

PRAYER BOOK FOR THE YOUTH OF ST. SOPHIA



Rejoice Oh Unwedded Bride

My morning prayers

My mealtime prayers

My nighttime prayers

My prayers to the Panagia- Virgin Mary

Agni Parthene (Greek: Ἀγνή Παρθένε), "O Virgin Pure" or "O Pure Virgin", is a hymn composed by St. Nektarios of Aegina in the late 19th century.

O pure and virgin Lady, O spotless Theotokos:

Rejoice, O unwedded Bride!

O Virgin Queen and Mother, O dewy Fleece most sacred:

Rejoice, O unwedded Bride!

O height transcending heaven above, O beam of light most radiant:

Rejoice, O unwedded Bride!

O joy of chaste and virgin maids, surpassing all the angels:

Rejoice, O unwedded Bride!

O brilliant light of heaven above, most clear and most radiant:

Rejoice, O unwedded Bride!

Commanding Chief of heavenly hosts, O holiest of holies:

Rejoice, O unwedded Bride!

O ever virgin Mary, O Mistress of creation:

Rejoice, O unwedded Bride!

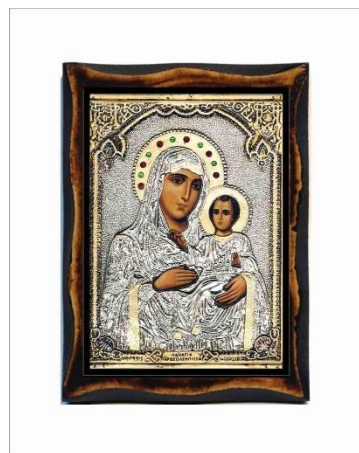
O Bride all pure and spotless, O Lady all holy:

Rejoice, O unwedded Bride!

O holy Mary, Bride and Queen, O cause of our rejoicing:

Rejoice, O unwedded Bride!

O Maiden Queen honorable, O Mother most holy:



Rejoice, O unwedded Bride!

More precious than the Cherubim, and more glorious than the Seraphim:

Rejoice, O unwedded Bride!

Surpassing Principalities, Dominions, Thrones, and Powers:

Rejoice, O unwedded Bride!

Rejoice, song of the Cherubim; Rejoice, hymn of the Angels:

Rejoice, O unwedded Bride!

Rejoice, ode of the Seraphim, and joy of the Archangels:

Rejoice, O unwedded Bride!

Rejoice, O peace, Rejoice, O joy, and haven of salvation:

Rejoice, O unwedded Bride!

O bridal chamber of the Word, unfading, fragrant blossom:

Rejoice, O unwedded Bride!

Rejoice, delight of paradise, Rejoice, life everlasting:

Rejoice, O unwedded Bride!

Rejoice, O holy Tree of Life, and Fount of immortality:

Rejoice, O unwedded Bride!

I supplicate thee, Lady, I humbly call upon thee!

Rejoice, O unwedded Bride!

O Queen of all, I beg thee, to grant me thy favor:

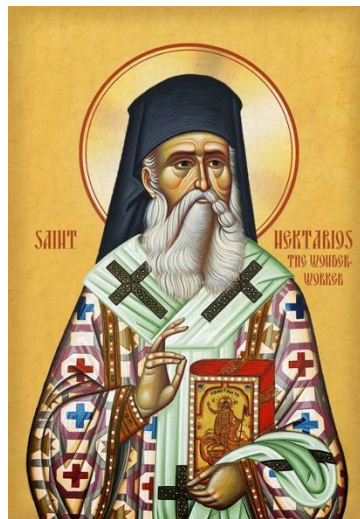
Rejoice, O unwedded Bride!

O spotless and most honored Maid, O Lady all holy:

Rejoice, O unwedded Bride!

I call upon thee fervently, thou temple most holy:

Rejoice, O unwedded Bride!



O thou my help, deliver me from harm and all adversity:

Rejoice, O unwedded Bride!

And by thy prayers show me to be an heir of immortality:

Rejoice, O unwedded Bride!

Morning Prayers

(After rising from sleep, stand with reverence and fear of God, make the sign of the cross, and say:)

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

Glory to you, our God, glory to you.

Heavenly King, Comforter, the Spirit of truth, who are present everywhere filling all things, Treasury of good things and Giver of life, come and dwell in us. Cleanse us of every stain, and save our souls, gracious Lord.

