



MORNING PRAYERS



MOYA
Macedonian Orthodox Youth
of Australia

MORNING PRAYERS

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When you arise from sleep, stand before the holy icons with reverence and fear of God; make the sign of the Cross and say:

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

Then the introductory prayers:
Glory to You, our God, glory to You.

Heavenly King, O Comforter, the Spirit of truth, Who are everywhere present and fill all things, O Treasury of every good and Bestower of life: come and dwell in us, and cleanse us from every impurity, and save our souls, O good One.

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

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

All-holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy (3 times)

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

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Our Father, Who **are in Heaven**, hallowed be Your Name. Your Kingdom come. Your 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 the evil one.

Then the following

TROPARIA TO THE HOLY TRINITY:

As we arise from sleep, we fall down before You, O Good One, and we cry out to You with the hymn of the Angels, O Mighty One: Holy, Holy, Holy are You, O God. Through the Most Holy Mother of God, have mercy on us.

Glory to the Father, and of the Son, and of the Holy Spirit.

Having Raised me from bed and from sleep, O Lord, enlighten my mind and my heart, and open my mouth that I may praise You, O Holy Trinity. Holy, Holy. Holy are You, O God. Through the Most Holy Mother of God, Have mercy on us.

Both now and ever, and to the ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be laid bare; but let us cry out with her at midnight: Holy, Holy, Holy are You, O God. Through the Most Holy Mother of God, have mercy on us.

Lord, have mercy. (12 times)

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And the following prayer:

As I rise from sleep I thank You, O Holy Trinity, for, because of Your great goodness and long-suffering You have not become angry with me, the slothful and sinner, nor did You let me perish in my transgressions, but did show Your wonted love for man, and when I prostrated in despair, You raised me to keep the morning watch and to glorify Your dominion. And now enlighten the eyes of my mind, open my mouth to meditate on Your words and to understand Your commandments, and to do Your will, and to chant to You in heartfelt confession, and praise Your All-holy Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

O come, let us worship our King and God.

O come, let us worship and fall down before Christ, our King and God.

O come, let us worship and fall down before Him, Christ the King and our God.

PSALM 50 (51)

Have mercy upon me, O god, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions.

Wash me Thoroughly from my iniquity, and cleanse me from my sin.

For I acknowledge my transgressions, and my sin is always before me.

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Against You, You only, have I sinned, and done this evil in your sight - that You may be found just when You speak, and blameless the You judge.

Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part you will make me to know wisdom.

Purge me with Hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Make me hear joy and gladness, that the bones you have broken may rejoice.

Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me.

Do not cast me away from Your Presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.

Then I will teach transgressors Your ways. And sinners shall be converted to You.

Deliver me from the guilt of bloodshed. O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness.

O Lord, Open my lips, and my mouth shall show forth Your praise.

For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.

The sacrifices of God are a broken spirit, a broken and a contrite heart - these, O God, You will not despise.

Do good in Your good pleasure to Zion; build the walls of Jerusalem.

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Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering;
Then they shall offer bulls on Your altar.

THE CREED

I believe in One God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in One Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages; Light of Light; true God of true God; begotten, not made, of one essence with the Father; by Whom all things were made.

Who for us men and for our salvation, came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

And He was crucified for us under Pontius Pilate, and suffered, and was buried.

And rose on the third day, according to the Scriptures. And ascended into heaven, and sits at the right hand of the Father. And He shall come again in glory to judge the living and the dead; Whose kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of life; Who proceeded from the Father; Who with the Father and the Son together is worshipped and glorified, Who spoke by the prophets.

In one holy, catholic and apostolic Church;

I confess one baptism for the forgiveness of sins.

I look for the resurrection of the dead, and the life of the age to come. Amen.

