

My Orthodox Prayer Book



Greek Orthodox Patriarchate of Alexandria and All Africa

Archbishopric of Johannesburg and Pretoria

See of St. Mark

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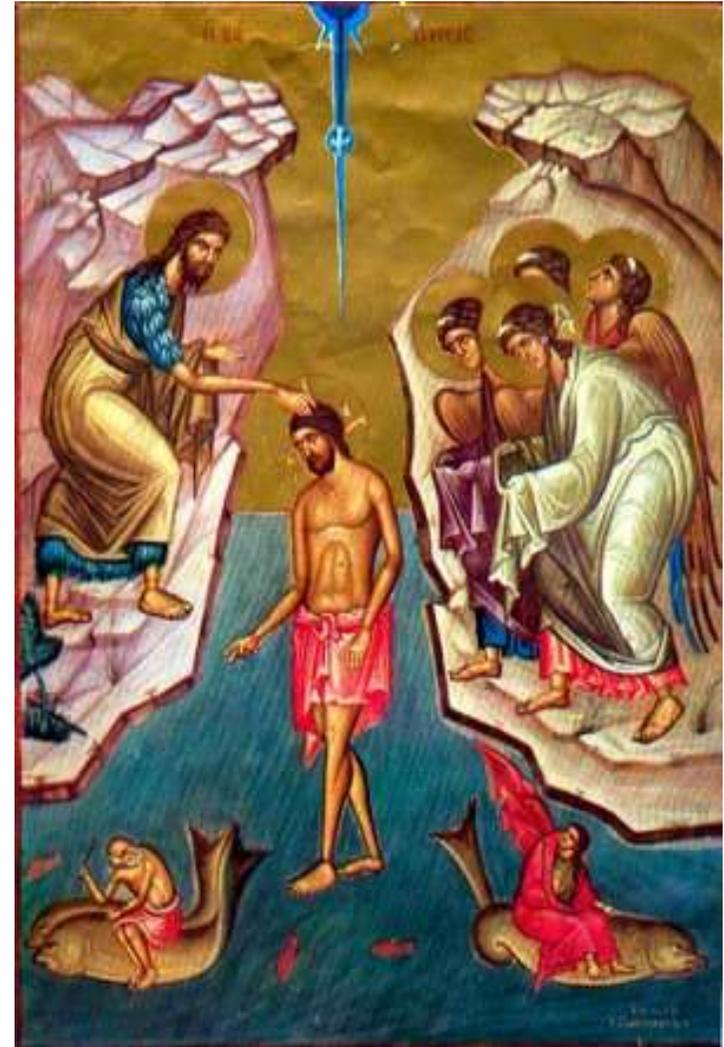
The text for document comes from the “little blue” Orthodox Prayerbook that was published when Archbishop Paul Lingris was the spiritual leader of Archbishopric of Johannesburg and Pretoria.

We have scanned and reformatted this document for computer printing.

**Message from His Eminence Archbishop
Seraphim
Archbishopric of Johannesburg and
Pretoria**

(Message goes here)

Morning Prayers



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

Glory to You our God, glory to You.

O Heavenly King, Comforter, the Spirit of Truth, who is ever-present and fulfills all things, the Treasure of all blessings, and Giver of Life, come and abide in us, and cleanse us from every blemish. and save our souls, O Blessed One.

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

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Most Holy Trinity have mercy on us. O Lord forgive our sins. O Master, pardon our transgressions. O Holy One visit and heal our infirmities, for Your Name's sake.

Lord have mercy. Lord have mercy. Lord have mercy.

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The Lords Prayer

Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your 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 the evil one.

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 unto the ages of ages.

Amen.

Lord have mercy. Lord have mercy. Lord have mercy. (Kyrie Eleison).

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

O come let us worship and bow down to our King and God.

O come let us worship and bow down to Christ our King and God.

O come let us worship and bow down to Christ Himself, the King and our God.

PSALM 50

Have mercy on me, O God, according to Your great mercy, and according to the multitude of Your tender mercies wipe out my offense.

