

Psalms and Prayers for Protection

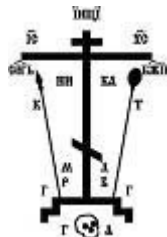
Kiss your cross, and make the sign of the Cross from head to foot of the bed and from two sides, and then say:

Prayer to the Venerable Cross

Let God arise, and let His enemies be scattered; and let those who hate Him flee from His presence. As smoke vanishes, let them vanish; and as wax melts from the presence of fire, so let the demons perish from the presence of those who love God and who sign themselves with the Sign of the Cross and say in gladness: Hail, most precious and life-giving Cross of the Lord, for Thou drivest away the demons by the power of our Lord Jesus Christ crucified on thee, Who went down to hell and trampled on the power of the devil, and gave us thee, His venerable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me with our holy Lady, the Virgin Mother of God, and with all the Saints throughout the ages. Amen.

or briefly:

Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.



Verses from the Psalms

O LORD, Stir up thy might, and come to save us! *Psalm 79 [80]: 2b*

Let God arise, let his enemies be scattered; let those who hate him flee before His face!
As smoke vanishes, so let them vanish. *Psalm 79 [80]: 2b*



Come, let us worship God, our King!
Come, let us worship and fall down before Christ, our King and our God!
Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 67 [68]

To the choirmaster. A Psalm of David. A Song.

Let God arise, let his enemies be scattered;
 let those who hate him flee before His face!
As smoke vanishes, so let them vanish;
 as wax melts before the fire.
 So the sinners will perish before the face of God;
but let the righteous be glad.
 let them exult before God;
 let them be jubilant with joy!
Sing to God, sing praises to his name;
 lift up a song to him who rides upon the clouds;
 his name is the Lord, exult before him!
Father of the fatherless and protector of widows
 is God in his holy habitation.
God gives the desolate a home to dwell in;
 he leads out the prisoners to prosperity;
 but the rebellious dwell in a parched land.
O God, when thou didst go forth before thy people,
 when thou didst march through the wilderness,
the earth quaked, the heavens poured down rain,
 at the presence of God;
 yon Sinai quaked at the presence of God,
 the God of Israel.
Rain in abundance, O God, thou didst shed abroad;
 thou didst restore thy heritage as it languished;
thy flock found a dwelling in it;
 in thy goodness, O God, thou didst provide for the needy.
The Lord gives the command;
 great is the host of those who bore the tidings:
“The kings of the armies, they flee, they flee!”
 The women at home divide the spoil,
though they stay among the sheepfolds --
 the wings of a dove covered with silver,
 its pinions with green gold.
When the Almighty scattered kings there,
 snow fell on Zalmon.
O mighty mountain, mountain of Bashan;
 O many-peaked mountain, mountain of Bashan!

Why look you with envy, O many-peaked mountain,
 at the mount which God desired for his abode,
 yea, where the Lord will dwell for ever?
 With mighty chariotry, twice ten thousand,
 thousands upon thousands,
 the Lord came from Sinai into the holy place.
 Thou didst ascend the high mount,
 leading captives in thy train,
 and receiving gifts among men,
 even among the rebellious, that the Lord God may dwell there.
 Blessed be the Lord,
 who daily bears us up;
 God is our salvation.
 Our God is a God of salvation;
 and to God, the Lord, belongs escape from death.
 But God will shatter the heads of his enemies,
 the hairy crown of him who walks in his guilty ways.
 The Lord said,
 "I will bring them back from Bashan,
 I will bring them back from the depths of the sea,
 that thou mayest bathe thy feet in blood,
 that the tongues of thy dogs may have their portion from the foe."
 Thy solemn processions are seen, O God,
 the processions of my God, my King, into the sanctuary --
 the singers in front, the minstrels last,
 between them maidens playing timbrels:
 "Bless God in the great congregation,
 the Lord, O you who are of Israel's fountain!"
 There is Benjamin, the least of them, in the lead,
 the princes of Judah in their throng,
 the princes of Zébulun, the princes of Náphtali.
 Summon thy might, O God;
 show thy strength, O God, thou who hast wrought for us.
 Because of thy temple at Jerusalem
 kings bear gifts to thee.
 Rebuke the beasts that dwell among the reeds,
 the herd of bulls with the calves of the peoples.
 Trample under foot those who lust after tribute;
 scatter the peoples who delight in war.
 Let bronze be brought from Egypt;
 let Ethiopia hasten to stretch out her hands to God.
 Sing to God, O kingdoms of the earth;
 sing praises to the Lord,

to him who rides in the heavens, the ancient heavens;
lo, he sends forth his voice, his mighty voice.

