

Struggle with the Angel



AN ORTHODOX PRAYER BOOK

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Introduction

We need both structure and flexibility in our prayer life. In liturgical prayer we enter as a community into the Church's experience of God. A degree of uniformity throughout the Orthodox Church reflects the unity of the Church. Private prayer is an essential aspect of the earthly pilgrimage of each person. We need to feed our prayer life on the biblical, patristic and liturgical treasures of Tradition. We must not be afraid to use our freedom and adapt our prayer to our circumstances.

The words of set prayers should always be allowed to enter deeply into our hearts. Communion with God is achieved through attentiveness, not mechanical reading. Praying with psalms, set texts or our own spontaneous words is a necessity, although prayer itself cannot be simply equated with the words we use. Warmth of heart makes prayer genuine. The deepest prayer is often reached when the heart and mind grow quiet and enter into a profound, wordless silence. Standing before God with the mind in the heart is demanding work.

WHO IS GOD?

Whenever God is understood as just one more being alongside the rest of reality, a grave distortion takes place in our relationship with our Creator. The impression has been given that the ultimate reality can be apprehended, defined, intellectually presented as a totality - something with limits - rather than the infinite. This belief has consequences: the whole of reality is not in God, and God is propelled into a realm separated from reality. God is no longer here, he has to be looked for in a problematic "out there."

The Christian belief about God avoids both pantheism - the reduction of God to the sum total of finite beings - and the more radical reduction of God to one finite being. Too often people who argue for or against belief in God speak as if God were just one more being alongside reality. Once this assumption has been rejected, we realise that God is beyond our arguing powers, and is encountered both in the depth of our own being and in the history of our human race.

God is encountered in our own depths and in silence, yet silence can also lead us to another form of idolatry: we can establish silence and peace within our own heart, and mistake our own ego, blown up to a pseudo-infinity, for God himself. Pride then masquerades as humility, and we enter delusion.

Clerics of all religions are frequently worshipped, sometimes with their own encouragement. Their words point to God, but their behaviour diverts their blind followers from God to themselves. The emotional failure to distinguish between clerics and God is frequently accompanied by the loss of any critical sense and at times moral sense.

Intellectual formulations can be confused with God himself; mouthing the right formulas replaces doing the will of God. Religious, political, financial and social institutions often pose as God. Each one of us can make another human being our god through an emotional fusion between people which deprives one or both of their integrity and autonomy.

We can worship ourselves through an illusion of omnipotence, either by an excessive independence from everyone else, or through ignoring our mortality, or through a habit of criticising others and placing ourselves on the throne of the Almighty Judge. When we accuse someone else of idolatry, or make any other serious allegation against another, we are almost certainly indulging our own imagined omnipotence. This is why crises of any sort call for extreme caution in making pronouncements.

THE HEART

The heart senses and responds to reality; it has a living relationship with life; it does not bypass life in favour of a dried up, fossilized, static set of words. Words cut off from life become an idol: they neither breathe nor feel, they do not move, see, taste, love or listen. This is why the mind must come down into the heart.

The heart is full of hurts, anxieties, vivid stories of past or future; it is full of wonder, hope, love and hatred; it senses the energies which flow in and out of everyone and everything.

The heart is the room where thoughts are born, breathe, live, feed, and give birth to other thoughts. Inside the head, thoughts can disconnect from life. Away from the heart, they are on holiday, they forget any responsibility towards the contents of the heart; and the heart festers, gets gnawed at by cancers and infections. Separated and divorced, head and heart roam each in their own direction, and the whole person is spiritually starved. Both head and heart can be most active away from each other, but they are sick and spread sickness. They lead a living death because for both the Sermon on the Mount has become irrelevant literature.

When consciousness chooses to reside in the heart, it awakens to the call to life in Deuteronomy 30: 15, "See, I have set before you this day life and good, death and evil." Soon it realises that the breathing of the body and the spirit within us are closely connected, and remembers Genesis 2: 7, "Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."

We choose life when we free ourselves from unhealthy fusion with another, and learn to take the time and care over months and perhaps years to experience, name and let go of the hurts and resentments which dwell within our heart. We learn to take God's commandments for the guide of our spiritual life. Our religion ceases to be empty words and takes proper care of our passions: in this way the grace of God can begin to transform us.

