



ORTHODOX FAMILY PRAYER FOR CHILDREN

"Evening, and morning, and at noon, will I pray, and cry aloud: and He shall hear my voice." Psalms 55:17



(For Sunday School Students)

During this perilous times of spread of COVID 19 across the world, we encourage the families of our Sunday School students to have family prayers daily in the mornings & evenings during this Great Lent 2020. In addition to your regular family prayers, we enclose a brief Orthodox common prayers to encourage all our Sunday School students to lead their family prayers during this Lenten season - Suggested timings (anytime)
Mornings between 6.00am – 8.00am & Evenings between 7.00pm – 9.00pm

EVENING PRAYER

(+) In the Name of the Father and of the Son and of the Holy Spirit, one True God:

Glory be to Him, and may His Grace and mercy be upon us for ever and ever. Amen.

Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and the earth are filled, Hosanna, in the highest.

Blessed is He, Who has come, and is to come, in the name of the Lord: Glory be to Him in the highest.

TRISAGION

Holy art Thou, O God!
Holy art Thou, Almighty,
Holy art Thou, Immortal,

(+) Crucified for us, have mercy on us
(Repeat thrice)

Lord, have mercy upon us.
Lord, be kind and have mercy upon us.
Lord, accept our office and our entreaties;
have mercy upon us.
Glory be to Thee, O God!
Glory be to Thee, O Creator!
Glory be to Thee, O King, Christ, Who dost pity sinners, Thy servants: have mercy upon us.

THE LORD'S PRAYER

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 debts and sins, as we also have forgiven our debtors. Lead us not in to temptation; but

deliver us from the evil one. For Thine is the kingdom, the power and the glory for ever and ever: Amen

PEACE BE WITH YOU MARY, FULL OF GRACE

Peace be with you Mary, full of grace: Our Lord is with you; blessed art thou among women, and blessed is the fruit your womb, our Lord Jesus Christ. O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times and at the hour of our death. Amen.

KOLO

O Lord Jesus Christ who fasted for our sake even while you never lacked in your holiness, grant us your grace to fast according to your pleasure.

Through lent the righteous pleased God becoming godly; Moses, Elijah and our Lord fasted for forty days. Glory be to you, O Lord Jesus Christ who has taught us to overcome Satan through fasting and prayers. O Lord may our fasting and prayers become fragrance, acceptable before you as sweet smelling incense.

Holy Lent is the symbol of victory and a weapon undefeatable before the enemy. O Lord may our prayers be pleasing to you. May our requests enter before you as sweet smelling incense.

O Lord Jesus Christ who received the fasting of the righteous and the saintly accept our fasting and prayers and have mercy upon us.

O JESUS CHRIST (*Moran Yeshu Meshiha*)

O Jesus Christ, our Lord, close not the door of Thy mercy upon our faces. We confess, we are sinners, have mercy upon us. O Lord, Thy love for us didst make Thee come down to us from Thy place that by Thy death, our death might be abolished; have mercy upon us. Amen.

PRAYER BEFORE RETIRING TO SLEEP (*Karunayulla Daivamae*)

O merciful God, the voice of our prayer knocks at Thy door; prevent not from Thy devotees the petitions of their needs. O God, on Thee we call for help in our weakness; hear, O good One, the voice of our prayer, and answer our request in Thy mercy.

THE NICENE CREED

We believe in one true God, The Father Almighty, maker of heaven and earth and all things visible and invisible; Amen.

And the one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all worlds, light of light, true God of very true God, begotten, not made, being of the same substances with the Father, and by whom all things were made; (+) who for us men and for our salvation came down from heaven, (+) and was incarnate of the holy Virgin Mary, Mother of God, by the Holy Spirit, and became man (+) and was crucified for us in the days of Pontius Pilate, and suffered and died and was buried; and on the third day rose again according to his will, and ascended into heaven, and sat on the right hand of his Father, and shall come again in his great glory to judge both the living and the dead, whose kingdom shall have no end; Amen.

And in the one living Holy Spirit, the life giving Lord of all, who proceeds from the Father, and who with the Father and the Son is worshipped and glorified, who spoke by the prophets and the apostles; Amen.

And in the One, Holy, Catholic and Apostolic Church; and we acknowledge one baptism for the remission of sins; and look for the resurrection of the dead; and the new life in the world to come. Amen Barekmore, Stoumen kalos Kurielaison

MORNING PRAYER

(+) In the Name of the Father and of the Son and of the Holy Spirit, one True God: Glory be to Him, and may His Grace and mercy be upon us for ever and ever. Amen.

Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and the earth are filled, Hosanna, in the highest.

Blessed is He, Who has come, and is to come, in the name of the Lord: Glory be to Him in the highest.

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PEACE BE WITH YOU MARY, FULL OF GRACE

Peace be with you Mary, full of grace: Our Lord is with you; blessed art thou among women, and blessed is the fruit your womb, our Lord Jesus Christ. O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times and at the hour of our death. Amen.

O LORD, AWAKEN US (Urakkamillatha Unarvullavanaya)

O Lord, awaken us from our slumber who are immersed in sin, that we may extol Thy watchfulness, O vigilant one, who drowsest not, redeem us mortals, from our slumber to death and corruption, that we may worship Thy mercy.

O everlasting and immortal God. Make us worthy to adore and glorify Thee with Holiness, in the glorious company of the angels of heaven who adore Thee.

O Father, Son and Holy Spirit, we praise Thee; for Thou art glorious and blessed, both in heaven and earth, now and always for ever. Amen.

BOVOOSO

O Lord who accepted the fast of the just and the righteous, accept our fast and prayers and have mercy upon us.

