

DAILY LENTEN PRAYER RULE

Prayers in the Morning, at Noon, and in the Evening

In a quiet place, gather your thoughts and begin by making the sign of the Cross:

+In the name of the Father, and to the Son, and of the Holy Spirit. 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 debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. Amen.

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 was made 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 to judge the living and 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 worshiped 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.

Rejoice, O Virgin Theotokos, Mary, Full of grace, the Lord is with you. Blessed are you among women, and blessed is the Fruit of your womb, for you have borne the Savior of our souls. (3x)

Then, continue with the following Reading(s):

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| Day (No. in Lent) | Genesis (morning) | Isaiah (noon) | Proverbs (evening) | Gospel (weekend) | Epistle (weekend) |
|-----------------------------|-----------------------------|-------------------------|------------------------------|----------------------------|-----------------------------|
| 1 Monday | 1:1-13 | 1:1-20 | 1:1-20 | | |
| 2 Tuesday | 1:14-23 | 1:19-2:3 | 1:20-33 | | |
| 3 Wednesday | 1:24-2:3 | 2:3-11 | 2:1-22 | | |
| 4 Thursday | 2:4-19 | 2:11-22 | 3:1-18 | | |
| 5 Friday | 2:20-3:20 | 3:1-14 | 3:19-34 | | |
| 6 Saturday | | | | Mark 2:23-3:5 | Hebrews 1:1-12 |
| 7 Sunday | | | | John 1:43-51 | Hebrews 11:24-26, 32-12:2 |
| 8 Monday | 3:21-4:7 | 4:2-6, 5:1-7 | 3:34-4:22 | | |
| 9 Tuesday | 4:8-15 | 5:7-16 | 5:1-15 | | |
| 10 Wednesday | 4:16-26 | 5:16-26 | 5:15-6:3 | | |
| 11 Thursday | 5:1-24 | 6:1-12 | 6:3-20 | | |
| 12 Friday | 5:32-6:8 | 7:1-14 | 6:20-7:1 | | |
| 13 Saturday | | | | Mark 1:35-44 | Hebrews 3:12-16 |
| 14 Sunday | | | | Mark 2:1-12 | Hebrews 1:10-2:3 |
| 15 Monday | 6:9-22 | 8:13-9:7 | 8:1-21 | | |
| 16 Tuesday | 7:1-5 | 9:9-10:4 | 8:32-9:11 | | |
| 17 Wednesday | 7:6-9 | 10:12-20 | 9:12-18 | | |
| 18 Thursday | 7:11-8:3 | 11:10-12:2 | 10:1-22 | | |
| 19 Friday | 8:4-21 | 13:2-13 | 10:31-11:12 | | |
| 20 Saturday | | | | Mark 2:14-17 | Hebrews 10:32-38 |
| 21 Sunday | | | | Mark 8:34-9:1 | Hebrews 4:14-5:6 |
| 22 Monday | 8:21-9:7 | 14:24-32 | 11:19-12:6 | | |
| 23 Tuesday | 9:8-17 | 25:1-9 | 12:8-22 | | |
| 24 Wednesday | 9:18-10:1 | 26:21-27:9 | 12:23-13:9 | | |
| 25 Thursday | 10:32-11:9 | 28:14-22 | 13:20-14:6 | | |
| 26 Friday | 12:1-7 | 29:13-23 | 14:15-26 | | |
| 27 Saturday | | | | Mark 7:31-37 | Hebrews 6:9-12 |
| 28 Sunday | | | | Mark 9:17-31 | Hebrews 6:13-20 |

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| 29 Monday | 13:12-18 | 37:33-38:6 | 14:27-15:4 | | |
| 30 Tuesday | 15:1-15 | 40:18-31 | 15:7-19 | | |
| 31 Wednesday | 17:1-9 | 41:4-14 | 15:20-16:9 | | |
| 32 Thursday | 18:20-33 | 42:5-16 | 16:17-17:17 | | |
| 33 Friday | 22:1-18 | 45:11-17 | 17:17-18:5 | | |
| 34 Saturday | | | | Mark 8:27-31 | Hebrews 9:24-28 |
| 35 Sunday | | | | Mark 10:32-45 | Hebrews 9:11-14 |
| 36 Monday | 27:1-41 | 48:17-49:4 | 19:16-25 | | |
| 37 Tuesday | 31:3-16 | 49:6-10 | 21:3-21 | | |
| 38 Wednesday | 43:26-31; 45:1-16 | 58:1-11 | 21:23-22:4 | | |
| 39 Thursday | 46:1-7 | 65:8-16 | 23:15-24:5 | | |
| 40 Friday | 49:33-50:26 | 66:10-24 | 31:8-31 | | |

On Weekdays continue with the following Lenten Prayer of St. Ephraim:

O Lord and Master of my life, do not give me the spirit of idleness, curiosity, lust of power, and idle talk. (*prostration*)

But grant, rather, the spirit of whole-mindedness, humility, patience, and love to your servant. (*prostration*)

Yes, O Lord and King, gift me to see my own faults and not to condemn my brother, for blessed are You unto ages of ages. Amen. (*prostration*)

+O God, cleanse me a sinner and have mercy on me. (*12x, with low bows*)

O Lord and Master of my life, do not give me the spirit of idleness, curiosity, lust of power, and idle talk. But grant, rather, the spirit of whole-mindedness, humility, patience, and love to your servant. Yes, O Lord and King, gift me to see my own faults and not to condemn my brother, for blessed are You unto ages of ages. Amen. (*prostration*)

Then:

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Morning:

O Lord, grant me to greet the coming of the day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your 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 firm conviction that Your will governs all. In all my deeds and words, guide me thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, and, Yourself, pray in me. Amen.

Noon:

O God and Lord of hosts and Maker of all creation, who in the tender compassion of Your unfathomable mercy sent down Your Only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His precious Cross tore apart the handwriting of our sins and thereby triumphed over the principalities and powers of darkness: Do You Yourself, O man-befriending Master, accept also from us sinners these prayers of thanksgiving and supplication; and deliver us from every destructive and dark transgression, and from all enemies both visible and invisible that seek to do us harm. Nail down our flesh with the fear of You, and incline not our hearts unto words or thoughts of evil, but pierce our souls with longing for You, so that ever looking to You, the Unapproachable and Everlasting Light, we may send up unceasing praise and thanksgiving unto You, the Father who is without beginning, with Your Only-begotten Son, and Your all-holy, good, and life-creating Spirit, now and ever, and unto ages of ages. Amen.

Evening:

Lord, now let Your servant depart in peace, according to Your word, for my eyes have seen Your salvation which You have prepared before the face of all people, a light to enlighten the Gentiles, and the glory of Your people Israel.

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