

The
**SAINT IGNATIUS
POCKET PRAYER BOOK**
Traditional English Edition

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MORNING PRAYERS

¶ Rising from sleep and getting out of bed, stand with devotion and fear of God and say:

IN the Name of the Father and of the Son and of the Holy Spirit. Amen.

The Trisagion Prayers

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

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

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (3)

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

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

Hymns to the Trinity

ON rising from sleep, we fall down before thee, O Good One, and we cry to thee with the Angels' hymn, O Mighty One: 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.

THOU hast roused me, O Lord, from my bed and from sleep; enlighten my mind and open my heart and my lips to sing thy praise, O Holy Trinity: Holy, holy, holy art thou, O God; through the Theotokos, have mercy on us.

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

THE Judge will come suddenly, and the deeds of each will be laid bare; but with fear, let us cry to thee in the middle of the night: Holy, holy, holy art thou, O God; through the Theotokos, have mercy on us.

Lord, have mercy. (12)

Prayer of Thanksgiving

HAVING risen from sleep, I thank thee, O Holy Trinity; because through thy great goodness and patience thou hast not been

angry with me, an idler and a sinner, nor hast thou destroyed me in mine iniquities, but thou hast shewn thy customary love for mankind and roused me, as I lay in despair, to rise before dawn and to glorify thy might. And now, enlighten the eyes of my mind and open my mouth to meditate on thy words, to understand thy commandments and to do thy will, and to sing to thee with confession of heart and to hymn thine all-holy Name of the Father and of the Son and of the Holy Spirit, both now and forever, and to the ages of ages. Amen.

¶ Here may be added Psalm 50, the Creed, the Additional Morning Prayers, and any other personal prayers. After these, say the Dismissal:

Dismissal

Greater in honour than the Cherubim and beyond compare more glorious than the Seraphim, without corruption thou gavest birth to God the Word; truly the Theotokos, we magnify thee.

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

Lord, have mercy. (3)

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

ADDITIONAL MORNING PRAYERS

1. Prayer of Saint Macarius

O GOD, cleanse me a sinner, for I have never done anything good in thy sight. Deliver me from the evil one, and let thy will be done in me, that without condemnation I may open mine unworthy mouth and praise thy holy Name of the Father and of the Son and of the Holy Spirit, always, both now and forever, and to the ages of ages. Amen.

2. Another Prayer of Saint Macarius

RISING from sleep, I offer the midnight song to thee, O my Saviour, who wast crucified by thine own choice. And falling down before thee, I cry out: Let me not fall asleep in the death of sin, but have compassion on me, and quickly raise me up as I lie in idleness. Save me in prayer and intercession, and after the night's sleep, bless me with a sinless day, O Christ my God, and save me.

3. Another Prayer of Saint Macarius

RISING from sleep, I run to thee, O Lord, the Lover of mankind. Striving to do thy work, I pray thee: Help me at all times, in everything, and deliver me from every evil thing of this

world, and from every attack of the devil, and lead me into thine eternal Kingdom. For thou art my Creator, the Giver and Provider of every good thing, and I have placed all my hope in thee, and I glorify thee always, both now and forever, and to the ages of ages. Amen.

4. Another Prayer of Saint Macarius

O LORD, in thine abundant goodness and thy great compassion, thou hast granted me, thy servant, to pass the time of this night without temptation of any opposing evil. Now, O Lord and Maker of all things, by thy true light and with an enlightened heart, grant that I may do thy will always, both now and forever, and to the ages of ages. Amen.

5. Another Prayer of Saint Macarius

O LORD God of Powers, thou receivest from the Powers of heaven the thrice-holy hymn. Now receive also from me, thine unworthy servant, this midnight song, and grant that I may glorify thee every year and hour of my life: the Father, Son and Holy Spirit, both now and forever, and to the ages of ages. Amen.

to thy Holy Catholic and Apostolic Church, numbering them with thy chosen flock. Amen.

For New Converts

O LORD our God, the Illumination of them that are baptised, lay thine almighty hand upon thy newly baptised servants and preserve them by the power of thy goodness. Maintain in them the purity of their garment and the zeal of thy Holy Spirit, and make them worthy of eternal life and thy favour to the ages of ages. Amen.

Against Discord in the Church

O LORD Jesus Christ, our God, thou gavest thy Disciples a new commandment, that they should love one another. Renew this love in us, by the grace of thy Most-holy Spirit operating in our hearts. Look down with mercy on the soil of our heart, which is dried up with countless sins, overgrown with the thorns of hatred and self-love. As the Fountain of all good, pour out the dew of grace, that we may bear good fruit: the fear of thee and the desire for the salvation of our neighbour, and weed out all the passions, evil and hypocrisy which destroy brotherly love, and plant true love in our hearts. May we examine ourselves and condemn ourselves, judging only our own

sins and not those of others, humble before God and man. Fill our hearts with thy love, O Christ God, that inflamed in heart, mind and soul, we may love thee with all our strength, and our neighbour as ourselves, keeping thy commandments and glorifying thee as the Giver of good things. Amen.

