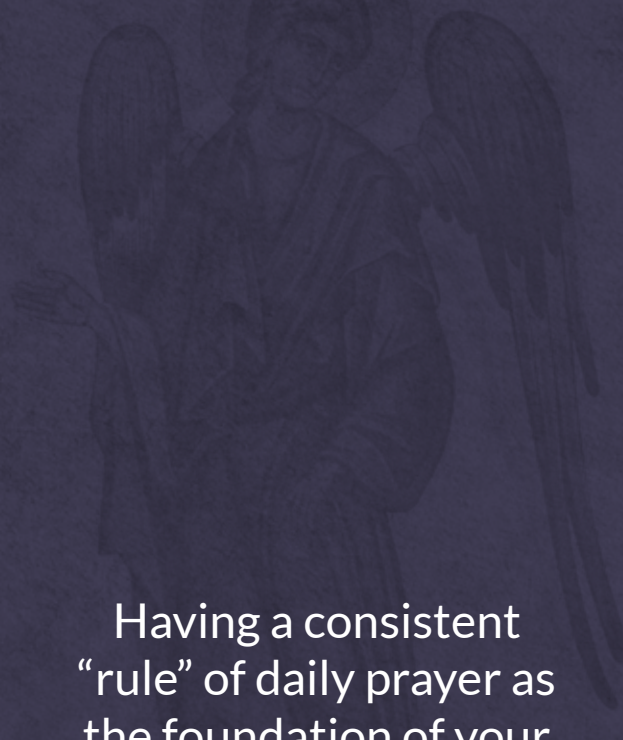





# A SIMPLE PRAYER RULE

Dints  
with  
Aquinas





Having a consistent  
“rule” of daily prayer as  
the foundation of your  
prayer life is the first  
step toward unceasing  
prayer.

Although the Church gives us the Liturgy of the Hours to encourage prayer throughout the day, the book itself can be difficult to navigate... not to mention a little bulky to carry around.

That’s why Christians throughout history - especially in the Christian East - have developed short, easily remembered “prayer rules.” These “rules” can be easily adapted to your state in life, and carried “in the heart” so that you’re never without your prayer book.

Here is the short rule of prayer that I try to use every day to keep my heart present to the One Who is always present with me.



**PRAY  
CONTINUALLY,**

(cf. 1 Thessalonians 5:17)



# MORNING PRAYER

+ In the name of the Father, and the Son, and the Holy Spirit, Amen.

*O God, be merciful to me a sinner.*

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*O God, be merciful to me a sinner.*

In the name of the Father, and of the Son, and of the Holy Spirit, one God, forever and ever, Amen.

Glory to you our God, glory to you.

O Heavenly King, consoler. O Spirit of Truth, present in all places and filling all things, the treasury of blessing and the giver of life, come and dwell within us; cleanse us of all stain and save our souls O Gracious One.

*Holy God,  
Holy and mighty,  
Holy and immortal have mercy on us.*

*Holy God,  
Holy and mighty,  
Holy and immortal, have mercy on us.*

*Holy God,  
Holy and mighty,  
Holy and immortal, have mercy on us.*

Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever, Amen.





O Holy Trinity, have mercy on us. Lord forgive us our sins. Master pardon our transgressions. Holy One, look upon us and heal our infirmities for Your Name's sake.