DEALING WITH OUR PASSIONS AND VULNERABILITY

Faith and prayer are closely linked. Our parish values greatly two books, "The Orthodox Way", and "The Art of Prayer," as basic formulations of our faith and our prayer effort. "The Art of Prayer" puts the finger on the essential question, the bottom line as far as prayer is concerned: how do we handle, or fail to handle, our human passions and vulnerability? It advocates a simple technique for bringing the mind down to the heart, and it also stresses the importance of developing "umilenie", a compassionate warmth of heart towards everything. It rightly points to the fact that the cost of ignoring these two aspects of the spiritual life is inevitable failure. Even a very small amount of practice should convince anyone that the teaching works. The book's shortcoming is that it does not help us differentiate between humility and self-hatred, and is too general and vague about the way we handle passionate feelings and thoughts.

One person who has tackled these questions is Simone Pacot. Although her work is translated into many languages, it is unfortunately not available in English as far as I know. It deserves thorough study and the summary I give here is inadequate, although it should give you a notion of the general drift of her advice.

The Bible gives us five clear rules for living:

1. Choose life (Deuteronomy 30: 15). I must not feel guilty about making the deliberate choice to live my life, whatever the circumstances. It is wrong to have a negative attitude to life, to follow paths of death. Many people harbour hurts which have made them take a destructive path in life. The first act of repentance for every human being is to recognize when we have disobeyed the commandment to choose life, and to take the appropriate measures to begin living again.
2. You are not God. Accept the limitations of the human condition. I deny the second law of life if I consider it a good thing to manage on my own in all circumstances, denying that I ever need others, need God, and considering that my own wisdom is sufficient at all times.
3. Become yourself in God, in a right relationship to others. It is wrong to feel guilty about choosing to be a free human being, with my own freedom, organising my own life according to God's commandments, with an appropriate distance from others, so I do not let myself be devoured or squashed by others. It is wrong to consider it a good thing to be swallowed up in a destructive compassion for others, never daring to speak up, ending up no longer knowing who I am.

4. You are one being with a body, a psyche and a spirit or deep heart which animates both body and soul. It is wrong to pay no attention to my body's and my nervous system's alarm signals; to have no form of relaxation, to have no sense of a weekly "shabbat".
5. Do not bury your talents. It is wrong to feel guilty about daring to do what I am capable of doing.

Coming to terms with reality always takes time. Any repentance requires coming to terms with facts; therefore no repentance can be instantaneous. We must reckon with a twelve to eighteen months' period to settle into any change in our life. The problem with most of us when it comes to confession and repentance is that we ignore this necessity. At worst, we think all has been done when we have confessed a wrong. The absence of any long-term plan to take facts on board and change ourselves is the root of spiritual paralysis and delusion.

Jesus came to terms during Holy Week with every aspect of human vulnerability: the hatred and hypocrisy of religious institutions, the cynicism and brutality of political institutions, the disloyalty of friends, the cruelty of unleashed soldiers, physical and psychological torture, death, and the seeming indifference of God. God made man, the ultimate role model, did not opt for the miraculous bypassing of the horrors of life, but went through every step of it all to the final resurrection.

We need to seek the guidance of the Holy Spirit, and daily trust God for help, let fear melt away, and refuse to feel either incapable of anything or perfectionist and omnipotent. The devil's deceit is to tell us we will be like gods (*Genesis 3: 5*). We are just human beings, extremely limited in what we can achieve, yet by no means helpless. Similarly, God offers us salvation within our limitations, not perfect healing with no limits as to what we can do. Dealing with our passions means first taking the time to come to terms with their existence, and also their root. Much of our inadequate behaviour has its root in some hurt we do not face or accept. We need to take the time - months, not hours or days - to see ourselves as we really are, to accept our past as it really is, and to go forward strengthened by the grace of God and the teaching of Christ in the Gospel. I believe that by joining this teaching to that of the Art of Prayer we should be able to renew our prayer life.



Notes on Bible Reading and Prayer

BIBLE READING

In the parable of the Sower (*Mark 4: 3-20*), the Lord teaches us that his word, that is the Bible, when it takes root in our heart, grows into the Kingdom of God. The Kingdom of God is mankind living according to the commandments of God. Jesus did not come to suppress the Law and the prophets, but to fulfill them.

A Christian, therefore, is someone whose purpose in life is to fulfill the will of the Lord, the commandments of the Lord. We have no power of our own to become perfect in the fulfilment of the Lord's commandments: we learn the commandments by studying his Word, and we receive from him the strength to obey and accomplish.

