength to fight the good fight, to fast, to keep the faith, to crush under foot all evil demons, and to become victorious over sin and

to celebrate Your holy Resurrection. Blessed and glorified is Your most honored and magnificent name of the Father and the Son and the Holy Spirit, now and forever and ever. Amen.

### LENTEN PRAYER OF SAINT EPHRAIM

Lord and Master of life, deliver me from the spirit of laziness, meddling, ambition and gossip.

Give me, Your servant, the spirit of prudence, humility, patience and love.

Lord and King, grant that I may see my sins and faults and not judge my brother and sisters, for You are blessed forever and ever. Amen.





## HOLY COMMUNION PRAYERS

### PRAYERS BEFORE HOLY COMMUNION

*Prayers at home before receiving Holy Communion.*

#### PRAYER OF SAINT JOHN CHRYSOSTOM

Lord, Jesus Christ, my God, forgive the faults and sins which I, Your unworthy servant, have committed from my youth to this day and hour, whether knowingly or unknowingly, whether by words, deeds, or thoughts, and whether by habit or through any of my senses. By the prayers of Your pure and Virgin Mother, Mary, make me worthy without condemnation to receive Your precious, immortal and life-giving Mysteries for the forgiveness of sins and eternal life. May the Eucharist sanctify, enlighten, strengthen and heal my soul and body, and thus, destroy my evil thoughts, intentions and prejudices. For Yours, O Christ, our God, is the Kingdom, the power, the glory, of the Father and of the Holy Spirit, now and forever and ever. Amen.

## PRAYERS OF SAINT JOHN OF DAMASCUS

Master and Lord, Jesus Christ, our God, You alone have authority to forgive my sins, whether committed knowingly or in ignorance. Make me worthy to receive without condemnation Your divine, glorious, pure and life-giving Mysteries, not for punishment, but for purification and sanctification now and in Your future Kingdom. For You, O Christ, our God have compassion and love mankind and to You we offer glory with the Father and the Holy Spirit, now and forever and ever. Amen.

I stand before the doors of Your Church, and yet, I cannot remove sinful thoughts from my mind. Christ, my God, You justified the Publican, You had mercy on the Canaanite woman; You opened the gates of Paradise to the thief. Open to me, O Lord, the abundance of Your mercy and love. As I approach to touch You, receive me as the woman with the issue of blood, and the harlot, for the one by the mere touch of the hem of Your garment was healed and the other by clasping your sacred feet received forgiveness for her sins. And I, lowly though I am, dare to receive Your whole Body; let me not be burned, but receive

me as You received these people. Enlighten the senses of my soul, and cleanse the stains of my sins through the prayers of Your Holy Mother and the angelic powers, for You are blessed always, forever and ever. Amen.

## PRAYERS AT CHURCH

### PRAYER OF SAINT JOHN CHRYSOSTOM

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners of whom I am the first. I also believe that this is truly Your pure Body and this is truly Your precious Blood. Therefore, I pray to You, have mercy on me. Forgive my transgressions, voluntary and involuntary, in word and in deed, known and unknown. And make me worthy without condemnation to partake of your pure Mysteries for the forgiveness of sins and for life everlasting. Amen.

### PRAYER FOR WORTHINESS

O Merciful Master, Lord Jesus Christ, my God, I pray that Your Body and Blood will not judge my unworthiness, but rather will purify and sanctify my soul and body and serve as a pledge of the future life

and Kingdom. For it is good for me to cling to God and place my hope of salvation in the Lord.

### PRAYER OF ACCEPTANCE

Accept me today, Son of God, as a partaker of Your Mystical Supper, for I will not speak of the Mystery to Your enemies. I will not reveal Your mystery to the adversaries. Nor will I give You a kiss as did Judas, but as the thief I confess to You, Lord, remember me in Your Kingdom.

*Approach the Holy Chalice silently praying:*

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

### PRAYERS AFTER HOLY COMMUNION

*Return to your pew and read the following prayer.*

Lord Jesus Christ, my God, now that I have received Your holy Body and Blood, grant me forgiveness of my sins and life everlasting. May this Eucharist grant me, a sinner, joy, health, and righteousness. And in the fearful day of Your Second Coming, make me worthy to stand on the right hand of Your glory. This I ask through the prayers of Your Mother and all the Saints. Amen.



## PRAYERS FOR SPECIAL OCCASIONS

### PRAYERS OF A SICK PERSON

Lord, Jesus Christ my Savior, Physician of my soul and body, You are my constant Companion. You became man and suffered death on the Cross for my salvation. You healed many from all types of sicknesses and pain. By Your Holy Spirit, visit me in my suffering, and grant me the strength to bear my present illness with Christian patience, trusting in Your will and in Your abundant love for me. Lord and Physician of my soul and body, have mercy on me, and heal me from my present sickness and suffering. I pray, Lord, for the full restoration of my health and that my illness may become a means by which I spend the rest of my life loving and obeying Your commandments. I praise and glorify You, Your eternal Father, and life-giving Spirit, now and for ever and ever. Amen.

## PRAYER FOR A SICK PERSON

Holy Father, Physician of soul and body, who sent Your Only Son, our Lord, Jesus Christ, the Healer of every sickness and the Redeemer from death, heal Your servant (name) of his (her) present bodily and spiritual weakness, and renew his (her) life by the grace of Your Christ. Amen.

## PRAYER BEFORE TRAVEL

Lord, Jesus Christ, my God, be my companion, guide, and protector during my journey. Keep me from all danger, misfortune and temptation. By Your divine power, grant me a peaceful and successful journey and safe arrival. In You, I place my hope and trust. I praise, honor and glorify You together with Your Father and Holy Spirit, now and forever and ever. Amen.

## PRAYER BEFORE BEGINNING A TASK

Almighty God, our Help and Refuge, who knows that we can do nothing right without Your guidance and help; direct me by Your wisdom and power, that I may accomplish this task, and whatever I do, it may be according to Your divine will, so that it may be

beneficial to me and others and be for the glory of Your Holy Name. Amen. beneficial

### PRAYER BEFORE STUDY

Most blessed Lord, send the grace of Your Holy Spirit on me to strengthen me, that I may learn well the subject I am about to study, and by it, to become a better person for Your glory, the comfort of my parents, and the benefit of Your Church and our Nation. Amen.

### PRAYERS BEFORE BIBLE STUDY

Master who loves us, shine Your eternal light in our hearts that we may better know you. Help us to fully understand Your gospel message. Instill in us respect for Your holy commandments, that by overcoming our worldly desires, we might live a spiritual life of thoughts and deeds which pleases You. We ask this of You, O Christ, our God, for You are the light of our souls and bodies, and You, we glorify with Your eternal Father and Your all-holy good and life-giving Spirit, now and forever. Amen.

## PRAYERS FOR THE DECEASED

Christ, our eternal King and God, You have destroyed death and the devil by Your Cross and have restored us to life by your Resurrection. Give rest, Lord, to the soul of Your servant (name) who has fallen asleep in Your Kingdom, where there is no pain, sorrow or suffering. In Your goodness and love for all people, pardon all the sins he (she) has committed for there is no person who lives and sins not, for You only are without sin.

For You, O Christ, our God, You are the resurrection, the life and the rest of Your servant (name) who has fallen asleep, and to You offer glory together with Your eternal Father and Your all-holy, good and life-giving Spirit, now and forever and ever. Amen.

## GLORY BE TO GOD