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

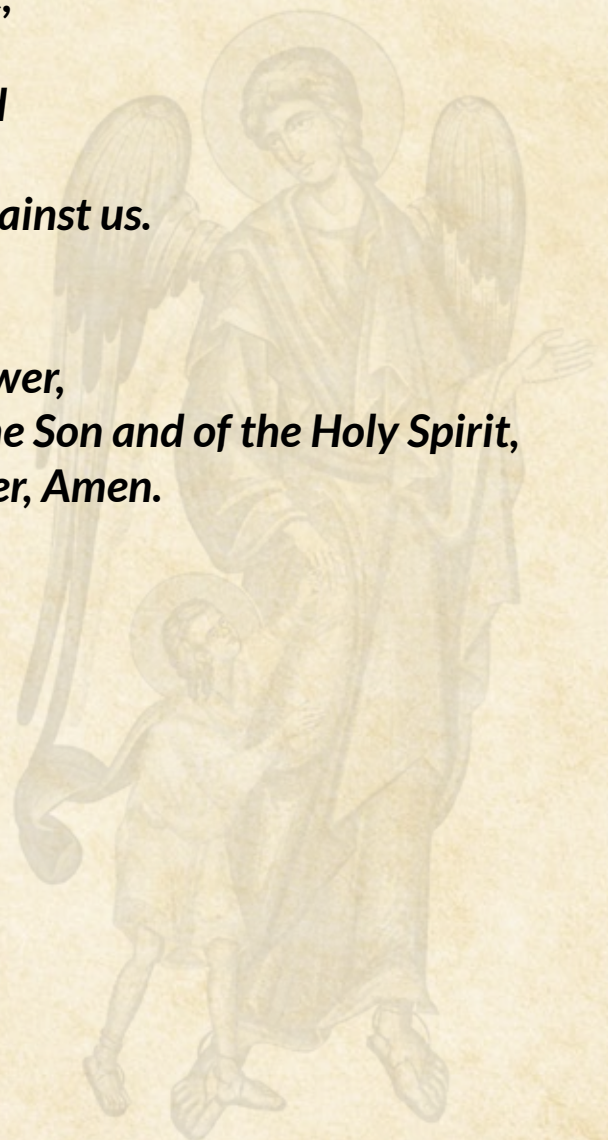
**Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever, Amen.**

**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 evil,  
For thine is the kingdom and the power,  
and the glory of the Father and of the Son and of the Holy Spirit,  
now and always and forever and ever, Amen.**

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

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

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





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

**Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever, Amen.**

Come let us worship God our King and bow down before Him.  
Come let us worship Christ God our King and bow down before Him.  
Come let us worship Christ our King and our God and bow down before Him.

O God, cleanse me, a sinner, for I have never done anything good in Your sight. Deliver me from all evil and may Your will be done in me, that I may open my unworthy mouth without condemnation and praise Your holy name, of the Father and of the Son and of the Holy Spirit, always and forever and ever. Amen.

Having risen from sleep, my Savior, I offer You the midnight song and I fall down and cry out to You: Grant that I not fall asleep in the death of sin. You who willingly endured the crucifixion, have compassion on me and hasten to raise me up, for I am prostrate in idleness. Deliver me in my prayer and intercession, and after the night's sleep, shine upon me with a sinless day, O Christ our God, and save me.

Having risen from sleep, O Master, Lover of Mankind, I hasten to You. Through Your loving-kindness I strive to do Your work and I pray: Help me at all times and in everything, delivering me from every evil of the world and every attack of the devil, leading me into Your eternal kingdom. For You are my Creator, the Giver and Guardian of all that is good. All my hope is in You and I glorify You, always and forever and ever. Amen.





Lord, in Your abundant goodness and great compassion You have granted that I, Your servant, pass the time of this night without the temptation of the evil one. You, Yourself, Master and Creator of all, now grant me to do Your will, through the light of Your truth and with an illumined heart, now and ever and unto the ages of ages. Amen.

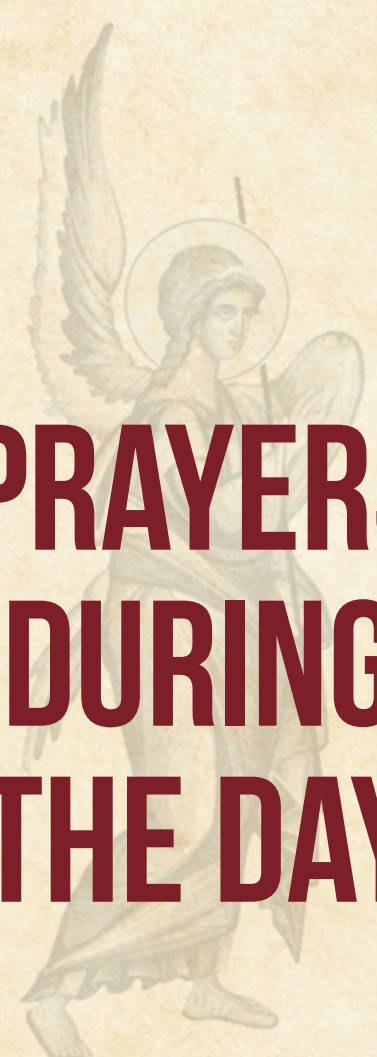
Almighty Lord God, You receive from Your heavenly powers the thrice-holy hymn: Receive also from me, Your unworthy servant, this nocturnal hymn and grant that at all times and in every hour of my life, I send up glory unto You, Father, Son and Holy Spirit, always and forever and ever. Amen.