In the parable of the Sower, the Lord details all the difficulties we are likely to encounter in life as we try to learn his word and do his commandments. Our hearts may be like the hard soil of a path where nothing can take root. In other words, we may be insensitive to the Bible, lacking in any interest or understanding of it. Our responsibility then is to turn to the Lord in ardent prayer that he will change our hearts and also lead us to the right people and to the right reading so that we may acquire an understanding of the Bible and a taste for it.

Our hearts can be like the shallow ground, where early enthusiasm leads to a semblance of rapid spiritual growth, but the shallowness does not allow for deep roots, and the scorching sun of trials soon kills the tender plant of our obedience to the Lord. We do not live in countries where there is violent persecution of Christians: indeed we have all the freedom we choose to have, and usually enough economic affluence to have fewer worries than most Christians ever had over the centuries. Yet we cannot avoid the scorching sun; it can take a number of forms: from the simple pressure of a secularised environment, to the more subtle influence of Bible commentaries which largely ignore the actual contents of the Word of God, and send the student into the wastelands of sterile textual dissection.

Finally, there are the thorny bushes, which choke the young plant: the pleasures and worries of this life. We must do everything in our power to acquire enough discipline to remain faithful to Bible study whatever our circumstances. It is important that our Bible study should keep us within the Tradition of the Church. The greatest danger, however, is not that of being led astray into some pseudo-Christian sect; it is that we might give far too little time to the study of the word of God.

THE PSALMS AND THE JESUS PRAYER

The great mystical songbook of Israel and of the Church describes the Righteous One in his meekness, his Passion, his victory over evil and death. It also describes Israel and the Church in their frailty, their failures, their cry for help and forgiveness. The psalms give us the words with which to cry out to God, as members of Christ and as sinners.

In the Divine Liturgy, we receive the Body and Blood of the Lord Jesus. Through the Holy Gifts, he comes and takes up residence in our hearts. Through the Jesus Prayer ("Lord Jesus Christ, Son of God, have mercy on me, a sinner") we go down into our hearts and let the Divine Guest irradiate our whole being, heal, transform and sanctify us with his love. Together with the Psalter, the Jesus Prayer releases the power of the Eucharist in our daily lives among the people with whom we live and work.

BEFORE PRAYER

Before each prayer time, we keep silent for a while. Then, keeping our thoughts inside our heart, we do not let our mind wander, but pray without haste and with all your heart. If the time is short, we select a few prayers. It is never right to read quickly out of a false sense that one has to read every page.



Morning Prayers

At the prayers of our holy Fathers and Mothers, Lord Jesus Christ, our God, have mercy on us and save us. *Amen.*

Glory to you, our God, glory to you.

TRISAGION PRAYERS

Heavenly King, Comforter, Spirit of truth, everywhere present and filling all things, Treasury of blessings, Giver of life, come and abide in us, cleanse us from all impurity, and save our souls, O Good One.

(From Pascha until Ascension, instead of Heavenly King, we say three times: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. Between Ascension and Pentecost, we begin immediately with Holy God)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (Three times).

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

Most holy Trinity, have mercy on us.

O Lord, wash away our sins.

O Master, pardon our transgressions.

O Holy One, visit and heal our infirmities, for your Names sake.

Lord, have mercy; Lord, have mercy; Lord, have mercy.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. *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 the evil one; for Thine is the kingdom, the power and the glory, of the Father and of the Son and of the Holy Spirit, both now and ever and unto ages of ages. *Amen.*

Kyrie eleison (Twelve times)

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

PRAISE TO THE SON OF GOD, THE TRUE MORNING LIGHT

(Adapted from the Syriac)

The morning of the Lord is coming and brings true joy to those who sing his praise. Glory to the only Son who enlightens creation, glory to him who was manifested from the eternal Father.

In the morning, let us sing in the Spirit and let us fall down in worship before the Lord. Glory to the only Son who enlightens creation, glory to him who was manifested from the eternal Father.

O Lord, let your goodness accompany us and lead us to your great morning. Glory to the only Son who enlightens creation, glory to him who was manifested from the eternal Father. Lord, enlighten my heart and my mind, as you brought me out of sleep.

Most Holy Trinity, open my lips that I may sing: Holy, Holy, Holy are you, O God. Tens of thousands of angels shine with the light of the Trinity, brighter than lightning; with their never-silent lips, they teach us to glorify God in three Persons.