Wash me thoroughly from my iniquity, and cleanse me from my sin!

For I know my transgression, and my sin is ever before me.

Against You only have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment.

Behold, I was conceived in iniquities, and in sin did my mother bear me.

Behold, You have loved truth; You have shown me the depths and secrets of Your wisdom.

You shall sprinkle me with hyssop, and I shall be cleansed ; You shall wash me, and I shall be whiter than snow.

Let me hear sounds of joy and gladness; the bones, which You have humbled shall rejoice.

Turn Your face away from my sins and wipe out all my offenses.

Create in me a clean heart, O God, and place a new and upright spirit within me.

Cast me not away from Your presence, and take not Your Holy Spirit from me.

Restore to me the joy of Your Salvation, and bolster me with a commanding spirit.

I will teach transgressors Your ways, and the wicked will return to You.

Deliver me from blood-guilt, O God, the God of my salvation; and my tongue shall rejoice in Your Justice.

O Lord, You shall open my lips, and my mouth shall proclaim Your praise.

For if you wanted a sacrifice, I would have given it to you; You would not be pleased with burnt-offerings.

The acceptable sacrifice to God is a contrite spirit; a contrite and humbled heart, O God, you will not spurn.

In Your kindness O Lord, be bountiful to Zion;

and let the walls of Jerusalem be built.

Then You shall delight in a sacrifice of justice, an offering and burnt-offerings.

Then will they place calves upon Your Altar.

THE SYMBOL OF FAITH (Creed)

1. I believe in One God. Father Almighty, Creator of Heaven and Earth, and of everything visible and invisible.
2. 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.
3. Who for us men and for our salvation, descended from Heaven, and was incarnate from the Holy Spirit and of the Virgin Mary, and became Man.
4. And was crucified for us under Pontius Pilate, He suffered and was buried.
5. And arose again on the third day, according to the Scriptures.
6. And ascended into the Heavens and is seated at the right of the Father.
7. And He shall come again with glory, to judge the living and the dead, whose Reign shall have no end.
8. And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father, Who together with the Father and the Son is worshiped and glorified. Who spoke through the Prophets.
9. In One, Holy, Catholic and Apostolic Church.
10. I acknowledge one Baptism for the remission of sins.
11. I look for the Resurrection of dead. 12. And the life of the ages to come. Amen.

Short Hymns to the Trinity

Rising from sleep, we fall down before thee, O Blessed God, and sing to thee, O mighty One, the Angelic Hymn: Holy, holy, holy art thou, O God. Through the prayers of the Mother of God, have mercy upon us.

Glory be to the Father, and to the Son, and to the Holy Ghost.

Thou, O Lord, hast aroused me from my bed and from sleep; do thou enlighten my understanding and my heart, and open my lips, that I may sing of thee, O Holy Trinity. Holy- holy, holy art thou, O God. Through the prayers of the Mother of God, have mercy upon us.

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

Suddenly shall come the Judge, and the deeds of every man be revealed; Tsut with fear we cry to thee at midnight: Holy, holy, holy art thou, O God. Through the prayers of the Mother of God, have mercy upon us.

Lord, have mercy {twelve times}.

Prayer to the Most Holy Trinity, by St. Basil the Great {d. 379}

Rising from sleep I thank thee, O Holy Trinity, that, for the sake of thy great kindness and long-suffering, thou hast not had indignation against me, -for I am slothful and sinful, neither hast thou destroyed me in my transgressions: but thou hast shown thy customary love towards man, and hast raised me up as I lay in heedlessness, that I might sing' my morning hymn and glorify thy sovereignty. Do thou now enlighten the eyes of my understanding, open my ears to receive thy words and teach me thy commandments. Help me to do thy will, to hymn thee, to confess thee from my heart, and to extol thine All-holy Name, of Father, Son and Holy Ghost, now and for ever, and unto the ages of ages. Amen.

O come, let us worship God, our King. O come, let us worship and fall down before Christ, our King and our God.

