



MORNING PRAYERS

THE TRISAGION PRAYERS

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

Glory to thee, our God, glory to thee.

O Heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things, Treasury of good things and Giver of life: Come, and dwell in us, and cleanse us from every stain, and save our souls, O gracious Lord.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

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

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

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

Lord, have mercy. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto 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.



صلاة النهوض من النوم

صلاة الترشاجيون

بِاسْمِ الآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّسِ. آمِينَ.

الْمَجْدُ لَكَ يَا إِلَهَنَا الْمَجْدُ لَكَ.

أَيُّهَا الْمَلِكُ السَّمَاوِيِّ، الْمُعَزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِي كُلِّ شَيْءٍ، كُنْزُ الصَّالِحَاتِ، وَزَارِقُ الْحَيَاةِ، هَلِّمْ وَاسْكُنْ فِيْنَا وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.

خلال موسم الفصح، يتم استبدال الصلاة المذكورة أعلاه بالتالية:

المسيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ وَوُطِئَ الْمَوْتُ بِالْمَوْتِ، وَوَهَبَ الْحَيَاةَ لِلَّذِينَ فِي الْقُبُورِ. (ثلاثاً)

قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِي، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارحمنا. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَيُّهَا الثَّالُوثُ الْقُدُّوسُ، ارحمنا. يَا رَبُّ اغْفِرْ خَطَايَانَا. يَا سَيِّدَ تَجَاوَزْ عَنْ سَيِّئَاتِنَا. يَا قُدُّوسُ، اِطْلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.

يا ربُّ ارحم. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ، كَمَا فِي السَّمَاءِ، كَذَلِكَ عَلَى الْأَرْضِ. خُذْنَا الْجَوْهَرِيَّ أَعْطِنَا الْيَوْمَ، وَانْزِلْ لَنَا مَا عَلَيْنَا، كَمَا نَنْزِلُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تَدْخِلْنَا فِي تَجَرِبَةٍ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

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

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

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

PSALM 5

Unto my words give ear, O Lord, hear my cry. Attend unto the voice of my supplication, O my King and my God; for unto thee will I pray, O Lord. In the morning shalt thou hear my voice. In the morning shall I stand before thee, and thou shalt look upon me; for thou art not a God that willeth iniquity. He that worketh evil shall not dwell near thee nor shall transgressors abide before thine eyes. Thou hast hated all them that work iniquity; thou shalt destroy all them that speak a lie. A man that is bloody and deceitful shall the Lord abhor. But as for me, I will come into thy house in the multitude of thy mercy; and in thy fear I will worship toward thy holy temple. O Lord, guide me in the way of thy righteousness; because of mine enemies, make straight my way before thee. For in their mouth there is no truth; their heart is vain. Their throat is an open sepulcher, with their tongues have they spoken deceitfully; judge them, O God. Let them fall down on account of their own counsels; cast them out according to the multitude of their ungodliness, for they have embittered thee, O Lord. But let all them be glad that hope in thee; they shall rejoice, and thou shalt dwell among them, and all they that love thy Name shall glory in thee, for thou shalt bless the righteous. O Lord, thou hast crowned us as with a shield of thy good pleasure.



لَأَنَّ لَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى
دَهْرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبُّ ارْحَمِ. (١٢ مرة)

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعْ لِمَلِكِنَا وَالْهَنَا.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعْ لِلْمَسِيحِ، مَلِكِنَا وَالْهَنَا.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعْ لِلْمَسِيحِ، هَذَا هُوَ مَلِكِنَا وَالْهَنَا.

المزمور ٥

لِكَلِمَاتِي أَنْصَتُ يَا رَبُّ، تَفَهَّمْ صِرَاحِي. اصْنَعِي إِلَيَّ صَوْتِ طِلْبَتِي يَا مَلِكِي وَالْهَي.
فَإِنِّي إِلَيْكَ أَصْلِي يَا رَبُّ، فِي الْغُدَاةِ تَسْتَمِعْ صَوْتِي. فِي الْغُدَاةِ أَقِفْ قُدَّامَكَ فَتُرَاقِبْنِي،
لَأَنَّكَ لَسْتَ إِلَهًا يُؤَثِّرُ الْإِثْمَ، وَلَا يُسَاكِنُكَ شَرِيرٌ، وَلَا يَنْبُتُ مُخَالِفُ النَّامُوسِ أَمَامَ عَيْنَيْكَ،
قَدْ أَبْغَضْتَ جَمِيعَ فَاعِلِي الْإِثْمِ، وَتَهْلِكُ كُلُّ النَّاطِقِينَ بِالْكَذِبِ، رَجُلُ الدِّمَاءِ وَالْغَاشِّ يَمْقُنُهُ
الرَّبُّ، وَأَنَا أَدْخُلُ إِلَى بَيْتِكَ بِكَثْرَةِ رَحْمَتِكَ، وَأَسْجُدُ نَحْوَ هَيْكَلِ قُدْسِكَ بِخَوْفِكَ، يَا رَبُّ
أَرْشِدْنِي فِي بَرِّكَ لِأَجْلِ أَعْدَائِي، وَسَهِّلْ أَمَامَكَ طَرِيقِي، فَإِنَّهُ لَا صَدَقَ فِي أَفْوَاهِهِمْ
وَقُلُوبُهُمْ بَاطِلَةٌ، وَحُلُوقُهُمْ قُبُورٌ مُفْتَحَةٌ، وَيَغْشَوْنَ بِالْأَسِنَّتِهِمْ، فَدِنْهُمْ يَا اللَّهُ، وَلْيَسْقُطُوا فِي
مُؤَامِرَاتِهِمْ، وَكَثْرَةُ نِفَاقِهِمْ أَقْصِيهِمْ، فَإِنَّهُمْ قَدْ تَمَرَّدُوا عَلَيْكَ يَا رَبُّ، وَلْيَفْرَحْ جَمِيعُ الْمُتَكَلِّينَ
عَلَيْكَ، يَبْتَهِجُونَ إِلَى الْأَبَدِ، وَتَحِلْ فِيهِمْ، وَيَفْتَخِرْ بِكَ مُحِبُّو اسْمِكَ، فَإِنَّكَ أَنْتَ تُبَارِكُ
الصَّدِيقَ يَا رَبُّ وَعَلَى سِلَاحِ الرِّضَا كَلَّلْتَنَا.



PSALM 50

Have mercy upon me, O God, according to thy great mercy: according to the multitude of thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity, and my sin is ever before me. Against thee only have I sinned, and done evil in thy sight, that thou mightest be justified in thy words, and prevail when thou art judged. For behold, I was shapen in iniquity, and in sin did my mother conceive me. For behold, thou hast loved truth, the unclear and hidden things of thy wisdom thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean. Thou shalt wash me and I shall be whiter than snow. Thou shalt make me to hear joy and gladness, the bones which thou hast broken shall rejoice. Turn away thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me. Restore unto me the joy of thy salvation, and steady me with a guiding spirit. Then will I teach transgressors thy ways, and the impious shall be converted unto thee. Deliver me from blood-guiltiness, O God, thou God of my salvation, and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips, and my mouth shall declare thy praise. For hadst thou desired sacrifice, I would have given it thee, thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit, a contrite and humble heart, O God, thou wilt not despise. Do good, O Lord, in thy goodwill unto Zion, that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offerings and whole burnt offerings, then shall they offer bullocks upon thine altar.



