

# **CALL UNTO ME AND I WILL ANSWER YOU**

Daily Prayers For Teens and Young Adults



**“Call Unto Me,  
And I Will Answer You.”**

**- Jeremiah 33:3**

Daily Prayers  
For Teens and Young Adults



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BY THE ORDER OF  
THE VERY REVEREND  
FATHER MESROP PARSAMYAN  
PRIMATE



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## FOREWORD

With great joy and gratitude, I present to you this new edition of a wonderful publication of our Diocese: the Daily Prayers For Teens and Young Adults. Within the pages of this book, you will find a treasure trove of prayers and psalms—some that have been handed down to us from generation to generation, others that speak to special concerns of our present age. All of them will connect you to the faith of our ancestors, and unite you with the broader Armenian Christian family across time and space.

This book is a guide to accompany you on your journey of faith. The transformative power of prayer invites us to enter into a sacred dialogue with God: to seek His mercy, to offer Him our gratitude, and to beseech His guidance and strength.

I encourage you to approach these prayers with a spirit of reverence and attentiveness. Allow the words to touch your heart, to stir your soul, and to deepen your connection with our Lord. Let this book be a companion, and a source of inspiration, as you walk the path of discipleship.

I express my heartfelt gratitude to the dedicated individuals who have labored to bring this book to fruition. Their love for the prayer traditions of the Armenian Church, and their commitment to sharing these with the younger generation, have yielded a valuable resource that will inspire our young faithful throughout their lives.

To our young readers, I hope that the prayers you offer, and even the silences you observe, draw you closer to God and to the precious people around you. May the blessings of the Lord Jesus be upon you whenever you invoke His name.

In Christ's love,  
Fr. Mesrop Parsamyan  
*Primate*



## The Lord's Prayer

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  
now and always,  
and unto the ages of ages. Amen.

## Morning Prayer 1

Lord, if you open my lips my mouth will sing your praise. (3X)

Lord my God, I thank you because through your visible light you have brought joy to all your creatures, while with the invisible light of your commandments you have enlightened all who believe in you. Lord, give me the strength to keep your commandments during this day and at all times, so that with an enlightened mind I may always do your pleasure, and may receive your blessings to come, along with all your saints. Through the grace and love of our Lord and Savior Jesus Christ, to whom is due glory, dominion, and honor, now and always and unto the ages of ages. Amen.

*(Adopted from The Book of Hours, Morning Service.)*

## Morning Prayer 2

My peace and my life, my Lord, and Savior Jesus Christ. Give me your peace, which you granted to your holy apostles by breathing into them your life-giving and all-powerful Holy Spirit; so that having found my peace from all worldly commotion and anxiety, I also may become a temple and dwelling place of your divine grace, and may give you thanks and glorify you, together with the Father and the Holy Spirit, O Christ our God, now and always and unto the ages of ages. Amen.

*(Adopted from The Book of Hours, Morning Service.)*

## Prayer Before Bed

Christ, Guardian of all, may your right hand be upon me both day and night, while at home and traveling, while sleeping and awake, so that I may never falter. Have mercy on your creatures, and on me, a manifold sinner.

*(St. Nersess Shnorhali, "I Confess With Faith")*

## Prayer Against Troubles

Provider of all creation, by the sign of your cross, keep my soul and my body from the bonds of sin, from the temptation of demons, and from unjust men, and from all dangers of the soul and the body. Have mercy on your creatures, and on me, a manifold sinner.

*(St. Nersess Shnorhali, "I confess with faith")*

## Prayer Before Work

Jesus, wisdom of the Father, grant me the wisdom to always think, speak and do that which is good in your sight. Deliver me from evil thoughts, words, and deeds. Have mercy on your creatures, and on me, a manifold sinner.

*(St. Nersess Shnorhali, "I Confess With Faith")*

## On Beginning Work

Lord, may Your loving favor rest upon us and prosper all the work we undertake.

*(From the Gandzasar Book of Prayer)*

## Prayer Before Meals

Let us eat this meal in peace, which is provided by the Lord. Blessed be the Lord in all His gifts. Amen.

*(Common prayers)*

## Thanksgiving After Meals

Let us give thanks and glory to the nourisher of the universe who did nourish and fill us. To Him be glory forever. Amen.

