

**St John of the Ladder Orthodox Church**  
*Daily Rule of Prayer*

**Morning Prayers**

*Upon awaking from sleep, stand before your icons (prayer 'corner', etc.), do three prostrations, and making the sign of the cross begin:*



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

Glory to Thee, O God, Glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of blessings and Giver of Life; come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

*During the Pachal season, substitute "Christ is Risen" for "O Heavenly King." From Ascension to Pentecost proceed directly to "Holy God."*

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3x)

**Trisagion Prayers**

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

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

O Most Holy Trinity have mercy on us; Lord, cleanse us from our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities for Thy Name's sake.

Lord have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Lord have mercy. (12x)

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

Come, let us worship God our King! Come, let us worship and fall down before Christ our King and our God! Come, let us worship and fall down before Christ Himself, our King and our God.

Having arisen from sleep, we fall down before Thee, O Blessed One, and sing to Thee, O Mighty One, the angelic hymn:  
Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

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

Do Thou, O Lord, Who hast raised me from my bed and from sleep, enlighten my mind and heart, and open my lips that I may praise Thee, O Holy Trinity: Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

Now and ever and unto ages of ages. Amen.

The Judge will come suddenly and the acts of every man will be revealed; but with fear we cry in the middle of the night:  
Holy! Holy! Holy! art Thou, O God; through the Theotokos, have mercy on us.

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Glory to God in the highest and on earth peace, good will towards men. *(Luke 2:14)*

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. *(Psalm 51:15)*

**Monday --- Psalm 3**

O Lord, how many are my foes! Many are rising against me; many are saying of me, there is no help for him in God. But Thou, O Lord, art a shield about me, my glory, and the lifter of my head.

I cry aloud to the Lord and He answers me from His holy hill. I lie down and sleep; I awake again for the Lord sustains me. I am not afraid of ten thousands of people who have set themselves against me round about.

Arise, O Lord, deliver me, O my God! For Thou dost smite all my enemies on the cheek. Thou dost break the teeth of the wicked.

Deliverance belongs to the Lord: Thy blessing be upon Thy people.

**Tuesday --- Psalm 38**

O Lord, rebuke me not in Thy anger, nor chasten me in Thy wrath! For Thy arrows have sunk into me, and Thy hand has come down on me.

There is no soundness in my flesh because of Thy indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; they weigh like a burden too heavy for me.

My wounds grow foul and fester because of my foolishness; I am utterly bowed down and prostrate; all the day I go about mourning. For my loins are filled with burning, and there is no soundness in my flesh. I am utterly spent and crushed, I groan because of the tumult of my heart.

Lord, all my longing is known to Thee, my sighing is not hidden from Thee. My heart throbs, my strength fails me, and the light of my eyes - it has also gone from me. My friends and companions stand aloof from my plague, and my kinsmen stand afar off.

Those who seek my life lay their snares, those who seek my hurt speak of ruin and meditate treachery all the day long.

But I am like a deaf man, I do not hear, like a dumb man who does not open his mouth. Yea, I am like a man who does not hear, and in whose mouth are no rebukes.

But for Thee, O Lord, do I wait; it is Thou, O Lord my God, Who wilt answer; for I pray, "Only let them not rejoice over me, who boast against me when my foot slips!" For I am ready to fall, and my pain is ever with me.

I confess my iniquity, I am sorry for my sin.

Those who are my foes without cause are mighty, and many are those who hate me wrongfully. Those who render me evil for good are my adversaries because I follow after good.

Do not forsake me, O Lord! O my God, be not far from me! Make haste to help me, O Lord, my salvation!

Do not forsake me, O Lord! O my God, be not far from me! Make haste to help me, O Lord, my salvation!

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**Wednesday --- Psalm 63**

O God, Thou art my God! I seek Thee, my soul thirsts for Thee, my flesh faints for Thee as in a dry and weary land where no water is.

So I have looked upon Thee in the sanctuary, beholding Thy power and glory. Because Thy steadfast love is better than life, my lips will praise Thee. So I will bless Thee as long as I live; I will lift up my hands and call on Thy Name.

My soul is feasted as with marrow and fat, and my mouth praises Thee with joyful lips, when I think of Thee upon my bed, and meditate on Thee in the watches of the night; for Thou hast been my help, and in the shadow of Thy wings I sing for joy. My soul clings to Thee, Thy right hand upholds me.

But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword, they shall be prey for jackals. But the king shall rejoice in God, all who swear by him shall glory; for the mouths of liars will be stopped.

I meditate on Thee in the watches of the night; for Thou hast been my help, and in the shadow of Thy wings I sing for joy. My soul clings to Thee, Thy right hand upholds me.

**Thursday --- Psalm 88**

O Lord my God, I call for help by day; I cry out in the night before Thee. Let my prayer come before Thee, incline Thy ear to my cry.