المزمور ٥٠

ارْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ وَكَمِثْلِ كَثْرَةِ رَأْفَتِكَ اِمْحُ مَآثِمِي. اِغْسِلْنِي كَثِيرًا مِنْ اِثْمِي
وَمِنْ خَطِيئَتِي طَهِّرْنِي. لِأَنِّي أَنَا عَارِفٌ بِإِثْمِي وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ. إِلَيْكَ
وَحَدَّكَ خَطِئْتُ وَالشَّرَّ قُدَّامَكَ صَنَعْتُ لِكَيْ تَصُدَّقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
هَآنَذَا بِالْإِثْمِ حُبِلَ بِي، وَبِالْخَطِيئَةِ وَلَدْتَنِي أُمِّي. لِأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ وَأَوْضَحْتَ لِي
غَوَامِضَ حِكْمَتِكَ وَمَسْتُورَاتِهَا. تَنْضَحْنِي بِالزُّوْفَى فَأَطْهَرُ وَتَغْسِلْنِي فَأَبْيَضُ أَكْثَرَ مِنْ
النَّجَسِ. تَسْمِعْنِي سُرُورًا وَبَهْجَةً فَتَبْتَهِجْ عِظَامِي الدَّلِيلَةَ. اِصْرِفْ وَجْهَكَ عَنْ خَطَايَايَ
وَامْحُ كُلَّ مَآثِمِي. قَلْبًا نَقِيًّا أَخْلُقْ فِيَّ يَا اللَّهُ وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي. لَا
تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزَعُهُ مِنِّي. اِمْنَحْنِي بَهْجَةً خَلَاصِكَ
وَبِرُوحِ رِئَاسِي أُعْضِدْنِي. فَأَعْلَمْ الْأَثَمَةَ طُرُقَكَ وَالْكَفَرَةَ إِلَيْكَ يَرْجِعُونَ. نَجِّنِي مِنَ الدَّمَاءِ يَا
اللَّهُ إِلَهَ خَلَاصِي فَيَبْتَهِجْ لِسَانِي بِعَذْلِكَ. يَا رَبُّ افْتَحْ شَفَتَيَّ لِيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. لِأَنَّكَ
لَوْ أَحْبَبْتَ الذَّبِيحَةَ لَكُنْتُ الْآنَ أُعْطِي وَلَكِنَّكَ لَا تُسَرُّ بِالْمُحْرِقَاتِ. الذَّبِيحَةُ لِلَّهِ رُوحٌ
مُنْسَحِقٌ، الْقَلْبُ الْمُتَحَشِّعُ الْمُتَوَاضِعُ لَا يَزِدُّهُ اللَّهُ. أَصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صَهْيُونَ وَلِئْبَنَ
أَسْوَارِ أُورُشَلِيمَ. حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَانًا وَمُحْرِقَاتٍ. حِينَئِذٍ يُقَرَّبُونَ عَلَى مَذَابِحِكَ
الْعُجُولُ.



TROPARIA TO THE HOLY TRINITY

Having arisen from sleep, we fall down before thee, O Blessed One, and sing to thee, O Mighty One, the Angelic Hymn: 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.

From my bed and sleep thou hast raised me. O Lord, enlighten my mind and my heart, and open my lips that I may praise thee, O Holy Trinity: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

Both now and ever, and unto ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be revealed, but with fear we cry out in the middle of the night: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

Lord, have mercy. (12x)

A PRAYER OF THANKSGIVING TO THE HOLY TRINITY

Arising from sleep I thank thee, O Holy Trinity, because of the abundance of thy goodness and long-suffering thou wast not wroth with me, slothful and sinful as I am; neither hast thou destroyed me in my transgressions, but in thy compassion raised me up, as I lay in despair; that at dawn I might sing the glories of thy Majesty. Do thou now enlighten the eyes of my understanding, open my mouth to receive thy words, teach me thy commandments, help me to do thy will, confessing thee from my heart, singing and praising thine all-holy Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.



الطروباريات الثالوثية

عِنْدَ نُهْوضِنَا مِنَ النَّوْمِ، لَكَ نَجْتُو أَيُّهَا الصَّالِحُ، وَنَهْتِفُ إِلَيْكَ أَيُّهَا الْقَدِيرُ بِتَسْبِيحَةِ
الْمَلَائِكَةِ قَائِلِينَ: قُدُّوسٌ قُدُّوسٌ قُدُّوسٌ أَنْتَ يَا الله، مِنْ أَجْلِ وَالِدَةِ الْإِلَهِ ارْحَمْنَا.

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

لَقَدْ أَنْهَضْتَنِي مِنْ سَرِيرِي وَمِنْ نَوْمِي. فَأَنْزِرْ يَا رَبُّ عَقْلِي وَقَلْبِي، وَافْتَحْ شَفَتَيَّ لِكَيْ
أُسَبِّحَكَ أَيُّهَا الثَّالُوثُ الْقُدُّوسُ هَاتِفًا: قُدُّوسٌ قُدُّوسٌ قُدُّوسٌ أَنْتَ يَا الله، مِنْ أَجْلِ وَالِدَةِ
الْإِلَهِ ارْحَمْنَا.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

سَيُوفِي الْقَاضِي عَلَى غَفْلَةٍ، وَتَجَرَّدَ لِكُلِّ وَاحِدٍ مِنَّا أَعْمَالُهُ، لِذَلِكَ سَبِيلُنَا أَنْ نَصْرُخَ فِي
نِصْفِ اللَّيْلِ هَاتِفِينَ: قُدُّوسٌ قُدُّوسٌ قُدُّوسٌ أَنْتَ يَا الله، مِنْ أَجْلِ وَالِدَةِ الْإِلَهِ ارْحَمْنَا.

يَا رَبُّ ارْحَمِ. (١٢ مرة)

صلاة شكر للثالوث القدوس

عِنْدَ نُهْوضِي مِنَ النَّوْمِ أَشْكُرُكَ أَيُّهَا الثَّالُوثُ الْقُدُّوسُ، لِأَنَّكَ لِأَجْلِ كَثْرَةِ صَلَاحِكَ وَطُولِ
أَنَاتِكَ لَمْ تَغْضَبْ عَلَيَّ أَنَا الْخَاطِيُّ وَلَا أَهْلَكْتَنِي بِأَنَامِي، بَلْ تَعَطَّفْتَ عَلَيَّ كَمَا هُوَ دَأْبُكَ
وَأَنْهَضْتَنِي أَنَا الطَّرِيحُ فِي الْيَأْسِ، لِأَبْتَكِرَ وَأَمَجَّدَ عِزَّتَكَ، فَالآنَ أَنْزِرْ عَيْنَيَّ عَقْلِي، وَافْتَحْ
فَمِي لِأَهْدَ بِأَقْوَالِكَ، وَأَنْفَهَمَ وَصَايَاكَ، وَأَصْنَعُ مَشِيئَتَكَ، وَأَرْتُلُّ لَكَ بِاعْتِرَافِ قَلْبٍ، وَأُسَبِّحُ
اسْمَكَ الْكُلِّيَّ قُدُّسُهُ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّوسُ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ
الدَّاهِرِينَ. آمِينَ.



THE CREED

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible; and in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all worlds, Light of Light, Very God of Very God, begotten, not made; of one essence with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day he rose again, according to the scriptures; and ascended into heaven, and sitteth at the right hand of the Father; and he shall come again with glory to judge the living and the dead, whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, who proceedeth from the Father, who with the Father and the Son together is worshipped and glorified, who spake by the Prophets; And I believe in One Holy Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

A PRAYER OF ST. BASIL THE GREAT

We bless thee, O God most high and Lord of mercies, who ever workest great and mysterious deeds for us, glorious, wonderful, and numberless; who providest us with sleep as a rest from our infirmities and as a repose for our bodies tired by labor. We thank thee that thou hast not destroyed us in our transgressions, but in thy love toward mankind thou hast raised us up, as we lay in despair, that we may glorify thy Majesty. We entreat thine infinite goodness, enlighten the eyes of our understanding and raise up our minds from the heavy sleep of indolence; open our mouths and fill them with thy praise, that we may unceasingly sing and confess thee, who art God glorified in all and by all, the eternal Father, the only-begotten Son, and the all-holy and good and life-giving Spirit, now and ever and unto ages of ages. Amen.



