

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.

As you lie down to sleep, say:

Into thy hands, O Lord, I commend my soul and my body. Do thou thyself bless me, have mercy upon me, and grant me life eternal.

Or the version from the Orthodox Study Bible:

Into your hands, O Lord, I commend my spirit and my body; bless me, save me, and grant me eternal life. Amen.

Evening Prayers

From antiochian.org

The Trisagion Prayers

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

Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice) 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 iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)

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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen

Troparia of Thanksgiving

Now that the day has 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 Saviour, 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 Saviour, and save me.

Both 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 Saviour, and save me.

Lord, have mercy. (12 times)

A Prayer for Forgiveness

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee; for thou art blessed: with thine Only-begotten Son and thine All-holy Spirit: now and ever, and unto ages of ages. Amen.

The Creed

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 worlds, Light of Light, Very God
of Very 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
was made man;

And was crucified also 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 sitteth at the right hand of the
Father;

And He shall come again with glory to judge the quick and the
dead,

Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord, and 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;

And I believe 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.

Prayer of the Hours

O Christ our God, who at all times and in every hour, in heaven
and on earth, art worshipped and glorified; who art long-
suffering, merciful and compassionate; who lovest the just and
showest mercy upon the sinner; who callest all to salvation
through the promise of blessings to come; O Lord, in this hour
receive our supplications, and direct our lives according to thy
commandments. Sanctify our souls, hallow our bodies, correct
our thoughts, cleanse our minds; deliver us from all tribulation,
evil and distress. Encompass us with thy holy Angels, that guided
and guarded by them, we may attain to the unity of the faith and
to the knowledge of thine unapproachable glory, for thou art
blessed unto ages of ages. Amen.

*[Here may be added your own private devotions and
intercessions, using your own words or the "Occasional Prayers".
When you have finished, conclude with this prayer:]*