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

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

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

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

Glory to the Father and the Son and the Holy Spirit, 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 yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

(Then the following prayers to the Holy Trinity:)

Having risen from sleep, we fall before you, O good One, and sing to you, mighty One, the angelic hymn: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

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

Having aroused me from sleep and bed, O Lord, enlighten my mind and open my heart and lips that I may sing to you, Holy Trinity: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

Now and forever and to the ages of ages. Amen.

Suddenly the Judge will come and everyone's deeds will be revealed. But with awe we cry out in the middle of the night: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.
Lord, have mercy (12).

Psalm 120 (121)

I will lift, up my eyes to the hills. From where comes my help? My help comes from the Lord, who made heaven and earth. He will not allow your foot to be moved; he who keeps you will not slumber. Behold, he who watches over Israel shall neither slumber nor sleep. The Lord shall protect you; the Lord is your shelter at your right hand. The sun shall not burn you by day, nor the moon by night. The Lord shall preserve you from all evil; the Lord shall preserve your soul. The Lord shall preserve your going out and your coming in from this time forth, and forevermore.

A Prayer Of Thanksgiving

As I rise from sleep, I thank you, Holy Trinity, for because of your great goodness and patience, you were not angry with me, an idler and sinner, nor have you destroyed me in my sins, but have shown your usual love for me. And when I was prostrate in despair, you raised me to glorify with your power. Enlighten now my mind's eye, open my mouth to study your words and understand your commandments, to do your will and sing to you in heartfelt adoration, and praise your most holy name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.



Prayers At Mealtime

Before Breakfast

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy.

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 evil. For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Christ our God, bless the food and drink of your servants, for you are holy always, now and forever and to the ages of ages. Amen.

Thanksgiving After Breakfast

We thank you, Christ our God, for you have satisfied us with earthly gifts. Do not deprive us of your heavenly kingdom, but as you, O Savior, came among your disciples and gave them peace, come among us also and save us.

Before Lunch and Dinner

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy.

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 evil. For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

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Thanksgiving After Lunch and Dinner

We thank you, Christ our God, for you have satisfied us with earthly gifts. Do not deprive us of your heavenly kingdom, but as you, O Savior, came among your disciples and gave them peace, come among us also and save us.

Prayers Before Sleep

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

Glory to you, our God, glory to you. Heavenly King, Comforter, the Spirit of truth, who are present everywhere filling all things, Treasury of good things and Giver of life, come and dwell in us. Cleanse us of every stain, and save our souls, gracious Lord.

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

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

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

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 evil. For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Now that the day has come to a close, I thank you, Lord, and entreat that the evening and the night be sinless. Grant this to me, Savior, and save me. Glory to the Father and the Son and the Holy Spirit. Now that the day has passed, I glorify you, Master, and I entreat that the evening with the night be without offense. Grant this to me, Savior, and save me. Now and forever and to the ages of ages. Amen.

Now that the day has ended, I praise you, Holy One, and entreat that the evening and the night be undisturbed. Grant this to me, Savior, and save me.

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

The Service of the Small Paraklesis (Intercessory Prayer) to the Most Holy Theotokos

Ode 1. The Heirmos. Plagal of the 4th Tone

Crossing the waters as on dry land,
In that way escaping
From the evils of Egypt's land,

The Israelites cried out exclaiming:
To our Redeemer and God, now let us sing.

Most Holy Theotokos save us.

With many temptations surrounding me,
Searching for salvation,
I have hastened unto you;
O Mother of the Word, and ever-Virgin,
From all distresses and dangers deliver me.

Most Holy Theotokos save us.

Assaults of the passions have shaken me,
My soul to its limits
Has been filled with much despair;
Bring peace, O Maiden, in the calmness,
Of your own Son and your God, all-blameless One.

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

To God and the Savior you've given birth;
I ask you, O Virgin,
From the dangers deliver me;
For now I run to you for refuge,
With both my soul and my reasoning.

Now and forever, and to the ages of ages. Amen.

Diseased is the body and the soul;
Deem me truly worthy
Of divine guidance and your care;
For you alone are God's Mother,
As the good and the birthgiver of the Good.

Ode 3. The Heirmos.

The apse of the heavens,
Are you O Lord, Fashioner,
And the Holy Church's great Founder,

Likewise establish me,
In constant love for You
For You're the height of our longing;
Support of the faithful,
The only Friend of all.

Most Holy Theotokos save us.

A protection and shelter,
I have with you in my life,
You, the Theotokos and the Virgin,
Pilot me towards your port;
For you are the cause,
The cause of that which is good,
Support of the faithful,
The only all-praised One.

Most Holy Theotokos save us.