دستور الإيمان

أُؤْمِنُ بِإِلَهِ وَاحِدٍ، آبٍ ضَابِطِ الْكُلِّ، خَالِقِ السَّمَاءِ وَالْأَرْضِ، وَكُلِّ مَا يُرَى وَمَا لَا يُرَى. وَبِرَبِّ وَاحِدٍ يَسُوعَ الْمَسِيحِ، ابْنِ اللَّهِ الْوَحِيدِ، الْمَوْلُودِ مِنَ الْآبِ قَبْلَ كُلِّ الدُّهُورِ. نُورٍ مِنْ نُورٍ، إِلَهٍ حَقٍّ مِنْ إِلَهٍ حَقٍّ، مَوْلُودٍ غَيْرِ مَخْلُوقٍ، مُساوٍ لِلآبِ فِي الْجَوْهَرِ، الَّذِي بِهِ كَانَ كُلُّ شَيْءٍ. الَّذِي مِنْ أَجْلِنَا نَحْنُ الْبَشَرِ، وَمِنْ أَجْلِ خَلَاصِنَا، نَزَلَ مِنَ السَّمَاءِ، وَتَجَسَّدَ مِنَ الرُّوحِ الْقُدُسِ، وَمِنْ مَرْيَمَ الْعَذْرَاءِ وَتَأَنَسَّ. وَصَلِبَ عَنَّا عَلَى عَهْدِ بِيلاطُسَ الْبُنْطِيِّ، وَتَأَلَّمَ وَقُبِرَ. وَقَامَ فِي الْيَوْمِ الثَّالِثِ عَلَى مَا فِي الْكُتُبِ. وَصَعِدَ إِلَى السَّمَاءِ، وَجَلَسَ عَنْ يَمِينِ الْآبِ. وَأَيْضاً يَأْتِي بِمَجْدٍ لِيَدِينِ الْأَحْيَاءَ وَالْأَمْوَاتِ، الَّذِي لَا فَنَاءَ لِمُلْكِهِ. وَبِالرُّوحِ الْقُدُسِ، الرَّبِّ الْمُحْيِي، الْمُتَنْبِّقِ مِنَ الْآبِ، الَّذِي هُوَ مَعَ الْآبِ وَالْإِبْنِ مَسْجُودٌ لَهُ وَمُمَجَّدٌ، النَّاطِقُ بِالْأَنْبِيَاءِ. وَبِكَنِيسَةِ وَاحِدَةٍ جَامِعَةٍ مُقَدَّسَةٍ رَسُولِيَّةٍ. وَأَعْتَرَفُ بِمَعْمُودِيَّةٍ وَاحِدَةٍ لِمَغْفِرَةِ الْخَطَايَا. وَأَتَرَجَّى قِيَامَةَ الْمَوْتَى، وَالْحَيَاةَ فِي الدَّهْرِ الْآتِي. آمِينَ.

صلاة للقديس باسيليوس الكبير

نُبَارِكُكَ أَيُّهَا الرَّبُّ الْأَعْلَى وَالْإِلَهُ الرَّحْمَةِ، أَنْتَ الَّذِي تَعْمَلُ مَعَنَا بِاسْتِمْرَارٍ الْأَشْيَاءَ الْعَظِيمَةَ وَالَّتِي لَا يُمَكِّنُ الْوُصُولُ إِلَيْهَا، الْمُدْهِشَةَ الْفَاخِرَةَ وَالْعَدِيدَةَ، نُمَجِّدُكَ يَا مَنْ أَعْطَيْتَنَا النَّوْمَ لِتُرِيحِ طَبِيعَتِنَا الضَّعِيفَةَ وَتُزِيلَ أَثَرَ الْعَمَلِ عَلَى أَجْسَادِنَا الْمُتْعَبَةِ، نَشْكُرُكَ يَا صَاحِبَ أَعْظَمِ الرَّحْمَةِ لِأَنَّكَ لَمْ تُحْطَمْنَا مَعَ خَطَايَانَا، وَلَكِنَّكَ كَثِيراً مَا تُبْدِي حُبَّكَ لِبَنِي الْبَشَرِ، بِالرَّغْمِ مِنْ أَنَّنا كُنَّا غَارِقِينَ فِي خِيَبَةِ الْأَمَلِ، فَأَقَمْتَنَا مَعَ ظُلْمَةِ الْفَجْرِ لِنُمَجِّدَكَ. نَحْنُ نَتَضَرَّعُ إِلَى عَظَمَتِكَ الْغَيْرِ مُدْرِكَةً لِكَيْ تُثِيرَ عُيُونَ مَذَارِكِنَا وَتَرْفَعَ عُقُولَنَا مِنْ عُمُقِ النَّوْمِ فِي الْكَسَلِ، إِفْتَحْ أَفْوَاهَنَا وَامْلَأْهَا بِتَمَجِّدِكَ حَتَّى نَكُونَ قَادِرِينَ أَنْ نُرَنِّمَ وَنُرَتِّلَ دُونَ تَشَنُّتٍ فِي الْفِكْرِ، وَنُسَبِّحَكَ أَيُّهَا الرَّبُّ الْمُعَظَّمُ فِي كُلِّ شَيْءٍ، الْآبُ الْأَبَدِيُّ مَعَ ابْنِكَ الْوَحِيدِ وَالرُّوحِ الْقُدُسِ الْمُحْيِي، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدُّهُورِ. آمِينَ.



MORNING PRAYER OF METROPOLITAN PHILARET

O Lord, grant that I may meet the coming day in peace. Help me in all things to rely upon thy holy will. In every hour of the day, reveal thy will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with the firm conviction that thy will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by thee. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the strength to bear the fatigue of the coming day with all that it shall bring. Direct my will. Teach me to pray. Pray thou thyself in me. Amen.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

Here you may add your own private devotions and intercessions. When you have finished, conclude your prayers by saying the following:

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



صلاة صباحية لفيلاريت، متروبوليت موسكو

أَهْلِنِي يَا رَبُّ أَنْ أَسْتَقْبَلَ هَذَا الْيَوْمَ بِسَلَامٍ. سَاعِدْنِي أَنْ أَتَّكِلَ عَلَى إِرَادَتِكَ فِي كُلِّ شَيْءٍ. فِي كُلِّ سَاعَةٍ مِنْ هَذَا الْيَوْمِ، أَوْضِحْ لِي مَشِيئَتَكَ. بَارِكْ مَا أَقُومُ بِهِ مَعَ الْآخَرِينَ. عَلِّمْنِي أَنْ أَسْتَقْبَلَ مَا يَحْصُلُ فِي هَذَا النَّهَارِ بِرُوحٍ هَادِنَةٍ، عَالِمًا مَشِيئَتَكَ تَفُوقُ الْكُلَّ. ارْشِدْ أَفْكَارِي وَشُعُورِي فِي كُلِّ عَمَلٍ أَفْعَلُهُ وَفِي كُلِّ قَوْلٍ أَقُولُهُ. وَإِنْ صَادَفَنِي فِي هَذَا النَّهَارِ أَمْرٌ غَرِيبٌ مُرْتَقِبٌ أَعْنِي لِكَيْ لَا أَنْسَى أَنَّهُ آتٍ مِنْ لَدُنِكَ. عَلِّمْنِي كَيْفَ أَتَصَرَّفُ بِحِكْمَةٍ وَثَبَاتٍ وَأَنْ لَا أَجْعَلَ الْآخَرِينَ يَشْعُرُونَ بِمَرَارَةٍ أَوْ حَرْجٍ. أَعْطِنِي قُوَّةَ كَيْ أَحْتَمِلَ عَنَاءَ هَذَا النَّهَارِ مَعَ كُلِّ مَا سَيَأْتِي بِهِ إِلَيَّ. وَجَّهْ أَنْتَ إِرَادَتِي. عَلِّمْنِي كَيْفَ أُصَلِّي. صَلِّ أَنْتَ فِيَّ. آمِينَ.

