

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.

Through the prayers of our holy Fathers, Lord Jesus Christ
our God, have mercy on us. Amen.

Lord, have mercy (*12 times*)

Glory be to the Father, and to the Son, and to the Holy Spirit,
now and ever and to the ages of ages. Amen.

Psalm 94:6 *Call to Worship*

Come, let us adore the King, our God.
Come, let us adore Christ, the King and our God.
Come, let us adore and bow down to the only Lord Jesus
Christ, the King and our God.

Psalm 50 *Prayer of Repentance*

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may thrill.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse,
My sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed,
then you will be offered young bulls on your altar.

Lord Jesus Christ, Son of God, have mercy on me a sinner.
(*150 times*)

It is truly proper to glorify you,
who have borne God,
the Ever-blessed, Immaculate, and the Mother of our God.
More honorable than the Cherubim,
and beyond compare more glorious than the Seraphim,
who, a virgin, gave birth to God the Word,
you, truly the Mother of God, we magnify.

Glory be to the Father, and to the Son, and to the Holy Spirit,
now and ever and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Through the prayers of our holy Fathers, Lord Jesus Christ
our God, have mercy on us. Amen.

Notes:

This brief Morning Prayer is based upon the prayer rule for a layman, which is a simplified version of the cell rule of a monastic. Its beauty is in its simplicity. It can easily be memorized and prayed over an entire lifetime. All rules of prayer should be undertaken with the blessing of one's spiritual father or mother.

During Pascha the troparion "Christ is Risen" is prayed three times at the beginning and "It is truly proper" is replaced with "The angel exclaimed". During the Holy Forty Days Fast and on other appointed days the Prayer of St. Ephrem is prayed with prostrations at the end of this morning prayer just before the dismissal "Through the prayers...."

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A Morning Rule of Prayer

Upon awakening, stand before the holy icons, make the sign of the cross, and pray:

O God, be merciful to me a sinner.
O God, cleanse me of my sins and have mercy on me.
O Lord, forgive me; for I have sinned without number.

Through the prayers of our holy Fathers, Lord Jesus Christ
our God, have mercy on us. Amen.

Glory be to You, our God, Glory be to You.

O Heavenly King, Comforter, Spirit of Truth,
You are everywhere present and fill all things.
Treasury of Blessings and Giver of Life,
come and dwell within us,
cleanse us of all stain,
and save our souls, O gracious Lord.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(3 times)*

Glory be to the Father, and to the Son, and to the Holy Spirit,
now and ever and to the ages of ages. Amen.

O Most Holy Trinity, have mercy on us;
O Lord, cleanse us of our sins;
O Master, forgive our transgressions;
O Holy One, come to us and heal our infirmities for Your
Name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory be to the Father, and to the Son, and to the Holy Spirit,
now and ever and to the ages of ages. Amen.