I entreat you, O Virgin,
Disperse the storm of my grief,
and the soul's most inward confusion,
Scatter it far from me;
You are the Bride of God,
For you have brought forth the Christ,
the Prince of Peace;
Only, all-blameless One.

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

Having brought forth unto us
the cause and giver of good,
From your great abundance of kindness,
Pour forth upon us all;
For all is possible,
For you who carried the Christ,
Who is mighty in power;
You, who are blessed of God.

Now and forever and to the ages of ages. Amen

With most serious ailments,
And with the passions so dark,
I am being tested, O Virgin,
Come and bring help to me;
For I have known of you,
That you are without fail
the endless treasure of cures,
Only all-blameless One.

Deliver us,
All of your servants, from danger, O Theotokos;
After God, we all flee to you,
For shelter and covering,
As an unshakable wall and our protection.

Turn to me,
In your good favor, all praise-worthy Theotokos;
Look upon my grave illnesses,
Which painfully sting my flesh
and heal the cause of my soul's pain and suffering.



Peace Be with You

Family Prayers

Parent's Prayer for Their Children, Relatives & Friends

O God, our heavenly Father, who loves mankind and are a most merciful and compassionate God, have mercy upon Your servants (Name those whom you wish to remember) for whom I humbly pray to You to care for and protect. O God, be their guide and guardian in all their endeavors, lead them in the path of Your truth, and draw them nearer to You, so that they may lead a godly and righteous life in Your love as they do Your will in all things. Give them Your grace, and mercy so that they may be patient, hard working, tireless, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption, and direct them in the way of Salvation, through the goodness of Your Son, our Savior Jesus Christ, and the prayers of His Holy Mother and the blessed saints. Amen.

Prayer of a Single Parent

Lord Jesus Christ my God, who carried Your own Holy Cross to Golgotha, grant me the strength, patience and wisdom to bear the burdens of parenthood. Fulfill in me anything I may be lacking and grant that through our prayers and those of Your Holy Mother, our family may grow closer to You and a Life in Christ. Amen

Prayer for Your Parents

Lord and Savior, You have taught us to honor our fathers and mothers, and to show love and obedience toward them. From the depth of my heart I fervently pray to You, Jesus, my God: hear my prayer. Bless my parents who have raised me up with the help of Your grace. Protect them from evil, harm and sickness. Grant them faith, health and joy. Bless all their works that they may give You honor and glory all the days of their lives. Amen

Child's Prayer

Heavenly Father, bless my parents and all those who love and care for me. Help me in all ways to be respectful and obedient to them according to Your will. Send down upon me Your grace to perform all my duties carefully and faithfully, to avoid unacceptable company and influence and to resist all temptation that may come my way. Help me Lord to live a serious, good and godly life, praising You constantly and glorifying Your holy Name. Amen.

Praying with Toddlers

Teach them early to venerate icons and to Cross themselves. Explain simple concepts of God and Jesus. Pray with them by helping enumerate their blessings-

Jesus loves my _____. Thank you God, for _____.

Prayer of a Married Person

Lord Jesus Christ, by Your presence You blessed the wedding in Cana and showed us that You are the true priest of mystical and pure marriage. We thank You for the day on which by Your heavenly blessing You joined us in the sacrament of marriage. Lord, continue to bless and enrich our marriage in love, companionship, mutual support, oneness of heart and progress in faith and life. Protect our Holy wedlock from sin, evil and danger. Nurture between us the spirit of understanding, the spirit of forgiveness and the spirit of peace, that no resentment, quarrel or other problem may cause us to stumble and fall. Grant us to see our own faults and not to judge each other. Keep our bond of love always new. Gladden our lives with the joys of marriage, that with one heart we may praise and glorify You. Amen.

Prayer of a Single Person

Jesus my Lord, Who became man and graced us with the beauty of Your life and with the example of faith, purity and love; help me, I pray, to love You with all my mind, heart and soul, and to live according to Your teachings. Strengthen me when temptations strike, that I may remain pure in thought and steadfast in virtue, doing only things that are pleasing to You. Guide me to live Your will and not my own as I look to the future. Grant me faith, courage and love, that I may serve You in holiness all the days of my life, through the prayers of the Theotokos and of all the Saints. Amen.

Prayer of a Widow or Widower

Lord Jesus Christ, Who through your mercy, resurrected the only son of the widow in Nain; I pray to You in need and all alone, putting my hope in God and asking for help. O You who fulfill our every need and complete everything we lack, grant me faith, courage, love and understanding of Your Will. Remember Your Servant (name of spouse) in Your kingdom, always now and forever. Amen