For my soul is full of troubles, and my life draws near to Sheol. I am reckoned among those who go down to the pit; I am a man who has no strength, like one forsaken among the dead; like the slain that lie in the grave; like those whom Thou dost remember no more, for they are cut off from Thy hand.

Thou hast put me in the depths of the pit, in the regions dark and deep. Thy wrath lies heavy upon me, and Thou dost overwhelm me with all Thy waves.

Thou hast caused my companions to shun me, Thou hast made me a thing of horror to Them. I am shut in so that I cannot escape; my eye grows dim through sorrow. Every day I call upon Thee, O Lord; I spread out my hands to Thee.

Dost Thou work wonders for the dead? Do the shades rise up to praise Thee? Is Thy steadfast love declared in the grave, or Thy faithfulness in Abaddon? Are Thy wonders known in the darkness, or Thy saving help in the land of forgetfulness?

But I, O Lord, cry to Thee; in the morning my prayer comes before Thee. O Lord, why dost Thou cast me off? Why dost Thou hide Thy face from me?

Afflicted and close to death from my youth up, I suffer Thy terrors; I am helpless. Thy wrath has swept over me, Thy dread assaults destroy me. They surround me like a flood all day long; they close in upon me together.

Thou hast caused lover and friend to shun me; my companions are in darkness. O Lord my God, I call out for help by day; I cry out in the night before Thee. Let my prayer come before Thee; incline Thy ear to my cry.

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**Friday --- Psalm 103**

Bless the Lord, O my soul, and all that is within me bless His Holy Name. Bless the Lord, O my soul, and forget not all His benefits.

Who forgives all your iniquities, Who heals all your diseases; Who redeems your life from the pit; Who crowns you with steadfast love and mercy;

Who satisfies you with good as long as you live, so that your youth is renewed like the eagle's. The Lord, works vindication and justice for all who are oppressed. He made His ways known to Moses, His acts to the people of Israel.

The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will He keep His anger forever. He does not deal with us according to our sins, nor requite us according to our iniquities.

Bless the Lord, O you His angels, you mighty ones who do His Word, hearkening to the voice of His Word! Bless the Lord, all His hosts, His ministers that do His will!

Bless the Lord, all His works, in all places of His dominion, bless the Lord, O my soul! In all places of His dominion, bless the Lord, O my soul!

**Saturday --- Psalm 143**

Hear my prayer, O Lord; give ear to my supplications! In Thy faithfulness answer me, in Thy righteousness! Enter not into judgment with Thy servant, for no man living is righteous before Thee. For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead.

Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old, I meditate on all that Thou hast done; I muse on what Thy hands have wrought. I stretched out my hands to Thee; my soul thirsts for Thee like a parched land.

Make haste to answer me, O Lord, my spirit fails! Hide not Thy face from me, lest I be like those who go down to the pit. Let me hear in the morning of Thy steadfast love, for in Thee I put my trust.

Teach me the way that I should go, for to Thee I lift up my soul. Deliver me, O Lord, from my enemies; I have fled to Thee for refuge! Teach me to do Thy will, for Thou art my God! Let Thy good spirit lead me on a level path!

For Thy Name's sake, O Lord, preserve my life! In Thy righteousness bring me out of trouble, and in Thy steadfast love cut off my enemies and destroy all my adversaries, for I am Thy servant.

In Thy faithfulness answer me, in Thy righteousness! Enter not into judgment with Thy servant! In Thy faithfulness answer me, in Thy righteousness! Enter not into judgment with Thy servant! Let Thy good Spirit lead me on a level path!

**Prayer of Light**

We praise, bless, hymn, and thank Thee, O God of our fathers, for Thou hast led us through the shadows of night and shown us once again the light of day.

We entreat Thy goodness: cleanse us from our sins and accept our prayer in Thy great tenderness of heart, for we flee to Thee, the merciful and almighty God.

Illumine our hearts with the true Sun of Righteousness; enlighten our minds and guard all our senses, that walking uprightly as in the day in the way of Thy commandments, we may obtain eternal life.