خلال موسم الصوم الكبير، تتلى صلاة القديس أفرام السوري:

أَيُّهَا الرَّبُّ وَسَيِّدُ حَيَاتِي، أَعْنِفْنِي مِنْ رُوحِ الْبَطَالَةِ وَالْفُضُولِ وَحُبِّ الرِّئَاسَةِ وَالْكَلامِ الْبَطَالِ. وَأَنْعِمْ عَلَيَّ أَنَا عَبْدُكَ، بِرُوحِ الْعِفَّةِ وَاتِّضَاعِ الْفِكْرِ وَالصَّبْرِ وَالْمَحَبَّةِ. نَعَمْ يَا مَلِكِي وَإِلَهِي هَبْ لِي أَنْ أَعْرِفَ دُنُوبِي وَعُيُوبِي، وَأَنْ لَا أَدِينَ إِخْوَتِي، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

هنا يمكن إضافة الطلبات والشفاعات الخاصة. بعد الإنتهاء تنهي الصلاة بما يلي:

بِصَلَوَاتِ آبَائِنَا الْقَدِيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ إِلَهُنَا، ارْحَمْنَا وَخَلِّصْنَا. آمِينَ.



AFTERNOON PRAYERS

THE TRISAGION PRAYERS

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

Glory to thee, our God, glory to thee.

O Heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things, Treasury of good things and Giver of life: Come, and dwell in us, and cleanse us from every stain, and save our souls, O gracious Lord.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

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

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

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

Lord, have mercy. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto 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.



صلاة بعد الظهر

صلاة الترساجيون

بِاسْمِ الآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. آمِينَ.

الْمَجْدُ لَكَ يَا إِلَهَنَا الْمَجْدُ لَكَ.

أَيُّهَا الْمَلِكُ السَّمَاوِيِّ، الْمُعْزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِي كُلِّ شَيْءٍ، كَنْزُ الصَّالِحَاتِ، وَرَازِقُ الْحَيَاةِ، هَلِّمْ وَاسْكُنْ فِيْنَا وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.

خلال موسم الفصح، يتم استبدال الصلاة المذكورة أعلاه بالتالية:

المسيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ وَوُطِئَ الْمَوْتُ بِالْمَوْتِ، وَوَهَبَ الْحَيَاةَ لِلَّذِينَ فِي الْقُبُورِ. (ثلاثاً)

قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِي، قُدُّوسُ الَّذِي لَا يَمُوتُ، ارحمنا. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَيُّهَا الثَّلَاثُ الْقُدُّوسُ، ارحمنا. يَا رَبُّ اغْفِرْ خَطَايَانَا. يَا سَيِّدَ تَجَاوَزْ عَنْ سَيِّئَاتِنَا. يَا قُدُّوسُ، اِطْلَعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.

يا ربُّ ارحم. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ، كَمَا فِي السَّمَاءِ، كَذَلِكَ عَلَى الْأَرْضِ. خُذْنَا الْجَوْهَرِيَّ أَعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا، كَمَا نَتْرُكُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي تَجَرِبَةٍ، لَكِنْ نَجِّنَا مِنَ الشَّرِيرِ.



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

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

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

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

PSALM 53

Save me, O God, by thy Name, and judge me by thy strength. Hear my prayer, O God; give ear to the words of my mouth. For strangers have risen up against me, and the mighty have sought after my soul; and they have not set God before them. For behold, God helpeth me, and the Lord is the protector of my soul. He shall bring evils upon my enemies; cut them off in thy truth. I will freely sacrifice unto thee; I will praise thy Name, O Lord, for it is good. For thou hast delivered me out of every trouble, and mine eye hath looked down upon mine enemies.

PSALM 83

How beloved are thy dwellings, O Lord of Hosts; my soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtledove a nest for herself where she may lay her young, even thine altars, O Lord of Hosts, my King and my God. Blessed are they that dwell in thy house; unto ages of ages shall they praise thee. Blessed is the man whose help is from thee; he hath made ascents in his heart,



لَأَنَّ لَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى
دَهْرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبِّ ارْحَم. (١٢ مرة)

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِمَلِكِنَا وَإِلَهِنَا.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِلْمَسِيحِ، مَلِكِنَا وَإِلَهِنَا.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِلْمَسِيحِ، هَذَا هُوَ مَلِكِنَا وَإِلَهِنَا.

المزمور ٥٣

اللَّهُمَّ بِاسْمِكَ خَلَّصْنِي وَبِقُوَّتِكَ أَحْكَمْ لِي. اللَّهُمَّ اسْتَمِعْ صَلَاتِي وَانصِتْ إِلَى أَقْوَالِ فَمِي.
فَإِنَّ الْغُرَبَاءَ قَدْ قَامُوا عَلَيَّ وَالْأَقْوِيَاءَ طَلَبُوا نَفْسِي وَلَمْ يَجْعَلُوا اللَّهَ أَمَامَهُمْ. لِأَنَّ هَذَا اللَّهُ
يُعِينُنِي وَالرَّبُّ نَاصِرُ نَفْسِي. يَرُدُّ الْمَسَاوِيَّ عَلَى أَعْدَائِي بِحَقِّكَ أَسْتَأْصِلُهُمْ. فَأَذْبَحُ لَكَ
تَطَوُّعًا وَأَعْتَرِفُ لاسْمِكَ يَا رَبُّ فَإِنَّهُ صَالِحٌ. لِأَنَّكَ مِنْ كُلِّ حُزْنٍ نَجَيْتَنِي وَبِأَعْدَائِي
نَظَرْتَ عَيْنِي.

المزمور ٨٣

مَا أَحَبَّ مَسَاكِنَكَ يَا رَبُّ الْقُوتِ. تَشْتَاقُ وَتَمِيلُ نَفْسِي إِلَى دِيَارِ الرَّبِّ. قَلْبِي وَجِسْمِي قَدْ
إِبْتَهِجَا بِالِإِلَهِ الْحَيِّ. مِثْلَ الْعَصْفُورِ الَّذِي وَجَدَ لَهُ مَسْكَنًا وَمِثْلَ الْيَمَامَةِ الَّتِي أَصَابَتْ
عُشًا لِذَاتِهَا لِتَضَعَ فِيهِ أَفْرَاحَهَا. عَلَى مَذَابِحِكَ يَا رَبُّ الْقُوتِ مَلِكِي وَإِلَهِي. فَطُوبَى
لِلْسُكَّانِ فِي بَيْتِكَ وَإِلَى الْأَبَدِ يُسَبِّحُونَكَ. مَغْبُوطٌ هُوَ الرَّجُلُ الَّذِي نَصَرْتَهُ مِنْ عِنْدِكَ،
مَطَالِعٌ فِي قَلْبِهِ وَضَعَ فِي وَادِي الْبُكَاءِ فِي الْمَكَانِ الَّذِي وَضَعَهُ. لِأَنَّ الْبَرَكَاتِ يُعْطِيهَا



in the valley of weeping, in the place which he hath appointed. Yea, for the lawgiver will give blessings; they shall go from strength to strength, the God of Gods shall be seen in Zion. O Lord of Hosts, hearken unto my prayer; give ear, O God of Jacob. O God, our defender, behold, and look upon the face of thine anointed one. For better is one day in thy courts than thousands elsewhere. I have chosen rather to be an outcast in the house of my God than to dwell in the tents of sinners. For the Lord loveth mercy and truth, God will give grace and glory; the Lord will not withhold good things from them that walk in innocence. O Lord God of Hosts, blessed is the man that hopeth in thee.