ILLNESS & SUFFERING

For the Sick

O CHRIST our God, the only One quick to help, come quickly to thy suffering servant (*Name*) and deliver (*him/her*) from illness and bitter pain. Raise (*him/her*) up again to praise and glorify thee forever, through the prayers of the Theotokos, as thou art the only Lover of mankind. Amen.

Another, for a Serious Illness

O SAVIOUR, as thou didst raise up the mother-in-law of Peter and the Paralytic, so also visit and heal thy suffering servant (*Name*), now lying on the bed of sickness and wounded with a mortal wound. As thou art compassionate, thou alone didst carry our infirmities and the diseases and pains of our humanity, and thou canst do all things, for thou art merciful. Amen.

For Mental Illness

O MERCIFUL Master, Lord Jesus Christ, have mercy on thy servant (*Name*), and cleanse (*him/her*) from every affliction, sadness, disturbance and fear. Drive away from (*his/her*) mind, soul and body every suffocating darkness and demonic despair, for thou art our Joy and Hope. Have mercy, O Master, and lift the heavy burden of despair, driving away the gloom and fatigue, confirming (*him/her*) in thy love, with invincible hope and unshakable faith in thee, through the intercession of thy most pure Mother and of all thy Saints. Amen.

For Disease and Epidemic

O LORD OUR God, thy just anger hath visited us and the darkness of death surroundeth us, for we have sinned against thee. Remember that we are flesh, whose breath departeth and returneth not again; turn away from thy wrath and heal the disease that hath overtaken us. Free thy servants from deadly illness and all afflictions; give life to us who are worthy of death, for thou art the Source of life and the Lover of mankind, and thine is the glory to the ages of ages. Amen.

For Those Suffering in War

O MERCIFUL Lord, have compassion on them that are suffering from acts of war. Heal the sick and injured, shelter the homeless, feed the hungry, and defend the innocent. Soften the hearts of them that destroy thine image within their fellow men. Stir to compassion them that are able to end the conflicts which rise between nations and peoples. Raise up thy faithful people to imitate the Good Samaritan and ease the sufferings in thy Name. For thou art the Prince of Peace and the Saviour of our souls, and thine is the glory, with thy Father and thy Holy Spirit, both now and forever, and to the ages of ages. Amen.

For the Homeless

O LORD Jesus Christ, the Son of Man and Son of God, as thou hadst no place to lay thy head, so also have mercy on the homeless. Stir our hearts to remember that the things we have not done for the least among us, we have not done for thee. Grant us generosity and compassion to minister to the homeless among us, to the glory of thy Name. Amen.

thy compassionate eye, O Lord, see my humiliation and save me.

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

MY time hath come to an end, and thy dread tribunal is prepared. My life passeth by, and judgement awaiteth me; my sentence is fiery torment and the unquenchable flame. But grant me a fountain of tears; quench the inferno by thy might, for thou dost desire the salvation of all.

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

THOU wast born for us from a Virgin and didst endure crucifixion, O loving Lord; by thy death thou didst despoil Death and didst reveal resurrection as God; despise not those whom thou hast fashioned with thine own hand; shew us thy compassion, O Merciful; accept the Theotokos who bore thee as she intercedeth for us, and save, O our Saviour, a people in despair.

Lord, have mercy. (30)

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

THE DISMISSAL

¶ After completing the appointed Stases, conclude the service as follows:

Greater in honour than the Cherubim and beyond compare more glorious than the Seraphim, without corruption thou gavest birth to God the Word; truly the Theotokos, we magnify thee.

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

Lord, have mercy. (3) O Lord, bless.

O Lord Jesus Christ, Son of God, through the prayers of thine all-pure and holy Mother; by the power of the precious and life-giving Cross; through the protection of the honoured, bodiless Powers of heaven; at the intercessions of our venerable and God-bearing Fathers; of the holy Prophet David; and of all the Saints, have mercy on me and save me, a sinner, for thou art good and lovest mankind.

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

THE OFFICE OF TYPICA

¶ If it is not possible to attend the Divine Liturgy due to illness or some other circumstance, this office is to be read at home.

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

Glory to thee, our God, glory to thee.

O Heavenly King, Comforter, Spirit of Truth, present everywhere, filling all things, Treasury of blessings and Giver of life, come and dwell in us, cleanse us from every stain, and, O Good One, save our souls.

The Trisagion Prayers

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

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (3)

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

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

Lord, have mercy. (12)

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

Come, let us worship and fall down before the King, our God.

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

Come, let us worship and fall down before him, Christ the King and our God.

Psalm 102

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 forgiveth all thine iniquities; who

Hail, plough-land yielding a rich harvest of compassion; hail, table laden with abundance of mercy.

Hail, for thou makest the meadow of delight flower again; hail, for thou makest ready a haven for the soul.

Hail, acceptable incense of intercession; hail, propitiation for the whole world.

Hail, good pleasure of God towards mortals; hail, freedom of speech of mortals towards God.

Hail, O Bride without bridegroom!