Ascribe power to God,
whose majesty is over Israel,
and his power is in the skies.

Terrible is God in his sanctuary,
the God of Israel,
he gives power and strength to his people.
Blessed be God!

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Alleluia, alleluia, alleluia, glory to Thee, O God.

Alleluia, alleluia, alleluia, glory to Thee, O God.

Alleluia, alleluia, alleluia, glory to Thee, O God.

Psalm 69 [70]

Be pleased, O God, to deliver me!

O Lord, make haste to help me!

Let them be put to shame and confusion
who seek my life!

Let them be turned back and brought to dishonor

Let them be appalled because of their shame
who say, "Aha, Aha!"

May all who seek thee
rejoice and be glad in thee!

May those who love thy salvation
say evermore, "God is great!"

But I am poor and needy;
hasten to me, O God!

Thou art my help and my deliverer;
O Lord, do not tarry!

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Alleluia, alleluia, alleluia, glory to Thee, O God.

Alleluia, alleluia, alleluia, glory to Thee, O God.

Alleluia, alleluia, alleluia, glory to Thee, O God.

Psalm 70 [71]

1 In thee, O LORD, do I take refuge;
let me never be put to shame!

2 In thy righteousness deliver me and rescue me;
incline thy ear to me, and save me!

3 Be thou to me a rock of refuge,
a strong fortress, to save me,
for thou art my rock and my fortress.

4 Rescue me, O my God, from the hand of the wicked,
from the grasp of the unjust and cruel man.

5 For thou, O Lord, art my hope,
my trust, O LORD, from my youth.

6 Upon thee I have leaned from my birth;
thou art he who took me from my mother's womb.
My praise is continually of thee.

7 I have been as a portent to many;
but thou art my strong refuge.

8 My mouth is filled with thy praise,
and with thy glory all the day.

9 Do not cast me off in the time of old age;
forsake me not when my strength is spent.

10 For my enemies speak concerning me,
those who watch for my life consult together,

11 and say, "God has forsaken him;
pursue and seize him,
for there is none to deliver him."

12 O God, be not far from me;
O my God, make haste to help me!

13 May my accusers be put to shame and consumed;
with scorn and disgrace may they be covered who seek my hurt.

14 But I will hope continually,
and will praise thee yet more and more.

15 My mouth will tell of thy righteous acts,
of thy deeds of salvation all the day,
for their number is past my knowledge.

16 With the mighty deeds of the Lord GOD I will come,
I will praise thy righteousness, thine alone.

17 O God, from my youth thou hast taught me,
and I still proclaim thy wondrous deeds.

18 So even to old age and gray hairs,
O God, do not forsake me,
till I proclaim thy might
to all the generations to come.
Thy power

19 and thy righteousness, O God,
reach the high heavens.
Thou who hast done great things,
O God, who is like thee?

- 20 Thou who hast made me see many sore troubles
wilt revive me again;
from the depths of the earth
thou wilt bring me up again.
- 21 Thou wilt increase my honor,
and comfort me again.
- 22 I will also praise thee with the harp
for thy faithfulness, O my God;
I will sing praises to thee with the lyre,
O Holy One of Israel.
- 23 My lips will shout for joy,
when I sing praises to thee;
my soul also, which thou hast rescued.
- 24 And my tongue will talk of thy righteous help all the day long,
for they have been put to shame and disgraced who sought to do me hurt.

Psalm 79 [80]

To the choirmaster: according to Lilies. A Testimony of Asaph. A Psalm.

- 1 Give ear, O Shepherd of Israel,
thou who leadest Joseph like a flock!
Thou who art enthroned upon the cherubim, shine forth
- 2 before Éphraim and Benjamin and Manásseh!
Stir up thy might,
and come to save us!
- 3 Restore us, O God;
let thy face shine, that we may be saved!
- 4 O Lord God of hosts,
how long wilt thou be angry with thy people's prayers?
- 5 Thou hast fed them with the bread of tears,
and given them tears to drink in full measure.
- 6 Thou dost make us the scorn of our neighbors;
and our enemies laugh among themselves.
- 7 Restore us, O God of hosts;
let thy face shine, that we may be saved!
- 8 Thou didst bring a vine out of Egypt;
thou didst drive out the nations and plant it.
- 9 Thou didst clear the ground for it;
it took deep root and filled the land.
- 10 The mountains were covered with its shade,
the mighty cedars with its branches;
- 11 it sent out its branches to the sea,
and its shoots to the River.

