



**A Prayer Book  
for  
Children and Families**

THE ORTHODOX COMMUNITY OF ST. CONSTANTINE  
The Church of Antioch in the City of York

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for  
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## MORNING PRAYERS

*First thing in the morning stand reverently before God, who sees everything.  
Make the sign of the cross and say:*

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

*When you have called on the Holy Trinity, be silent for a while to free your thoughts and feelings from what is going on around you. Then say the following prayers with your whole heart. Your prayers should not be hurried. If time is short say just a few prayers with attention and devotion. That is better than reciting a large number quickly and mechanically.*

*When you see + at the start of a prayer make the sign of the cross.*

### **The Prayer of the Publican**

+ God be merciful to me a sinner.

*You may be repeat this several times, while bowing.*

### **A Prayer to the Holy Spirit**

Heavenly King, Comforter, the Spirit of Truth, who is everywhere present and fills 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 Good One.

*Between Easter and Ascension Day instead of Heavenly King, say this prayer:*

Christ is risen from the dead, trampling down death by death and on those in the graves bestowing life.

### **The Trisagion** *(The three-times holy hymn of the angels)*

+ Holy God, holy and mighty, holy and immortal, have mercy on us.  
+ Holy God, holy and mighty, holy and immortal, have mercy on us.  
+ Holy God, holy and mighty, holy and immortal, have mercy on us.  
+ Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen.

### **Prayer to the Holy Trinity**

All-holy Trinity, have mercy on us.

Lord, forgive our sins.

Master, pardon our wrongdoings.

Holy One, visit us 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; both now and for ever, and to the ages of ages. Amen.

### **The Lord's 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 today our daily bread, and forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

### **Short hymns to the Trinity**

We get up from sleep and fall down before you, blessed God, and sing the angels' hymn: Holy, holy, holy God. By the prayers of the Mother of God, have mercy on us.

+ Glory to the Father, and to the Son, and to the Holy Spirit ...

You have woken me from sleep, Lord; fill my heart and my mind with the light of your understanding. Open my lips to sing of you, holy Trinity: holy, holy, holy God. By the prayers of the Mother of God, have mercy on us.

... both now and for ever, and to the ages of ages. Amen

Suddenly the Judge will come and the actions of every man will be made known, so with fear we cry to you: holy, holy, holy God. At the prayers of the Mother of God, have mercy on us.

Lord have mercy. *(Twelve times)*

+ Come, let us worship and fall down before our King and God. *(Bow)*

+ Come, let us worship and fall down before Christ our King and God. *(Bow)*

+ Come, let us worship and fall down before Christ himself, our King and God. *(Bow)*

*Older children can read the epistle and gospel of the day here.*

*You may also like to read Psalm 50.*

### **The Creed**

I believe in one God, Father almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages.

Light from Light, true God from true God, begotten not made, of one essence with the Father; through him all things were made;

For our sake and for our salvation he came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary and became man;

He was crucified also for us under Pontius Pilate, and suffered and was buried;

He rose again on the third day, in accordance with the Scriptures,

And ascended into heaven and is seated at the right hand of the Father;

He is coming again in glory to judge the living and the dead; and his kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, Who with Father and Son is together worshipped and glorified; who spoke through the Prophets.

And in one Holy, Catholic and Apostolic Church;

I confess one Baptism for the forgiveness of sins;

I await the resurrection of the dead and the life of the age to come. Amen.

### **Prayer to the Most Holy Trinity** *(Taken from St Basil the Great)*

As I get up this morning, I thank you, Holy Trinity, that because of your great goodness and patience you have not been angry with me; but you have shown your usual love for us all. And I have woken up to start the day with praise and thanks to you, glorifying your power. Now open my mind and heart to study your words, and to understand your laws and do what you have asked me to do, all the while singing to you with great love, and praising your all-holy name of Father, Son and Holy Spirit, now and for ever and to the ages of ages. Amen.

### **A Prayer to your Guardian Angel**

Dear Angel of Christ, the holy guardian and protector of my soul and body, help me to be truly sorry for all I have done wrong. Protect me from all influence and temptation of the evil one. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, of the most-holy Mother of God, and of all the Saints. Pray for me to the Lord, that he will judge me to be his good servant and worthy of his kindness. Amen.

### **A Prayer to the Most Holy Mother of God**

Virgin Mother of God, rejoice, 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 Saviour of our souls. Most glorious Ever-virgin, Mother of Christ our God, present our prayer to your Son and our God, and pray that through you he may save our souls.

### **A Prayer to your Patron Saint**

Pray to God for me, holy *(name of your patron saint)*, you who have pleased Almighty God, for I come to you gladly as my speedy helper and intermediary to the Lord for my soul.

### **Troparion, or Hymn, of the Holy Cross**

Lord, save your people, and bless your inheritance, granting your faithful people victory over their enemies, and guarding your commonwealth by your Cross.

### **A Prayer for Your Parents, Other Adults who look after You and Your Family**

Merciful Lord God, hear my prayer. Have mercy on my parents, and on my godparents, and on all who are bringing me up in your grace and love. Protect them, and all my family, from all evil, harm and sickness, and grant them good health and bless all the things they do. Make us all worthy to praise and serve you. Amen.

