

# Basic Daily Prayers *for* Orthodox Christians



*This small collection of prayers is meant to guide those who are just beginning to pray regularly on a daily basis. As Orthodox Christians, remember that, when we pray:*

- *Ordinarily, we stand. If we are physically unable to stand due to age, infirmity, or situation, sitting is acceptable.*
- *We should face a place of prayer established in our home or room, marked by an icon (or icons), a cross, etc.*
- *We make the Sign of the Cross whenever the names of the Holy Trinity ("Father, Son, and Holy Spirit") are mentioned. In this pamphlet, when you see "+" in the prayers, make the Sign of the Cross.*

**“Pray without ceasing.”**  
**1 Thessalonians 5:16**

## Introductory Prayers

*Begin your time of prayer as follows:*

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

Glory to You, our God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, who are in all places and fill all things. Treasury of blessings, and giver of Life, come and dwell within us, and cleanse us from every blemish, and save our souls, O blessed One.

Holy + God, Holy Mighty One, Holy Immortal One, have mercy on us! (*three times*)

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

O most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for Your Name's sake.

Lord, have mercy. (*three times*)

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

*Then offer one or both of the following prayers:*

## In the Morning

1) Having risen from sleep, I flee to You, O Lord, lover of mankind, and by Your loving-kindness I strive to do Your work, and I pray to You: help me at all times, in everything, and deliver me from every evil thing of the world and every evil attack of the devil, and lead me into Your eternal kingdom. For You are my creator, the giver and provider of everything good, and all my hope is in You, and to You I send up glory, now and ever and forever. Amen.

2) O Lord, allow 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 the firm conviction that Your will governs all. In what I do and say guide my thoughts and feelings. In unexpected events, do not let me forget that all things are sent by You. Teach me to act firmly and wisely, without making others bitter or embarrassing them. Give me the strength to bear the fatigue of the coming day and everything that it will bring. Direct my will, teach me to pray, pray Yourself in me. Amen.

## In the Evening

1) O Eternal God, King of all creation, Who has allowed me to reach this hour, forgive me the sins which I have committed this day in thought, word and deed, and cleanse me, Lord, from every stain of flesh and spirit. Let me sleep through this night in peace, to rise from my bed and to please Your Holy Name the rest of my life, and to conquer the dark spiritual forces that fight against me. Deliver me from all false pride and evil desires. For Yours 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 forever. Amen.

2) O Lord our God, in Your goodness and love for mankind, forgive me all the sins I have committed today in word, deed, or thought. Grant me peaceful and restful sleep. Send Your guardian angel to guard and protect me from all evil. For You are the guardian of our souls and bodies, and to You we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

*If desired, you may add additional prayers at this time.*

*On the weekdays of Great Lent  
(starting on Sunday evening and ending on Friday evening)  
you may include the following prayer:*

## **Prayer of Saint Ephrem the Syrian**

O Lord and Master of my life! Take from me the spirit of laziness, despair, lust for power and idle talk.

But give to me, your servant, the spirit of purity, humility, patience and love.

Yes, Lord and King, grant me to see my own sins and not to judge my brother, for blessed are You forever. Amen.

*Then **conclude** your prayers as follows:*

### **In the Morning**

Hail Mary, full of grace, O Virgin Birthgiver of God, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have given birth to Christ, the deliverer of our souls.

Lord Jesus Christ, Son of God, through the prayers of Your most-pure Mother and of all the saints, have + mercy on us. Amen.

### **In the Evening**

The + Father is my hope, the Son is my refuge, and the Holy Spirit is my protection. O Holy Trinity, glory to You!

All + my hope I place in you, O Mother of God, keep me under your protection.

Lord Jesus Christ, Son of God, through the prayers of Your most-pure Mother and of all the saints, have + mercy on us. Amen.

*Prepared by Fr. David M. Mastroberte for the Great Fast 2017.  
Texts excerpted from the "Come to Me" and "The Hours of Prayer" prayer books.  
Cross on front cover by Andrew Gould.*