

## **Sign of the Cross**

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

## **Lord's Prayer**

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 the evil one.

## **Jesus Prayer**

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

## **Prayer Before Meals**

O Christ our God, bless the food and drink of thy servants, for thou art Holy always; now and ever, and unto ages of ages. Amen.

## **Prayer Before Bed**

O Lord Jesus Christ, into thy hands I commend my soul and body. Do thou bless me, have mercy upon me, and grant me life eternal. Amen.

## **Troparion to the Theotokos**

Hail! Mary full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, for thou has borne the savior of our souls.

## **Precommunion Prayer**

I believe, O Lord, and I confess that thou art truly the Christ, the Son of the living God, who didst come into the world to save sinners, of whom I am chief. And I believe that this is truly thine own immaculate Body, and that this is truly thine own precious Blood. Wherefore I pray thee, have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance; and make me worthy to partake without condemnation of thine immaculate Mysteries, unto remission of my sins and unto life everlasting. Amen.

Of thy Mystic Supper, O Son of God, accept me today as a communicant; for I will not speak of thy Mystery to thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess thee: Remember me O Lord in thy Kingdom.

Not unto judgement nor unto condemnation be my partaking of thy Holy Mysteries, O Lord, but unto the healing of soul and body.

## **The Lenten Prayer of St. Ephraim the Syrian**

O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to your servant. Yea, O Lord and King, grant me to see my own sin and not to judge my brother, for You are blessed from all ages to all ages. Amen.

## **The Nicene-Constantinopolitan Creed**

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 was made man; And was crucified also 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 sitteth 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 I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spoke by the Prophets;

And I believe 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 age to come. Amen.

## **Trisagion**

O Heavenly King, Comforter, the Spirit of truth, who art in all places and fillest 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 gracious Lord.

Holy God, Holy Mighty, Holy Immortal: have mercy on us (thrice)

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

All-holy Trinity, have mercy on us. Lord cleanse us from our sins. Master, pardon our iniquities. Holy God 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: both 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.