*(Common prayers)*



## Prayer Before Class

Jesus, wisdom of the Father, give me the discernment to think, speak, and act in a way that pleases you. Deliver me from negative ideas, words, and actions. Send upon me the grace of Your Holy Spirit to strengthen me so that I may learn well the subject I am about to study and, by it, become a better person for Your glory, for the comfort of my family, and for the benefit of Your Holy Church and our nation. Amen.

*(Common prayers)*

## Prayer Before Taking Holy Communion

Grantor of mercy, Grant that I should approach you with the true faith, with good works and the Communion of your Holy Body and Blood. Have mercy on all your creatures, and on me, a manifold sinner.

*(St. Nersess Shnorhali, "I Confess With Faith")*

## Prayer After Taking Holy Communion

I thank You, Christ our King, for giving me life through Your life-giving Body and Blood.

*(Common prayers)*

## Prayer for Forgiveness

Lord, God our Father, if during this day I have sinned in word, deed, or thought, forgive me in Your goodness and love. Grant me peaceful sleep, protect me from all evil, and awake me in the morning that I may glorify You, Your Son, and Your Holy Spirit now and forever and ever. Amen.

*(Orthodox prayers)*

## Prayer in Times of Trial and Tribulation

Provider of all creation, by the sign of your cross, keep my soul and my body from the bonds of sin, from the temptation of demons, and from unjust people, and from all dangers of the soul and the body. Have mercy on your creatures, and on me, a manifold sinner.

*(St. Nersess Shnorhali, "I Confess With Faith")*



## Prayer for Mercy

Lord of compassion, fount of mercies, bounty of goodness, Son of the one on high, Lord Jesus Christ, have mercy, save and love us humans. Look upon my peril. Gaze upon my broken heart. Attend to my misery. See the confusion of my unending anxiety. Come to my aid in my time of mortal torment. Touch me, curing my most wretched infirmities. Lend a kind ear to my pitiful sighs. Listen to the silent cries from the depths of the abysmal grave. May the voice of my failing body in prayer reach your all-hearing ears and since the pledge for my life's redemption is imperishable, so too let your love be also constant. Gently help me, enfeebled with infirmity as I am.

*(St. Gregory of Narek, "The Book of Lamentations", Prayer 66b)*

## Prayer Before Reading the Holy Scriptures 1

Lord Jesus Christ, open the ears of my soul to hear Your Word, to understand and do Your will, because I am a sojourner in this world. Do not hide your words from me but open the eyes of my heart to understand the wonders of your law. Reveal to me Your unknown and hidden wisdom.

*(See Psalms 119:18-114)*

## Prayer Before Reading the Holy Scriptures 2

I rely on You, my Lord, please let the light of Your mind enlighten the meaning of Your Holy Scriptures, so that I not only read but also do what is written. Lord, let your Words I read serve me for renewal, enlightenment, sanctification, for the salvation of my soul, and the inheritance of eternal life. Because You are the one who gives light to those sitting in darkness, and from You comes all goodness and grace. Amen.

### **The Jesus Prayer**

*Repeat this prayer as many times as possible during the day.*

**Lord Jesus Christ, Son of God,  
have mercy on me, a sinner.**

### Prayer Upon Entering the Church

At the doors of this Holy Church, Lord, and before these holy signs we bow down in awe and worship; we glorify your holy, wondrous, and triumphant lordship, and we offer praise and glory to you with the Father and with the Holy Spirit, now and always and unto the ages of ages. Amen.

*(Common prayers)*

## Prayer Upon Leaving the Church

Heavenly King, preserve Your Church unshaken, and keep the worshippers of Your name in peace.

And now, O Lord, let Your servant depart in peace, according to Your word; for my eyes have seen Your salvation, which You have prepared in the presence of all people; a light to enlighten all your faithful servants. Amen.

*(From the Hymn of Vesting and the Prayer of Simeon,  
Luke 2:29–32)*

## Prayer for Protection

Guardian of all your faithful Jesus Christ, guard, protect, and bless me in peace under the shadow of your holy and precious cross in peace, deliver me from all the enemies and dangers visible or invisible, known, or unknown and give me the grace to glorify you always with the Father and the Holy Spirit. Amen.

