



TEEN SOYO MORNING PRAYERS

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, O 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.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

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

Glory to the Father and to the Son and to the Holy Spirit, 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. (3x)

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.



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

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

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.

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.

From my bed and sleep thou hast raised me. O Lord, enlighten my mind and my 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.

Both now and ever, and unto ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be revealed, but with fear we cry out in the middle of the night: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

Lord, have mercy. (12x)



MORNING PRAYER OF METROPOLITAN PHILARET

O Lord, grant that I may meet the coming day in peace. Help me in all things to rely upon thy holy will. In every hour of the day, reveal thy will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with the firm conviction that thy will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by thee. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the strength to bear the fatigue of the coming day with all that it shall bring. Direct my will. Teach me to pray. Pray thou thyself in me. Amen.

STUDENT'S PRAYER

Most blessed Lord, send the grace of thy Holy Spirit on me to strengthen me, that I may learn well the subjects I am about to study, and by it become a better person for thy glory, the comfort of my family and for the benefit of thy church and our nation. Amen.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

Here you may add your own private devotions and intercessions. When you have finished, conclude your prayers by saying the following:

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.



TEEN SOYO EVENING PRAYERS

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, O 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.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

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

Glory to the Father and to the Son and to the Holy Spirit, 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. (3x)

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.



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

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

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.

TROPARIA OF THANKSGIVING

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

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

Now that the day hath passed, I glorify thee, O Master, and I ask that the evening, with the night may be without offence; grant this to me, O Saviour, and save me.

Both now and ever, and unto ages of ages. Amen.

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

Lord, have mercy. (12x)



A PRAYER FOR FORGIVENESS

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee; for thou art blessed, with thine only-begotten Son and thine all-holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER OF THE HOURS

O Christ our God, who at all times and in every hour, in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with thy holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for thou art blessed unto ages of ages. Amen.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

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