

Prayers for Daily Life

Among works done for the love of Christ, prayer is the one that most readily obtains the grace of the Holy Spirit, because it is always at hand.

It may happen that you want to go to church, but there isn't one nearby; or else you want to help a poor person, but haven't anything to give or you don't come across one; or again you may want to remain chaste, but natural weakness prevents your resisting temptation.

But prayer is within reach of everyone, and everyone can give themselves to it: rich or poor, learned or unlearned, strong or weak, sick or healthy, sinner or righteous. Its power is immense. Prayer, more than anything else, brings us the grace of the Holy Spirit.

St. Seraphim of Sarov wrote about prayer:

Pray Always.

Morning Prayer

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

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

Glory to You our God, glory to You.

Heavenly King, Consoler, the Spirit of Truth, present in all places and filling all things, the treasury of blessings and the giver of life, come and dwell in us, cleanse us of all stain and save our souls, O good One.

Holy God, Holy mighty One, Holy Immortal One, have mercy on us. Holy God, Holy mighty One, Holy Immortal One, have mercy on us. Holy God, Holy mighty One, Holy Immortal One, have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

Grace before Meals

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

The poor shall eat and be satisfied. Those who seek the Lord shall praise Him and their hearts shall live forever. Christ God, bless the food and drink of Your servants, for You are holy at all times, now always and forever and ever. Amen.

Prayers before Sleep

Now that the day has come to a close, I thank You, O Lord, and I ask of You that my evening and night be without sin. Grant this to Me, O Savior, and save me. Glory to the Father and the Son and to the Holy Spirit.

Now that the day has come to a close, I glorify You, O Master, and I ask of You that my evening and night be without offense. Grant this to me, O Savior, and save me. Now and always and forever and ever. Amen.

Now that the day has come to a close, I praise You, O holy One, and I ask of the that my evening and night be undisturbed. Grant this to me, O Savior, and save me.

Under the protection of your wings I shall be covered and fall asleep, for in you only Lord, does my hope lie.

Into you hands, O lord, I commend my soul and body. Do bless me, do have mercy on me and do grant me eternal life. Amen.

Other Prayers

Prayer of St. Ephraim of Syria

O Lord, Master of my life, grant that I may not be infected with the spirit of slothfulness and inquisitiveness, with the spirit of ambition and vain talking.

Grant instead to me, your servant, the spirit of purity and humility, the spirit of patience and neighborly love.

O Lord and King, bestow upon me the grace of being aware of my sins and not thinking evil of those of my brethren.

The Jesus Prayer

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

Troparia for Parishes of the Eparchy

St Joseph, Akron, Ohio—Lansing, Michigan—Lawrence, Massachusetts—Scranton, Pennsylvania—Seattle, Washington

O Joseph, proclaim to David, the ancestor of Christ, the great miracles you have witnessed. You have seen the Virgin with child, given praise with the shepherds and adored with the wise men and the angel of the Lord has appeared to you. Intercede with Christ God that He may save our souls.

Holy Cross, Placentia, California

O Lord, save Your people and bless Your inheritance. Strengthen our public authorities in every good deed and protect our nation by the power of Your cross.

St Philip, San Bernardino, California

O holy apostle Philip, intercede with the merciful God that He may grant our souls the remission of sins.

Prayer of the Trinity

My hope is the Father, my refuge is the Son, my protection is the Holy Spirit. Holy Trinity, glory to you.

Never Failing

O never failing protection of Christians, and their ever present advocate before the Creator, turn not away from the prayers of us sinners, but in your goodness extend your help to us, who call upon you with faith. Hasten, O Mother of God, to intercede for us, for you always protect those who honor you.

Prayer of Dorotheus of Gaza

O God, help my brothers and sisters in _____ and help me by their prayers.

St John Chrysostom, Atlanta, Georgia

The grace that shines forth from your mouth like a torch has enlightened the universe, bestowed treasures of generosity upon the world, and shown us the eminence of humility. While you teach us by your words, Father John Chrysostom, pray to the Word, Christ our God, that He may save our souls.

St Ignatius of Antioch, Augusta, Georgia

Sharer in the apostles' way of life and successor on their thrones, you found ascetical effort as the means to contemplation. And so, dispensing rightly the word of truth, you fought for the faith unto the shedding of your blood. O hieromartyr Ignatius, intercede with Christ God for the salvation of our souls.

**St George, Birmingham, Alabama—
Milwaukee, Wisconsin—Sacramento,
California**

Since you are a deliverer of captives and a defender of the poor and a physician of the sick and a protector of kings, O great among the martyrs and victorious George, intercede with Christ God that He may save our souls.

**Annunciation Cathedral, West
Roxbury, Massachusetts**

Today is the beginning of our salvation and the revelation of the mystery that was planned from all eternity: the Son of God becomes the Son of the Virgin and Gabriel announces this grace. Let us join him in crying out to the Mother of God: Hail, O full of grace, the Lord is with you.

