

# TRISAGION WARM UP AND MORNING CORE PRAYER

Make the Sign of the Cross and a reverent bow.

In the name of the Father, and the Son, and the holy Spirit.

Glory to you our Lord, Glory to you.

heavenly king, comforter, the Spirit of Truth, who are in all places in fill all things, treasury of blessings and the Giver of life, come and abide in us, and cleanse us from every stain, and save our souls, O Good One.

holy God, holy Mighty, holy immortal, have mercy on us.

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holy God, holy Mighty, holy immortal, have mercy on us.

Glory to the Father and the Son, and the holy Spirit, now and forever and to the ages of ages.

Amen

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. holy One, visit in filio our infirmities for Your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the holy Spirit, 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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have marcy on us and save us. Amen

### **MORNING PRAYER TO THE HOLY TRINITY**

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.

Lord, have mercy (12).

### **PRAYER TO OUR GUARDIAN ANGEL**

"O angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the Evil One. May I never again anger God by my sins. Pray for me to the Lord, that he may make me worthy of the grace of the All-holy Trinity, and of the blessed Mother of God, and of all the saints. Amen."

### **PRAYER BEFORE ANY TASK**

Almighty God, our help and Refuge, Fountain of wisdom and Tower of strength, who knowest that I can do nothing without thy guidance and help; assist me, I pray thee, and direct me to divine wisdom and power, that I may accomplish this task, and whatever I may undertake to do, faithfully and diligently, according to thy will, so that it may be profitable to myself and others, and to the glory of thy holy Name. 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.