

DAILY PRAYER RULE OF
ST. SERAPHIM OF SAROV



Rule courtesy of the Brotherhood of St. George, Greek Orthodox Diocese of Denver. Prayer translations taken from: *The Horologion, or Book of Hours*, St. Tikhon's Seminary Press, South Canaan, Pennsylvania, 2000.

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us!

2. O HEAVENLY KING

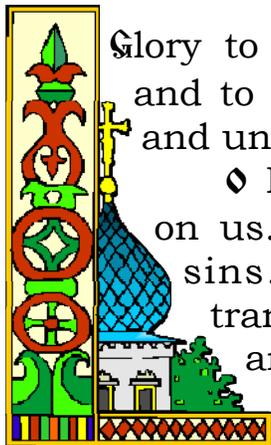
◊ Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and fillest all things, Treasury of Blessings and Giver of Life: Come and abide in us; and cleanse us from every impurity, and save our souls, O Good One.

3. THE TRISAGION.

Holy God. Holy Mighty. Holy Immortal.
Have mercy on us.

Holy God. Holy Mighty. Holy Immortal.
Have mercy on us.

Holy God. Holy Mighty. Holy Immortal.
Have mercy on us.



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

◊ Most-holy Trinity: Have mercy on us. Lord: Cleanse us from our sins. Master: Pardon our transgressions. Holy One: Visit and heal our infirmities for Thy name's sake.

◊ God, cleanse me, a sinner.

(Said 12 times, with a metanoia (bow) each time).

◊ Lord and Master of my life, Take from me the spirit of sloth, despair, 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 transgressions and not to judge my brother, for blessed art Thou, unto the ages of ages. Amen.

(Prostration)

LENTEN PRAYER TO THE THEOTOKOS³

All of creation rejoiceth in thee, O Full of Grace, the assembly of angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a child – our God before the ages. He made thy body into a throne, and thy womb He made more spacious than the heavens. All of creation rejoiceth in thee, O Full of Grace. Glory to thee.

3. This prayer is from the Liturgy of St. Basil the Great and can be used to replace Axion Estin during Great Lent. The translation has been adapted from *The Divine Liturgy, Second Edition*. St. Tikhon's Seminary Press: South Canaan, Pennsylvania 1977, pages 136-137.

than the Cherubim and more glorious, beyond compare, than the Seraphim, without corruption¹ thou gavest birth to God the word. True Theotokos, we magnify thee.

8. DISMISSAL.

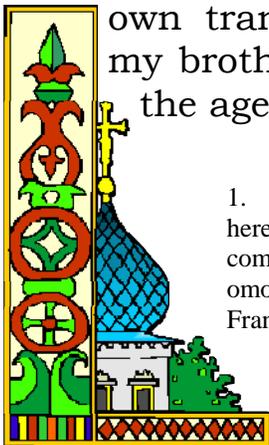
Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us.

THE LENTEN PRAYER OF ST. EPHRAIM THE SYRIAN²

Lord and Master of my life. Take from me the spirit of sloth, despair, lust of power and idle talk. *(Prostration)*

But give rather the spirit of chastity, humility, patience and love to Thy servant. *(Prostration)*

Yea, O Lord and King: Grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto the ages of ages. Amen *(Prostration)*



1. Although *The Horologion* reads defilement here, I have used the word corruption to correspond to common usage in The Diocese of the West, under the omophorion of His Grace, Tikhon, Bishop of San Francisco and the West.

2. The Prayer of St Ephraim may be inserted between # 7 and #8 during the Lenten Season.

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

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

If there is a priest, he gives the usual exclamation. If there is no priest say:

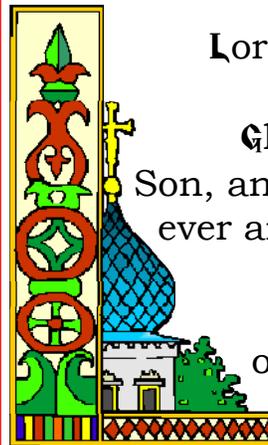
Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us!

Amen.