### **The Prayer of Metropolitan Philaret of Moscow - To help us to do what God wants us to do**

Lord, I do not know what I need to ask you for. Only You know my real needs. I put all my trust in you. All I want is to do as you wish. Lord, teach me to pray. Lord, pray in me. Amen.

Lord Jesus Christ, the Son of God, by the prayers of your most pure Mother, of *(name of your patron saint)*, and of *(the saint(s) whose day it is)* and of all your saints, have mercy on us and save us, for you are a merciful God and you love mankind. Amen.

*The end of the morning prayers.  
Glory to our God!*

## EVENING PRAYERS

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

Lord Jesus Christ, the Son of God, for the sake of the prayers of your all-holy Mother and all your saints, have mercy on us.

### **A Prayer to the Holy Spirit**

Heavenly King, Comforter, the Spirit of Truth, who is everywhere present and fills 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 Good One.

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Lord, forgive our sins.

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Holy One, visit us and heal our infirmities for your name's sake.

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

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### **The Lord's 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 today our daily bread, and forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

### **Prayers Saying Sorry For Things We Should Not Have Done (Our Sins)**

Have mercy on us, Lord, for we have trusted in you. Do not be angry with us nor remember our wrongdoings, but look down on us even now and deliver us from our enemies, for you are our God and we are your people, we are the work of your hands, and we call on your Holy Name, both now and for ever, and to the ages of ages. Amen.

+ Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen.

Blessed Mother of God, open the door of your loving-kindness. If we place our hope in you we shall not go astray. May we be delivered from all misfortunes, for you are the salvation of all Christian people.

Lord have mercy. *(Twelve times)*

Now that the day is ending I thank you, Lord, and I pray that the night will be untroubled. Grant this, Lord, and save me.

Now that the day is ending I praise you for your glory, Master, and pray that nothing which happens this evening and tonight will offend you. Grant this, Lord, and save me.

Now that the day is ending I praise you, holy One, and, pray that this night may not be disturbed. Grant this, Lord, and save me. Amen.

### **Prayer for Forgiveness**

Lord our God, through your goodness and loving-kindness to all people, forgive me all the sins I have committed today in thought, word and deed. Grant me peaceful and untroubled sleep. Send your guardian angel to shelter and protect me from every evil, for you are the preserver of our souls and bodies and we sing your glory, + Father, Son and Holy Spirit, now and always and to the ages of ages. Amen.

### **Prayers for Children**

Lord Jesus Christ, you received the little children who came to see you. Also receive this evening prayer from me, your child. Shelter me under the shadow of your wings, so that I may lie down to sleep and wake up in good time to sing your glory. You alone are righteous and merciful. Amen.

Guardian Angel, keep me from all evil, illness and grief. Lord, help me to be good, obedient and kind.

Thank you, Lord, for all the good things you sent me today. Let me spend the night in peace, and protect me from all harm. Amen.

### **Another Prayer to the Guardian Angel**

Angel of Christ, holy guardian and protector of my soul and body, forgive me all I have done wrong today. Rescue me from every cunning trick of the evil one, so that I may not anger God by any sin. Pray to God for me, a sinful and unprofitable servant; present me as worthy of the grace and mercy of the all-holy Trinity, of the Mother of the Lord, and of all the saints. Amen.

### **Prayer to the most holy Mother of God**

Blessed Mary, holy Mother of our gracious King and God, pour out onto my soul the mercy of your Son, our God. Pure and blessed Mother of God, pray that he will lead me to do good deeds, so that I may pass my life without dishonour and reach Paradise with your assistance. Amen.

**The Prayer of Metropolitan Philaret of Moscow - To help us to do what God wants us to do**

Lord, I do not know what I need to ask you for. Only You know my real needs. I put all my trust in you. All I want is to do as you wish. Lord, teach me to pray. Lord, pray in me. Amen.

**Prayer of St. Ioanniki**

The Father is my hope, the Son is my refuge, the Holy Spirit is my protection. Holy Trinity, glory to you.

+ Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen.

Lord Jesus Christ, the Son of God, by the prayers of your most pure Mother and of all the saints, save me, a sinner.

*As you lie in bed, about to go to sleep, say quietly:*

Into your hands, O Lord Jesus Christ my God, I commend my spirit; bless me, have mercy on me and bring me to eternal life. Amen.

*The end of the evening prayers.  
Glory to our God!*

## PRAYERS FOR VARIOUS OCCASIONS

### **Before Meals**

+ Our Father in heaven, hallowed be your name; your kingdom come; your will be done on earth as it is in heaven. Give us today our daily bread, and forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

*And then:*

All creatures look to you, Lord, and you give them the food they need. You open your hand and fill them with every blessing.

### **After Meals**

Lord, we thank you for these earthly blessings and pray that you will bring us to your heavenly kingdom.

*Or:*

Glory to you, the Lord, the Holy One, the King; you have given us our food in joy. Fill us with your Holy Spirit; may we be pleasing to you at all times.

### **The Jesus Prayer**

+ Lord Jesus Christ, Son of God, have mercy on me, a sinner.