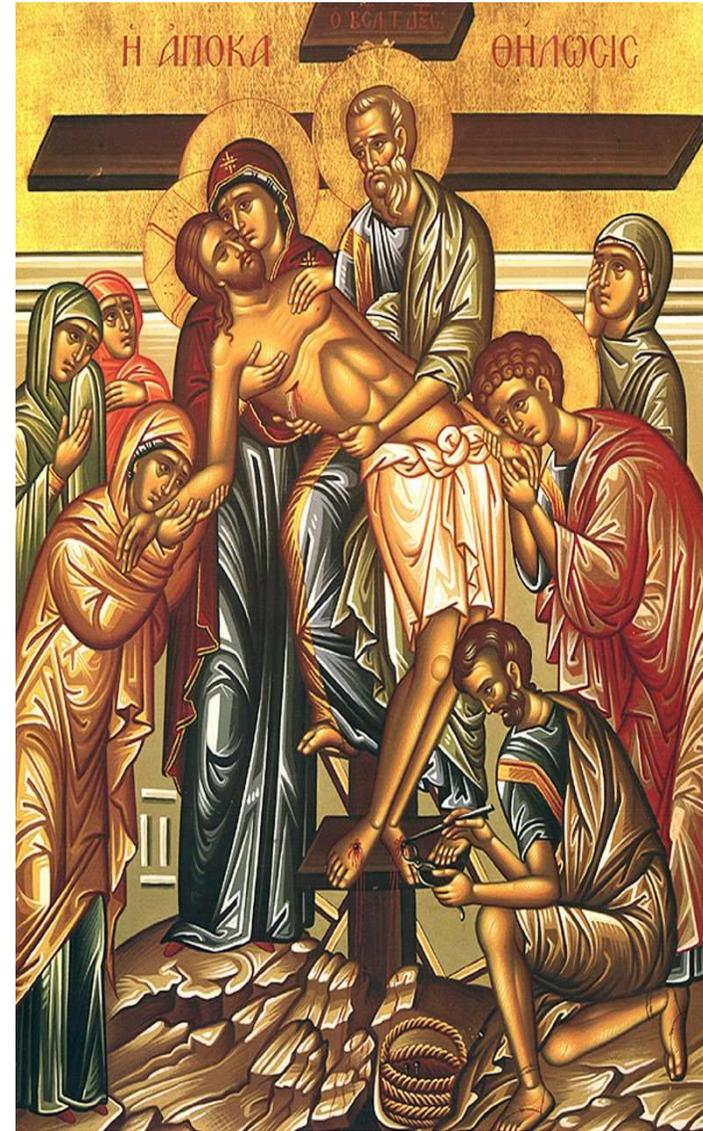
O come, let us worship and fall down before Christ himself, our King and our God.

Most glorious, ever-virgin and blessed Theotokos, present our prayer to your Son, and our God. and through your intercession entreat Him to save our souls.

The Father is my hope. The Son is my refuge. The Holy Spirit is my protection.
Holy Trinity, glory to You!
All my hope I place in you, Theotokos; keep me in your care.

Through the Prayers of our Holy Fathers, O Lord Jesus Christ our God, have
mercy on us and save us.
Amen.

Evening Prayers



Priest :

Blessed is our God, now and ever, and unto the ages of ages.

Reader :

Amen.

Priest :

Glory to You our God, glory to You.

0 Heavenly King. Comforter, the Spirit of Truth, who is ever-present and fulfills all things, the Treasure of all blessings, and Giver of Life, come and abide in us, and cleanse us from every blemish. and save our souls, 0 Blessed One.

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

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Most Holy Trinity have mercy on us. 0 Lord forgive our sins. 0 Master, pardon our transgressions. 0 Holy One visit and heal our infirmities, for Your Name's sake. Lord have mercy. Lord have mercy. Lord have mercy.

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The Lords Prayer

Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your 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 the evil one.

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 unto the ages of ages.

Amen.

Lord have mercy, Lord have mercy. Lord have mercy. (Kyrie Eleison).

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

0 come let us worship and bow down to our King and God.

0 come let us worship and bow down to Christ our King and God.

