

Prayer of St Dimitri of Rostov Before Communion

Open, O doors and bolts of my heart,
that Christ the King of Glory may
enter!

Enter, O my Light, and enlighten my
darkness; enter, O my Life, and
resurrect my deadness;

Enter, O my Physician, and heal my
wounds; enter, O Divine Fire, and burn
up the thorns of my sins; ignite my
inward parts and my heart with the
flame of Thy love;

Enter, O my King, and destroy in me
the kingdom of sin; sit on the throne of
my heart and reign in me alone, O
Thou, my King and Lord.

A Prayer of Thanksgiving attributed to St John Chrysostom

What praise, of what hymn, or what
thanksgiving, or what recompense shall we
offer unto Thee, the Only God, Who lovest
mankind? For when we were condemned to
destruction and immersed in our sins, Thou
didst bestow freedom upon us, and hast given
us the immortal and heavenly nourishment of
the Body and Blood of Thy Christ.

Therefore we pray Thee: Deliver us from
judgment, together with Thy servants who
minister unto Thee. →

To pray for someone more diligently:

Save, O Lord, and have mercy on
Thy servant(s), [bow]

Deliver him (her, them) from
every tribulation, wrath and need
[bow],

From every sickness of soul and
body, ***[bow]***

Forgive him (her, them) every
transgression, voluntary and
involuntary, ***[bow]***

And do whatever is profitable for
our souls. ***[bow]***.

A Prayer of Thanksgiving by St Basil The Great

O Existing One, Master Lord, God, almighty and
adorable Father: It is truly meet and right and befitting
the majesty of Thy holiness that we should praise
Thee, hymn Thee, bless Thee, worship Thee, give
thanks unto Thee and glorify Thee, the only truly
existing God, and offer unto Thee with contrite heart
and spirit of humility this our rational worship; for
Thou art He that hath graciously bestowed upon us the
knowledge of Thy truth.

And who is sufficient to speak of Thy mighty acts, to
make all Thy praises to be heard, or to tell of all Thy
wonders at every season?

O Master of all, Lord of heaven and earth, and of all
creation both visible and invisible, Who sittest upon
the throne of glory and beholdest the depths, Who art
unoriginate, invisible, immutable, the Father of our
Lord: the great God and Savior Jesus Christ, our
Hope, Who is the Image of Thy goodness, the Seal of
equal type, in Himself showing forth Thee, the Father,
the living Word, the true God, the Wisdom before all
ages, →

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From every sickness of soul and
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A Prayer of Thanksgiving by St Basil The Great continued

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the Life, Sanctification, Power, the true Light, through Whom the Holy Spirit was manifested: the Spirit of truth, the Gift of adoption, the Pledge of the inheritance to come, the First-fruits of eternal good things, the life-giving Power, the Fountain of sanctification, by Whom enabled every rational and intelligent creature doth serve Thee and ascribe to Thee perpetual praise, for all things are Thy servants.

Filled thus with great awe at Thine immeasurable mercies and love, do Thou receive the unfeigned praise and thanksgiving of our unworthy hearts for all that Thou hast provided for us in this world and the next, and enable us to walk before Thee in holiness and purity all the days of our life in fitting gratitude for Thy loving-kindness to us;

For blessed art Thou O Holy Father together with Thy Son, our Lord Jesus Christ to Whom, with Thee and the Holy Spirit, be all honor and glory and worship, now and every and unto ages of ages. Amen.

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Therefore we pray Thee: Deliver us from judgment, together with Thy servants who minister unto Thee. →

The Daily Prayer of Hieroschemamonk Parthenios

Lord Jesus Christ, Son of God, do not permit vanity, self-love, sensuality, carelessness, anger to rule over me and steal me from Thy love, O my Lord and Creator, all my hope! Do not leave me without a portion of the blessed eternity.

Grant also that I may follow Thy Holy example.. that I may submit to the authorities placed over me. Grant me the clean soul, the simplicity of heart; which makes us worthy of Thy love.

To Thee, my God, I lift up my soul and heart; do not allow Thy creation to perish, but free me from the single and greatest enemy ... sin.

Grant, Lord, that I may endure anxiety and sorrows of the soul with the same patience as the joy with which I receive satisfaction of heart. If Thou desirest, Lord, Thou canst cleanse me and sanctify me.

Here I commit myself to Thy mercy... begging Thee to destroy within me all that is offensive to Thee, and to unite me to the assembly of Thy chosen.

Lord, take from me: idleness of spirit, which destroys time; vanity of thoughts, which hinders Thy presence and distracts my attention to prayer. If, while in prayer, I turn away from Thee in my thoughts, help me; so that this distraction may not be willful, and that - averting my mind - I may not avert my heart from Thee. →

PRAYER FOR THE GRANTING OF PRAYER

St. John of Kronstadt, "My Life in Christ"

O All-merciful Lord! Grant me the divine gift of holy prayer, flowing from the depth of my heart. Gather together the dispersed thoughts of my mind, that it may always strive towards its Creator and Savior. Destroy the burning arrows of the evil one, which tear me away from Thee. Quench the flame of the passionate thoughts that devour me during prayer. Cover me with the grace of Thy Most-holy Spirit, that to the very end of my sinful life I may love Thee alone with all my heart, all my soul and mind, and all my strength, and in the hour when my soul takes leave of my mortal body, O Sweetest Jesus, take into Thy hands my spirit when Thou comest into Thy Kingdom. Amen.

Prayer of St. Philaret, Metropolitan of Moscow

My Lord, I know not what I ought to ask of Thee. Thou and Thou alone knowest my needs. Thou lovest me more than I am able to love Thee.

