

The Orthodox Christian Community of St. Constantine
The Church of Antioch in the City of York

Morning Prayers

The mark + indicates that the Sign of the Cross is made here.

When you first get up in the morning take a moment to gather your thoughts and direct them towards God. Remember that Almighty God is our Father who loves and cares for each of us personally. Make the sign of the cross and pray without hurrying. Try to pay attention to each word of your prayers.

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

Prayers of Introduction

Glory to you, our God, glory to you.

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 the above prayer, Heavenly King, is replaced by Christ is risen from the dead, trampling down death by death and on those in the graves bestowing life.

+ Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

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

All-holy Trinity, have mercy on us; Lord, forgive our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities, for the sake of your name.

Lord, have mercy. (x3)

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

Hymns to the Trinity

Rising from sleep I worship you, good and mighty Lord, and I sing you the angelic hymn: holy, holy, holy are you, O God; through the prayers of the Mother of God have mercy on me.

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

Lord, you have raised me from bed and from sleep; enlighten my mind and my heart. Open my lips so that I may praise you, the Holy Trinity: holy, holy, holy are you, O God; through the prayers of the Mother of God have mercy on me.

Now and for ever, and to the ages of ages. Amen.

Suddenly the judge will come and the deeds of all will be revealed, but at midnight let us cry with fear: holy, holy, holy art you, O God; through the prayers of the Mother of God have mercy on me.

Lord, have mercy. *(x12)*

Prayer of St Basil to the Most Holy Trinity

As I rise from sleep, I thank you, Holy Trinity, that for the sake of your great goodness and patience you have not been angry with me, an idler and sinner, neither have you destroyed me because of my sins; but you have shown your usual love for us all. And when I lay prostrate in despair you raised me up to keep the morning watch and glorify your power. And now enlighten my mind's eye and open my lips to study

deliver me from all the evil of my enemy and adversary so that I may not anger my God by any sin. But pray for me, his sinful and unworthy servant, so that you may make me worthy of the goodness and mercy of the All-holy Trinity and of the Mother of my Lord Jesus Christ and of all the Saints. Amen.

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.

Prayer of St Ioannicus

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

It is truly fitting to bless you, Theotokos, ever-blessed and all-blameless, and Mother of our God.

+ More honourable than the cherubim, and beyond compare more glorious than the seraphim; you who without corruption gave birth to God the Word, very Mother of God, we magnify you.

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

Lord, have mercy. (x3)

The Blessing

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

As you give yourself up to sleep, say:

Into your hands, Lord Jesus Christ my God, I commend my spirit. Bless me; have mercy on me; and grant me eternal life. Amen.

your words and understand your commandments and do your will, singing to you in heartfelt adoration and praising your all-holy name of Father, Son and Holy Spirit, now and for ever and to the ages of ages. Amen.

Come, let us worship and fall down before our King and our God.

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

Come, let us worship and fall down before Christ himself, our 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, blot out my transgression.

Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgression, and my sin is always before me. Against you only have I sinned and done evil in your sight, so that you might be justified in your words and vindicated when you are judged. For I was conceived in iniquity, and in sins did my mother bear me. For you have loved truth; the hidden and secret things of your wisdom you have revealed to me.

You shall sprinkle me with hyssop and I shall be made clean; you shall wash me and I shall be made whiter than snow.

You shall make me hear joy and gladness; the bones that have been humbled shall rejoice.

Turn away your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from your presence, and do not take your Holy Spirit from me.

Restore to me the joy of your salvation, and establish me with your governing Spirit.

I will teach transgressors your ways, and the ungodly shall turn again to you.

Deliver me from blood-guiltiness, O God of my salvation; my tongue shall rejoice in your righteousness.

Lord, you shall open my lips and my mouth shall speak of your praise.

For if you had desired sacrifice, I would have given it; you do not delight in whole burnt offerings.

A sacrifice to God is a broken spirit; a broken and humbled heart God will not despise.

Do good, Lord, in your good pleasure to Sion, and let the walls of Jerusalem be built.

Then you shall be pleased with a sacrifice of righteousness, oblation and whole burnt offerings. Then shall they offer bullocks upon your altar.

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.

For our father and Metropolitan, Silouan, and all our brothers and sisters in Christ.

For our country, our sovereign lady the Queen, and all those in public service.

For our parents, our brothers and sisters, our children, our relatives and friends, and all people.

For those who hate us and those who love us.

For those who work with us and those who serve us.

For those who have asked us, unworthy as we are, to pray for them.