In the morning, my heart is attentive before you, O God, for your commandments are light. Teach us to seek holiness, for you are our true God and we glorify you. Incline your ear towards us and answer us.

Remember each one of us by name. Save us by your might. Bless your people and sanctify your inheritance. Give peace to the world, to the Churches, to those in authority over us, to all people. For blessed and glorified is your Name, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*

From the morning, my heart is attentive before you, O Lord, for your commandments are light. O Lord, teach me your righteousness. Enlighten the eyes of my understanding that I may not slumber into sin. Chase all darkness from my heart and give me the Sun of righteousness.

Keep free from sin my soul which has been sealed with your Holy Spirit. Guide my steps in peace. Throughout this day, fill my heart with joy to praise you and fulfil your commandments. For yours is the might, yours the kingdom, the power and the glory, of the Father, and of the Son, and of the Holy Spirit, both now and ever and unto ages of ages. *Amen.*

Master, Lover of mankind, may the light of the knowledge of your divinity shine in my heart, that I may understand your Gospel. Fill me with love for your commandments, so that, overcoming the cravings of my flesh, I may live under the guidance of the Holy Spirit and do everything according to your will. For you sanctify and enlighten us and we glorify you, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*

THE NICENE CREED

I believe in one God the Father almighty, maker of heaven and earth, and of all things visible and invisible; and in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; light of light, true God of true God, begotten, not made, of one essence with the Father; by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary and was made man; he was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day he rose again according to the scriptures, and ascended into heaven, and sits on the right hand of the Father; and he will come again with glory to judge both the living and the dead; whose kingdom will have no end. And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets. And in one, holy, catholic and apostolic Church; I acknowledge one baptism for the remission of sins; I look for the resurrection of the dead and the life of the world to come. *Amen.*

PRAYERS OF REPENTANCE

My Lord and God, I come to you as a burdened sinner: guide me into the way of repentance and grant me the tears I do not have because of the hardness of my heart. When the thrones are set on the day of judgment, the righteous will rejoice but the sinners will weep when they hear: have you fed the hungry, sheltered the homeless, comforted the sorrowful, forgiven your enemies, refrained from slander, walked humbly before your God?

Lord, you received the prodigal son and the repenting thief: forgive me, the first of sinners, free me from bondage to the enemy, and give me the strength to keep your commandments.

Lord Christ my God, you heal my passions through your Passion: grant me tears of compunction. May your most pure Body and your precious Blood which I receive in the Holy Mysteries heal and transfigure my whole being and enlighten my mind darkened by passions. O Lamb of God, who gave your life for me, number me among the lambs of your chosen flock.

THANKSGIVING, PRAISE AND SUPPLICATION

Eternal, Master, Lord God, Father Almighty, I praise and bless you, worship you, give thanks to you and glorify you, the only true God. Master of all, Lord of heaven and earth, and of all creation, both visible and invisible, you are without beginning, invisible, incomprehensible, boundless, unchanging. You are the Father of our Lord Jesus Christ, our Saviour, our hope, who is the icon of your goodness, your equal, the living Word, the true God, the Wisdom before all ages. Through your Son the Holy Spirit was manifested, the Spirit of truth,

the Gift of adoption, the Pledge of our inheritance to come, the Source of holiness, who enables people to serve you and to praise you at all times.

You created us and fashioned us from the dust of the earth. You honoured us with your own image, O God. You set us in a paradise of plenty, and you promised us eternal life and the enjoyment of eternal good things by keeping your commandments. When we disobeyed you the true God, we were subjected to death and banished from paradise to this present world. Yet you did not turn away from your creature: you spoke to us through your servants the prophets, you gave us the Law through Moses, and in the fullness of time you spoke to us through your Son himself, and you provided for us the salvation of new birth through baptism into the death and resurrection of your Son.

With the Angels and Archangels, the Thrones, the Principalities, the Authorities, the Powers, the many-eyed Cherubim and the six-winged Seraphim who cry out to one another with unceasing praises, we sing the triumphal hymn: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of your glory; Hosanna in the highest. Blessed is He who comes in the Name of the Lord; Hosanna in the highest.

