The Services of the Hours - The Great Book of the Hours - Great Horologion

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PRAYERS ON APPROACHING SLEEP

When these prayers are said apart from another service, then they are introduced by invoking the Holy Trinity, and then repeating the Usual Beginning prayers through "Our Father ...". ; and (after the exclamation) the following :

Penitential Tropars (*Tone 6*)[1]

Have mercy on us, O Lord, have mercy on us, for laying aside all excuse, we sinners offer to You, as to our Master, this entreaty, have mercy on us.

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

Have mercy on us, O Lord, for in You have we put our trust. Do not be angry with us, nor remember our iniquities, but look down on us even now, since you are compassionate, and rescue us from our enemies ; for You are our God, and we are Your people, we are all the work of Your hands, and we call on Your Name.

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

O blessed Theotokos, open the doors of compassion to us whose hope is in you, that we may not perish, but be rescued from all the adversity surrounding us, through you, that are the salvation of the Christian race.

Lord, have mercy. (*twelve times*)

Prayer 1. Of Saint Macarius the Great, to the Father

O Eternal God, King of all Creation, You have deemed me worthy to attain to this hour. Forgive me the sins which I have committed this day in thought, word, and deed, and cleanse, O Lord, my humble soul from every stain of flesh and spirit. Grant me, O Lord, to pass through the sleep of this night in peace, to rise from my lowly bed, and to please Your holy name all the days of my life, and to vanquish the enemies both corporeal and incorporeal that contend against me. Rescue me, o Lord, from the vain thoughts that stain

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[1] **– or –**

Now that the day has come to a close, I thank You, O Lord, and I entreat that the evening with the night may be guileless. Grant this to me, O Saviour, and save me.

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

Now that the day has passed, I glorify You, O Master, and I entreat that the evening with the night may be without offence. Grant this to me, O Saviour, and save me.

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

Now that the day has run its course, I praise You, O Holy One, and I entreat that the evening with the night may be undisturbed. Grant this to me, O Saviour, and save me.

me, and from evil desires ; for Yours are the Kingdom, and the power, and the glory, of the Father, the Son, and the Holy Spirit, now, and ever, and unto the ages of ages.
Amen.

Prayer 2. Of Saint Antioch, to the Son

OAlmighty Lord, Word of the Father, Jesus Christ, You are Yourself perfect. For the sake of Your great mercy, never depart from me, Your servant, but ever abide in me. O Jesus, Good Shepherd of the sheep, let me not fall into the disobedience of the serpent, nor leave me to the will of Satan, for the seed of corruption is in me. Therefore, O Lord God whom we worship, O Holy King Jesus, while I sleep, preserve me with Your unchanging light, Your Holy Spirit, by whom You sanctified Your disciples. O Lord, grant even to me, Your unworthy servant, Your salvation upon my bed ; enlighten my mind with the light of the understanding of Your holy Gospel, my soul with the love of Your Cross, my heart with the purity of Your Word, my body with your passionless passion ; preserve my thought in Your humility, and rouse me at the fit time to glorify You ; for You are glorified above all, with Your eternal Father, and with the most Holy Spirit, unto the ages.
Amen.

Prayer 3. To the Most Holy Spirit

OLord, Heavenly King, the Comforter, Spirit of Truth, show compassion and have mercy on me Your sinful servant, and loose me from my unworthiness ; and forgive all in which I have sinned against You today as a Man, and not only like a Man, but even worse than a beast – my sins voluntary and involuntary, known and unknown, from my youth up, and from evil suggestion, and from brazenness and despondency. If I have sworn by Your name, or blasphemed it in my thought ; or reproached anyone, or slandered anyone in my anger, or grieved anyone, or have become angry about anything ; or if I have lied, or slept needlessly, or if a beggar have come to me and I disdained him ; or if I have grieved my *brother*, or have quarrelled, or have condemned anyone ; or if I have been boastful, or prideful, or angry ; if, as I stood at prayer, my mind have been distracted by the wiles of this world, or by thoughts of depravity ; if I have ove-reaten, or have drunk excessively, or laughed frivolously ; if I have thought evil, or seen the beauty of another and been wounded by it in my heart ; if I have said improper things, or derided my *brother's* sin, when my own sins are countless ; if I have been neglectful of prayer, or have done some other wrong that I do not remember ; for all of this, and more than this I have done, O Master my Creator, have mercy on me ,Your downcast and unworthy servant, and loose me, and remit, and forgive me in Your goodness and love for Man, so that, lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace ; and I shall worship, hymn, and glorify Your most honourable name, together with the Father and His Only-

begotten Son, now, and ever, and unto the ages.
Amen.