For with Thee is the fountain of life and we will be made worthy of enjoying Thy unapproachable light. For Thou art our God, and to the Thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

**Monday --- Ode 1: The Song of Moses Exodus 15.1 – 18**

Then Moses and the people of Israel sang this song to the LORD, saying, "I will sing to the LORD, for he has triumphed gloriously; the horse and his rider he has thrown into the sea. The LORD is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him. The LORD is a man of war; the LORD is his name. "Pharaoh's chariots and his host he cast into the sea; and his picked officers are sunk in the Red Sea. The floods cover them; they went down into the depths like a stone. Thy right hand, O LORD, glorious in power, thy right hand, O LORD, shatters the enemy. In the greatness of thy majesty thou overthrowest thy adversaries; thou sendest forth thy fury, it consumes them like stubble. At the blast of thy nostrils the waters piled up, the floods stood up in a heap; the deeps congealed in the heart of the sea. The enemy said, 'I will pursue, I will overtake, I will divide the spoil, my desire shall have its fill of them. I will draw my sword, my hand shall destroy them.' Thou didst blow with thy wind, the sea covered them; they sank as lead in the mighty waters. "Who is like thee, O LORD, among the gods? Who is like thee, majestic in holiness, terrible in glorious deeds, doing wonders? Thou didst stretch out thy right hand, the earth swallowed them. "Thou hast led in thy steadfast love the people whom thou hast redeemed, thou hast guided them by thy strength to thy holy abode. The peoples have heard, they tremble; pangs have seized on the inhabitants of Philistia. Now are the chiefs of Edom dismayed; the leaders of Moab, trembling seizes them; all the inhabitants of Canaan have melted away. Terror and dread fall upon them; because of the greatness of thy arm, they are as still as a stone, till thy people, O LORD, pass by, till the people pass by whom thou hast purchased. Thou wilt bring them in, and plant them on thy own mountain, the place, O LORD, which thou hast made for thy abode, the sanctuary, LORD, which thy hands have established. The LORD will reign for ever and ever." For when the horses of Pharaoh with his chariots and his horsemen went into the sea, the LORD brought back the waters of the sea upon them; but the people of Israel walked on dry ground in the midst of the sea.

**Tuesday --- Ode 2: The Song of Moses 32.1 – 43 (only during Great Lent)**

"Give ear, O heavens, and I will speak; and let the earth hear the words of my mouth. May my teaching drop as the rain, my speech distil as the dew, as the gentle rain upon the tender grass, and as the showers upon the herb. For I will proclaim the name of the LORD. Do you thus requite the LORD, you foolish and senseless people? Is not he your father, who created you, who made you and established you? Remember the days of old, consider the years of many generations; ask your father, and he will show you; your elders, and they will tell you. When the Most High gave to the nations their inheritance, when he separated the sons of men, he fixed the bounds of the peoples according to the number of the sons of God. For the LORD's portion is his people, Jacob his allotted heritage.

They stirred him to jealousy with strange gods; with abominable practices they provoked him to anger. They sacrificed to demons which were no gods, to gods they had never known, to new gods that had come in of late, whom your fathers had never dreaded. You were unmindful of the Rock that begot you, and you forgot the God who gave you birth. "The LORD saw it, and spurned them, because of the provocation of his sons and his daughters. And he said, 'I will hide my face from them, I will see what their end will be, for they are a perverse generation, children in whom is no faithfulness.' "And I will heap evils upon them; I will spend my arrows upon them; they shall be wasted with hunger, and devoured with burning heat and poisonous pestilence; and I will send the teeth of beasts against them, with venom of crawling things of the dust. In the open the sword shall bereave, and in the chambers shall be terror, destroying both young man and virgin, the sucking child with the man of gray hairs. For their vine comes from the vine of Sodom, and from the fields of Gomor'rah; their grapes are grapes of poison, their clusters are bitter; their wine is the poison of serpents, and the cruel venom of asps. "Is not this laid up in store with me, sealed up in my treasuries? Vengeance is mine, and recompense, for the time when their foot shall slip; for the day of their calamity is at hand, and their doom comes swiftly.

For the LORD will vindicate his people and have compassion on his servants, when he sees that their power is gone, and there is none remaining, bond or free. Then he will say, 'Where are their gods, the rock in which they took refuge, who ate the fat of their sacrifices, and drank the wine of their drink offering? Let them rise up and help you, let them be your protection! "' See now that I, even I, am he, and there is no god beside me; I kill and I make alive; I wound and I heal; and there is none that can deliver out of my hand. For I lift up my hand to heaven, and swear, As I live for ever, if I whet my glittering sword, and my hand takes hold on judgment, I will take vengeance on my adversaries, and will requite those who hate me. I will make my arrows drunk with blood, and my sword shall devour flesh -- with the blood of the slain and the captives, from the long-haired heads of the enemy.' "Praise his people, O you nations; for he avenges the blood of his servants, and takes vengeance on his adversaries, and makes expiation for the land of his people."