O Father, grant unto me, Thy servant, all which I cannot ask. For a cross I dare not ask, nor for consolation; I dare only to stand in Thy presence.

My heart is open to Thee. Thou seest my needs of which I myself am unaware. Behold and lift me up! In Thy presence I stand, awed and silenced by Thy will and Thy judgments, into which my mind cannot penetrate.

To Thee I offer myself as a sacrifice. No other desire is mine but to fulfill Thy will. Teach me how to pray. Do Thyself pray within me.

Amen.

A Hymn by St. Gregory Nazianzus

O all-transcendent God what other name describes Thee? What words can sing Thy praises? No word at all denotes Thee. What mind can probe Thy secret?

No mind at all can grasp Thee. Alone beyond the power of speech, all men can speak of springs from Thee. Alone beyond the power of thought, all men can think of stems from Thee.

All things proclaim Thee - things that can speak, things that cannot. All things revere Thee - things that have reason, things that have none. The whole world's longing and pain mingle about Thee.

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Amen.

A Hymn by St. Gregory Nazianzus continued



All things breathe Thee a prayer, a silent hymn of Thy own composing. All that exists Thee uphold, all things in concert move to Thy orders.

Thou art the end of all that is, Thou art one, Thou art all; Thou art none of the things that are, Thou art not a part and not the whole.

All names are at Thy disposal; how shall I name Thee, the only unnamable? What mind's affinities with heaven can pierce the veils above the clouds?

Mercy, all-transcendent God, what other name describes Thee?

Earliest Christian Hymns, edited by F. Forrester Church & Terrence J. Mulry, Macmillan Publishing Co. '88

I confess to Thee, my Lord God, all the sins of my wickedness committed before Thee, now and in the past. Forgive me for them, for the sake of Thy Holy Name, and save my soul, which thou hast redeemed with Thy precious Blood. I entrust myself to Thy mercy. I submit to Thy will. Do with me according to Thy mercy and not according to my evil and wickedness. Teach me Lord, to dispose my deeds so that they will serve in glorifying Thy Holy Name.

Take pity, O Lord, on all Christians. Hear the desires of all who cry out to Thee, and deliver them from evil. Save Thy servants [*insert names*]. Send them comfort, consolation in sorrows, and Thy holy mercy. Lord, I especially pray for those who have in anyway insulted, abused and grieved me. Do not punish them for the sake of me, a sinner; but pour Thy mercy upon them. Lord, I pray to thee especially for all those whom I, a sinner, insulted or tempted in word, deed, thought, knowingly and unknowingly. Lord God, forgive us our sins and mutual offenses. Dispel from our hearts, O Lord, all indignation, suspicion, anger, remembrance of evil, quarrels, and all that might hinder and lessen brotherly love.

Be merciful Lord, to those who have entrusted me, an unworthy sinner, to pray for them. Be merciful Lord, to all who ask Thy help. Lord, make this day a day of Thy mercy; give to each according to their petition. Be the Shepherd of the lost, the Guide of Light of unbelievers, the Teacher of the unwise, the Father of orphans, the Helper of the oppressed, the Healer of the sick, the Comforter of the dying, and lead us all to the desired end... to Thee, our refuge and blessed repose. Amen.

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Grant unto me, O Lord, that with peace of mind I may face all that this new day is to bring. Grant unto me to dedicate myself completely to Thy Holy Will. For every hour of this day, instruct and support me in all things. Whatsoever tidings I may receive during the day, do Thou teach me to accept tranquilly, in the firm conviction that all eventualities fulfill Thy Holy Will.

Govern Thou my thoughts and feelings in all I do and say. When things unforeseen occur, let me not forget that all cometh down from Thee.

Teach me to behave sincerely and rationally toward every member of my family, that I may bring confusion and sorrow to none. Bestow upon me, my Lord, strength to endure the fatigue of the day, and to bear my part in all its passing events.

Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen

A prayer to the Most Holy Theotokos, by St Peter of Damascus

Blessed Queen of the universe, thou knowest that we sinners have no intimacy with God whom thou hast borne.

But, putting our trust in thee, through thy mediation we thy servants prostrate ourselves before the Lord:

for thou canst freely approach Him since He is thy son and our God.

Thus I, too, unworthy believer that I am, entreat thee, holy Queen, that I may be allowed to perceive the gifts of grace bestowed on thee and on the other saints, and to understand how thou dost display so many virtues.

Simply thy giving birth to the Son of God shows that thou excellest all other beings. For He Who, as creator of all, knows all things before they come into existence, found thy womb worthy of His indwelling.

From St. Peter of Damascus (Book 1 : A Treasury of Divine Knowledge, The Philokalia Vol. 3 edited by Palmer, Sherrard and Ware; Faber and Faber pgs. 129-130)

The Prayer of the Optina Elders

Господи, дай мне с душевным спокойствием встретить все, что принесет мне настоящий день. Дай мне всецело предаться Воле Твоей Святой. На всякий час сего дня во всем наставь и поддержи меня.

Какие бы я ни получил известия в течение дня, научи принять их со спокойной душой и твердым убеждением, что на все Святая Воля Твоя!

Во всех моих делах и словах руководи моими мыслями и чувствами! Во всех непредвиденных случаях не дай мне забыть, что все ниспослано Тобой!

Научи меня прямо и разумно действовать с каждым членом семьи моей, никого ни огорчая, никого ни смущая!

Господи, дай мне силу перенести утомление наступающего дня и все события в течение его!

Руководи моею волею и научи меня молиться, надеяться, верить, любить, терпеть и прощать!

Аминь.

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Молитва последних оптинских старцев

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