THE CREED

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible; and in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all worlds, Light of Light, Very God of Very God, begotten, not made; of one essence with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day he rose again, according to the scriptures; and ascended into heaven, and sitteth at the right hand of the Father; and he shall come again with glory to judge the living and the dead, whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, who proceedeth from the Father, who with the Father and the Son together is worshipped and glorified, who spake by the Prophets; And I believe in One Holy Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.



وَاضِعُ النَّامُوسِ يَنْطَلِقُونَ مِنْ قُوَّةٍ إِلَى قُوَّةٍ وَيُظْهَرُ إِلَهُ الْإِلَهَةِ فِي صِهْيُوتِهِ. يَا رَبُّ إِلَهُ الْقُوَّاتِ اسْتَمِعْ صَلَاتِي وَانصِتْ يَا إِلَهُ يَعْقُوبَ. وَانْظُرْ أَيُّهَا إِلَهُ الْمُحَامِي عَنَّا وَاطْلُعْ عَلَى وَجْهِهِ مَسِيحِكَ. لِأَنَّ يَوْمًا وَاحِدًا فِي دِيَارِكَ أَفْضَلُ مِنْ آلَافٍ. إِخْتَرْتُ أَنْ أُطْرَحَ فِي بَيْتِ إِلَهِي أَفْضَلُ مِنْ سُكْنَايَ فِي مَسَاكِنِ الْخَطَاةِ. لِأَنَّ الرَّحْمَةَ وَالْحَقَّ يَحِبُّ الرَّبُّ. اللَّهُ يُعْطِي النِّعْمَةَ وَالْمَجْدَ. الرَّبُّ لَا يُعْذِرُ الْخَيْرَاتِ لِلَّذِينَ يَسْلُكُونَ فِي الدَّعَةِ. يَا رَبُّ يَا إِلَهُ الْقُوَّاتِ مَغْبُوطٌ هُوَ الْإِنْسَانُ الْمُتَكِلُ عَلَيْكَ.

دستور الإيمان

أُوْمِنُ بِإِلَهِ وَاحِدٍ، آبٍ ضَابِطِ الْكُلِّ، خَالِقِ السَّمَاءِ وَالْأَرْضِ، وَكُلِّ مَا يُرَى وَمَا لَا يُرَى. وَبِرَبِّ وَاحِدٍ يَسُوعَ الْمَسِيحِ، ابْنِ اللَّهِ الْوَحِيدِ، الْمَوْلُودِ مِنَ الْآبِ قَبْلَ كُلِّ الدُّهُورِ. نُورٍ مِنْ نُورٍ، إِلَهُ حَقٍّ مِنْ إِلَهُ حَقٍّ، مَوْلُودٍ غَيْرِ مَخْلُوقٍ، مُسَاوٍ لِلآبِ فِي الْجَوْهَرِ، الَّذِي بِهِ كَانَ كُلُّ شَيْءٍ. الَّذِي مِنْ أَجْلِنَا نَحْنُ الْبَشَرِ، وَمِنْ أَجْلِ خَلَاصِنَا، نَزَلَ مِنَ السَّمَاءِ، وَتَجَسَّدَ مِنَ الرُّوحِ الْقُدُسِ، وَمِنْ مَرْيَمَ الْعَذْرَاءِ وَتَأَنَسَّ. وَصُلِبَ عَنَّا عَلَى عَهْدِ بِيلاطُسَ الْبُنْطِيِّ، وَتَأَلَّمَ وَقُبِرَ. وَقَامَ فِي الْيَوْمِ الثَّالِثِ عَلَى مَا فِي الْكُتُبِ. وَصَعِدَ إِلَى السَّمَاءِ، وَجَلَسَ عَنْ يَمِينِ الْآبِ. وَأَيْضًا يَأْتِي بِمَجْدٍ لِيُدِينَ الْأَحْيَاءَ وَالْأَمْوَاتِ، الَّذِي لَا فَنَاءَ لِمُلْكِهِ. وَبِالرُّوحِ الْقُدُسِ، الرَّبِّ الْمُحْيِي، الْمُتَنَبِّئِ مِنَ الْآبِ، الَّذِي هُوَ مَعَ الْآبِ وَالْإِبْنِ مَسْجُودٌ لَهُ وَمُمَجَّدٌ، النَّاطِقُ بِالْأَنْبِيَاءِ. وَبِكَنِيسَةٍ وَاحِدَةٍ جَامِعَةٍ مُقَدَّسَةٍ رَسُولِيَّةٍ. وَأَعْتَرِفُ بِمَعْمُودِيَّةٍ وَاحِدَةٍ لِمَغْفِرَةِ الْخَطَايَا. وَأَتَرَجَّى قِيَامَةَ الْمَوْتَى، وَالْحَيَاةَ فِي الدَّهْرِ الْآتِي. آمِينَ.



A PRAYER FOR THE NOON HOUR (6TH HOUR)

O God and Lord of Hosts, and Maker of all Creation, who by the tender compassion of thy mercy which transcendeth comprehension, didst send down thine only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by his precious Cross didst tear asunder the handwriting of our sins, and thereby didst triumph over the principalities and powers of darkness: Do thou thyself, O Master, Lover of mankind, accept also from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression, and from all enemies, both visible and invisible, that seek to do us evil. Nail down our flesh with the fear of thee, and incline not our hearts unto words or thoughts of evil, but pierce our souls with longing for thee, so that ever looking to thee, and being guided by thy Light as we behold thee, the unapproachable and everlasting Light, we may send up unceasing praise and thanksgiving unto thee, the unoriginate Father, with thine only-begotten Son, and thine all-holy and good and life-giving Spirit, now and ever and unto the ages of ages. Amen.

A PRAYER FOR 3:00PM (9TH HOUR)

O Master, Lord Jesus Christ our God, who art long-suffering in the face of our transgressions, and who hast brought us even unto this present hour, wherein thou didst hang upon the life-giving tree, and didst make a way into paradise for the wise thief, and by death didst destroy death: Be gracious unto us sinners and thine unworthy servants; for we have sinned and committed iniquity, and are not worthy to lift up our eyes and behold the height of heaven, for we have abandoned the way of thy righteousness, and have walked in the desires of our hearts. But we beseech thy boundless goodness: Spare us, O Lord, according to the multitude of thy mercy and save us for thy holy Name's sake; for our days were consumed in vanity. Rescue us from the hand of the



صلاة الظهر (الساعة السادسة)