Prayer 4. Of Saint Macarius the Great

What shall I offer You, or what shall I give You, O greatly-gifted, immortal King, O compassionate Lord, the Lover of Man ? For although I have been slothful in pleasing You, and have done nothing good, You have led me to the close of this day that is past, establishing the conversion and salvation of my soul. Be merciful to me the sinner, bereft of every good deed. Raise up my fallen soul which has become corrupted by countless sins, and take away from me every evil thought of this visible life. Forgive my sins, O only sinless One, in which I have sinned against You this day, knowningly and unknowingly, in word, and deed, and thought, and in all my senses. Yourself protect and guard me from every opposing circumstance, by Your divine authorit,y and power, and inexpressible love for Man. Blot out, O God, blot our the multitude of my sins. Be pleased, O Lord, to rescue me from the net of the evil one, and save my passionate soul, and overshadow me with the light of Your countenance when You shall come in glory ; and cause me, uncondemned now, to sleep a dreamless sleep, and keep Your servant untroubled by thoughts, and drive away from me all satanic deeds ; and enlighten the eyes of my heart, that I may not fall asleep in death. And send me an angel of peace, a guardian and guide of my soul and body, that he may rescue me from my enemies ; that rising from my bed, I may offer You prayers of thanksgiving. Yea, O Lord, hearken unto me, Your sinful and wretchèd servant, in confession and conscience ; grant me, when I arise, to be instructed by Your sayings ; and through Your angels cause demonic despondency to be driven far from me ; that I may bless Your holy name, and glorify and extol the most pure Theotokos Mary, whom You have given to us sinners as a protectress, and accept her who prays for us ; for I know that she exemplifies Your love for Man, and prays for us ceaselessly. Through her protection, and the sign of the precious Cross, and for the sake of all Your saints, preserve my wretched soul, O Jesus Christ our God ; for You are holy, and most gracious unto the ages. Amen.

Prayer 5. For forgiveness of sins

O Lord our God, in Your goodness and love for Man, forgive me what sins I have committed this day in word, deed, or thought ; for You are gracious, and You love Man. Grant me a peaceful and undisturbed sleep ; send me Your angel guardian to protect and guard me from every evil ; for You are the guardian of our souls and bodies, and to You we send up glory, to the Father, the Son, and the Holy Spirit, now and ever, and unto the the ages of ages. Amen.

Prayer 6.

O Lord our God, in whom we believe and whose name we invoke above every name, grant us as we go to sleep relaxation of soul and body, and keep us

from all dreams, and also from dark pleasures ; weaken the onslaught of the passions, and quench the burnings that arise in the flesh. Grant us to live chastely in deed and word, that we may attain a virtuous life, and not fall away from Your promised blessings ; for You are blessed unto the ages.
Amen.

Prayer 7. Of Saint John Chrysostom

According to the number of the hours of the day and night.

DAY : **1.** (6:00 a.m.) O Lord, deprive me not of Your heavenly blessings. **2.** O Lord, rescue me from eternal torments. **3.** O Lord, if I have sinned in mind or thought, in word or deed, forgive me. **4.** O Lord, rescue me from every ignorance and carelessness, from littleness of soul and stony hardness of heart. **5.** O Lord, rescue me from every temptation. **6.** O Lord, enlighten my heart which evil desire has darkened. **7.** O Lord, I, being man, have sinned ; do You, being God, in lovingkindness forgive me, for You know the weakness of my soul. **8.** O Lord, send down Your Grace to help me, that I may glorify Your holy name. **9.** O Lord Jesus Christ, enrol me, Your servant, in the book of life, and grant me a blessed end. **10.** O Lord my God, even if I have done nothing good in Your sight, yet grant me, in accordance with Your Grace, to make a beginning of good. **11.** O Lord, sprinkle on my heart the dew of Your Grace. **12.** (6:00 p.m.) O Lord of Heaven and earth, remember me, Your sinful servant, cold of heart and impure, in Your Kingdom. Amen.

NIGHT : **13.** (7:00 p.m.) O Lord, receive me in repentance. **14.** O Lord, leave me not. **15.** O Lord, lead me not into temptation. **16.** O Lord, grant me thought of good. **17.** O Lord, grant me tears, a remembrance of death, and a sense of peace. **18.** O Lord, grant me mindfulness to confess my sins. **19.** O Lord, grant me humility, love, and obedience. **20.** O Lord, grant me endurance, magnanimity, and gentleness. **21.** O Lord, plant in me the root of all blessings, the fear of You, in my heart. **22.** O Lord, deem me worthy that I may love You with all my heart and soul, and in all things obey Your will. **23.** O Lord, shield me from evil men and devils and passions, and all other unlawful things. **24.** O Lord, who know Your creation and what You have willed for it, may Your will be fulfilled also in me, the sinner ; for You are blessed unto the ages.
Amen.

Prayer 8. To our Lord Jesus Christ

O Lord Jesus Christ, Son of God, for the sake of Your most honourable Mother, and of Your bodiless Angels ; of Your Prophet and Forerunner and Baptist ; of the God-inspired Apostles ; of the radiant and victorious Martyrs ; and through the intercessions of all the Saints, rescue me from the besetting presence of demons. Yea, my Lord and Creator, You desire not the death of the sinner, but rather that he be converted and live. Grant conversion also to my wretched and unworthy self ; rescue me from the mouth of the pernicious

serpent, who is yawning to devour me and take me to Hadēs alive. Yea, O my Lord, my comfort, who for my miserable sake were clothed in flesh, snatch me out of misery, and grant comfort to my miserable soul. Implant in my heart to fulfil You commandments, and to forsake evil deeds, and to obtain your blessings ; for in You, O Lord, have I hoped. Oh, save me.