Almighty Lord, God of the Powers and of all flesh, you know the secrets of all people, for you are the Light without beginning and without end. Immortal King, forgive me the sins I have committed by my actions, my words and my thoughts, my deliberate sins and those I committed out of weakness, or unwittingly. Cleanse me from all evil. Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. Hide your face from my sins, O Lord, and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me away from your presence or take your holy Spirit from me. Restore to me the joy of your salvation.

Hasten the Second Coming of your Christ. May there soon be an end to all evil. May the suffering of your people cease, and bring us all into the joy of your Kingdom.

O Lover of mankind, merciful Father, have mercy on your servants who are sick. Forgive their sins, lead them from weakness to strength, from sadness to consolation. Give them physical and spiritual strength.

Bless this year and make the earth fruitful that no-one may experience hunger or distress.

Bring to an end the tribulations and sufferings of those who sanctify your Name, and bring all nations to the knowledge of your truth. By the power of your Holy Spirit, bring to nothing attempts to cause divisions among your people, or to lead them astray into false doctrines.

May we find mercy and grace with all the Saints who have been well-pleasing to you through the ages: the patriarchs, the prophets, the forerunner, the apostles, the martyrs, the holy hierarchs, our God-bearing fathers and mothers, and especially our most blessed Lady, Mother of God and ever-virgin Mary.

As you did with them, grant me, O Lord, your deifying grace. Come, my light, and illumine my darkness. Come, my life, and revive me from death. Come, my physician, and heal my wounds. Come, flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of your love. Come, my King, sit on the throne of my heart and reign there, for you alone are my King and my Lord.

O gracious Lady, Bride of the Most High, you became the Temple of the Lord, the Holy of Holies and the Ark of the Covenant when you carried in your womb the Maker of all. Intercede with the Lord that we may not be led into deception and lawlessness by those who exalt man above God and delight in wickedness. O most pure Lady, take under the veil of your protection all those who respect and sanctify the Name of the Lord, that they may be faithful to the Lord's commandments, and that there may be no dissension or hostility between them.

Eternal is your kingdom, O Christ, and your dominion is from generation to generation. Through the Holy Spirit, you became man and received your flesh from the most pure Mother of God and Ever-Virgin Mary. You came into the world and filled it with light, for you are the light, the radiance of the Father. Let all mankind praise you in song, for you are the icon of the Father's glory. Glory to you, Giver of life!

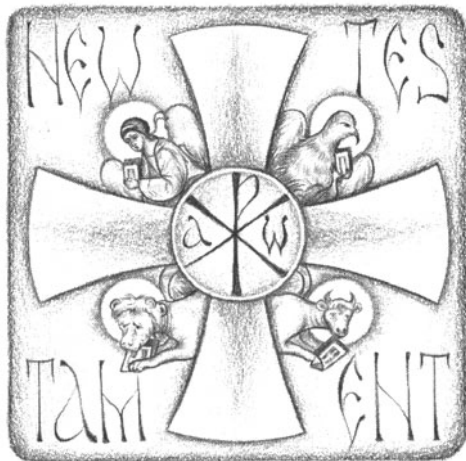
O Trinity, uncreated, without beginning; undivided Unity, Three and One, Father, Son and Holy Spirit, the only God: accept these prayers offered from tongues of clay as if from mouths of flame.

Great is your love, O Lord. You have spent yourself to the end out of love for me. I gaze on the Cross and marvel at your love for me and for the world, for the Cross is the evidence of your love for us. There is no greater love than this, that a man should lay down his life for his friends (*John 15: 13*). Your life-giving mysteries, Lord, serve as a perpetual, glorious proof of your love for us sinners; for your divine Body was broken for me, for us all, and your Blood was poured out for me, for us all. Lord, I glorify the wonders accomplished by your Holy Mysteries on your believers, and the innumerable healings. Lord, in return for your great love, grant that I may love you with all my heart and my neighbour as myself. Grant that I may also love my enemies and not only those who love me.

Lord, I thank you with my whole heart for having saved me innumerable times from the shamefulness, violence and cruelty of the passions; for having extinguished in me the burning arrows of the evil one. For having guarded my soul with peace, refreshing it with the dew of your grace. Glory to you, most merciful and Almighty Lord; by your grace I still remain whole and unharmed, in spite of the innumerable schemes of the invisible and most evil enemies making every effort to devour me.

You make peace in heaven: through your Holy Spirit create also peace in my heart, and among all your people.