اللَّهُمَّ يَا رَبَّ الْقُوَاتِ وَخَالِقَ جَمِيعِ الْكَائِنَاتِ. يَا مَنْ لِكثْرَةِ مَرَاحِمِهِ الَّتِي لَا تُحَدُّ، أَرْسَلَ ابْنَهُ الْوَحِيدَ رَبَّنَا يَسُوعَ الْمَسِيحَ لِخَلَاصِ جِنْسِنَا. وَبِصَلِيبِهِ الْكَرِيمِ مَزَّقَ صَكَ خَطَايَانَا. وَقَهَرَ بِهِ رُؤْسَاءَ الظَّلَامِ وَسَلَطِينَهُ. أَنْتَ أَيُّهَا السَّيِّدُ الْمُحِبُّ الْبَشَرَ تَقَبَّلْ مِنَّا نَحْنُ الْخَطَاةَ صَلَوَاتِ الشُّكْرِ وَالضَّرَاعَةِ هَذِهِ. وَنَجِّنَا مِنْ كُلِّ سَقَطَةٍ مُظْلِمَةٍ مُبِيدَةٍ. وَمِنْ جَمِيعِ الْأَعْدَاءِ الْمَنْظُورِينَ وَالْغَيْرِ مَنْظُورِينَ الَّذِينَ يَطْلُبُونَ الْإِضْرَارَ بِنَا. سَمِّرْ خَشْيَتَكَ فِي أَجْسَادِنَا. وَلَا تَجْنَحْ بِقُلُوبِنَا إِلَى كَلَامٍ أَوْ أَفْكَارٍ شَرِّيرَةٍ. بَلِ اجْرَحْ نُفُوسَنَا بِالشُّوقِ إِلَيْكَ حَتَّى نَلْبَثَ شَاخِصِينَ بِنَوَاطِرِنَا إِلَيْكَ فِي كُلِّ حِينٍ. وَمُهْتَدِينَ بِالنُّورِ الْأَزَلِيِّ الَّذِي لَا يُدْنَى مِنْهُ. فَلَا نَبْرَحْ نُسَدِّيكَ الْإِعْتِرَافَ وَالشُّكْرَ. أَيُّهَا الْآبُ الَّذِي لَا بَدْءَ لَهُ وَالْإِبْنُ الْوَحِيدُ وَالرُّوحُ الْكَلْبِيُّ قُدْسُهُ الصَّالِحُ الْمُحْيِي. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

صلاة الثالثة بعد الظهر (الساعة التاسعة)

أَيُّهَا الرَّبُّ السَّيِّدُ يَسُوعُ الْمَسِيحُ الْهَذَا. الَّذِي أَطَالَ أَنْاتَهُ عَلَى ذُنُوبِنَا. وَأَتَى بِنَا إِلَى هَذِهِ السَّاعَةِ الَّتِي لَمَّا كَانَ مُعَلَّقًا فِي مِثْلِهَا عَلَى الصَّلِيبِ الْمُحْيِي مَهَّدَ لِلصِّ الشُّكْرِ الْمُدْخَلَ إِلَى الْفِرْدُوسِ. وَأَبَادَ الْمَوْتَ بِالْمَوْتِ. إِغْفِرْ لَنَا نَحْنُ عَبِيدَكَ الْأَذِلَّاءَ الْخَطَاةَ الْغَيْرِ الْمُسْتَحَقِّينَ. فَإِنَّنَا قَدْ أَخْطَأْنَا وَاثْمَنَّا وَلَسْنَا بِأَهْلِ لَأَنْ نَرْفَعَ عُيُونَنَا وَنَنْظُرَ إِلَى عُلُوِّ السَّمَاءِ إِذْ قَدْ تَرَكْنَا طَرِيقَ بَرِّكَ وَسَلَكْنَا فِي أَهْوَاءِ قُلُوبِنَا. لَكِنَّا نَتَضَرَّعُ إِلَى صَلاَحِكَ الَّذِي لَا يُحَدُّ. فَاشْفُقْ عَلَيْنَا يَا رَبُّ حَسَبِ كَثْرَةِ رَحْمَتِكَ. وَخَلِّصْنَا مِنْ أَجْلِ اسْمِكَ الْفُؤُوسِ فَإِنَّ أَيَّامَنَا قَدْ انْقَضَتْ بِالْبَاطِلِ. أَنْقِذْنَا مِنْ يَدِ الْمُقَاوِمِ. وَاتْرِكْ لَنَا خَطَايَانَا. أَمِتْ أَهْوَاءَنَا الْجَسَدِيَّةَ حَتَّى نَنْزِعَ الْإِنْسَانَ الْعَتِيقَ فَنَلْبَسُ الْجَدِيدَ. وَنَعِيشُ لَكَ أَيُّهَا السَّيِّدُ الْعَمِيمُ



adversary, and forgive us our sins, and mortify our carnal mind; that, putting aside the old man, we may be clad with the new, and live for thee, our Master and Benefactor; and that thus by following in thy commandments, we may attain to rest everlasting, wherein is the dwelling-place of all them that rejoice. For thou art indeed the true joy and gladness of them that love thee, O Christ our God, and unto thee we ascribe glory, with thine unoriginate Father, and thy most-holy and good and life-giving Spirit, now and ever and unto the ages of ages. Amen.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

Here you may add your own private devotions and intercessions. When you have finished, conclude your prayers by saying the following:

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



الْعِناية. وَهَكَذَا بِاتِّبَاعِنَا أَوْامِرِكَ نَصِيرُ إِلَى الرَّاحَةِ الْأَبَدِيَّةِ. حَيْثُ يَسْكُنُ جَمِيعُ الْفَرِحِينَ.
فَإِنَّكَ أَنْتَ فَرَحُ الَّذِينَ يُحِبُّونَكَ أَيُّهَا الْمَسِيحُ إِلَهَنَا وَسُرُورُهُمُ الْحَقِيقِيُّ. فَإِيَّاكَ نُمَجِّدُ مَعَ
أَبِيكَ الَّذِي لَا بَدَأَ لَهُ وَرُوحَكَ الْكُلِّيَّ قُدْسُهُ الصَّالِحُ الْمُحْيِي. الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ
الدَّاهِرِينَ. آمِينَ.

خلال موسم الصوم الكبير، تتلى صلاة القديس أفرام السوري:

أَيُّهَا الرَّبُّ وَسَيِّدُ حَيَاتِي، أَعْتَقِنِي مِنْ رُوحِ الْبَطَالَةِ وَالْفُضُولِ وَحُبِّ الرِّئَاسَةِ وَالْكَلامِ الْبَطَالِ. وَأَنْعِمْ
عَلَيَّ أَنَا عَبْدُكَ، بِرُوحِ الْعِفَّةِ وَاتِّضَاعِ الْفِكْرِ وَالصَّبْرِ وَالْمَحَبَّةِ. نَعَمْ يَا مَلِكِي وَإِلَهِي هَبْ لِي أَنْ
أَعْرِفَ ذُنُوبِي وَعُيُوبِي، وَأَنْ لَا أَدِينَ إِخْوَتِي، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

هنا يمكن إضافة الطلبات والشفاعات الخاصة. بعد الإنتهاء تنهي الصلاة بما يلي:

بِصَلَوَاتِ آبَائِنَا الْقَدِّيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ إِلَهَنَا، ارْحَمْنَا وَخَلِّصْنَا. آمِينَ.



EVENING PRAYERS

THE TRISAGION PRAYERS

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

Glory to thee, our God, glory to thee.

O Heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things, Treasury of good things and Giver of life: Come, and dwell in us, and cleanse us from every stain, and save our souls, O gracious Lord.

During the Paschal season, the above prayer is replaced by:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

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

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

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

Lord, have mercy. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto 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.



صلاة المساء

صلاة الترساجيون

بِاسْمِ الآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. آمِينَ.

الْمَجْدُ لَكَ يَا إِلَهَنَا الْمَجْدُ لَكَ.

أَيُّهَا الْمَلِكُ السَّمَاوِيِّ، الْمُعْزِّي، رُوحَ الْحَقِّ، الْحَاضِرُ فِي كُلِّ مَكَانٍ وَالْمَالِي كُلِّ شَيْءٍ، كَنْزُ الصَّالِحَاتِ، وَرَازِقُ الْحَيَاةِ، هَلِّمْ وَاسْكُنْ فِيْنَا وَطَهِّرْنَا مِنْ كُلِّ دَنَسٍ، وَخَلِّصْ أَيُّهَا الصَّالِحُ نَفُوسَنَا.