*(Mashdots - The Book of Rituals)*



## Prayer in Time of Illness 1

Come, Lord God, to my diseased soul, lay your hand on me and heal me, saying: “Be strong, take up Your bed and go on the path that leads to the righteousness of life.”

## Prayer in Time of Illness 2

Dispel the pain and heal the sickness of Your people, Lord our God, and grant to all perfect health by the sign of Your all-conquering cross through which You removed the weakness of mankind and condemned the enemy of our life and salvation. You are our life and salvation, beneficent and all merciful God, who alone can forgive us our sins and remove diseases and sickness from us, to whom are known our needs and necessities. Bestower of gifts, grant Your bounteous mercy to Your creatures according to their individual needs, through whom Your Holy Trinity is always glorified and praised, now and always and forever and ever Amen.

*(Mashdots - The Book of Rituals)*



## Prayer of a Student

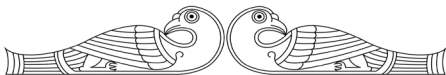
Shine the light of the grace of the Holy Spirit in my thoughts, O Christ my Lord, the Giver of all light and wisdom, who opened the blind man's eyes and changed the fishermen into wise heralds and teachers of the gospel through the coming of the Holy Spirit. Please give me keen discernment, comprehension, and wisdom that only come from You. Enable me to finish my tasks and to excel in all good deeds and make me worthy to glorify Your Holy name. Amen.

*(Orthodox prayers)*

## Prayer of the Pilgrim

Beneficent and all-merciful God, falling down before You, I beg with all my heart and ask You for mercy. As you promised your servants and said: everything that you ask the Father in faith in the name of the Son will be given to you, grant now to us believers our supplications, for we have put our trust in You. And with Your abundant mercy, comfort us in this life and lead us to your glorious kingdom, so we praise and glorify the all-holy Trinity, now and always and forever and ever. Amen.

*(Common prayers)*



## ACYOA Prayer

O Lord Our Savior Jesus Christ, who is the way, the truth, and the life, give us, the youth of the Armenian Church, we beseech you, the wisdom to know, to love, and to serve you in our personal lives individually, and in the corporate life of our organization. You who lead all people in the way, lead us, your children, that we may be able to serve the Church through our people, with courage and vision, and in the faith of our illustrious forefathers. Inspire us, O Lord, and open our eyes to your light, that we may cherish and profit by the heritage which our forefathers have left to us, and that we may be aware of our responsibilities. Fill us, O Christ our God, with your Holy Spirit, that we may be the obedient and unselfish servants of the will of our heavenly Father, to whom, together with you and the Holy Spirit, is befitting glory, dominion, and honor, now and always and unto the ages of ages. Amen.

## Prayer of Repentance 1

Searcher of secrets, I have sinned against you. willingly and unwillingly, knowingly, and unknowingly, Grant forgiveness to me who sins, since from my baptism of the holy font through today I have sinned before your Divinity with my senses and all members of my body. Have mercy upon your creation, and on me, a manifold sinner.

*(St. Nersess Shnorhali "I Confess With Faith")*

## Prayer of Repentance 2

O Lord, our God, in Your goodness and love for mankind forgive me all the sins I have committed today in word, deed, or thought. Grant me peaceful and undisturbed sleep. Send Your Guardian Angel to guard and protect me from all evil. For You are the guardian of our souls and bodies, and to You we ascribe glory, to the Father, Son, and Holy Spirit, now and ever, and to the ages of ages. Amen.

*(St. Ephrem the Syrian)*

## Prayer of Intercession to the Holy Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended You every day of my life, and protect me from all influence and temptation of the evil one. May I nevermore anger God by any sin. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, and of the Most Blessed Theotokos, and of all the Saints. Amen.

*(Orthodox prayers)*



## Prayer for Siblings

O Lord Jesus Christ, who has commanded us to love one another as You have loved us, I humbly come before You, seeking Your divine presence and guidance. I ask You to ignite within my heart the sacred flame of Your love for my siblings. Holy Lord, I implore You to hold my brother(s) and sister(s) (their names) in Your abundant love.

