

sing and confess thee, who art God glorified in all and by all, the eternal Father, the Only-Begotten Son, and the all-holy and good and life-giving Spirit: now and ever, and unto ages of ages. Amen.

Prayer at the Beginning of the Day – Metropolitan Philaret

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes 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 unforeseen 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 strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. Pray You Yourself in me.

Most Holy God, I pray and beseech you, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightness of purpose, powers of reasoning unhindered by passions, conduct that becomes those who fear you, and perfect knowledge of your commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of Your truth to proclaim Your goodness to me, that forever and in all things placing my trust only in You, I may abound in every good work, and that in Christ Your gifts may increase in every soul.

For to You belong all glory, honor and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

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[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:]

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

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Morning Prayers

From www.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 to the Holy Trinity

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.

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Glory to the Father, and to the Son, and to the Holy Spirit:

From my bed and sleep Thou hast raised me: O Lord, enlighten my mind and my 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.

Both now and ever, and unto ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be revealed: but with fear we cry out in the middle of the night: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

Lord, have mercy. (12 times)

A Prayer to the Holy Trinity

Arising from sleep I thank thee, O holy Trinity, because of the abundance of thy goodness and long-suffering thou wast not wroth with me, slothful and sinful as I am; neither hast thou destroyed me in my transgressions: but in thy compassion raised me up, as I lay in despair; that at dawn I might sing the glories of thy Majesty. Do thou now enlighten the eyes of my understanding, open my mouth to receive thy words, teach me thy commandments, help me to do thy will, confessing thee from my heart, singing and praising thine All-holy Name: of the Father, and of the Son, and of the 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.

A Prayer of St. Basil the Great

We bless thee, O God most high and Lord of mercies, who ever
workest great and mysterious deeds for us, glorious, wonderful,
and numberless; who providest us with sleep as a rest from our
infirmities and as a repose for our bodies tired by labor. We
thank thee that thou hast not destroyed us in our transgressions,
but in thy love toward mankind thou hast raised us up, as we lay
in despair, that we may glorify thy Majesty. We entreat thine
infinite goodness, enlighten the eyes of our understanding and
raise up our minds from the heavy sleep of indolence; open our
mouths and fill them with thy praise, that we may unceasingly