0 come let us worship and bow down to Christ Himself, the King and our God

PSALM 50

Have mercy on me, 0 God, according to Your great mercy, and according to the multitude of Your tender mercies wipe out my offense.

Wash me thoroughly from my iniquity, and cleanse me from my sin!

For I know my transgression, and my sin is ever before me.

Against You only have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment.

Behold, I was conceived in iniquities, and in sin did my mother bear me.

Behold , You have loved truth; You have shown me the depths and secrets of Your wisdom.

You shall Sprinkle me with hyssop and I shall be cleansed; You shall wash me and I shall be wither than snow.

Let me hear sounds of joy and gladness; the bones which You humbled shall rejoice.

Turn Your face away from my sins and wipe out all my offenses.

Create in me a clean heart, O God, and place a new and upright spirit within me. Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your Salvation, and bolster me with a commanding spirit.

I will teach transgressors Your ways, and the wicked will return to You. Deliver me from blood-guilt, O God, the God of my salvation; and my tongue shall rejoice in Your Justice.

O Lord, You shall open my lips, and my mouth shall proclaim Your praise.

For if You wanted a sacrifice, I would have given it to You; You would not be pleased with burnt offerings

The acceptable sacrifice to God is a contrite spirit; a contrite and humbled heart, O God, you will not spurn.

In Your kindness O Lord, be bountiful to Zion; and let the walls of Jerusalem be built.

Then You shall delight in a sacrifice of Justice, an offering and burnt-offerings. Then will they place calves upon Your Altar.

PSALM 69

O God, come to my assistance! O Lord, hasten to help me!

Let them be put to shame and confusion who seek my life!

Let them be turned back and confounded who wish evil on me!

Let them be turned away because of their shame who say : «Well done! Well done!».

May all who seek You O God, rejoice and be glad in You, and let those who love Your salvation always say : «The Lord be exalted!»

But [am poor and needy; O God, hasten to me! You are my help and my deliverer; O Lord, do not tarry!

PSALM 142

O Lord, hear my prayer; in Your truth listen to my supplication, and in Your righteousness answer me; and enter not into judgment with Your servant, for no man living is righteous before You.

For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead. My spirit was overwhelmed with grief; my heart within me was troubled.

I remembered the days of old; I meditated on all Your deeds; I thought on what Your hands have created.

I stretched out my hands to You; my sou] thirsted for You like a parched land.

Hasten to answer me, O Lord, my spirit has fainted away.

Turn not Your face away from me, lest f become like those who go down into a pit.

Grant, that I may hear in the morning of Your mercy, for in You I have put my hope.

Show me the way I should follow, for to You I have lifted up my soul.

Deliver me, O Lord, from my enemies, for to You have I fled for refuge!

Teach me to do Your will, for you are my God!

Your good Spirit will guide me on the straight path; for Your Name's sake O Lord, you will sustain my life!

In Your righteousness you will free my soul from distress; and in Your mercy you will destroy my enemies; you will bring to naught the persecutors of my soul, for I am Your servant.

THE DOXOLOGY

Glory to God in the highest and on earth peace, good will to men.

We praise You; we bless You; we worship You;
we glorify You; we thank You, for Your great glory.

O Lord King. God in Heaven, the Father Almighty. O Lord, Only-Begotten Son, Jesus Christ and Holy Spirit.

O Lord God, Lamb of God, the Son of the Father, Who takes away the sin of the world, have mercy on us; You, Who takes away the sins of the world; Receive our prayers. You, Who sits at the right hand of the Father, and have mercy on us.

For You alone are Holy; You alone are the Lord, Jesus Christ, to the glory of God, the Father. Amen.

Every evening I will bless You, and praise Your Name, forever and ever, and unto the ages of ages.

O Lord, You have been our refuge, from generation to generation. I said : Lord, have mercy on me; heal my soul, for I have sinned against You.

O Lord unto You I have fled; teach me to do Your will, for You are my God. tot with You, is the Fountain of life; in Your Light 'we shall see light.

Extend Your loving mercy to those who know You.
Grant, O Lord, that we may be kept this night without sin.