“O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change, [who] were also crucified, O Christ our God, and by death have trampled death, being one of the Holy Trinity, glorified with the Father and the Holy Spirit: save us!”

Lord Jesus Christ our God through the prayers of Your most pure Mother, of our holy and God-bearing Fathers, and of all the Saints, have mercy on us and save us. Amen.







# PRAVERS DURING THE DAY

Lord Jesus Christ, Son of  
God, have mercy on me a  
sinner!  
(150 times).



# EVENING PRAYER

+ In the name of the Father, and the Son, and the Holy Spirit, Amen.

*O God, be merciful to me a sinner.*

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*O God, be merciful to me a sinner.*

In the name of the Father, and of the Son, and of the Holy Spirit, one God, forever and ever, Amen.

Glory to you our God, glory to you.

O Heavenly King, console us. O Spirit of Truth, present in all places and filling all things, the treasury of blessing and the giver of life, come and dwell within us; cleanse us of all stain and save our souls O Gracious One.

*Holy God,  
Holy and mighty,  
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Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever, Amen.



O Holy Trinity, have mercy on us. Lord forgive us our sins. Master pardon our transgressions. Holy One, look upon us and heal our infirmities for Your Name's sake.

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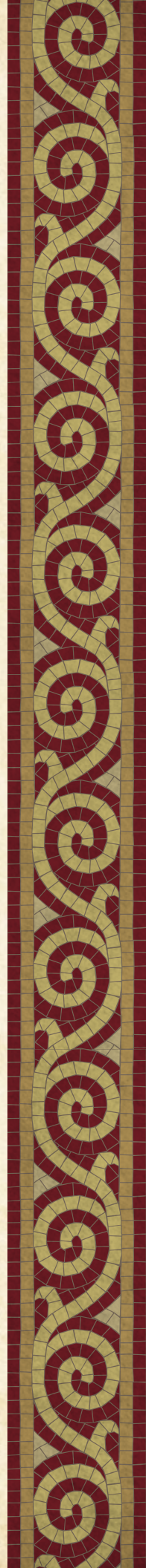
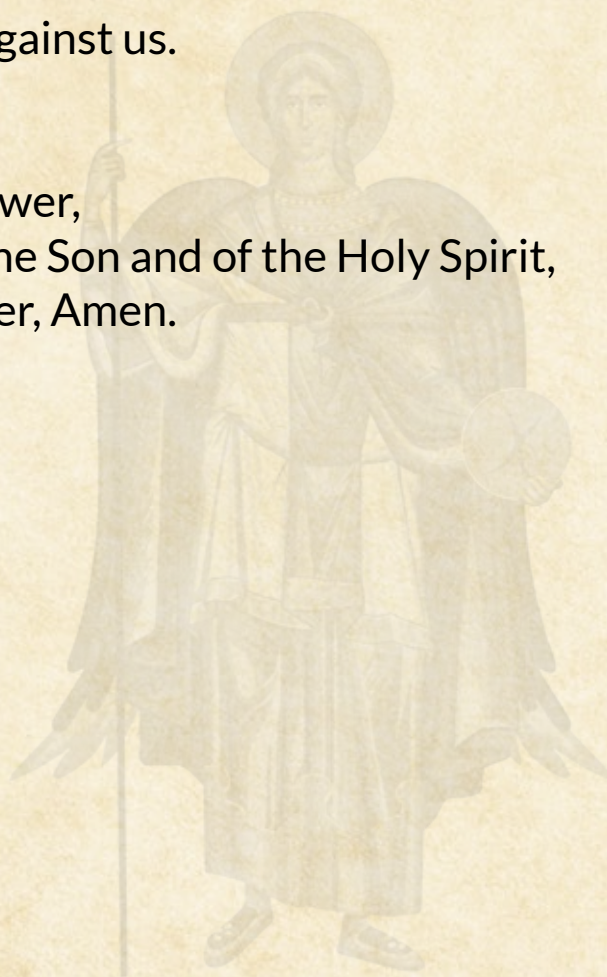
**Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever, Amen.**