Do not let me sink into the passion of self-importance and thirst for recognition. Enable me to value silence, to avoid judging others. Grant me strength to love and respect everyone. Make me temperate in the use of words, food and emotions. You strengthen me with your holy Word and your life-giving Mysteries: keep alive at all times the joy and peace of your presence in my heart. At the end of this life, grant me to inherit your eternal Kingdom, together with all the saints who have been pleasing to you throughout the ages. Amen.



MAGNIFICAT AND BENEDICTUS (*Luke 1: 46-55 and 68-79*)

The Mother of God and Mother of the light, let us honour and magnify in song! More honourable than the Cherubim, and more glorious beyond compare than the Seraphim, who gave birth to God the Word without corruption, true Mother of God, we magnify you!

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Saviour; he has looked with favour on his lowly servant. From this day all generations will call me blessed; the Almighty has done great things for me and Holy is his Name. He has mercy on those who fear him, from generation to generation. He has shown strength with his arm and has scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly. He has filled the hungry with good things and sent the rich away empty. He has come to the aid of his servant Israel, to remember his promise of mercy. The promise made to our ancestors, to Abraham and his children forever. (*Common Worship*)

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his hand-maiden. For behold, from henceforth all generations shall call me blessed. For he that is mighty hath magnified me, and holy is his Name. And his mercy is on them that fear him throughout all generations. He hath shewed strength with his arm, he hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the hungry with good things, and the rich he hath sent empty away. He, remembering his mercy, hath holpen his servant Israel as he promised to our forefathers, Abraham and his seed for ever. (*BCP*)

Blessed be the Lord the God of Israel, who has come to his people and set them free. He has raised up for us a mighty Saviour, born of the house of his servant David. Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us, to show mercy to our ancestors, and to remember his holy covenant. This was the oath God swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of all their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace. (*Common Worship*)

Blessed be the Lord God of Israel, for he hath visited, and redeemed his people; and hath raised up a mighty salvation for us in the house of his servant David, as he spake by the mouth of his holy Prophets, which have been since the world began: that we should be saved from our enemies and from the hands of all that hate us; to perform the mercy promised to our forefathers, and to remember his holy covenant; to perform the oath which he sware to our forefather Abraham, that he would give us; that we, being delivered out of the hands of our enemies, might serve him without fear, in holiness and righteousness before him all the days of our life. And thou, child, shalt be called the Prophet of the Highest, for thou shalt go before the face of the Lord to prepare his ways; to give knowledge of salvation unto his people for the remission of their sins; through the tender mercy of our God, whereby the dayspring from on high hath visited us; to give light to them that sit in darkness and in the shadow of death, and to guide our feet into the way of peace. (*BCP*)



Troparia For Weekdays

MONDAY

Chief Captains of the heavenly hosts, we, though unworthy, implore you to protect us by your prayers and keep us under your wings of spiritual glory; for we fall down before you and pray: protect us from dangers, O Princes of the Powers on high.

TUESDAY

The memory of the righteous is celebrated with hymns of praise, but for you, O Forerunner, the Lord's testimony is sufficient. You were the greatest of the prophets, since you were deemed worthy to baptise in the waters the One whom they had but announced. Then, having bravely suffered for the truth, you rejoiced to proclaim to those in hell that God had appeared in the flesh, taking away the sin of the world and granting us great mercy.

WEDNESDAY AND FRIDAY

O Lord, save your people and bless your inheritance. Grant victory to those who fight against evil and protect your people by your Cross.

THURSDAY

Holy Apostles, intercede with the merciful God, that he may grant to our souls the forgiveness of our sins.

SATURDAY

Apostles, martyrs and prophets, holy hierarchs, saints and righteous ones, having fought the good fight and kept the faith, you have great boldness towards the Saviour; implore him that in his goodness he will save our souls.



PRAYER OF SAINT EPHREM THE SYRIAN

(Used throughout Great Lent)

O Lord and Master of my life, do not give me a spirit of sloth, faintheartedness, lust for power and idle talk *(Prostration)*.