Wealth becomes shackles, bondage and weight for those who accumulate it. The wealth of those who have united their souls with God is truthful. All the wealth of all kings of the earth is worthless compared to the wealth of a person whose hope is in God.

O Christ who accepted the fast of Moses and his humility, accept our prayers and have mercy on our souls.

CONCLUDING PRAYER

It is good to give thanks to the Lord and to sing praise to your name, Most High; to proclaim your grace in the morning and your faithfulness in the night. Lord, in the morning you shall hear my voice and in the morning I have prepared myself to appear before you. Lord, have compassion on your people; Lord, pardon and forgive the sins of all of us. Holy one, let your right hand rest upon us and pardon our infirmity, because your name is forever.

PRAYER AT THE TIME OF EPIDEMICS (Edited & Translated from Pambakuda namaskaram)

We pray through the intercession of the Holy Mother of God and the saints who have pleased Your Will by their holy lives, that you remove from us the scourges of sin and the pain of illnesses.

We pray to Your goodness that you may not allow us to be ensnared by this epidemic.

Trusting in Your goodness and mercy, we pray that you might look on us with compassion, and extend your beatific hand of healing to us, in this time of illness and infirmities.

We confess that we are sinners, and we plead to take refuge under the protection of our Eternal Mercy.

We pray that you open the doors of Your Perpetual Grace to our prayers and entreaties.

May Your Holy Body that we have eaten, and the Holy Blood that we have partaken from, be our shield and fortress.

May Your Life- giving and Living Cross be the armour of Life and Protection of Your people.

O Merciful One who are slow to anger, we pray that You might reconcile us in Your Eternal Love; we pray that You might have mercy on us who have been saved by the Holy Mysteries of Your Body and Blood.

The cries of those who have lost their loved ones rent the air, we pray that you might comfort them by Your Holy Spirit.

We pray that you might look on us with favour and redeem and liberate us and our loved ones from the clutches of Sin and Death.

We shall raise voices of glory and thanksgiving to You, Christ Jesus, who are our Redeemer, to God the Father who is Our Hope, and the Holy Spirit who is Our Protection, now and always forever and ever. Amen.

PSALMS 51

Have mercy upon me, O God, According to Your loving kindness; According to the multitude of Your tender mercies, Blot out my transgressions. ²Wash me thoroughly from my iniquity, And cleanse me from my sin. ³For I acknowledge my transgressions, And my sin *is* always before me. ⁴Against You, You only, have I sinned, And done *this* evil in Your sight— That You may be found just when You speak, And blameless when You judge.

⁵Behold, I was brought forth in iniquity, And in sin my mother conceived me. ⁶Behold, You desire truth in the inward parts, And in the hidden part You will make me to know wisdom. ⁷Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. ⁸Make me hear joy and gladness, *That* the bones You have broken may rejoice.

⁹Hide Your face from my sins, And blot out all my iniquities. ¹⁰Create in me a clean heart, O God, And renew a steadfast spirit within me.

¹¹Do not cast me away from Your presence, And do not take Your Holy Spirit from me.

¹²Restore to me the joy of Your salvation, And uphold me *by* Your generous Spirit. ¹³Then I will teach transgressors Your ways, And sinners shall be converted to You. ¹⁴Deliver me from the guilt of bloodshed, O God, The God of my salvation, *And* my tongue shall sing aloud of Your righteousness. ¹⁵O Lord, open my lips, And my mouth shall show forth Your praise. ¹⁶For You do not desire sacrifice, or else I would give *it*; You do not delight in burnt offering. ¹⁷The sacrifices of God *are* a broken spirit, A broken and a contrite heart— These, O God, You will not despise. ¹⁸Do good in Your good pleasure to Zion; Build the walls of Jerusalem. ¹⁹Then You shall be pleased with the sacrifices of righteousness, With burnt offering and whole burnt offering; Then they shall offer bulls on Your altar.

PSALMS 91

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. ²I will say of the LORD, “*He is* my refuge and my fortress; My God, in Him I will trust.” ³Surely He shall deliver you from the

snare of the fowler *And* from the perilous pestilence. ⁴He shall cover you with His feathers, And under His wings you shall take refuge; His truth *shall be* your shield and buckler. ⁵You shall not be afraid of the terror by night, *Nor* of the arrow that flies by day, ⁶*Nor* of the pestilence *that* walks in darkness, *Nor* of the destruction that lays waste at noonday. ⁷A thousand may fall at your side, And ten thousand at your right hand; *But* it shall not come near you.

⁸Only with your eyes shall you look, And see the reward of the wicked. ⁹Because you have made the LORD, *who is* my refuge, *Even* the Most High, your dwelling place, ¹⁰No evil shall befall you, Nor shall any plague come near your dwelling; ¹¹For He shall give His angels charge over you, To keep you in all your ways.

¹²In *their* hands they shall bear you up, Lest you dash your foot against a stone.

¹³You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. ¹⁴“Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. ¹⁵He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him. ¹⁶With long life I will satisfy him, And show him My salvation.”

PSALMS 121

I will lift up my eyes to the hills— From whence comes my help? ²My help *comes* from the LORD, Who made heaven and earth. ³He will not allow your foot to be moved; He who keeps you will not slumber. ⁴Behold, He who keeps Israel Shall neither slumber nor sleep. ⁵The LORD *is* your keeper; The LORD *is* your shade at your right hand. ⁶The sun shall not strike you by day, Nor the moon by night. ⁷The LORD shall preserve you from all evil; He shall preserve your soul.

⁸The LORD shall preserve your going out and your coming in From this time forth, and even forevermore.



JESUS PRAYER

Lord Jesus Christ, Son of God,
have mercy on me, a sinner.