



AT BEDTIME

+ In the Name of the Father and the Son and the Holy Spirit. 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.

Lord our God, whatever sins I have committed this day, in word, deed or thought, forgive me, for You are good and love all people. Grant me a peaceful and undisturbed sleep. Protect me from every abuse and plot of the evil one. Raise me up in due time that I may glorify You, for You are blessed, together with Your only begotten Son, and Your all holy Spirit, now and forever and to the ages of ages. Amen.

Psalm 23

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Under the protection of Your wings I shall be covered and fall asleep, for in You only, Lord, does my hope lie. Into your hands, O Lord, I commend my soul and my body. Do bless me, do have mercy on me, and grant me eternal life. Amen.

BEFORE MEALS

+ In the Name of the Father and the Son and the Holy Spirit. 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.

The hungry shall eat and be satisfied. Those who seek after the Lord shall praise Him, their hearts shall live forever.

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

AFTER MEALS

We thank You, O Christ our God, that You have satisfied us with Your earthly gifts; deprive us not of Your heavenly Kingdom, but as You came among Your disciples, O Savior, and gave them peace, come to us and save us.

Blessed is our God who nourishes us and shows mercy to us with his abundant gifts, through His divine grace and love for mankind. Amen.

FOR PARENTS

O Merciful Lord God, You have commanded us to honor father and mother. Have mercy upon my parents. Protect them from all evil, harm, and sickness. Grant them health and shower them with Your abundant blessings. Bless their efforts and deeds that both they and I may be worthy to praise and serve You. Amen.

OF HUSBANDS AND WIVES

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 benediction You joined us in the sacrament of matrimony. 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. Foster between us the spirit of understanding, the spirit of



forgiveness, and the spirit of peace, that no resentment, quarrel, or other problem 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 hearts with the joys of marriage, that with one heart we may praise and glorify You. Amen.

OF A SINGLE PERSON

O Blessed Lord, grant that I may remain constant in virtue and innocent in thought word or deed, doing such things only as are well-pleasing to You. Strengthen me when temptations strike. Grant me faith, courage, love, and growth in wisdom and understanding, that I may serve You in holiness all the days of my life, through the prayer of Your Mother all pure, of my patron Saint (*Name*), and of all Your Saints. Amen.

BEFORE TRAVEL

O Savior, as You journeyed with Luke and Cleopas on the road to Emmaus, journey also with Your servants, defending them from all evil. Surround them with Your Holy Angels. Grant that they may carry out their plans according to Your will, for You alone are almighty and love mankind. Amen.

OF A CHILD

Our Father in heaven, bless my parents, guardians and those in authority over me, for the love, tender care, and benefits I receive at their hands. Grant me Your grace to perform my duties carefully and faithfully, avoid undesirable company and influence, and resist all temptation that may come my way, living a sober, righteous, and Godly life, ever praising You and glorifying Your Holy Name. Amen.



Year of the Family 2010
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FAMILY PRAYERS



AFTER RISING FROM SLEEP

+ In the Name of the Father and the Son and the Holy Spirit. Amen.

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.

O Master God, Almighty Father, Only-Begotten Son, Lord Jesus Christ, and Holy Spirit—one God and one might. Have mercy upon me a sinner, and save me Your unworthy servant according to the ways of Your wisdom. For You are blessed now and forever. Amen.

Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that come to me throughout the day with peace of soul, and with the firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. Let me not forget that all unforeseen events are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day and all that it might bring. Direct my will, teach me to pray, pray Yourself in me. Amen.

