

# MORNING PRAYERS

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## *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, the Comforter, the Spirit of Truth; who art everywhere and fillest all things; Treasury of blessings, and giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

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## *During the Paschal season, O Heavenly King... is replaced with:*

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life (*Thrice*)

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✠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.

O most-holy Trinity: have mercy on us. O Lord: cleanse us from our sins. O Master: pardon our transgressions. O Holy One: 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.

## *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.

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

Having raised me from my bed and from sleep, O Lord, enlighten my mind and 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.

Now and ever and unto ages of ages. Amen.

The Judge will come suddenly and the acts of every man will be revealed; but in the middle of the night we cry in fear: 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*

Having risen from sleep, I thank Thee, the Holy Trinity. In the abundance of Thy kindness and long patience, Thou hast not been angry with me for my laziness and sinfulness, nor hast Thou destroyed me in my lawlessness. Instead, in Thy usual love for mankind, Thou hast raised me as I lay in despair, that I might rise early and glorify Thy Reign. Enlighten now the eyes of my mind and open my lips, that I might learn of Thy words, understand Thy commandments, accomplish Thy will, hymn Thee in heart-felt confession and praise Thine all-holy name, the Father and the Son, and the Holy Spirit, now and ever and unto ages of ages. Amen.

## *The Symbol of Faith*

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 ages. Light of Light; true God of true 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 became man.

And He was crucified 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 sits at the right hand of the Father;

And He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets.

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, most high God and Lord of mercies, Who ever doest great and unfathomable things for us - glorious and awesome things without number. Thou givest us sleep for the repose of our frailty, relieving the labors of our over-burdened flesh. We thank Thee for not destroying us in our lawlessness. Instead, Thou hast shown Thy usual love for mankind, and raised us, as we lay in despair, to glorify Thy Reign. Therefore, we implore Thy boundless goodness: enlighten our thoughts and eyes, and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with Thy

praise, that we may unwaveringly hymn and confess Thee, the God glorified in all and by all, Father without beginning, with Thine only-begotten Son and Thine all-holy and life-giving Spirit, now and ever and unto ages of ages. Amen.

#### ***Rejoice, O Virgin***

Rejoice, O Virgin Theotokos! Mary full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb; for you have borne the Savior of our souls!

#### ***Morning Prayer of the Last Elders of Optina***

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy Will.

At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and firm conviction that all is subject to Thy holy will.

Direct my thoughts and feelings in all my words and actions. In all unexpected occurrences, do not let me forget that all is sent down from Thee.

Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. Amen.

#### ***You may add your own intercessions, and conclude with this prayer:***

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

