

Orthodox Prayer Book

PRAYERS BEFORE SLEEP

Prayer of St. Macarius the Great

to God the Father

O Eternal God and King of all creation, Who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

Prayer of St. Antioch

to our Lord Jesus Christ

O All-Ruler, Word of the Father, Jesus Christ, Thou Who art perfect, never in Thy great mercy leave me, but ever abide in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not to the revolt of the serpent and leave me not to the will of satan, for the seed of corruption is in me. Lord, adorable God, Holy King, Jesus Christ, guard me asleep by the unwaning light, Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant me, Thy unworthy servant, Thy salvation on my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel. Enlighten my soul with the love of Thy Cross. Enlighten my heart with the purity of Thy Word. Enlighten my body with Thy passionless Passion. Keep my thoughts in Thy humility. And rouse me in good time to glorify Thee, for Thou art supremely glorified, with Thy eternal Father, and Thy most Holy Spirit forever. Amen.

Prayer of St. Ephrem the Syrian

to the Most Holy Spirit

O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Thy sinful servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast - my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have sworn by Thy Name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have got angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarrelled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts or have overeaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember - for I have done all this and much more - have mercy, my Lord and Creator, on me Thy wretched and unworthy servant, and absolve and forgive and deliver me in Thy goodness and love for men, so that, lustful, sinful and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise and glorify Thy most honourable Name, with the Father and His only-begotten Son, now and ever, and for all ages. Amen.

Prayer of St. John Chrysostom

(Supplicatory prayers corresponding to 24 hours of the day.)

Day

Lord, deprive me not of Thy heavenly joys. Lord, deliver me from eternal torments. Lord, if I have sinned in mind or thought, in word or deed,

forgive me. Lord, deliver me from all ignorance, forgetfulness, cowardice and stony insensibility. Lord, deliver me from every temptation. Lord, enlighten my heart which evil desires have darkened. Lord, I being human have sinned, but Thou being the generous God, have mercy on me, knowing the sickness of my soul. Lord, send Thy grace to my help, that I may glorify Thy holy Name. Lord Jesus Christ, write me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good start. Lord, sprinkle into my heart the dew of Thy grace. Lord of heaven and earth remember me, Thy sinful servant, shameful and unclean, in Thy Kingdom. Amen.

Night

O Lord, accept me in penitence. O Lord, leave me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears and remembrance of death and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, courage and meekness. O Lord, plant in me the root of all blessings, the fear of Thee in my heart. O Lord, grant me to love Thee with all my mind and soul, and always to do Thy will. O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing. O Lord, Thou knowest that Thou actest as Thou wilt; may Thy will be also in me, a sinner, for blessed art Thou for ever. Amen.

Prayer of St. John of Damascus.

(To be said pointing at the bed.)

O Lord, Lover of men, is this bed to be my coffin, or wilt Thou enlighten my wretched soul with another day? Here the coffin lies before me, and here death confronts me. I fear, O Lord, Thy Judgment and the endless torments, yet I cease not to do evil. My Lord God, I continually anger Thee, and Thy immaculate Mother, and all the Heavenly Powers, and my holy Guardian Angel. I know, O Lord, that I am unworthy of Thy love, but deserve condemnation and every torment. But, whether I want

it or not, save me, O Lord. For to save a good man is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of Thy mercy. But show the wonder of Thy mercy on me, a sinner. In this reveal Thy love for men, lest my wickedness prevail over Thy unutterable goodness and mercy. And order my life as Thou wilt.

(As sleep is the image of death, at night we pray for the departed.)

With the Saints give rest, O Christ, to the souls of Thy servants where there is no pain, no sorrow, no sighing, but life everlasting.

(When about to lie down in bed, say:)

Lighten my eyes, O Christ God, lest I sleep in death, and lest my enemy say: I have prevailed over him.

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

Be my soul's Defender, O God, for I step over many snares. Deliver me from them and save me, O Good One, in Thy love for men.

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