

# Evening Prayers

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And now as we lay down to sleep, O Master, grant us repose both of body and of soul, and keep us from the dark passions of the night. Subdue Thou the assaults of passions. Quench the fiery darts of the Wicked One which are thrown insidiously at us; calm the commotions of our flesh and put away all thoughts about worldly and material things as we go to sleep. Grant us, O god, a watchful mind, chaste thoughts, a sober heart, and a gentle sleep, free from all the fantasies of Satan. And raise us up again at the hour of prayer, established in Thy commandments and holding steadfast within ourselves the remembrance of Thy judgments. Give us the words of Thy glorification all night long, that we may praise, bless, and glorify Thy most honorable and magnificent name, O Father, Son and Holy Spirit, now and ever, and unto ages of ages. Amen.

O eternal God! Ruler of all creation! Who hast vouchsafed that I should live even down to the present hour, forgive the sins I have committed this day by deed, word or thought. Cleanse, O Lord, my humble soul of all corporal and spiritual stain. And grant, O Lord, that I may during this night have a peaceful sleep, so that on rising from my humble bed, I should continue to praise Thy holy Name throughout all the days of my life, and that I be victorious over all the physical and spiritual enemies battling against me. Deliver me, O Lord, from all vain thoughts that defile me, and from evil desires. 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.

O Lord our God, however I have sinned this day in word, deed or thought, forgive me, for Thou art gracious and lovest mankind. Grant me peaceful and undisturbed sleep. Send me Thy guardian angel to shield me and protect me from every evil; for Thou art the Guardian of our souls and bodies, and unto Thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Into Thy hands, O Lord, Jesus Christ, my God, I commend my spirit. Bless me, save me and grant unto me everlasting life. Amen.