12 Why then hast thou broken down its walls,
 so that all who pass along the way pluck its fruit?
 13 The boar from the forest ravages it,
 and all that move in the field feed on it.
 14 Turn again, O God of hosts!
 Look down from heaven, and see;
 have regard for this vine,
 15 the stock which thy right hand planted.
 16 They have burned it with fire, they have cut it down;
 may they perish at the rebuke of thy countenance!
 17 But let thy hand be upon the man of thy right hand,
 the son of man whom thou hast made strong for thyself!
 18 Then we will never turn back from thee;
 give us life, and we will call on thy name!
 19 Restore us, O Lord God of hosts!
 let thy face shine, that we may be saved!
 Glory to the Father, and to the Son, and to the Holy Spirit,
 now and ever and unto ages of ages. Amen.
 Alleluia, alleluia, alleluia, glory to Thee, O God.
 Alleluia, alleluia, alleluia, glory to Thee, O God.
 Alleluia, alleluia, alleluia, glory to Thee, O God.

Psalm 90 [91]

He who dwells in the shelter of the Most High,
 who abides in the shadow of the Almighty,
 will say to the Lord, "My refuge and my fortress;
 my God, in whom I trust."
 For he will deliver thee from the snare of the fowler
 and from the deadly pestilence;
 he will cover thee with his pinions,
 and under his wings thou wilt find refuge;
 his faithfulness is a shield and buckler.
 Thou wilt not fear the terror of the night,
 nor the arrow that flies by day,
 nor the pestilence that stalks in darkness,
 nor the destruction that wastes at noonday.
 A thousand may fall at thy side,
 ten thousand at thy right hand;
 but it will not come near thee.
 Thou wilt only look with thine eyes
 and see the recompense of the wicked.
 Because thou hast made the Lord thy refuge,
 the Most High thy habitation,

no evil shall befall thee,
no scourge come near thy tent.
For he will give his angels charge of thee
to guard thee in all thy ways.
On their hands they will bear thee up,
lest thou dash thy foot against a stone.
Thou wilt tread on the lion and the adder,
the young lion and the serpent thou wilt trample under foot.
Because he cleaves to me in love, I will deliver him;
I will protect him, because he knows my name.
When he calls to me, I will answer him;
I will be with him in trouble,
I will rescue him and honor him.
With long life I will satisfy him,
and show him my salvation.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.
Alleluia, alleluia, alleluia, glory to Thee, O God.
Alleluia, alleluia, alleluia, glory to Thee, O God.
Alleluia, alleluia, alleluia, glory to Thee, O God.

Psalm 129 [130]

A Hymn of Ascents

Out of the depths I cry to Thee, O Lord. Lord, hear my voice!
Let Thine ears be attentive to the voice of my supplications.
If Thou, O Lord, shouldst mark iniquities, Lord,
who could stand? But there is forgiveness with Thee.
For Thy name's sake I have waited for Thee, O Lord,
my soul has waited for Thy word; my soul has hoped on the Lord.

From the morning watch until night, from the morning watch,
let Israel hope on the Lord!
For with the Lord there is mercy and with Him is plenteous redemption,
and He will deliver Israel from all his iniquities.
Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.
Alleluia, alleluia, alleluia, glory to Thee, O God.
Alleluia, alleluia, alleluia, glory to Thee, O God.
Alleluia, alleluia, alleluia, glory to Thee, O God.

Psalm 142 [143]

Hear my prayer, O Lord;
 give ear to my supplications!
In thy faithfulness answer me, in thy righteousness!
Enter not into judgment with thy servant;
 for no man living is righteous before thee.
For the enemy has pursued me;
 he has crushed my life to the ground;
 he has made me sit in darkness like those long dead.
Therefore my spirit faints within me;
 my heart within me is appalled.
I remember the days of old,
 I meditate on all that thou hast done;
 I muse on what thy hands have wrought.
I stretch out my hands to thee;
 my soul thirsts for thee like a parched land.
Make haste to answer me, O Lord!
 My spirit fails!
 Hide not thy face from me,
 lest I be like those who go down to the Pit.
Let me hear in the morning of thy steadfast love,
 for in thee I put my trust.
Teach me the way I should go,
 for to thee I lift up my soul.
Deliver me, O Lord, from my enemies!
 I have fled to thee for refuge!
Teach me to do thy will,
 for thou art my God!
 Let thy good spirit lead me
 on a level path!
For thy name's sake, O Lord, preserve my life!
 In thy righteousness bring me out of trouble!
And in thy steadfast love cut off my enemies,
 and destroy all my adversaries, for I am thy servant.
Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.
Alleluia, alleluia, alleluia, glory to Thee, O God.
Alleluia, alleluia, alleluia, glory to Thee, O God.
Alleluia, alleluia, alleluia, glory to Thee, O God.