Lord, have mercy. *(12 times)*

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

Come let us worship God our King! *(metanoia)*



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

(metanoia)

Come let us worship and fall down before Christ Himself, our King and our God. *(metanoia)*

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

4. PSALM 50/51.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy tender mercies blot out my transgression.

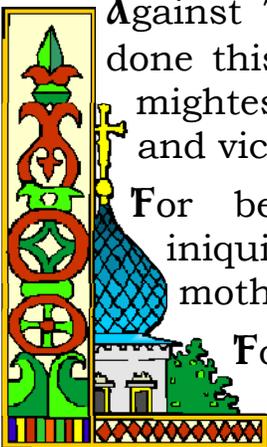
Wash me thoroughly from mine iniquity, and cleanse me from my sin.

For I know mine iniquity, and my sin is ever before me.

Against Thee only have I sinned and done this evil in Thy sight; that Thou mightest be justified in Thy words and victorious when Thou art judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, Thou hast loved truth; the hidden and secret



Vouchsafe O Lord, that we may be kept this day/evening/night without sin.

Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy name forever. Amen.

Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee.

Blessed art Thou, O Lord, teach me Thy statutes.

Blessed art Thou, O Master, make me to understand Thy statutes.

Blessed art Thou, O Holy One, enlighten me with Thy statutes.

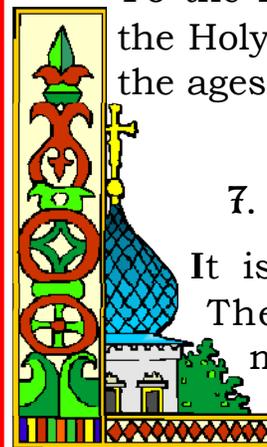
Thy mercy, O Lord, endures forever; despise not the works of Thy hands.

Unto Thee is due praise. Unto Thee is due a song! Unto thee is due glory:

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

7. AXION ESTIN/IT IS TRULY MEET

It is truly meet to bless thee, O Theotokos, ever-blessed and most-pure and the Mother of our God. More honorable



◊ Lord, Heavenly King, God the Father Almighty; O Lord, the Only-begotten Son, Jesus Christ, and the Holy Spirit.

◊ Lord God, Lamb of God, Son of the Father Thou Who takest away the sins of the world, have mercy on us;

Thou Who takest away the sins of the world, accept our prayer;

Thou Who sittest at the right hand of God the Father, have mercy on us.

For Thou only art holy, Thou only art Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day/evening/night will I bless Thee and praise Thy name for ever; yea forever and ever.

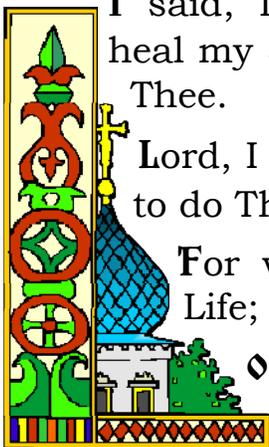
Lord, Thou hast been our refuge from generation to generation.

I said, Lord, be merciful to me and heal my soul, for I have sinned against Thee.

Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.

For with Thee is the Fountain of Life; in Thy light shall we see light.

◊ continue Thy mercy unto those who know Thee.



things of Thy wisdom hast Thou revealed unto me.

Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.

Thou shalt make me to hear joy and gladness; my humbled bones shall rejoice.

Turn Thy face away from my sins, and blot out all mine 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 with Thy governing Spirit establish me.

I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.

Deliver me from blodguiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.

◊ Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

For if Thou hadst desired sacrifice, I would have given it; with whole burnt offerings, Thou shalt not be pleased.



A sacrifice unto God is a broken spirit; a broken and humbled heart God will not despise.

Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be built.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings.

Then shall they offer young bulls upon Thine altar.

5. THE CREED.

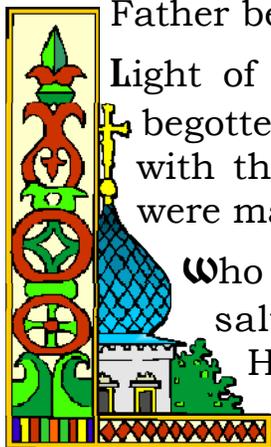
I believe in one God, the Father Almighty, Maker of Heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God,

The Only-begotten, begotten of the Father before all ages.

Light of Light; true God of true 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 became man.

And He was crucified 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 sits 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 in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

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.

6. DOXOLOGY

Glory to God in the Highest, and on earth peace, good will towards men.

We praise Thee. We bless Thee. We worship Thee. We glorify Thee. We give thanks to Thee for Thy great glory.

