

# A Daily Prayer Rule

In the name of the Father, the Son and the Holy Spirit. Amen.  
Glory to You our God, Glory to You.

*(Trisagion Prayer)*

O Heavenly King, Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of life: come and abide in us. Cleanse us from every stain and save our souls, O Good One.

Holy God. Holy Mighty. Holy Immortal Have mercy on us. (x3)

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

All Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities, for Thy Name sake.

Lord, have mercy. (x3)

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

*(Psalms)*

Morning Psalms: 3, 38, 63, 88, 103, 143 - Choose one each day

Evening Psalms: 70 and 143 - alternate

In the morning:

*Commemorate the Living*

Lord have mercy on: The leaders of the church, nation, spiritual fathers and mothers, parents and relatives, old and young, needy, orphans, widows, those in sickness and sorrow, those in captivity or confinement. Remember, strengthen and comfort them and grant them speedy relief and freedom and deliverance. (add your own names)

*Commemorate the Departed*

Remember Thy servants who have fallen asleep: our grandparents, parents and family members and friends. Forgive them all their sins committed knowingly or unknowingly and grant them Your Kingdom, a portion of Your eternal blessing and the enjoyment of Your unending life. (add your own names)

*(Psalm 51)*

Have mercy on me, O God, according to Thy great mercy; and according...

*(The Creed)*

I believe in one God, Father, Almighty, Maker of heaven and earth, and of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God; begotten of the Father before all ages; Light from Light, True God from True God, begotten, not made, of One Essence with the Father, through Whom all things were made: Who for us men, and for our salvation, came down from Heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became Man: And was crucified for us under Pontius Pilate, and suffered and was buried: And He rose on the third day according to the Scriptures: And ascended into Heaven, and sits at the right hand of the Father: He will come again with glory to judge the living and the dead; His Kingdom shall have no end: And in the Holy Spirit, the Lord, the Giver of the Life, Who proceeds from the Father, Who with the Father and the Son is together is worshipped and glorified, Who spoke by the Prophets: And 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 World to come. Amen.

*(Lesser Doxology)*

Glory to God, who has shown us the Light!  
Glory to God in the highest, and on earth, peace, good will toward men!  
We praise Thee! We bless Thee! We worship Thee!  
We glorify Thee and give thanks to Thee for Thy great glory!  
O Lord God, Heavenly King, God the Father Almighty!  
O Lord, the Only-begotten Son, Jesus Christ, and the Holy Spirit!  
O Lord God, Lamb of God, Son of the Father, Who takes away the sins of the world, have mercy on us! Thou, Who takes away the sins of the world, receive our prayer!  
Thou, Who sits at the right hand of the Father, have mercy on us!  
For Thou alone are holy, and Thou alone are the Lord. Thou alone, O Lord Jesus Christ, are most high to the glory of God the Father! Amen!  
I will give thanks to Thee every day and praise Thy Name for ever and ever.  
Lord, Thou has been our refuge from generation to generation! I said, "Lord, have mercy on me. Heal my soul, for I have sinned against Thee!"  
Lord, I flee unto Thee, Teach me to do Thy will, for Thou are my God. For with Thee is the fountain of Life, and in Thy light shall we see light. Continue Thy loving kindness unto them who know Thee.  
Vouchsafe, O Lord, to keep us this day without sin. Blessed are Thou, O Lord, the God of our fathers, and praised and glorified is Thy Name for ever. Amen. Let Thy mercy be upon us, O Lord, even as we have set our hope on Thee.  
Blessed are Thou, O Lord; teach me Thy statutes. Blessed are Thou, O Master; make me to understand Thy commandments.  
Blessed are Thou, O Holy One; enlighten me with Thy precepts.  
Thy mercy O Lord endures forever! Do not despise the works of Thy hands!  
To Thee belongs worship, to Thee belongs praise, to Thee belongs glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

*(Morning Prayer of Metropolitan Philaret)*

Lord, give me the strength to greet the coming day in peace. Help me in all things to rely on Your holy will. Reveal Your will to me every hour of the day. Bless my dealings with all people. Teach me to treat all people who come to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unexpected events, let me not forget that all are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the physical strength to bear the labors of this day. Direct my will, teach me to pray, pray in me. Amen.

*(Evening Prayer)*

○ Lord, God our Father, if during this day I have sinned in word, deed or thought forgive me in Your goodness and love. Grant me peaceful sleep; protect me from all evil and awake me in the morning that I may glorify you, Your Son and Your Holy Spirit now and forever and ever. Amen.

*(Here you may add your own private prayers using your own words or others you have found helpful.)*

*(Jesus prayer - repeat the number of times your guide has instructed.)*

Lord Jesus Christ, Son of God, Have mercy on me a sinner.

*(Reflection)*

*In the morning reflect quietly on the tasks of the day and prepare yourself for the difficulties you might face, asking God to help.*

*In the evening reflect quietly on the day and thank God for the many blessing and ask for His forgiveness for the times you "missed the mark"—for your sins.*

*(Dismissal)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.