Blessed are You, O Lord, the God of our Fathers, and blessed and glorified is Your Name forever and ever. Amen.

Let Your mercy O Lord, be upon us, as we have hoped in You.

Blessed are You, O Lord, teach me Your commandments.

Blessed are You, O Master, grant, that I may understand Your commandments.

Blessed are You, O Holy One, enlighten me with Your commandments.

O Lord, Your mercy is everlasting. Despise not the works of Your hands.
To You belongs praise, adoration, and glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

THE SYMBOL OF FAITH (Creed)

1. I believe in One God. Father Almighty, Creator of Heaven and Earth, and of everything visible and invisible.
2. 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.
3. Who for us men and for our salvation, descended from Heaven, and was incarnate from the Holy Spirit and of the Virgin Mary, and became Man.
4. And was crucified for us under Pontius Pilate, He suffered and was buried.
5. And arose again on the third day, according to the Scriptures.
6. And ascended into the Heavens and is seated at the right of the Father.
7. And He shall come again with glory, to judge the living and the dead, whose Reign shall have no end.
8. And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father. Who together with the Father and the Son is worshiped and glorified. Who spoke through the Prophets.

9. In One, Holy, Catholic and Apostolic Church.
10. I acknowledge one Baptism for the remission of sins.
11. I look for the Resurrection of dead.
12. And the life of the ages to come. Amen.

Magnificat to the Theotokos

(t is truly fitting to bless You, O Theotokos, the ever-blessed and all-pure, and the Mother of our God; more honorable than the Cherubim and incomparably more glorious than the Seraphim You, who incorruptibly gave birth to God, the Logos, verily the Theotokos, we magnify.

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

Glory to the Father, and to the Son, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Most Holy Trinity have mercy on us. O Lord forgive our sins. O Master, pardon our transgressions. O Holy One visit and heal our infirmities, for Your Name's sake. Lord have mercy, Lord have mercy, Lord have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The Lords Prayer

Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us ;h:s 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 the evil one.

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 unto the ages of ages.

Amen.

Tone Eight

With the Saints give rest, O Christ, to the soul of Your servant where there is no pain, nor sorrow, nor suffering, but life everlasting.

Lord, have mercy. (3)

"Thou who, at ail times, and at every hour, both in Heaven and on earth, art worshiped and glorified, O Christ our God, long-suffering and plenteous in mercy and compassion; Who lovest the just and showest mercy to those who are hardened in sin; Who callest all men to salvation through the promise of good things to come:

Do Thou, the same Lord, receive also our supplications at this present time, and direct our lives according to Thy commandments.

Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; and deliver us from all calamity, wrath and distress.

Compass us round about with Thy Holy Angels; that, guided and guarded by their host, we may attain unto-the unity of the faith, and unto the comprehension"of Thine ineffable glory. For blessed art Thou unto the Ages of Ages. Amen.

Lord have mercy. (3)

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

More honorable than the Cherubim, and beyond compare, more glorious than the Seraphim, thou who without defilement barest God the Word, verily the Theotokos we magnify Thee.

Prayer to the Theotokos

O spotless, undefiled, unstained, chaste and pure Virgin, Lady and Bride of God!

Through your wondrous birthgiving you have united God the Word with humanity; you have brought together our fallen nature and the ^ things of heaven.

You are the hope of the hopeless, the help of the assaulted, the ready protection of those who hasten to you, the refuge of all Christians.

Do not despise me, a sinner, having wholly denied myself with unclean thoughts, words and deeds; and having become through an indolent will a slave to life's evil pleasures.

But as the Mother of the loving God, show loving mercy to me, a sinner and prodigal, and accept this prayer from my impure lips.

In your maternal boldness, entreat your Son, our Master and Lord, to open to me the depths 'of His loving kindness; to overlook my countless transgressions; to lead me to repentance and to make me a worthy keeper of His commandments.

Since you are merciful, compassionate and loving, be my constant companion.

In this life be my fervent champion and helper, repulsing the assaults of my adversaries and leading me to salvation.