خلال موسم الفصح، يتم استبدال الصلاة المذكورة أعلاه بالتالية:

المسيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ وَوُطِّئَ الْمَوْتُ بِالْمَوْتِ، وَوَهَبَ الْحَيَاةَ لِلَّذِينَ فِي الْقُبُورِ. (ثلاثاً)

قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِي، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَيُّهَا الثَّلَاثُ الْقُدُّوسُ، اِرْحَمْنَا. يَا رَبُّ اغْفِرْ خَطَايَانَا. يَا سَيِّدَ تَجَاوَزْ عَنْ سَيِّئَاتِنَا. يَا قُدُّوسُ، اِطْلَعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ.

يَا رَبِّ اِرْحَم. (ثلاثاً)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ، كَمَا فِي السَّمَاءِ، كَذَلِكَ عَلَى الْأَرْضِ. خُبِّرْنَا الْجَوْهَرِي أَعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا، كَمَا نَتْرُكُ نَحْنُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي تَجَرِبَةٍ، لَكِنْ نَجِّنَا مِنَ الشَّرِيرِ.



For thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

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

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

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

PSALM 69

O God, attend to help me. Make haste to help me, O Lord. Let them be put to shame and confusion who seek after my soul. Let them be turned back and brought to shame who desire to hurt me. Let them be turned back in shame who say to me: Aha, aha. Let all those who seek after thee rejoice and be glad in thee, O God, and let those who love thy salvation say continually: Let the Lord be magnified. But I am poor and needy; O God make haste to me. Thou art my helper and my deliverer; O Lord, make no tarrying.

PSALM 142

Hear my prayer, O Lord, give ear to my supplications; in thy faithfulness answer me, and in thy righteousness. And enter not unto judgment with thy servant, for in thy sight shall no man living be justified. For the enemy hath persecuted my soul. He hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate. I remember the days of old; I meditate on all thy works: I muse on the work of thy hands. I stretch forth my hands unto thee; my soul thirsteth after thee, as a thirsty land.



لَأَنَّ لَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى
دَهْرِ الدَّاهِرِينَ. آمِينَ.

يَا رَبُّ ارْحَم. (١٢ مرة)

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِمَلِكِنَا وَإِلَهِنَا.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِلْمَسِيحِ، مَلِكِنَا وَإِلَهِنَا.

هَلُمُّوا لِنَسْجُدْ وَنَرْكَعَ لِلْمَسِيحِ، هَذَا هُوَ مَلِكِنَا وَإِلَهِنَا.

المزمور ٦٩

اللَّهُمَّ اصْنَعْ إِلَيَّ مَعُونَتِي، يَا رَبُّ اسْرِعْ إِلَيَّ إِغَاثَتِي. لِيَخْزَ وَيَخْجَلَ الَّذِينَ يَطْلُبُونَ نَفْسِي،
لِيَرْتَدَّ إِلَى الْوَرَاءِ، وَيَخْزَ الَّذِينَ يَبْتَغُونَ لِيَ الشَّرَّ. لِيَعُدَّ فِي الْحِينِ خَازِينَ، الْقَائِلُونَ لِي
نَعِمًا نَعِمًا، وَلِيَبْتَهِجْ وَيَفْرَحْ بِكَ جَمِيعُ الَّذِينَ يَلْتَمِسُونَكَ يَا اللَّهُ، وَلِيَقُلْ فِي كُلِّ حِينٍ الَّذِينَ
يُحِبُّونَ خَلَاصَكَ لِيَتَعَظَّمُ اللَّهُ، أَمَّا أَنَا فَمِسْكِينٌ وَفَقِيرٌ، اللَّهُمَّ أَعْنِي. مُعِينِي وَمُنْقِذِي أَنْتَ
يَا رَبُّ فَلَا تُبْطِئْ.

المزمور ١٤٢

يَا رَبُّ اسْتَمِعْ صَلَاتِي وَأَنْصِتْ بِحَقِّكَ إِلَيَّ طِيبَتِي. اسْتَجِبْ لِي بِعَذْلِكَ وَلَا تَدْخُلْ فِي
الْمُحَاكَمَةِ مَعَ عَبْدِكَ. فَإِنَّهُ لَنْ يَتَرَكَ قُدَّامَكَ كُلَّ حَيٍّ لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ نَفْسِي وَأَذَلَّ
فِي الْأَرْضِ حَيَاتِي. وَأَجْلَسَنِي فِي الظُّلْمَةِ مِثْلَ الْمَوْتَى إِلَى الدَّهْرِ، وَأَضْجَرَ عَلَيَّ رُوحِي
وَاضْطَرَبَ فِي قَلْبِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ وَهَدَدْتُ فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي



Hear me speedily, O Lord, my spirit faileth. Hide not thy face from me, lest I be like unto them that go down into the pit. Cause me to hear thy loving kindness in the morning; for in thee do I trust. Cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O Lord, from mine enemies; I flee unto thee to hide me. Teach me to do thy will, for thou art my God. Thy spirit is good; lead me to the land of uprightness. Quicken me, O Lord, for thy Name's sake, for thy righteousness' sake, bring my soul out of trouble. And of thy mercy, cut off mine enemies, and destroy all them that afflict my soul, for I am thy servant.

TROPARIA OF THANKSGIVING

Now that the day has come to a close, I thank thee, O Lord, and I ask that the evening with the night may be sinless; grant this to me, O Saviour, and save me.

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

Now that the day hath passed, I glorify thee, O Master, and I ask that the evening, with the night may be without offence; grant this to me, O Saviour, and save me.

Both now and ever, and unto ages of ages. Amen.

Now that the day hath run its course, I praise thee, O Holy One, and I ask that the evening with the night may be undisturbed; grant this to me, O Saviour, and save me.

Lord, have mercy. (12x)



مَصْنُوعَاتِ يَدَيْكَ. بَسَطْتَ إِلَيْكَ يَدَيَّ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمْطَرُ. أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ فَقَدْ فَنَيْتُ رُوحِي. لَا تَصْرِفْ وَجْهَكَ عَنِّي فَأُشَابِهَ الْهَابِطِينَ فِي الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعاً رَحْمَتِكَ فَإِنِّي عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّتِي أَسْلُكُ فِيهَا، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي يَا رَبُّ إِذْ قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ أَعْمَلَ مَشِيئَتَكَ لِأَنَّكَ أَنْتَ هُوَ إِلَهِي. رُوحُكَ الصَّالِحُ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ، مِنْ أَجْلِ اسْمِكَ يَا رَبُّ تُحْيِينِي، بَعْدَ ذَلِكَ تُخْرِجُ مِنَ الْحُزَنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتَهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.

طروباريات الشكر

إِذْ قَدْ عَبَرْتُ النَّهَارَ أَشْكُرُكَ يَا رَبُّ، وَأَسْأَلُكَ أَنْ تَهَبَ لِي الْعَشِيَّةَ مَعَ اللَّيْلَةِ بِغَيْرِ خَطِيئَةٍ يَا مُخَلِّصُ، وَخَلِّصْنِي.

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.

إِذْ قَدْ عَبَرْتُ النَّهَارَ أُمَجِّدُكَ يَا سَيِّدُ، وَأَطْلُبُ مِنْكَ يَا مُخَلِّصُ أَنْ تَمْنَحَنِي الْعَشِيَّةَ مَعَ اللَّيْلَةِ غَيْرَ مُشْكَكَةٍ، وَخَلِّصْنِي.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

إِذْ قَدْ عَبَرْتُ النَّهَارَ أُسَبِّحُكَ يَا قُدُّوسُ، وَأَطْلُبُ مِنْكَ أَنْ تَهَبَ لِي الْعَشِيَّةَ مَعَ اللَّيْلَةِ غَيْرَ مُعْتَالَةٍ يَا مُخَلِّصُ وَخَلِّصْنِي.

