

# **MY PRAYER BOOK**

4<sup>rd</sup> edition

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**In Memory of Our Blessed Spiritual  
Fathers**

**who guide us through the paths of  
Righteousness by the grace of God**

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## **PROLOGUE**

Prayer, according to St. John Chryso-stomos, is a great and mighty weapon, a great possession, a binding of man with God, it is a medicine, a everlasting richness, in which the grace of God flows freely through the veins of the soul, an invitation to the eternal life. Prayer compares to the Angels. Man himself, converses with God.

“Nothing has its measure”. Nothing is equal to prayer, says the Holy Father.

Prayer is a skill thus it requires practice and continuing effort. It must be made with a zealous soul, with deep concentration, so we realize which direction to take, who we stand before and who we converse with.

“Pray without ceasing” St. Paul tells us. (*1 Thess. 5. V. 17.*)

## MORNING PRAYERS

(After rising from sleep, stand with reverence and fear of God, make the sign of the cross, and say):

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

*Glory to you, our God, glory to you.*

**Heavenly King, comforter, the Spirit of truth, who are present everywhere filling all things, Treasury of good things and Giver of life, come and dwell in us, Cleanse us of every stain, and save our souls, gracious Lord.**

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

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

**All holy Trinity, have mercy on us, Lord, forgive us our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake. Lord have mercy (3),**

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

**O**ur 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 yours is the kingdom, the power, and the  
glory, of the Father, Son, and Holy Spirit, now and  
forever unto the ages of ages. Amen.*

**H**aving risen from sleep, we fall down before  
you. O good One, and sing to you, mighty One, the  
angelic hymn: Holy, holy, holy art thou, O God.  
Through the prayers of the Theotokos, have mercy  
on us.

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

**H**aving aroused me from sleep, O Lord,  
enlighten my mind and open my heart and lips that  
I may sing to you, Holy, holy, holy, art thou, O  
God. Through the prayers of the Theotokos, have  
mercy on us.

*Now and forever unto the ages of ages, Amen*



Suddenly the judge will come and everyone's deeds will be revealed. But with awe we cry out in the middle of the night: Holy, holy, holy art thou, o God, through the prayers of the Theotokos, have mercy on us.

*Lord have mercy (12)*

### **THANKSGIVING PRAYER**

As I rise from sleep, I thank you, Holy Trinity, for because of your great goodness and patience, you were not angry with me, an idler and sinner, nor have you destroyed me in my sins, but have shown your usual love for me. And when I was prostrate in despair, you raised me to glorify with your power. Enlighten now my mind's eye, open my mouth to study your words and understand your commands, to do your will and sing to you in heartfelt adoration, and praise your most holy name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.