

St John Chrysostom's hourly prayers:

Night hours:

- (1) O LORD, deprive me not of your heavenly blessings.
- (2) O LORD, deliver me from eternal torments.
- (3) O LORD, if I have sinned in mind, in thought, in word or in deed, forgive me.
- (4) O LORD, deliver me from all ignorance, heedlessness, cowardice and hard indifference.
- (5) O LORD, deliver me from all temptation.
- (6) O LORD, enlighten my heart which has been darkened by lust.
- (7) O LORD, I, being human, have sinned; being God, forgive me in your compassion, for you know the weakness of my soul.
- (8) O LORD, send your mercy to help me so that I may extol your glorious Name.
- (9) O LORD, Jesus Christ, inscribe me, your servant, in the Book of Life and grant me a peaceful end.
- (10) O LORD, though I have done nothing good in your sight, grant that through your grace I may now make a good beginning.
- (11) O LORD, shower upon my heart the dew of your grace.
- (12) O LORD of heaven and earth, remember me, your sinful, shameful and unclean servant, in your kingdom.

Day hours:

- (1) O LORD, accept me in repentance.
- (2) O LORD, do not leave me.
- (3) O LORD, lead me not into temptation.
- (4) O LORD, grant me good thoughts.
- (5) O LORD, grant me tears, remembrance of death and humility.
- (6) O LORD, grant me mindfulness to confess all my sins.
- (7) O LORD, grant me humility, chastity and obedience.
- (8) O LORD, grant me patience, courage and meekness.
- (9) O LORD, implant in me the root of blessings - the fear of you in my heart.
- (10) O LORD, grant that I may love you with all my mind and soul and that I may do your will in all things.
- (11) O LORD, deliver me from evil men, from the devil, from bodily passions and from all unlawful things.
- (12) O LORD, I know that you act according to your will; may your will also be in me, a sinner, for you are blessed unto all ages. Amen.