يَا رَبُّ ارْحَمَ. (١٢ مرة)



A PRAYER FOR FORGIVENESS

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee; for thou art blessed, with thine only-begotten Son and thine all-holy Spirit, now and ever and unto ages of ages. Amen.

THE CREED

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible; and in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all worlds, Light of Light, Very God of Very God, begotten, not made; of one essence with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day he rose again, according to the scriptures; and ascended into heaven, and sitteth at the right hand of the Father; and he shall come again with glory to judge the living and the dead, whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, who proceedeth from the Father, who with the Father and the Son together is worshipped and glorified, who spake by the Prophets; And I believe in One Holy Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.



صلاة الغفران

أَيُّهَا الرَّبُّ إِلَهِهِ إِذْ قَدْ خَطِئْتُ فِي هَذَا النَّهَارِ إِمَّا بِالْقَوْلِ أَوْ بِالْفِعْلِ أَوْ بِالْفِكْرِ، فَاعْفُ لِي بِمَا أَتَيْتُكَ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ. هَبْنِي نَوْمًا خَفِيفًا مُعْتَقًا مِنْ كُلِّ شَبَحٍ وَخَيَالٍ شَيْطَانِي، وَأَنْهَضْنِي فِي وَقْتٍ مُوَافِقٍ إِلَى تَمْجِيدِكَ لِأَنَّكَ مُسَبِّحٌ مَعَ ابْنِكَ الْوَحِيدِ وَرُوحِكَ الْكُلِّيِّ قُدْسُهُ الْآنَ وَكُلَّ أَوَانٍ وَالْيَ دَهْرٍ الدَّاهِرِينَ. آمِينَ.

دستور الإيمان

أُوْمِنُ بِإِلَهِهِ وَاحِدٍ، آبٍ ضَابِطِ الْكُلِّ، خَالِقِ السَّمَاءِ وَالْأَرْضِ، وَكُلِّ مَا يُرَى وَمَا لَا يُرَى. وَبِرَبِّ وَاحِدٍ يَسُوعَ الْمَسِيحِ، ابْنِ اللَّهِ الْوَحِيدِ، الْمَوْلُودِ مِنَ الْآبِ قَبْلَ كُلِّ الدُّهُورِ. نُورٍ مِنْ نُورٍ، إِلَهٍ حَقٍّ مِنْ إِلَهٍ حَقٍّ، مَوْلُودٍ غَيْرِ مَخْلُوقٍ، مُسَاوٍ لِلْآبِ فِي الْجَوْهَرِ، الَّذِي بِهِ كَانَ كُلُّ شَيْءٍ. الَّذِي مِنْ أَجْلِنَا نَحْنُ الْبَشَرِ، وَمِنْ أَجْلِ خَلَاصِنَا، نَزَلَ مِنَ السَّمَاءِ، وَتَجَسَّدَ مِنَ الرُّوحِ الْقُدُسِ، وَمِنْ مَرْيَمَ الْعَذْرَاءِ وَتَأَنَسَّ. وَصُلِبَ عَنَّا عَلَى عَهْدِ بِيلاطُسَ الْبُنْطِي، وَتَأَلَّمَ وَقُبِرَ. وَقَامَ فِي الْيَوْمِ الثَّالِثِ عَلَى مَا فِي الْكُتُبِ. وَصَعِدَ إِلَى السَّمَاءِ، وَجَلَسَ عَنْ يَمِينِ الْآبِ. وَأَيْضًا يَأْتِي بِمَجْدٍ لِيَدِينِ الْأَحْيَاءَ وَالْأَمْوَاتِ، الَّذِي لَا فَنَاءَ لِمُلْكِهِ. وَبِالرُّوحِ الْقُدُسِ، الرَّبِّ الْمُحْيِي، الْمُنْبَثِقِ مِنَ الْآبِ، الَّذِي هُوَ مَعَ الْآبِ وَالْإِبْنِ مَسْجُودٌ لَهُ وَمُمَجَّدٌ، النَّاطِقُ بِالْأَنْبِيَاءِ. وَبِكَنِيْسَةٍ وَاحِدَةٍ جَامِعَةٍ مُقَدَّسَةٍ رَسُولِيَّةٍ. وَأَعْتَرِفُ بِمَعْمُودِيَّةٍ وَاحِدَةٍ لِمَغْفِرَةِ الْخَطَايَا. وَأَتَرَجَّى قِيَامَةَ الْمَوْتَى، وَالْحَيَاةَ فِي الدَّهْرِ الْآتِي. آمِينَ.



PRAYER OF THE HOURS

O Christ our God, who at all times and in every hour, in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with thy holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for thou art blessed unto ages of ages. Amen.

During Great Lent, the Prayer of St. Ephraim the Syrian is said:

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen.

Here you may add your own private devotions and intercessions. When you have finished, conclude your prayers by saying the following:

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



صلاة الساعات

يَا مَنْ فِي كُلِّ وَقْتٍ وَفِي كُلِّ سَاعَةٍ فِي السَّمَاءِ وَعَلَى الْأَرْضِ مَسْجُودٌ لَهُ وَمُمَجَّدٌ،
الْمَسِيحُ الْإِلَهَ، الطَّوِيلُ الْأَنَاءَ، الْكَثِيرُ الرَّحْمَةِ، الْجَزِيلُ التَّحَنُّنِ، الَّذِي يُحِبُّ الصَّدِيقِينَ
وَيَرْحَمُ الْخَطَاةَ. الدَّاعِي الْكُلَّ إِلَى الْخَلَاصِ بِمَوْعِدِ الْخَيْرَاتِ الْمُنْتَظَرَةِ. أَنْتَ يَا رَبُّ تَقَبَّلْ
مِنَّا فِي هَذِهِ السَّاعَةِ طَلِبَاتِنَا وَسَهِّلْ حَيَاتِنَا إِلَى عَمَلٍ وَصَايَاكَ. قَدِّسْ أَرْوَاحَنَا، طَهِّرْ
أَجْسَادَنَا، قَوِّمْ أَفْكَارَنَا، نَقِّ نِيَّاتِنَا، نَجِّنَا يَا اللَّهُ مِنْ كُلِّ حُزْنٍ وَشَرٍّ وَوَجَعٍ. حِطَّنَا بِمَلَأَتِكَ
الْقُدِّيسِينَ، حَتَّى إِذَا كُنَّا بِمُعْسَكِرِهِمْ مَحْفُوظِينَ وَمُرْشَدِينَ نَعْمَلُ إِلَى اتِّحَادِ الْإِيمَانِ وَإِلَى
مَعْرِفَةِ مَجْدِكَ الَّذِي لَا يُدْنَى مِنْهُ، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

خلال موسم الصوم الكبير، تتلى صلاة القديس أفرام السوري:

أَيُّهَا الرَّبُّ وَسَيِّدُ حَيَاتِي، أَعْنِفْنِي مِنْ رُوحِ الْبَطَالَةِ وَالْفُضُولِ وَحُبِّ الرِّئَاسَةِ وَالْكَلامِ الْبَطَالِ. وَأَنْعِمْ
عَلَيَّ أَنَا عَبْدُكَ، بِرُوحِ الْعِفَّةِ وَاتِّصَاعِ الْفِكْرِ وَالصَّبْرِ وَالْمَحَبَّةِ. نَعَمْ يَا مَلِكِي وَالْهَي هَبْ لِي أَنْ
أَعْرِفَ ذُنُوبِي وَعُيُوبِي، وَأَنْ لَا أَدِينَ إِخْوَتِي، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

هنا يمكن إضافة الطلبات والشفاعات الخاصة. بعد الإنتهاء تنهي الصلاة بما يلي:

بِصَلَوَاتِ آبَائِنَا الْقُدِّيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ إِلَهُنَا، ارْحَمْنَا وَخَلِّصْنَا. آمِينَ.