Prayer 9 **To the Theotokos** By monk Peter the Studite

Before you, O most pure Mother of God, I who am wretched fall down and I pray, "You know, O Queen, that I sin constantly and anger your Son and my God. No matter how often I repent, I appear a liar before God, and repent with trembling. Can God shake me and I do those same things again an hour later ?" Knowing this, O my Mistress, O Lady Theotokos, I pray, have mercy on me, strengthen me, and grant that I may do good. You know, my Lady Theotokos, that I abhor my evil deeds, and love the Law of my God with all my mind ; but, O most pure Lady, I do not know how I can love what I abhor, and turn away from what is good. Do not allow my will to be done, most pure One, for it is not appropriate. May the will of your Son and my God be done. May He save and enlighten me, and give me the Grace of His Holy Spirit, in order that I might stop sinning from this time on, and live the remainder of my life in obedience to your Son, to whom belongs all glory, honour and majesty, with his Father who is from everlasting, and His most Holy, Good, and life-giving Spirit, now, and ever, and unto the ages of ages.
Amen.

Prayer 10 **To the Theotokos**

O gracious Mother of our gracious King, Mary most pure, and most- blessed Mother of God, pour out the mercy of Your Son and our God upon my passionate soul ; and by your prayers establish me in acts of righteousness, that I may pass the remaining time of my life without fault, and by your guidance find paradise, O Mother of God and Virgin alone pure and blessed.
Amen.

Prayer 11 **To the holy Guardian Angel**

O Angel of Christ, my holy guardian, and protector of my soul and body, forgive me every transgression which I have committed this day, and rescue me from every craft of my enemy and adversary. May I not anger my God by any sin. However, pray for me, His sinful and unworthy servant, that you may declare me worthy of the Grace and mercy of the all-holy Trinity, and of the Mother of my Lord Jesus Christ, and of all the saints.
Amen.

Kontak of the Theotokos

O Victorious Leader of Triumphant Hosts, we, your servants, rescued from evil, sing our grateful thanks to you, O Theotokos. As you possess invincible might, set us free from every calamity, so that we may sing, "Rejoice, O Unwedded Bride".

And then :

O most glorious Ever-virgin Mother of Christ our God, bring our prayer to Your Son and our God, that by you He may save our souls.

All my hope I lay on you, divine Mother. Preserve me beneath your protection.

O Virgin Theotokos, despise not me, the sinner who seek your help and your intercession ; for in you has my soul hoped. Have mercy on me.

Prayer to the Holy Trinity[2]

O Father, my Hope ; O Son, my Refuge ; O Holy spirit, my Protection – O Holy Trinity, glory be to You.

Reader : It is truly meet to bless you, O Theotokos, ever blessed, and most pure, and the Mother of our God.
More honourable than the cherubim, and more glorious beyond compare than the seraphim, without corruption you gave birth to God the Word. True Theotokos, we magnify you.
Glory be to the Father, and to the Son, and to the Holy Spirit ; now, and ever, and unto the ages of ages. Amen.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
In the Name of the Lord, holy Master, bless.

– or –

Through the intercessions of Your saints, O Lord, bless.

[Presbyter : May God be bountiful to us and bless us, show the light of His Countenance upon us, and have mercy on us.**]**

– or –

Reader : O Lord Jesus Christ, Son of God, for the sake of the prayers of Your most pure Mother, and of all the saints, save me, the sinner.

Reader : O Lord, absolve, remit, and forgive our transgressions, whether wittingly or unwittingly committed, whether in word, deed, or thought, whether by day or night. Pardon all, for You alone are merciful and the Lover of Man.
O Lord, Lover of Man, forgive those who hate and wrong us. Do good to those who are doers of good. Grant the petitions of our *brethren* and friends which are for their salvation and eternal life. Visit those who are sick, and give them healing. Guard those at sea. Travel with those who travel. Give Your support to our rulers. To those who help us and are merciful to us, grant forgiveness of sins. On those who charge us in our unworthiness to pray for them, have mercy in accordance with Your great mercy. Be mindful, O Lord, of our parents and brothers and sisters who

[2] By Saint Joannicius.

have already fallen asleep, and give them rest where the light of Your countenance visits them. Be mindful, O Lord, of those who bear fruit, and do good works in Your holy Churches, and grant to them their petitions that are for their salvation and eternal life. Be mindful, O Lord, also of us Your humble, sinful, and unworthy servants, and lead us into the path of Your commandments. Through the intercessions of Your most pure Mother, our Lady, Theotokos, and eve-Virgin Mary, and of all Your saints, for You are blessed unto the the ages of ages.

Reasponse : Amen.

[THE END OF PRAYERS ON APPROACHING SLEEP]