**Tuesday --- Ode 3: The Song of Hannah I Samuel 2.1-10**

"My heart exults in the LORD; my strength is exalted in the LORD. My mouth derides my enemies, because I rejoice in thy salvation. "There is none holy like the LORD, there is none besides thee; there is no rock like our God. Talk no more so very proudly, let not arrogance come from your mouth; for the LORD is a God of knowledge, and by him actions are weighed. The bows of the mighty are broken, but the feeble gird on strength. Those who were full have hired themselves out for bread, but those who were hungry have ceased to hunger. The barren has borne seven, but she who has many children is forlorn. The LORD kills and brings to life; he brings down to Sheol and raises up. The LORD makes poor and makes rich; he brings low, he also exalts. He raises up the poor from the dust; he lifts the needy from the ash heap, to make them sit with princes and inherit a seat of honor. For the pillars of the earth are the LORD'S, and on them he has set the world. "He will guard the feet of his faithful ones; but the wicked shall be cut off in darkness; for not by might shall a man prevail. The adversaries of the LORD shall be broken to pieces; against them he will thunder in heaven. The LORD will judge the ends of the earth; he will give strength to his king, and exalt the power of his anointed."

**Wednesday --- Ode 4: The Song of Habakkuk 3.2 – 19**

O LORD, I have heard the report of thee, and thy work, O LORD, do I fear. In the midst of the years renew it; in the midst of the years make it known; in wrath remember mercy. God came from Teman, and the Holy One from Mount Paran. His glory covered the heavens, and the earth was full of his praise.

His brightness was like the light, rays flashed from his hand; and there he veiled his power. Before him went pestilence, and plague followed close behind. He stood and measured the earth; he looked and shook the nations; then the eternal mountains were scattered, the everlasting hills sank low. His ways were as of old.

I saw the tents of Cushan in affliction; the curtains of the land of Mid'ian did tremble. Was thy wrath against the rivers, O LORD? Was thy anger against the rivers, or thy indignation against the sea, when thou didst ride upon thy horses, upon thy chariot of victory? Thou didst strip the sheath from thy bow, and put the arrows to the string.

Thou didst cleave the earth with rivers. The mountains saw thee, and writhed; the raging waters swept on; the deep gave forth its voice, it lifted its hands on high. The sun and moon stood still in their habitation at the light of thine arrows as they sped, at the flash of thy glittering spear.

Thou didst bestride the earth in fury, thou didst trample the nations in anger. Thou wentest forth for the salvation of thy people, for the salvation of thy anointed.

Thou didst crush the head of the wicked, laying him bare from thigh to neck. Thou didst pierce with thy shafts the head of his warriors, who came like a whirlwind to scatter me, rejoicing as if to devour the poor in secret. Thou didst trample the sea with thy horses, the surging of mighty waters.

I hear, and my body trembles, my lips quiver at the sound; rottenness enters into my bones, my steps totter beneath me. I will quietly wait for the day of trouble to come upon people who invade us. Though the fig tree do not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the LORD, I will joy in the God of my salvation. GOD, the Lord, is my strength; he makes my feet like hinds' feet, he makes me tread upon my high places.

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**Thursday --- Ode 5: The Song of Isaiah 26.9 – 21**

My spirit yearns for thee very early in the morning, my spirit within me earnestly seeks thee. For when thy judgments are in the earth, the inhabitants of the world learn righteousness. If favor is shown to the wicked, he does not learn righteousness; in the land of uprightness he deals perversely and does not see the majesty of the LORD. O LORD, thy hand is lifted up, but they see it not. Let them see thy zeal for thy people, and be ashamed. Let the fire for thy adversaries consume them.

O LORD, thou wilt ordain peace for us, thou hast wrought for us all our works. O LORD our God, other lords besides thee have ruled over us, but thy name alone we acknowledge. They are dead, they will not live; they are shades, they will not arise; to that end thou hast visited them with destruction and wiped out all remembrance of them.

But thou hast increased the nation, O LORD, thou hast increased the nation; thou art glorified; thou hast enlarged all the borders of the land. O LORD, in distress they sought thee, they poured out a prayer when thy chastening was upon them. Like a woman with child, who writhes and cries out in her pangs, when she is near her time, so were we because of thee, O LORD;

We were with child, we writhed, we have as it were brought forth wind. We have wrought no deliverance in the earth, and the inhabitants of the world have not fallen. Thy dead shall live, their bodies shall rise. O dwellers in the dust, awake and sing for joy! For thy dew is a dew of light, and on the land of the shades thou wilt let it fall.

Come, my people, enter your chambers, and shut your doors behind you; hide yourselves for a little while until the wrath is past. For behold, the LORD is coming forth out of his place to punish the inhabitants of the earth for their iniquity, and the earth will disclose the blood shed upon her, and will no more cover her slain.

**Friday --- Ode 6: The Song of Jonah 2.1 - 9**

"I called to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and thou didst hear my voice. For thou didst cast me into the deep, into the heart of the seas, and the flood was round about me; all thy waves and thy billows passed over me. Then I said, 'I am cast out from thy presence; how shall I again look upon thy holy temple?' The waters closed in over me, the deep was round about me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me for ever; yet thou didst bring up my life from the Pit, O LORD my God. When my soul fainted within me, I remembered the LORD; and my prayer came to thee, into thy holy temple. Those who pay regard to vain idols forsake their true loyalty. But I with the voice of thanksgiving will sacrifice to thee; what I have vowed I will pay. Deliverance belongs to the LORD!"