Kontakion 4

FEELING in himself a storm of doubtful thoughts, prudent Joseph was troubled, seeing that thou wast unwedded, and he suspected a stolen union, O blameless Maiden. But when he learned that thy conception was from the Holy Spirit, he said: Alleluia!

Ikos 4

GOD'S coming in the flesh the Shepherds heard the Angels praising. And hastening as to a shepherd, they see him as a spotless Lamb being pastured in the womb of Mary. Praising her, they said:

Hail, Mother of the Lamb and Shepherd;
hail, fold of spiritual sheep.

Hail, defence against unseen enemies; hail, key that openeth the doors of Paradise.

Hail, for things in heaven exult with earth; hail, for things on earth rejoice with heaven.

Hail, never-silent voice of the Apostles; hail, never-conquered courage of the Champions.

Hail, firm foundation of the Faith; hail, shining revelation of Grace.

Hail, thou through whom Hades was stripped bare; hail, thou through whom we were clothed with glory.

Hail, O Bride without bridegroom!

Kontakion 5

HAVING seen a star leading to God, Magi followed its radiance. Holding to it as a beacon, through it they searched for a mighty King. And having attained the Unattainable, they rejoiced and cried to him: Alleluia!

Ikos 5

IN the hands of the Virgin, children of the Chaldeans saw the One who with his hands fashioned mankind. And knowing him to be their Master, though he had taken the form of a servant, they hastened to honour him with their gifts and to cry to the Blessed Maiden:

Hail, Mother of the Star that setteth not;
hail, radiance of the mystical day.

Hail, for thou didst quench the furnace of
deception; hail, for thou dost enlighten the
initiates of the Trinity.

Hail, for thou dost cast out from his rule
the inhuman tyrant; hail, for thou dost reveal
Christ, the Lord who loveth mankind.

Hail, deliverance from pagan worship; hail,
liberation from filthy deeds.

Hail, for thou hast ended the worship of
fire; hail, for thou dost deliver from the flame
of passions.

Hail, guide of believers to chastity; hail, joy
of all generations.

Hail, O Bride without bridegroom!

Kontakion 6

JOURNEYING back to Babylon, for they had
fulfilled the prophecy concerning thee,
the Magi, become God-bearing heralds, pro-
claimed thee to all as Christ, leaving Herod like
an idiot who knew not how to sing: Alleluia!

Ikos 6

KINDLING in Egypt the light of truth, thou
didst dispel the darkness of falsehood. For
its idols, O Saviour, not able to withstand thy
strength, fell down, while them that were de-

livered from them cried out to the Theotokos:

Hail, restoration of men; hail, downfall of
the demons.

Hail, for thou didst trample on the error
of deception; hail, for thou didst expose the
trickery of idols.

Hail, sea that didst drown the Pharaoh of
the mind; hail, rock that gavest drink to those
thirsting for life.

Hail, pillar of fire, guiding those in dark-
ness; hail, protection of the world, wider than
the cloud.

Hail, food that replaced the manna; hail,
minister of holy delight.

Hail, O Bride without bridegroom!

Kontakion 7

When Symeon was about to depart from
this present age of deception, thou wast
given to him as a babe, but thou wast known
to him also as perfect God. And so, struck with
amazement at thine ineffable wisdom, he
cried: Alleluia!

Ikos 7

MANIFESTING himself to us, who came into
being by him, the Creator revealed a new
creation, for he budded from a womb without
seed and preserved it as it was, incorrupt, that

seeing the wonder we might sing her praises crying:

Hail, flower of incorruption; hail, crown of self-mastery.

Hail, for thou shewest a bright image of the Resurrection; hail, for thou revealest the Angels' way of life.

Hail, tree of glorious fruit from which believers are nourished; hail, wood with shady leaves under which many shelter.

Hail, for thou didst conceive a Guide for those gone astray; hail, for thou didst bear a Deliverer for captives.

Hail, intercessor with the just Judge; hail, forgiveness for many who stumble.

Hail, robe for those stripped of freedom of speech; hail, love that conquereth every longing.

Hail, O Bride without bridegroom!

Kontakion 8

Now that we have seen a strange birth, let us become strangers to the world, fixing our minds in heaven. For this, the Most-high God appeared on earth as a lowly man, desiring to draw on high them that cry out to him: Alleluia!

Ikos 8

THE uncircumscribed Word was wholly present among things below and in no way absent from those on high. For it was God's condescension, and not a change of place, and birth from a Virgin filled by God, who heareth these words:

Hail, enclosure of God who canst not be enclosed; hail, door of a hallowed mystery.

Hail, doubtful tidings for unbelievers; hail, undoubted boast for all believers.

Hail, all-holy chariot of him who rideth upon the Cherubim; hail, best of dwellings of him who is above the Seraphim.

Hail, for thou bringest opposites to harmony; hail, for thou yokest childbirth and virginity.

Hail, for through thee transgression hath been abolished; hail, for through thee Paradise hath been opened.

Hail, key of Christ's Kingdom; hail, hope of eternal blessings.

Hail, O Bride without bridegroom!

Kontakion 9

Every angelic Being was amazed at the great work of thine incarnation. For they saw the One who is Unapproachable as God, as a mor-