For travellers by land, sea and air. For prisoners and captives.

For those who are hungry, those who are suffering, and those who are sick.

For those departed from this life in the hope of the resurrection.

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

Guardian Angel, keep and preserve all of us from every evil, sickness, and grief. Help us, Lord, to be good, obedient and kind. I thank you, Lord, for all the good things you have sent to me during the past day. Let me spend this night in peace and protect me from all harm. Amen.

Prayer to the Most Holy Mother of God

O gracious Mother of our gracious King, most pure and blessed Mother of God, Mary, pour out the mercy of your Son and our God on my passionate soul, and by your prayers set me to good deeds so that I may pass the remaining time of my life without fault, and through you find paradise, Mother of God and Virgin who alone is pure and blessed. Amen.

Prayer to your Holy Guardian Angel

Angel of Christ, my holy guardian and protector of my soul and body, forgive me every transgression which I have committed this day; and

Now that the day has passed I glorify you, Master, and ask that the evening with the night may be free of stumbling; grant this to me, Saviour, and save me.

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

Now that the day has run its course I praise you, Holy One, and ask that the evening with the night may be undisturbed by evil; grant this to me, Saviour, and save me.

Prayer of Repentance

Lord, our God, by your goodness and mercy forgive all the sins I have committed this day in thought, word, and deed. *[Specify your sins to God and repent of them]* Grant me peaceful and undisturbed sleep, and deliver me from all temptations and attacks of the evil one. Wake me again in the morning to glorify you, for you are blessed, together with your Only-begotten Son and your All-holy Spirit, now and for ever and to the ages of ages. Amen.

At every time and at every hour in heaven and on earth you are worshipped and glorified, Christ our God, you who are long-suffering, most merciful, most compassionate, who love the just and are merciful to sinners, who call all to salvation through the promise of the good things to come. Accept, Lord, our prayers at this hour, and guide our lives that we may keep your commandments. Sanctify our souls; purify our bodies; correct our thoughts; purify our ideas; and deliver us from all distress, evil and pain. Surround us with your holy angels so that, protected and guided by their host, we may attain unity of faith and the knowledge of your unapproachable glory. For blessed are you for ever and ever. Amen.

Prayer of Intercession

Lord, we pray for peace in the world.
For all the faithful and Orthodox Christians.

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.

The daily Epistle and Gospel (or, on weekdays in Lent, the Old Testament readings) as provided on the parish website, may be read [here](#).

The Six Psalms – You might read one of the six psalms of Matins [here](#).

Psalm 3 (Monday)

Lord, why have those who afflict me been multiplied? Many rise against me. Many say to my soul, ‘There is no salvation for him in his God’. But you, Lord, are my helper, my glory, and the one who lifts up my head.

With my voice, I cried to the Lord, and he heard me from his holy mountain.

I lay down and slept; I awoke, because the Lord will assist me. I will not be afraid of tens of thousands of people who surround me. Rise, Lord; save me, my God, because you have struck all who are vainly my foes.

You have smashed the teeth of sinners. Salvation is the Lord’s, and your blessing is upon your people.

Psalm 37 (Tuesday)

Lord, do not rebuke me in your anger, nor chastise me in your wrath. For your arrows are stuck fast in me, and you have laid a heavy hand upon me.

There is no healing in my flesh on account of your wrath, nor peace in my bones on account of my sins.

My iniquities flooded over my head; like a heavy burden they weighed heavily upon me.

My wounds stank and festered on account of my foolishness.

I was wretched and utterly bowed down; I went about mourning all day long.

For my loins were filled with mockery, and there is no healing in my flesh.

I was maltreated and humiliated exceedingly; I howled from the groaning of my heart.

Lord, all my desire is before you, and my groaning was not hidden from you.

My heart was troubled; my strength failed me; and even the light of my eyes had gone from me.

My friends and my neighbours drew near and stood against me, and those nearest me stood far away.

Those who sought my life used force; and those who sought evils for me spoke vanities, and meditated trickeries all day long.

But I, like a deaf man, heard nothing; like one who is mute, who does not open his mouth.

So I became like one who cannot hear, and in whose mouth there are no rebukes.

For in you, Lord, I have hoped; you will answer me, Lord my God. For I said: let my foes never exult over me.

When my foot slipped they crowed over me. For I am ready for blows and my pain is with me continually.

For I will declare my iniquity and be troubled at my sin.

But my enemies live and have prevailed over me; and those who hate me unjustly have been multiplied.