**Saturday --- Ode 7: The Song of the Three Holy Youths Daniel 3.26 – 56 (*alternate with Ode 8*)**

And they walked about in the midst of the flames, singing hymns to God and blessing the Lord. Then Azariah stood and offered this prayer; in the midst of the fire he opened his mouth and said: "Blessed art thou, O Lord, God of our fathers, and worthy of praise; and thy name is glorified for ever. For thou art just in all that thou hast done to us, and all thy works are true and thy ways right, and all thy judgments are truth. Thou hast executed true judgments in all that thou hast brought upon us and upon Jerusalem, the holy city of our fathers, for in truth and justice thou hast brought all this upon us because of our sins. For we have sinfully and lawlessly departed from thee, and have sinned in all things and have not obeyed thy commandments; we have not observed them or done them, as thou hast commanded us that it might go well with us. So all that thou hast brought upon us, and all that thou hast done to us, thou hast done in true judgment. Thou hast given us into the hands of lawless enemies, most hateful rebels, and to an unjust king, the most wicked in all the world. And now we cannot open our mouths; shame and disgrace have befallen thy servants and worshipers. For thy name's sake do not give us up utterly, and do not break thy covenant, and do not withdraw thy mercy from us, for the sake of Abraham thy beloved and for the sake of Isaac thy servant and Israel thy holy one, to whom thou didst promise to make their descendants as many as the stars of heaven and as the sand on the shore of the sea. For we, O Lord, have become fewer than any nation, and are brought low this day in all the world because of our sins. And at this time there is no prince, or prophet, or leader, no burnt offering, or sacrifice, or oblation, or incense, no place to make an offering before thee or to find mercy. Yet with a contrite heart and a humble spirit may we be accepted, as though it were with burnt offerings of rams and bulls, and with tens of thousands of fat lambs; such may our sacrifice be in thy sight this day, and may we wholly follow thee, for there will be no shame for those who trust in thee. And now with all our heart we follow thee, we fear thee and seek thy face. Do not put us to shame, but deal with us in thy forbearance and in thy abundant mercy. Deliver us in accordance with thy marvelous works, and give glory to thy name, O Lord! Let all who do harm to thy servants be

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put to shame; let them be disgraced and deprived of all power and dominion, and let their strength be broken. Let them know that thou art the Lord, the only God, glorious over the whole world." Now the king's servants who threw them in did not cease feeding the furnace fires with naphtha, pitch, tow, and brush. And the flame streamed out above the furnace forty-nine cubits, and it broke through and burned those of the Chaldeans whom it caught about the furnace. But the angel of the Lord came down into the furnace to be with Azariah and his companions, and drove the fiery flame out of the furnace, and made the midst of the furnace like a moist whistling wind, so that the fire did not touch them at all or hurt or trouble them. Then the three, as with one mouth, praised and glorified and blessed God in the furnace, saying: "Blessed art thou, O Lord, God of our fathers, and to be praised and highly exalted for ever; And blessed is thy glorious, holy name and to be highly praised and highly exalted for ever; Blessed art thou in the temple of thy holy glory and to be extolled and highly glorified for ever. Blessed art thou, who sittest upon cherubim and lookest upon the deeps, and to be praised and highly exalted for ever. Blessed art thou upon the throne of thy kingdom and to be extolled and highly exalted for ever. Blessed art thou in the firmament of heaven and to be sung and glorified for ever.