Grant them wisdom to discern the paths they should tread, bless them with good health, and bestow upon them a good and purposeful life. Shower them with Your Divine grace so that they may walk steadfastly in Your ways and devote themselves to actions that bring You joy.

Loving Lord Jesus Christ, I beseech You to aid us through Your unfathomable grace. May we, from this moment until the final breath we take, cherish, and love one another as You have taught us. For what can be more beautiful and good than Your children dwelling together in unity, upholding the sacred bond of love that You have established among us? Hear our prayers, O Lord, and accept our humble supplications. To You, we offer our praises and glory, to the Father, and to the Son, and to the Holy Spirit, now and forever and ever. Amen.

*(Rev. Fr. Hratch Sargsyan)*



## Prayer on Your Birthday

Almighty God, Creator, and sustainer of all creatures, you who, by Your blessed will, wonderfully created and formed me and, with your great providence, kept me from the day of my birth until today, satisfying all my needs, I bless and glorify your unfailing mercy, heavenly Father, and I thank you. Extend the time of my life so that I turn from the sins I have committed and spend the remaining days of my life in charity and in accordance with your commandments, in a godly and self-controlled lifestyle and piety, for your glory, so that my soul is saved, my parents are comforted, and my brothers and sisters and all my friends are happy in their relationship with me. And just as you took me out of my mother's womb by your miracle to live temporarily in this world, so on the last day, take me out of the womb of the earth to live an immortal and eternal life in Your Kingdom, with the grace of your Light, because you are my Lord and God, my Savior, and my refuge. I rely on the help of Your Grace now and forever. Amen.

## Prayer for Friends and Loved Ones 1

O Lord Jesus Christ, our Savior and Redeemer, I humbly come before Your divine presence, seeking Your blessings and guidance for my beloved friends. Hear my prayer, O gracious Lord, and bestow Your abundant grace upon them.

Holy God, Creator of all things, we thank You for the gift of friendship. I beseech You to watch over them and protect them from all harm and evil. Grant them strength to overcome challenges, wisdom to make righteous decisions, and courage to face the

trials of life with unwavering faith. O Heavenly Father, in Your infinite love and mercy, pour Your blessings upon my friends. Illuminate their minds with the light of Your truth, that they may discern Your will and walk in the path of righteousness. Grant them good health, both in body and in spirit, and grant them success in their endeavors. Amen.

*(Rev. Fr. Hratch Sargsyan)*

## Prayer for Friends and Loved Ones 2

O Lord Jesus Christ, the source of all love and compassion, fill our hearts with Your divine love. Help us to cherish and support one another, to forgive each other's shortcomings, and to bear each other's burdens in times of trial. May the bond of friendship be a reflection of Your unconditional love for us. O Holy Spirit, Comforter and Guide, dwell within me and my friends and lead us in all our ways. Grant us discernment and understanding, that we may grow in holiness and become beacons of Your light in this world. May we be vessels of Your grace, spreading love and kindness to all we encounter. O Lord, I entrust my friends into Your loving care, knowing that You are the perfect Shepherd who watches over Your flock. Guide them, protect them, and bless them abundantly, both in this life and in the life to come. With humble heart and unwavering faith, I offer this prayer to You, Father, Son, and Holy Spirit, now and forever and ever and unto the ages of ages. Amen.

*(Rev. Fr. Hratch Sargsyan)*

## Prayer for Loved Ones Who Have Fallen Asleep in Christ

O Christ, Son of God, forbearing and compassionate, have compassion, in your love as our creator, upon the souls of your servants who are at rest, especially upon the soul(s) of your servant(s) [names] for whom I'm offering these prayers. Be mindful of them in the great day of the coming of your kingdom. Make them worthy of mercy, of expiation and forgiveness of sins. Glorify them and reckon them with the company of your saints at your right hand. For you are Lord and Creator of all, judge of the living and of the dead. And to you is befitting glory, dominion and honor, now and always and unto the ages of ages. Amen.

*(Divine Liturgy of the Armenian Church)*



## Prayer in Time of Sadness and Despair 1

O Lord God, in times of sadness and sorrow, I come before You seeking solace and comfort. My heart is heavy, burdened by the weight of grief, despair and the trials of life. I turn to You, the source of all strength and compassion, for guidance and healing.