Those who repay me with evils in place of good have slandered me, since I pursued goodness.

Do not forsake me, Lord my God; do not go far from me. Hasten to help me, Lord of my salvation.

Lord, have mercy. (x3)

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

Troparia

Have mercy on us, Lord, have mercy on us. For we sinners, lacking all defence, offer to you, as to our Master, this prayer: have mercy on us.

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

Lord, have mercy on us, for in you we have put our hope. Do not be angry with us nor remember our iniquities, but even now look down on us in your goodness and deliver us from our enemies. For you are our God and we are your people, the works of your hands, and we call on your name.

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

Blessed Mother of God, open the door of mercy to us, so that we who set our hope in you may not perish, but may be delivered by you from all misfortunes. For you are the salvation of all Christian people.

Lord, have mercy. (x12)

Prayers to the Saviour

Now that the day has come to a close I thank you, Lord, and ask that the evening with the night may be sinless; grant this to me, Saviour, and save me.

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

Evening Prayers

The mark + indicates that the Sign of the Cross is made here.

When you get ready to go to sleep, even when it is late, take time to pray to God with a humble, thankful and unhurried spirit. Even after a tiring day allow these evening prayers to give you peace and comfort from all your worries. Just as with Morning Prayers, take a moment to gather your thoughts and direct them towards God. After a moment of silence pray with a calm spirit, paying attention to the meaning of the words of your prayers.

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

Lord Jesus Christ, Son of God, for the sake of the prayers of your most pure Mother and of all the Saints, have mercy on us. Amen.

Glory to you, our God, glory to you.

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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All-holy Trinity, have mercy on us; Lord, forgive our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities, for your name's sake.

Psalm 62 (Wednesday)

God, my God, I watch for you at dawn; how often has my soul thirsted for you, and my flesh in a deserted, untrodden and waterless land.

Thus I appeared before you in the holy place, to see your power and your glory.

For your mercy is better than life; my lips will praise you.

So I will bless you as long as I live, and in your name I will lift up my hands.

May my soul be filled as with marrow and fatness; my mouth will praise you with joyful lips.

When I remembered you upon my bed, every dawn I meditated upon you.

For you became my helper, and in the shelter of your wings I shall rejoice.

My soul clung to you, and your right hand upheld me.

But those who vainly sought my life will go down to the deepest parts of the earth; they will be delivered to the power of the sword; they will be portions for foxes.

But the king will rejoice in God, and all who swear by him will be praised; for the mouths of those who speak iniquities have been stopped.

Psalm 87 (Thursday)

Lord, God of my salvation, I have cried before you by day, and also by night.

Let my prayer come into your presence, and turn your ear to my supplication.

For my soul was filled with evils, and my life drew near to hell.

I was reckoned among those that go down to the pit; I became as one who has no help, free among the dead.

Like the slain who sleep in the tomb, whom you remembered no more; and they were cut off from your power.

They placed me in the lowest pit; in darkness and in the shadow of death.

Your wrath lay heavy upon me, and you brought all your waves against me.

You put my friends far from me, and made me an abomination to them. I was delivered up and could not get out; my eyes grew weak because of my poverty.

Lord, I cried to you all day long; I stretched out my hands towards you. Will you work wonders for the dead; or will physicians raise them up again to praise you?

Will any declare your mercy in the tomb, or your truth in the place of destruction?

Will your wonders be known in the dark, or your justice in a land that has been forgotten?

But to you, Lord, I have cried, and in the morning my prayer will come before you.

Lord, why have you rejected my soul; why do you turn away your face from me?

I am poor and in toils since my youth; exalted, I was humbled and brought to despair.

Your fierce anger overwhelmed me, and your terrors appalled me.

They surrounded me like water all day long; they closed in upon me from every side.

You have put friend and neighbour far from me, and my companions because of my misery.

Psalm 102 (Friday)

Bless the Lord, my soul, and all that is within me bless his holy name.

Bless the Lord, my soul, and forget none of his benefits.

He forgives all your iniquities; he heals all your diseases;

He redeems your life from corruption, and crowns you with mercy and compassion.

[*During Great Lent and Holy Week, also say:*

Prayer of St Ephrem the Syrian

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power or useless chatter. Rather, grant to me your servant a spirit of sobriety, humility, patience and love. Yes, Lord and King, enable me to see my own faults and not to condemn my brother or sister; for you are blessed to the ages of ages. Amen.]