**Saturday --- Ode 8: The Song of the Three Holy Youths Daniel 3.57 – 88**

"Bless the Lord, all works of the Lord, sing praise to him and highly exalt him for ever. Bless the Lord, you heavens, sing praise to him and highly exalt him for ever. Bless the Lord, you angels of the Lord, sing praise to him and highly exalt him for ever. Bless the Lord, all waters above the heaven, sing praise to him and highly exalt him for ever. Bless the Lord, all powers, sing praise to him and highly exalt him for ever. Bless the Lord, sun and moon, sing praise to him and highly exalt him for ever. Bless the Lord, stars of heaven, sing praise to him and highly exalt him for ever. Bless the Lord, all rain and dew, sing praise to him and highly exalt him for ever. Bless the Lord, all winds, sing praise to him and highly exalt him for ever. Bless the Lord, fire and heat, sing praise to him and highly exalt him for ever. Bless the Lord, winter cold and summer heat, sing praise to him and highly exalt him for ever. Bless the Lord, dews and snows, sing praise to him and highly exalt him for ever. Bless the Lord, nights and days, sing praise to him and highly exalt him for ever. Bless the Lord, light and darkness, sing praise to him and highly exalt him for ever. Bless the Lord, ice and cold, sing praise to him and highly exalt him for ever. Bless the Lord, frosts and snows, sing praise to him and highly exalt him for ever. Bless the Lord, lightnings and clouds, sing praise to him and highly exalt him for ever. Let the earth bless the Lord; let it sing praise to him and highly exalt him for ever. Bless the Lord, mountains and hills, sing praise to him and highly exalt him for ever. Bless the Lord, all things that grow on the earth, sing praise to him and highly exalt him for ever. Bless the Lord, you springs, sing praise to him and highly exalt him for ever. Bless the Lord, seas and rivers, sing praise to him and highly exalt him for ever. Bless the Lord, you whales and all creatures that move in the waters, sing praise to him and highly exalt him for ever. Bless the Lord, all birds of the air, sing praise to him and highly exalt him for ever. Bless the Lord, all beasts and cattle, sing praise to him and highly exalt him for ever. Bless the Lord, you sons of men, sing praise to him and highly exalt him for ever. Bless the Lord, O Israel, sing praise to him and highly exalt him for ever. Bless the Lord, you priests of the Lord, sing praise to him and highly exalt him for ever. Bless the Lord, you servants of the Lord, sing praise to him and highly exalt him for ever. Bless the Lord, spirits and souls of the righteous, sing praise to him and highly exalt him for ever. Bless the Lord, you who are holy and humble in heart, sing praise to him and highly exalt him for ever. Bless the Lord, Hananiah, Azariah, and Mishael, sing praise to him and highly exalt him for ever; for he has rescued us from Hades and saved us from the hand of death, and delivered us from the midst of the burning fiery furnace; from the midst of the fire he has delivered us. Give thanks to the Lord, for he is good, for his mercy endures for ever. Bless him, all who worship the Lord, the God of gods, sing praise to him and give thanks to him, for his mercy endures for ever."

*(continue to Magnificat)*

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**Everyday --- Ode 9: The Song of the Theotokos (The Magnificat) Luke 1.46 - 55**

"My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden.

For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name.

And his mercy is on those who fear him from generation to generation.

He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree;

He has filled the hungry with good things, and the rich he has sent empty away.

He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity for ever."

**Everyday --- Ode 9: The Song of Zachariah Luke 1:68 – 79 (from November 15 to February 9)**

"Blessed be the Lord God of Israel, for he has visited and redeemed his people, and has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth of his holy prophets from of old, that we should be saved from our enemies, and from the hand of all who hate us;

To perform the mercy promised to our fathers, and to remember his holy covenant, the oath which he swore to our father Abraham, to grant us that we, being delivered from the hand of our enemies, might serve him without fear, in holiness and righteousness before him all the days of our life.

And Thou, child, shalt be called the prophet of the Most High; for Thou shalt go before the Lord to prepare his ways, to give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God, when the day shall dawn upon us from on high to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace."

**The Praises**

**Monday and Thursday --- Psalm 148**

Praise the Lord from the heavens, praise Him in the heights! Praise Him all His angels, praise Him all His hosts!

Praise Him sun and moon, praise Him all you shining stars! Praise Him, you highest heavens, and you waters above the heavens!

Let them praise the Name of the Lord, for He spoke and they came to be; He commanded and they were created.

He established them for ever and ever; He fixed their bounds which cannot be passed.

Praise the Lord from the earth, you sea monsters and all deeps; fire and hail, snow and frost, stormy winds fulfilling His command!

Mountains and all hills, fruit trees and all cedars! Beasts and cattle, creeping things and flying birds!

Kings of the earth and all peoples, princes and all rulers of the earth! Young men and maidens together, old men and children!

Let them praise the Name of the Lord, for His Name alone is exalted; His glory is above earth and heaven.

He has raised up a horn for His people, praise for all His saints, for the people of Israel who are near to Him.

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**Tuesday and Friday --- Psalm 149**

Sing to the Lord a new song, His praise in the assembly of the faithful! Let Israel be glad in His maker, let the sons of Zion rejoice in their King! Let them praise His Name with dancing, making melody with timbrel and lyre!

For the Lord takes pleasure in His people; He adorns the humble with victory.

Let the faithful exult in glory; let them sing for joy on their couches.

Let the high praises of God be in their throats and two-edged swords in their hands, to wreak vengeance on the nations, and chastisement on the peoples; to bind their kings with chains and their nobles with fetters of iron; to execute on them the judgment written; this is glory for all His faithful ones.

**Wednesday and Saturday --- Psalm 150**

Praise the Lord! Praise God in His sanctuary; praise Him in His mighty firmament! Praise Him for His mighty deeds, praise Him according to His exceeding greatness!