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 evil,  
For thine is the kingdom and the power,  
and the glory of the Father and of the Son and of the Holy Spirit,  
now and always and forever and ever, Amen.

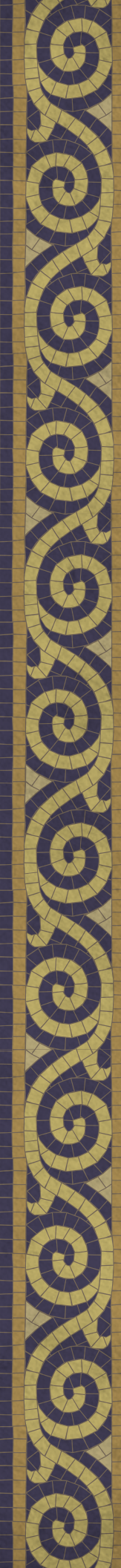
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*Lord have mercy,  
Lord have mercy,  
Lord have mercy.*

**Glory be to the Father and to the Son and to the Holy Spirit, now and always and forever and ever, Amen.**

Come let us worship God our King and bow down before Him.  
Come let us worship Christ God our King and bow down before Him.

Come let us worship Christ our King and our God and bow down before Him.

O Lord, Heavenly King, Consoler, Spirit of Truth,  
Have compassion and mercy on Your sinful servant.

Pardon my unworthiness.

Forgive all the sins I have committed today,  
both voluntarily and involuntarily,  
those known and those unknown,  
from the suggestions of the evil one and from my own brazenness.

If I've sworn by Your name or blasphemed it in thought,  
blamed or reproached anyone, or in my anger have detracted any-  
one,

or slandered anyone, or grieved anyone,

or if I've gotten angry about anything,

or have told a lie, if I have slept unnecessarily,

or if a beggar has come to me and I have despised

or neglected him,

or if I have troubled my brother or quarreled with him,

or if I have condemned anyone, or if I have boasted,

or have been proud or have lost my temper with anyone,

or if when standing in prayer, my mind has been distracted by the  
glamour of this world,

or if I have had depraved thoughts, or have overeaten, or have  
drunk excessively,



or have laughed frivolously, or have thought evil,  
or have seen the attraction of someone and have been wounded in  
my heart,  
or said indecent things, or made fun of my brother's sin when my  
own faults are countless,  
or have been neglectful of prayer,  
or have done some other wrong that I cannot remember for I have  
done all this and much more,  
have mercy, my Lord and Creator, on me, Your wretched and un-  
worthy servant,  
and absolve and forgive and deliver me in Your goodness and love  
for men so that lustful and sinful and wretched as I am, I might lie  
down and sleep and rest in peace, and I shall worship, praise and  
glorify Your most honourable name with the Father and His only  
begotten Son, now and always and forever and ever, Amen.

It is truly proper to glorify you, O Theotokos, the ever-blessed and  
immaculate and the mother of our God. More honourable than the  
cherubim, and beyond compare more glorious than the seraphim,  
although being a virgin, gave birth to God the Word, you, truly the  
Theotokos, we magnify.

All my hope I place in you, O Theotokos, keep me under the wings  
of your protection. Into your hands O Lord Jesus Christ my God, I  
surrender my spirit, soul, and body.

**+ Bless me, save me, and grant me eternal life, Amen.**





# Pints with Aquinas

Every week, Matt Fradd invites you to explore fascinating topics and engaging guests... with a cold pint and Thomistic worldview.

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