Give rather to your servant the spirit of chastity, humility, patience and love. *(Prostration)*

Yes, Lord and King, make me to see my own errors, and not to judge my brother, for you are blessed from all ages to all ages. *Amen. (Prostration)*

PRAYER FOR THE GUARDING OF THE TONGUE AND FOR PROTECTION

My God, guard my tongue from evil and my lips from speaking deceitfully. Let my soul be silent to those who curse me. Open my heart to your holy Word, and let my soul eagerly follow your commandments. Let your holy angels protect me from visible and invisible enemies. Save me and help me with your right hand, that your beloved may be delivered. May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer. *Amen.*

At the prayers of our Holy Fathers and Mothers, Lord Jesus Christ, our God, have mercy on us and save us. *Amen.*

PRAYERS OF SAINT PHILARET OF MOSCOW

At the beginning of the day.

O Lord, grant me to greet the coming day in peace. Help me in all things to rely on your holy will. In every hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with firm conviction that your will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, pray within me. *Amen.*

FOR THE ACCEPTANCE OF GOD'S WILL:

O Lord, I do not know what to ask of you. You alone know my true needs. You love me more than I myself know how to love. Help me to see my true needs which are concealed from me. I dare not ask either a cross or a consolation. I can only wait on you. My heart is open to you. Visit and help me, for the sake of your great mercy. Strike me and heal me, cast me down and raise me up. I worship in silence your holy will and your inscrutable ways. I offer myself as a sacrifice to you. I put all my trust in you. I have no other desire than to fulfil your will. Teach me how to pray. Pray within me. *Amen.*

A MORNING PRAYER OF ST JOHN OF KRONSTADT

O God, creator and master of the world, in your mercy protect your creature, adorned with your divine image, in these hours of the morning. Let your eyes, millions of times brighter than the rays of the sun, put life and light into my soul, darkened and slain by sin. Deliver me from depression and laziness. Grant me joy and vigour of soul, that with a glad heart I may praise your mercy, your holiness, your unlimited greatness and your infinite perfection, at every hour and in every place. For you, Lord, are my Creator and the master of my life and your rational creatures at every hour ascribe glory and praise to you, now and ever and unto ages of ages. *Amen.*

Almighty Sovereign, to whose single sign all things, the whole visible and invisible world are obedient, grant that I may unceasingly glorify you by the simplicity of my faith in your infinite power. Give me faith that will not be ashamed, firm hope and unfeigned love for you and for my neighbour. Lord, let my heart cling to you alone, and not to anything earthly; for in earthly attachments there is sorrow, oppression and torment. Let nothing earthly be dear to my heart, but grant that I may hold you, the one Lord, of greater worth than all; and that I may esteem also all heavenly things and the soul created in your image: immortal, rational, able to speak, free, the breath of your mouth. Let nothing earthly, money, food, dress, rank, signs of distinction, become the idol of my heart.

Grant, Lord, that I may always love each of my neighbours as myself; that I may not be angry with them for any reason, because in that way I would serve the devil. Grant that I may crucify my self-love, pride, greed, unbelief and other passions. Let mutual love be our name. Grant that we may believe and trust that the Lord is everything to us all. That we may not be worried nor anxious about anything. That you, our God, may truly be the only God of our heart, and nothing besides you. Let there be union of love between us as there ought to be, and let everything that divides us from each other, and prevents us from loving one another, be despised by us, like the dust trampled under foot. So be it! So be it! May the living water of the Holy Spirit fill my heart and may rivers of living water flow from my heart to the glory of God, and for the salvation of God's people. *Amen.*



St John of Kronstadt

Prayers Of The Hours

First hour (*seven in the morning*)

O Christ, the true Light, you illumine and sanctify everyone who comes into the world; let the light of your countenance shine upon us, that in it we may behold the light ineffable; guide our footsteps in the keeping of your commandments, at the prayers of your most pure Mother and of all your Saints. *Amen.*

At all times and in all places, in heaven and on earth, you are worshipped and glorified, O Christ our God; you are slow to anger, compassionate and full of mercy; you love the righteous and you are gracious to sinners; you call all men to salvation by the promise of good things to come. O Lord, receive also our supplications at this time and direct our lives according to your commandments. Sanctify our souls, make our bodies chaste, straighten our reasoning, purify our thoughts, free us from all anxiety, from all evil and from all pain. Surround us with your holy angels: kept safe under their protection and guided by them, may we reach unity of faith and the knowledge of your inaccessible glory; for you are blessed from all ages to all ages.

Third Hour (*Nine in the morning*)

O Lord, who sent your Most Holy Spirit on your apostles at the third hour: take him not away from us, O Good One, but renew his presence within us, who make this supplication.

Praise be to the Lord, to God our Saviour, who daily bears our burdens.