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A PRAYER OF SAINT BASIL THE GREAT

You do we bless, Most High God and Lord of mercy, Who ever worked with us deeds great and unfathomable, glorious and extraordinary, whereof there is no number; Who have given to us sleep for rest from our infirmity, and let us response our much-toiling flesh. We thank You that You have not destroyed us in our iniquities, but have shown Your wonted love for man, and though we were prostrated in despair, You have raised us up to glorify Your dominion. Therefore, we beseech Your incomparable goodness; enlighten the eyes of our understanding and raise our mind from the heavy sleep of slothfulness. Open our mouth and fill it with Your praise, that we may be able undistracted to sing and chant and give thanks to You, Who are God glorified in all and by all, the beginning less Father, with Your Only-begotten Son, and Your All-holy and Good and Life-creating Spirit, now and ever and to the ages of ages. Amen.

A PRAYER OF ST. PHILARET METROPOLITAN OF MOSCOW

My Lord, I know not what I ought to ask of You.
You and You alone know my needs. You love me more than I am able to love myself.
O Father, grant to me, Your servant, all which I cannot ask.
For a cross I dare not ask, nor for consolation;
I dare only to stand in Your presence.
My heart is open to You.
You see my needs of which I myself am unaware.

MORNING PRAYERS

Behold and lift me up!

In Your presence I stand in awe and silenced by Your will and Your judgments, into which my mind cannot penetrate.

To You I offer myself as a sacrifice.

No other desire is mine but to fulfil Your will.

Teach me how to pray.

O Lord, pray within me. Amen.

THE MORNING PRAYER OF ST. PHILARET METROPOLITAN OF MOSCOW

O Lord, grant that I may meet the coming day in peace.

Help me in all things to rely upon Your Holy Will.

In every hour of the day, reveal Your will to me.

Bless my dealings with all who surround me.

Teach me to treat all that comes 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 unforeseen events, let me not forget that all is sent by You.

Teach me to act firmly and wisely, without embittering and embarrassing others.

Give me the strength to bear the fatigue of the coming day with all that it shall bring.

Direct my will.

Teach me to pray.

O Lord pray within me. Amen.

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Most glorious, Ever-virgin, blessed Birth-giver of God, present our prayer to Your Son and our God, and pray that through You, He would save our souls.

The Father is my hope, the Son is my refuge, the Holy Spirit is my shelter! O Holy Trinity, glory to You!

To You do I commit my every hope, O Mother of God, keep me under Your protection.

It is truly right to bless you, O Birth-giver of God, ever-blessed and exceedingly pure, and the Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, without defilement you have birth to God the Word; true Mother of God we magnify you.

Forgive them that hate us and do us wrong, O Lord; do good to them that do good to us. To our brethren and kinsmen, grant their requests that are to their salvation and life everlasting. Visit them that be in sickness, and grant them healing. Guide them that be at sea. Accompany them that journey. Be the ally of Orthodox Christians. To them that minister and show mercy to us, grant forgiveness of their sins. Upon them that have enjoined us, the unworthy, to pray for them, have mercy, according to Your great mercy.

Remember, O Lord, all our fathers and brethren who have gone to their rest before us, and grant them rest where Your light shines.

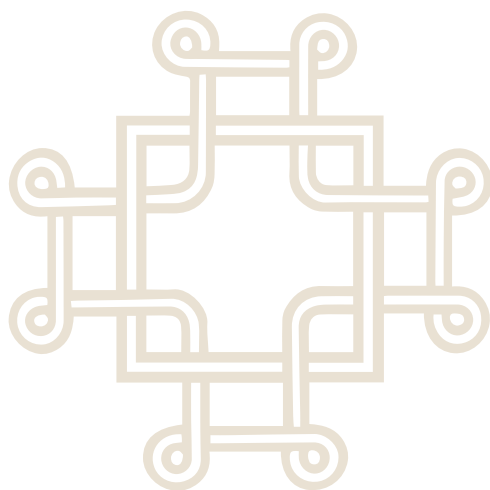
Remember, O Lord, our brethren the captives, and deliver them from every misfortune.

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Remember, O Lord, them that bring oblations and do good works in Your holy churches, and grant them their requests that are to salvation and life everlasting.

Remember, O Lord, us also, Your humble and sinful and unworthy servants, and enlighten our mind with the light of your knowledge, and lead us in the path of Your commandments; by the intercessions of Your exceedingly pure Mother, our Lady the Most Holy Mother of God and Ever-virgin Mary, and of all Your Saints, for blessed are You to the ages of ages.

Amen.



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