

Morning Prayers

Thou hast raised me from bed and sleep, O Lord; enlighten my mind and heart, and open my lips, that I may praise Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God. For the sake of the Mother of God, have mercy upon us.

O Christ, the True Light, Who illuminest and sanctifiest every human being coming into the world: let the light of Thy countenance be turned upon us, that in it we may behold the unapproachable Light. guide our footsteps toward working according to Thy commandments, through the intercessions of Thy most pure Mother, and of all the saints. Amen.

To Thee, O Master Who lovest mankind, I hasten on rising from sleep; by Thy mercy I go forth to do Thy works, and I pray unto Thee: help me at all times, and in all things; deliver me from every evil thing of this world and from the pursuit of the devil; save me and lead me into Thine eternal Kingdom. For Thou art my Creator, Provider and Bestower of every good; wherefore all my hope is in Thee, and to Thee I ascribe glory, now and ever, and unto ages of ages. Amen.

We bless Thee, O God in the highest and Lord of mercies, Who ever workest great and mysterious deeds for us, glorious, wonderful and countless, Who providest us with sleep as a rest from our infirmities, and as a repose for our bodies tired by labor. We thank Thee that Thou hast not destroyed us in our transgressions, but in Thy love toward mankind, Thou hast raised us up that we might glorify Thy Majesty. We entreat Thine infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with Thy praise, that we may unceasingly sing and confess Thee, Who art God glorified in all and by all, the eternal Father, the Only-Begotten Son, and the All-Holy and Good and Life-Giving Spirit, now and ever, and unto ages of ages. Amen.

Grant unto me, my Lord, that with peace in mind I may face all that this new day is to bring. Grant unto me grace to surrender myself completely to Thy holy will. Instruct and prepare me in all things for every hour of this day. Whatsoever tidings I may receive during the day, do Thou teach me to accept them calmly, in the firm conviction that all eventualities fulfill Thy holy will. Govern Thou my thoughts and feelings in all I do and say. When things unforeseen occur, let me not forget that all cometh down from Thee. Teach me to behave sincerely and reasonably toward every member of my family and all other human beings, that I may not cause confusion and sorrow to anyone. Bestow upon me, my Lord, strength to endure the fatigue of the day and to bear my share in all its passing events. Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen.