



Prayer before Mealtime

Christ our God, bless the food and drink of these Your servants, for You are holy always, now and forever and to the ages of ages. Amen

Prayer after Mealtime

We thank You, Christ our God, for You have satisfied us with earthly gifts. Do not deprive us of Your heavenly kingdom, but as You, O Savior, came among Your disciples and gave them peace, come among us and save us.

Amen

Prayer before Sleep

Now that the day has come to a close, I thank You, Lord, and entreat that the evening and the night be sinless. Grant this to me, Savior, and save me.

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

At all times and in every hour, You are worshiped and glorified in heaven and on earth, Christ our God, long in patience, great in mercy and compassion, You love the righteous and show mercy to sinners. You call all to salvation through the promise of good things to come. Lord, receive our prayers at the present time. Direct our lives according to Your commandments. Sanctify our souls. Purify our bodies. Set our minds aright. Cleanse our thoughts and deliver us from all sorrow, evil, and distress. Surround us with Your holy angels that, guarded and guided by their host, we may arrive at the unity of the faith and the understanding of Your ineffable glory. For You are blessed to the ages of ages. Amen