Praise Him with trumpet sound; praise Him with lute and harp! Praise Him with timbrel and dance, praise Him with strings and pipe! Praise Him with sounding cymbals; praise Him with loud clashing cymbals! Let everything that breathes praise the Lord! Praise the Lord!

To Thee, O Lord our God, belongs glory, and to Thee we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

**Everyday --- The Small Doxology**

Glory to Thee, Who hast 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, we give thanks to Thee for Thy great glory. O Lord, 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 takest away the sin of the world, have mercy on us! Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father have mercy on us!

For Thou alone art holy, Thou alone art Lord, Thou only, O Jesus Christ, in the glory of God the Father. Amen.

Every day will I give thanks to Thee and praise Thy Name for ever and ever! Lord, Thou hast 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 art my God.

For with Thee is the fountain of life, and in Thy light shall we see light. O continue Thy mercy unto those who know Thee!

Vouchsafe, O Lord to keep us this day without sin. Blessed art Thou, O Lord, God of our Fathers, and praised and glorified is Thy Name forever. Amen. Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee.

Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, make me to understand Thy commandments. Blessed art Thou, O Holy One, enlighten me with Thy precepts. Thy mercy, O Lord, endures forever, O despise not 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.

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**Daily Epistle and Gospel** *[Replace with OT Readings During Great Lent]*

The reading is from:

The (first or second) epistle of the Holy Apostle Paul to the [name]

The (first or second) catholic epistle of the Holy Apostle [name]

The Acts of the Holy Apostles!

*Read the Epistle appointed for the day (see calendar). The Epistle begins with one of the following greetings:*

<i>If to a community:</i>	Brethren,
<i>If to a disciple:</i>	My Son [name],
<i>If from St. John:</i>	Beloved,
<i>If from the Acts:</i>	In those days...

*When finished with the Epistle, immediately read the portion of the Gospel appointed for the day.*

The reading from the Holy Gospel according to Saint \_\_\_\_\_.

Glory to Thee, O Lord, glory to Thee!

*The Gospel is read,*

Glory to Thee, O Lord, glory to Thee!

*Now is sung (or chanted) the Troparion appropriate to the day or 'Rejoice, O Virgin Theotokos...'. [Omit during Great Lent]*

Rejoice, O Virgin Theotokos,  
Mary, full of grace, the Lord is with you.  
Blessed are you among women  
And blessed is the fruit of your womb.  
For you have born the Savior of our souls!

**Prayer of Intercession**

*(where appropriate, names and/or intentions may be added in the following:)*

Forgive, O Lord, those who hate us and treat us unjustly. Do good to those who do good.

Grant our brethren and families their requests which are for salvation and eternal life.

Visit those who are ill and grant them healing, esp *NN*.

Watch over those at sea and on air and those who travel, esp *NN*.

Be an ally to our armed forces and those in authority.

Grant remission of sins to those who serve us and are kind to us.

Be merciful according to Thy great mercy to those who have asked us to pray for them, unworthy though we be, esp *NN*.

Remember, O Lord, our fathers and brethren who have fallen asleep before us and grant them rest where the light of Thy countenance shines, esp *NN*.

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Remember, O Lord, those who are in captivity, suffering from war, strife, or natural disaster, and deliver them from every distress.

Remember, O Lord, those who bear fruit and do good in Thy holy Church and grant them their requests which are for salvation and eternal life.

Remember, Thyself, O Lord, all those we have not remembered through ignorance, forgetfulness, or the multitude of names, since Thou knowest the name and age of each, even from his mother's womb.

Remember us, Thy unworthy servants, O Lord, and enlighten our minds with the light of Thy knowledge, guiding us along the way of Thy commandments, through the intercessions of Thy all-pure Mother, the Lady Theotokos and ever-virgin Mary, and of all thy saints, for Thou art blessed unto ages of ages. Amen.

*During Great Lent the Lenten Troparia and the Prayer of St Ephraim may be added here:*

**Lenten Troparia**

Rejoice, O Virgin Theotokos, Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls. *(Prostration)*

Glory to the Father and to the Son and to the Holy Spirit: O Baptizer of Christ, remember us all, that we may be delivered from our iniquities, for to you is given grace to intercede for us. *(Prostration)*

Now and ever and unto ages of ages. Amen. Intercede for us, O Holy Apostles and all the saints, that we may be delivered from perils and sorrows, for we have acquired you as fervant intercessors before the Savior. *(Prostration)*

Beneath your compassion with take refuge, O Theotokos, do not despise our supplications in adversity, but deliver us from perils, O only pure and only blessed one. *(deep bow)*

**Prayer of St Ephraim**

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power, and idle talk. *(Prostration)*  
But give rather the spirit of chastity, humility, patience, and love to Thy servant. *(Prostration)*