The Blessing

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

Prayer of Metropolitan Philaret of Moscow

Lord, give me the strength to greet the coming day in peace. Help me in all things to rely on your holy will. Reveal your will to me every hour of the day. Bless my dealings with everyone. Teach me to treat all who come to me throughout the day with peace of soul and with firm conviction that your will governs us all. In all my deeds and words guide my thoughts and feelings. In unexpected events, let me not forget that everything is sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the physical strength to bear the labours of this day. Direct my will; teach me to pray; pray in me. Amen.

Conclusion of the Prayers

It is truly right to bless you, Theotokos, ever-blessed and all-blameless Mother of our God.

+ More honourable than the cherubim, and beyond compare more glorious than the seraphim; you who without corruption gave birth to God the Word, very Mother of God, we magnify you.

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

Lord, have mercy. (x3)

Christ, the true light, you enlighten and sanctify everyone who comes into the world. Make the light of your countenance shine upon us so that in it we may see your unapproachable light; and guide our steps so that we may keep your commandments. By the intercessions of your most pure Mother and of all your Saints. Amen.

He satisfies your desire with good things; your youth will be renewed like an eagle's.

The Lord performs deeds of mercy and judgement for all who are oppressed.

He made known his ways to Moses, his wishes to the children of Israel.

The Lord is compassionate and merciful, long-suffering and full of mercy.

He will not always be wrathful, nor will he be enraged for ever.

He has not dealt with us according to our iniquities, nor rewarded us according to our sins.

For, like the height of heaven above the earth, the Lord has made his mercy prevail over those who fear him.

As far as the east is from the west, so far has he taken our sins from us.

As a father takes pity on his children the Lord has taken pity on those who fear him.

For he knows of what we are made; has remembered that we are but dust.

As for man, his days are but as grass; he will blossom like a flower of the field.

For when a wind has passed over it, it will be no more, and it will know its place no longer.

But the mercy of the Lord is for ever and ever upon those who fear him;

And his justice upon their children's children, upon those who keep his covenant, who remember his commandments and do them.

The Lord has prepared his throne in heaven, and his kingdom rules over all.

Bless the Lord, all you his Angels, powerful in strength, who perform his word and listen to the voice of his words.

Bless the Lord, all you his Powers, his Ministers who do his will.

Bless the Lord, all you his works; in every place of his dominion, bless the Lord, my soul!

Psalm 142 (Saturday)

Lord, hear my prayer; in your truth listen to my supplication, and in your justice hear me.

Do not enter into judgement with your servant, for in your sight no one living can be justified.

For the enemy pursued my soul, humbled my life to the ground, and made me dwell in darkness like those for ever dead.

My spirit in me grew weary and my heart was troubled within me.

I remembered days of old; I meditated on all your works. I made the works of your hands my meditation.

I stretched out my hands towards you; my soul thirsted for you like a waterless land.

Hear me swiftly, Lord; my spirit has failed.

Do not turn your face from me, or I shall be like those who go down to the pit.

Make me hear of your mercy in the morning, for I have hoped in you.

Make known to me the way in which I should walk, for to you I have lifted up my soul.

Lord, deliver me from my enemies; I have run to you for shelter.

Teach me to do your will, for you are my God.

Your good Spirit will guide me on level ground. Lord, for your name's sake you will give me life.

In your justice you will bring my soul out of trouble; in your mercy slay my enemies and destroy all who afflict my soul, for I am your servant.

Prayer to your Guardian Angel

Angel of Christ, the holy guardian and protector of my soul and body, forgive me for every offence I have given you every day of my life.

Protect me from all influence and temptation of the evil one. May I nevermore anger God by any sin. 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.

Prayer to your Patron-Saint

Pray to God for me, holy *N*, you who are pleasing to God, for I eagerly come to you, the swift helper and intercessor for my soul.

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.

For the Living

Lord, save and have mercy on your servants [*name the members of your family, your godparents, godchildren, friends, and those who have asked for your prayers*], and grant them health, peace, joy and the grace of your Spirit. Fulfil their special needs and guide them in all things with your loving care. Amen.

Commemoration of the Departed

Lord, remember your servants [*name family members, friends, and those for whom your prayers have been asked*], who have departed from this life in the hope of the resurrection and eternal life. Forgive their sins and give them rest among your Saints, the enjoyment of your Kingdom and the gift of unending life with you. Amen.

Personal Requests

Pray to God also in your own words. Entrust to him your personal matters, any family concerns and work obligation; and the needs of the world.