Grant me, O Lord, the wisdom to understand that sadness is a natural part of our human experience. Help me to embrace my emotions with honesty and vulnerability, knowing that You, my loving Lord, are near to the brokenhearted and those crushed in spirit. In my moments of despair, remind me of Your steadfast love and faithfulness. Let Your light shine upon me, dispelling the darkness that surrounds me. Lift my spirit and fill me with Your life-giving hope, for You are the God of all comfort and the giver of everlasting joy.

Lord Jesus, You yourself experienced sorrow and grief during Your earthly journey. You wept at the tomb of Lazarus, and You agonized in the Garden of Gethsemane. You understand the depths of our pain, and You are acquainted with our sorrows. Draw near me, Lord, and bring upon me the peace that surpasses all understanding. Pour out Your soothing balm upon my wounded soul. Wrap me in Your tender embrace and gently wipe away my tears. Grant me the strength to endure, to persevere, and to find hope in the midst of sorrow. Amen.

*(Rev. Fr. Hratch Sargsyan)*

## Prayer in Time of Sadness and Despair 2

My Lord Jesus Christ, I ask You to use my sadness to strengthen my faith and increase my dependence on Your grace. Help me to find comfort in Your Word, which lights my way and is a torch to my feet. Teach me to have faith in Your divine purpose, despite my inability to understand it. Please remind me when I'm feeling down that You are my strength and sanctuary and a constant source of assistance. Give me the courage to ask for help from others and to openly share my burdens with my Christian sisters and brothers. Help us to support one another and provide consolation and encouragement to those who are suffering. And to Your Father Almighty is befitting glory, dominion, and honor, now and always and unto the ages of ages. Amen.

*(Rev. Fr. Hratch Sargsyan)*

## Prayer in Times of Stress and Anxiety

Heavenly Father, I come before You today burdened by the weight of stress and anxiety that consume my heart and mind. In this moment of unrest, I seek Your divine presence and guidance, knowing that You are the source of peace and tranquility and that You understand the struggles and challenges I face.

You know the worries that keep me awake at night and the pressures that weigh me down. But I know that You are the God of peace, and in Your presence, anxiety and stress must flee. Lord, You understand the depths of my anxiety, the worries that consume my mind, and the fears that paralyze me.

I surrender all these burdens unto you, for you have promised to carry our heavy loads and give us rest. “Come to me, all you who are weary and burdened, and I will give you rest” (Matt. 11:28–30). I ask for Your wisdom and discernment as I navigate through this storm of stress. Grant me clarity of mind and strength of spirit to face each situation with courage and resilience. Help me to prioritize and manage my time wisely so that I may fulfill my responsibilities without feeling overwhelmed. Please calm the racing thoughts and anxious feelings that consume me. Replace them with Your peace, which surpasses all understanding.

I surrender all these anxieties to you, for you are the one who can calm the raging storm within me. I know you are greater than my fears and that you hold all things in Your holy hands. Fill me with Your love and assurance, reminding me that I am not alone in this journey, and remind me to find solace in Your presence.

Teach me to rest in You, to find comfort in Your words, and to seek Your will above all else. Strengthen my faith, Lord, so that I may trust in Your faithfulness and provision even when circumstances seem bleak. Grant me the grace to surrender control and to place my complete trust in You. Remind me that Your plans are greater than my own, that You work all things together for my good, that You are always with me, and that You will never leave me nor forsake me... “I will never leave you nor forsake you...” (Deuteronomy 31:8).

Help me to let go of the need for perfection and to embrace the grace You offer in every moment. Finally, Lord, I pray for Your healing touch upon my body, mind, and soul. Restore my strength, renew my energy, and grant me the ability to find rest in You. Guide me through this season of anxiety and lead me into a place of calm and serenity.

May Your peace guard my heart, mind, and soul, letting me experience Your joy amidst the trials and tribulations. May Your presence be my refuge and Your love my anchor as I navigate through the storms of life.

I thank You, Lord, for the assurance that You hear my prayers and that You are near to the brokenhearted, and I offer praise and glory to You with the Son and the Holy Spirit. Now and always and unto the ages of ages. Amen.