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother; for blessed art Thou unto ages of ages. Amen. *(Prostration)*

God, cleanse me a sinner. *(12x, bowing each time)*

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother; for blessed art Thou unto ages of ages. Amen. *(Prostration)*

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

Lord have mercy. *(3x)*

*NB: Either before or after one's morning prayer is an excellent time to incorporate 15 minutes (or so) of 'silence' into one's prayer rule. One beneficial way that this might be accomplished is by saying the 'Jesus Prayer' ('Lord Jesus Christ, Son of God, have mercy on me, a sinner.'). This prayer can also be used at any other time throughout the day or into the evening as an 'arrow' prayer, to help one remember God and, as the Apostle Paul insists, to help us 'pray with without ceasing' (I Th 5.17).*

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*Another prayer I find useful with which to begin the day is the following Prayer of Philaret of Moscow:*

**Prayer for the Beginning of the Day**

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Thy holy will. In every hour of the day reveal Thy 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 the firm conviction that Thy holy will governs all. In all my deeds and works, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by Thee. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, and, Thou, Thyself, pray in me. Amen.

*Prayer of a Child which might be used in the evening or morning:*

**Prayer of a Child**

Our Father, Who art in heaven, bless my father and mother, my guardians, and those who are in authority over me, for their love and tender care for me, and the benefits I receive at their hands. Help me, I pray Thee, to be respectful and obedient to them in all matters according to Thy will; and give me Thy grace to perform all my duties carefully and faithfully, to avoid undesirable company and influence, and resist all temptation that may come my way; that I may live a sober, righteous and godly life, ever praising Thee and glorifying Thy Holy Name. Amen.

*Yet another prayer I find useful with which to begin the day is the following Prayer of Fr Sophrony:*

O Lord Eternal and Creator of all things, Who of Thine inscrutable goodness called me to this life, Who bestowed on me the grace of Baptism and the Seal of the Holy Spirit, Who imbued me with a desire to seek Thee, the One True God: hear my prayer. I have no life, no light, no joy or wisdom, no strength except in Thee, O God. Because of my unrighteousness I dare not raise my eyes to Thee. But Thou didst say to Thy disciples, 'Whatsoever you shall ask in prayer believing, you shall receive.' and 'Whatsoever you shall ask in My Name, that will I do'. Wherefore I dare to invoke Thee. Purify me from all taint of flesh and spirit. Teach me to pray aright. Bless this day which Thou dost give unto me, Thine unworthy servant. By the power of thy blessing enable me at all times to speak and act to Thy glory with a pure spirit, with humility, patience, love, gentleness, peace, courage and wisdom: aware always of Thy presence. Of Thine immense goodness, O Lord God, show me the path of Thy will, and grant me to walk in Thy sight without sin. O Lord unto Whom all hearts be open, Thou knowest what things I have need of. Thou art acquainted with my blindness and my ignorance, Thou knowest my infirmity and my soul's corruption, but neither are my pain and anguish hid from Thee. Wherefore I beseech Thee, hear my prayer and by Thy Holy Spirit teach me the way wherein I should walk, and when my perverted will would lead me down other paths spare me not, O Lord, but force me back to Thee. By the power of Thy love, grant me to hold fast to that which is good. Preserve me from every word or deed that corrupts the soul, from every impulse displeasing in Thy sight and hurtful to my brother-man. Teach me what I should say and how should speak. If it be Thy will that I make no answer, inspire me to keep silent in a spirit of peace that causes neither sorrow nor hurt to my fellow. Establish me in the path of thy commandments and to my last breath let me not stray from the light of Thine ordinances, that Thy commandments may become the sole law of my being on this earth and in all eternity. Yea, Lord, I pray Thee, have pity on me. Spare me in mine affliction and my misery and hide not the way of salvation from me. In my foolishness, O god, I plead with Thee for many and great things. Yet I am ever mindful of my wickedness, my baseness, my vileness. Have mercy upon me. Cast me not away from Thy presence because of my presumption. Do Thou rather INCREASE in me this presumption, and grant unto me, the worst of men, to love Thee as Thou hast commanded, with all my heart, with all my soul, with all my mind, and with all my strength: with my whole being. Yea O Lord, by Thy Holy Spirit, teach me good judgment and knowledge. Grant me to know Thy truth before I go down into the grave. Maintain my life in this world until I may offer Thee worthy repentance. Take me not away in the midst of my days nor while my mind is still blind. When Thou shalt be pleased to bring my life to an end, forewarn me that I may prepare my soul to come before Thee. Be with me, O Lord, at that dread hour and grant me the joy of salvation. Cleanse Thou me from hidden faults, from all iniquity that is hid in me, and give me a right answer before Thy judgment-seat. Yea, Lord of Thy great mercy and immeasurable love for mankind, hear my prayer.