At the time of my death, embrace my soul and drive far away from me the dark figures of the evil demons.

And in the awesome day of judgment, deliver me from eternal punishment and make me an heir of your Son's unspeakable glory.

May I be worthy of this glory, my Lady, all-holy Theotokos, through your intercession and help, and by the grace and love of your only-begotten Son, the Lord and God. and our Savior Jesus Christ, to whom belong all glory, honor and worship, together with His Father who is without beginning, and His all-holy, good and life-giving Spirit, now and forever. Amen.

Prayer to Christ

O Master, to us who are about to lie down to sleep grant rest of body and soul; and keep us from the dark sleep of sin and from any impure pleasure roaming in the darkness of night.

Still the assaults of evil passions, quench the fiery darts of the evil one which are cast insidiously against us. calm the rebellious commotions of our flesh and put away from us all earthly and worldly thoughts.

Grant us, O God, a watchful mind, chaste thoughts, a sober heart and gentle sleep, free from all fantasies of Satan.

And raise us up again at the hour of prayer, established in the practice of Your commandments and holding steadfast within us the remembrance of Your righteous judgments.

Grant us to sing Your glory all night long; to praise, bless and glorify Your all-honorable and magnificent name of the Father and the Son and the Holy Spirit, now and forever. Amen.

Prayer to the Theotokos

Most glorious, ever-virgin and blessed Theotokos, present our prayer to your Son, and our God, and through your intercession entreat Him to save our souls.

Prayer to the Holy Trinity

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

Prayer to the Theotokos

All my hope I place in you, Theotokos; keep me in your care.

Troparion (3rd tone) Chanter :

Astounded with the comeliness of Your Virginity, and with the exceeding splendor of Your Purity, Gabriel cried out unto You, O Theotokos : «What hymn of praise is fitting for me to present to you? What name shall I give You? I hesitate, and stand in wonder. Wherefore, as I was commanded, I cry out unto You: Hail! to You who is blessed with Grace.»

A Prayer to the Guardian Angel

O Holy Angel, that keepest guard over my despondent soul and passionate life, leave me not, a sinner, nor depart from me to my undoing; grant not a place to the crafty enemy to overcome me by the force of this mortal body; strengthen my weak and feeble hand, and set me on the path of salvation.

Yea, holy Angel of God, guardian and protector of my hopeless body and soul, forgive me everything wherein I -have offended thee every day of my life, and what I have done amiss this past night; protect me during the present day, and preserve me from every attempt of the enemy. May I not anger God by any sin. Pray for me to the Lord, that he may establish me in his fear, and prove me a servant worthy of his kindness. Amen.

Through the Prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us.

By St Ephraim, the Syrian. A PRAYER BEFORE SLEEP

Lord, Jesus Christ our God, Thou who hast exalted Thy Holy Mother and made her more Honorable than all the Heavenly Host; All merciful One, accept her prayers of intercession together with those of all your saints, I beseech Thee, forgive me your unworthy servant for all the sins which I have humanly, or, rather, through my inhumanity committed this day.

Forgive me my wrong doings committed both voluntarily and involuntarily; both knowingly and in ignorance, my impulsiveness and carelessness, my great indolence and negligence. If I have sworn by Thy Holy Name, either by oath ^ or even blasphemed by thought, or if I have in any way angered Thee; stolen; lied or neglected a friend in need; if I have grieved and embittered a brother; forgive me. If during the instant of my prayer and chanting, my sinful mind wanders toward cunning and matters of this world; if I have been guilty of gluttony, vain talk, if I have laughed imprudently, have been conceited and proud or vainglorious. If I have indulged in idle chatter or criticized and judged my brother's faults and have overlooked my own which are countless and if I have neglected my prayers or had other evil thoughts... All these and other things which I have done and do not remember, God forgive me, your wicked servant, and have mercy on me, Thou who art good and lovest mankind in order that I, the prodigal might lie down and have a peaceful sleep.

Glory to the Father and to your all-Holy, Merciful and Life giving Spirit, now and forever, and from ages to ages. Amen.

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