**Virgin Mary, Brooklyn, New York—
Community of the Mother of God of
Tenderness, Danbury, Connecticut—
Our Lady of the Cedars, Manchester,
New Hampshire—Our Lady of
Redemption, Warren, Michigan—
Virgin Mary Mission, Wildomar,
California—Our Lady of Perpetual
Help, Worcester, Massachusetts**

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life, being the Mother of Life. Through your intercession, save our souls from death.

**St Elias, Brooklyn, Ohio—San Jose,
California—Woonsocket, Rhode
Island**

The glorious Elias, the angel in body, the pillar of the prophets and second forerunner of Christ's advent, by sending grace from on high upon Elisha, dispels diseases, purifies lepers and overflows with healing for those who honor him.

**St Basil, Lincoln, Rhode Island—
Utica, New York—St Basil Seminary,
Methuen, Massachusetts**

Your voice has sounded all over the earth that accepted your preaching. You gave a divine explanation of doctrine and made clear the nature of creatures and set a rule of life for men. Holy Father and kingly priest, intercede with Christ God to grant us great mercy.

Holy Resurrection, Westerville, Ohio

The noble Joseph took down from the wood Your spotless body. He wrapped it in clean linen with spices and laid it for burial in a new tomb. But You arose, O Lord, on the third day and bestowed great mercy upon the world.

**St Ann, Danbury, Connecticut—
North Hollywood, California—
Waterford, Connecticut—West
Paterson, New Jersey**

O divinely wise Ann, you carried in your womb the pure Mother of God, who gave birth to the Life. Wherefore you now have been carried up joyfully to the inheritance of heaven, to the abode of those who rejoice in glory. O blessed one, obtain the forgiveness of sins for those who honor you with fervor.

**St Michael, Hammond, Indiana—
Plymouth, Michigan**

O Captains and Leaders of the armies of heaven, unworthy as we are, we beseech you without cease to surround us with your intercessions and cover us beneath the shelter of your ethereal wings. We bend our knees and cry out with perseverance: Deliver us from danger, O Princes of the powers on high.

**Holy Transfiguration, McLean,
Virginia—Christ the Savior, Yonkers,
New York**

You were transfigured on the mountain, O Christ God, showing Your disciples as much of Your glory as they could hold. Let Your eternal light shine also upon us sinners, through the prayers of the Mother of God. O Giver of light, glory to You.

St Jude, Miami, Florida

O holy Jude, we offer you a hymn of praise, seeing that you are a kin to the Lord, a courageous martyr triumphant over error and a keeper of the faith. Wherefore, celebrating your holy memory today, we obtain by your prayers the remission of our sins.

**St Nicholas, Delray Beach, Florida—
Rochester, New York**

O Father and Hierarch Nicholas, the holiness of your life has set you before your flock as a rule of faith, an example of meekness and a teacher of self-restraint. Wherefore you acquired greatness through humility and spiritual wealth through poverty. Pray to Christ God that He may save our souls.

**St Andrew and St Paul, El Segundo,
California**

O holy apostles, intercede with the merciful God that He may grant our souls the remission of sins.

**St John the Baptist, Northlake,
Illinois—St John of the Desert,
Phoenix, Arizona**

O prophet and forerunner of the coming of Christ, in spite of our eagerness to render you due honor, we fall short when singing your praise. Your glorious birth saved your mother from the shame of barrenness, returned to your father the power of speech, and proclaimed to the world the incarnation of the Son of God.

**St Demitrius, Cliffside Park, New
Jersey**

The world found you to be a great defender, a champion who overthrew the Gentiles, O victorious one. As you brought down the pride of Lyaos by encouraging Nestor in the arena, so also, O great martyr Demitrius, intercede with Christ God to grant us great mercy.

**St John of Damascus, South Bend,
Indiana**

Guide of Orthodoxy, teacher of piety and holiness, star of the universe, glory of monks: wise John, inspired by God. By your teachings you enlightened us all, O harp of the Spirit. Intercede with Christ God for the salvation of our souls.

St Jacob, San Diego, California

O holy James, as a disciple of the Lord, you received the Gospel; as a martyr you displayed an unyielding will; as a brother of God, you have special power with Him; as a hierarch you have the right of intercession. Intercede therefore with Christ God that He may save our souls.

St John the Theologian

Apostle beloved of Christ God, hasten to save a people that has no other recourse; for He, who let you repose on His breast, will accept also your intercession in our favor. O John the Theologian, beseech Him to dispel the cloud of paganism that is darkening us and beg Him to grant us peace and mercy.

Holy Trinity, Zanesville, Ohio

Blessed are You, O Christ our God, who have filled the fishermen with wisdom by sending down the Holy Spirit upon them and who, through them, have caught in Your net the whole world. O Lover of mankind, glory to You!