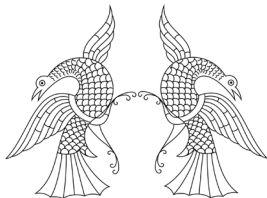
## Prayer in Times of Depression

Loving Father, in the depths of my despair and the grip of depression, I turn to You, our ultimate source of hope and healing. I come before You, pouring out my heart, knowing that You are a compassionate and understanding God. In the midst of my darkness, Lord, I feel overwhelmed and consumed by sadness. The weight of depression presses upon me, draining my energy and clouding my thoughts. But I cling to the truth that You are the God of light and life, and in You, there is no darkness at all. Loving Father, I ask for Your divine intervention in my life. Lift me out of the pit of despair and set my feet upon solid ground. Renew my mind, O Lord, and replace my feelings of hopelessness with a profound sense of Your presence and purpose. Jesus Christ, my Savior, You also experienced the depths of human suffering. You understand the anguish of the soul and the pain of isolation. I ask that You draw near me in times of depression, that I may find solace in Your unfailing love and grace. Holy Spirit, our Comforter and Guide, I invite Your gentle touch upon my weary heart. Pour out Your peace that sur-

passes all understanding and grant me the strength to endure. Help me, Holy Spirit, to recognize the lies that depression whispers in my ears and replace them with the truth of Your Word.

Lord God, I acknowledge that depression is a complex condition, and I pray for those who are battling it. Surround them with a community of love and support. Give wisdom to their caregivers, therapists, and medical professionals, that they may provide effective treatment and care. Father God, I ask for the restoration of joy and purpose in our lives. Help us to find beauty in the simple things, to appreciate the blessings that surround us, and to hold onto the hope of a brighter tomorrow. Empower us to reach out for help, to seek professional guidance, and to take the necessary steps toward healing. I trust in Your faithfulness, O God, even in the darkest moments. Remind me that You are with us always, even in the depths of our depression. Grant me the strength to persevere and the assurance that Your love will sustain me. And I glorify You and the All-holy Trinity, the Father and the Son and the Holy Spirit now and always and unto the ages of ages. Amen.

*(Rev. Fr. Hratch Sargsyan)*





PSALM 51  
(NKJV)



Have mercy upon me, O God,  
According to Your lovingkindness;  
According to the multitude of Your tender mercies,  
Blot out my transgressions.  
Wash me thoroughly from my iniquity,  
And cleanse me from my sin.

For I acknowledge my transgressions,  
And my sin is always before me.  
Against You, You only, have I sinned,  
And done this evil in Your sight—  
That You may be found just when You speak,  
And blameless when You judge.

Behold, I was brought forth in iniquity,  
And in sin my mother conceived me.  
Behold, You desire truth in the inward parts,  
And in the hidden part You will make me to know wisdom.

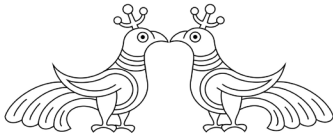
Purge me with hyssop, and I shall be clean;  
Wash me, and I shall be whiter than snow.  
Make me hear joy and gladness,  
That the bones You have broken may rejoice.  
Hide Your face from my sins,  
And blot out all my iniquities.

Create in me a clean heart, O God,  
And renew a steadfast spirit within me.  
Do not cast me away from Your presence,  
And do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation,  
And uphold me by Your generous Spirit.  
Then I will teach transgressors Your ways,  
And sinners shall be converted to You.

Deliver me from the guilt of bloodshed, O God,  
The God of my salvation,  
And my tongue shall sing aloud of Your righteousness.  
O Lord, open my lips,  
And my mouth shall show forth Your praise.  
For You do not desire sacrifice, or else I would give it;  
You do not delight in burnt offering.  
The sacrifices of God are a broken spirit,  
A broken and a contrite heart—  
These, O God, You will not despise.

Do good in Your good pleasure to Zion;  
Build the walls of Jerusalem.  
Then You shall be pleased with the sacrifices of righteousness,  
With burnt offering and whole burnt offering;  
Then they shall offer bulls on Your altar.



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