Troparion, for Protection against Danger - Tone 4

MAKE haste, O Christ our God, and go before us
lest we be overcome by the enemy who blasphemes Thee and maltreats us:
destroy by the virtue of thy Cross those who war against us,
that they may know the might of the Orthodox faith,
through the prayers of the Theotokos, O only Lover of men.

Kontakion, for Protection against Danger - Tone 8

From the Akathist to our Sweetest Lord Jesus Christ

CHOSEN Leader and Lord, Conqueror of hell,
I, thy creature and servant, delivered from eternal death,
magnify and praise thee who art infinitely merciful;
free me from all evils as I call upon thee:
O Jesus, Son of God, have mercy upon me.

A Prayer in Time of Trouble

O God, our help and assistance, who art just and merciful, and who hears the supplications of thy people; look down upon me, a miserable sinner, have mercy upon me, and deliver me from this trouble that besets me, for which, I know, I am deservedly suffering. I acknowledge and believe, O Lord, that all trials of this life are given for our chastisement, when we drift away from thee, and disobey thy commandments; deal not with me after my sins, but according to thy bountiful mercies, for I am the work of thy hands, and thou knowest my weakness. Grant me, I beseech thee, thy divine helping grace, and endow me with patience and strength to endure my tribulations with complete submission to thy Will. Thou knowest my misery and suffering and to thee, my only hope and refuge, I flee for relief and comfort; trusting to thine infinite love and compassion, that in due time, when thou knowest best, thou wilt deliver me from this trouble, and turn my distress into comfort, when I shall rejoice in thy mercy, and exalt and praise thy Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen.

Thanksgiving After Deliverance From Trouble

Almighty and merciful God, I most humbly and heartily thank thy divine majesty for thy loving kindness and tender mercies, that thou hast heard my humble prayer, and graciously vouchsafed to deliver me from my trouble and misery. Grant me, I beseech thee, thy helping grace, that I may obediently walk in thy holy commandments, and lead a sober, righteous and godly life, ever remembering thy mercies, and the blessings thou hast undeservedly bestowed upon me, that I may continually offer to thee the sacrifice of praise and thanksgiving, O Father, Son, and Holy Spirit. Amen.

A Prayer to the Most Holy Trinity, by St. Ioannikios

My hope is the Father; my Refuge is the Son; My Protection is the Holy Spirit: O Holy Trinity Glory to Thee!



**Kontakion to the Theotokos,
for the Annunciation and for the Akathist – Tone 8**

O victorious leader of triumphant host!
We, thy servants, delivered from evil, sing our grateful thanks to thee, O Theotokos!
As thou dost possess invincible might set us free from every calamity
so that we may sing: Rejoice! O unwedded Bride!

Theotokion – Tone 6

Steadfast Protectress of Christians,
Constant Advocate before the Creator:
Despise not the Cry of us sinners,
But in thy goodness speedily help us who call on thee in faith.
Hasten to hear our petition and to intercede for us, / O Theotokos, //
For Thou dost always protect those who honor thee!

Hymn to the Theotokos - Tone 5*

Beneath thy mercy we take refuge, O Theotokos,
Do not despise our supplications in adversity,
But deliver us from perils, //
O only pure and only blessed one.

**The Protection of our Most Holy Lady the Theotokos and Ever-Virgin Mary –
Feast day October 1st**

Troparion – Tone 4

Today the faithful celebrate the feast with joy
overshadowed by thy coming, O Mother of God.
Beholding thy pure image we fervently cry to thee:
“Encompass us beneath the precious veil of thy protection;
deliver us from every form of evil //
by entreating Christ, thy Son and our God that He may save our souls.”

Kontakion – Tone 3, *podoben* “Today the Virgin ...”

Today the Virgin stands in the midst of the Church
and with choirs of saints she invisibly prays to God for us.
Angels and bishops worship, / apostles and prophets rejoice together, //
since for our sake she prays to the pre-eternal God.

* A form of this prayer has been discovered on an Egyptian papyrus fragment from 250 AD.