Our God is a God who saves; from the Sovereign Lord comes escape from death.

You are blessed, O Christ our God: you filled with wisdom the fishermen when you sent them the Holy Spirit; and by them you caught the whole world as in a net; lover of mankind, glory to you!

At all times and in all places...

The sixth hour (*Midday*)

On the sixth day at the sixth hour you nailed to the cross the sin which Adam committed in paradise: tear up also the record of our sins, O Christ our God, and save us!

May your mercy speedily go before us, for we have grievously sinned. Help us, O God our Saviour, for the glory of your Name; deliver us and purge away our sins for your Name's sake.

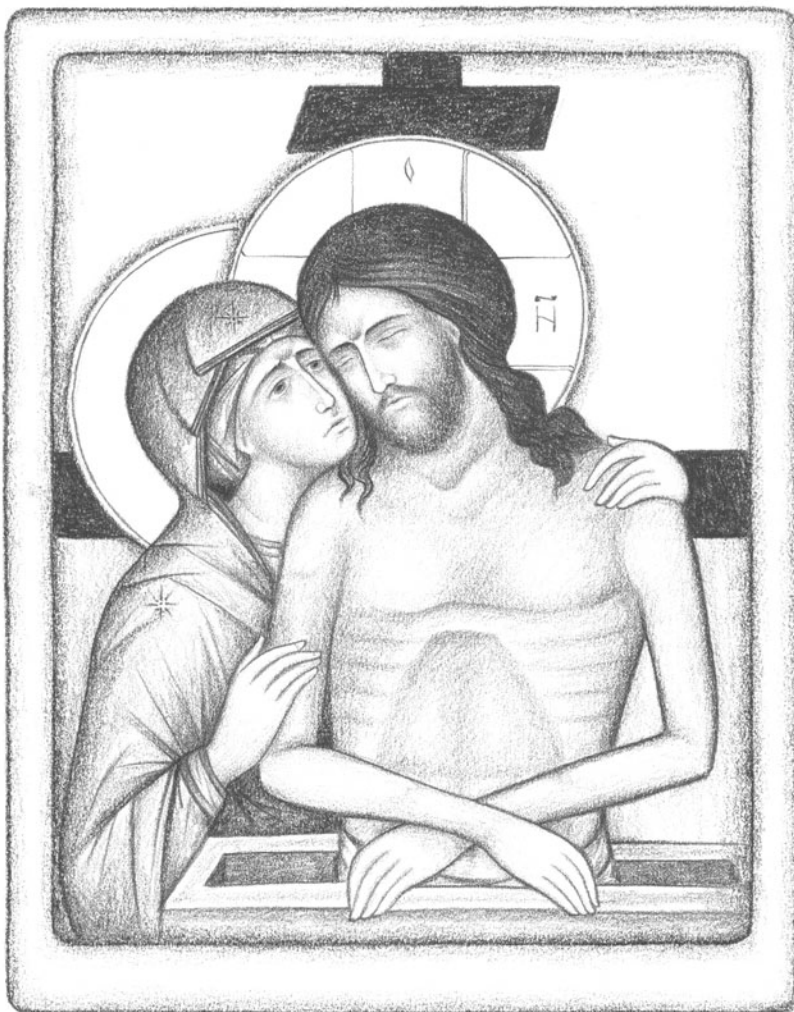
At all times and in all places...

The ninth hour (*Three in the afternoon*)

At the ninth hour, for our sake, you experienced death in the flesh for our sake; put to death the presumption of our flesh, O Christ God, and save us!

Do not withdraw your mercy from us for the sake of Abraham your beloved, and for the sake of Isaac your servant and of Israel your holy one.

At all times and in all places...



Evening Prayers

At the prayers of our holy Fathers and Mothers, Lord Jesus Christ our God, have mercy on us and save us. *Amen.*

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of truth, everywhere present and filling all things, Treasury of blessings, Giver of life, come and abide in us, cleanse us from all impurity, and save our souls, O Good One.

(From Pascha until Ascension, instead of Heavenly King, we say three times: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. Between Ascension and Pentecost, we begin immediately with Holy God)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *(Three times).*

Glory to the Father and to the Son and to the holy Spirit, both now and ever and unto ages of ages. *Amen.*

Most holy Trinity, have mercy on us.

O Lord, cleanse us from our sins.

O Master, pardon our iniquities.

O Holy One, visit and heal our infirmities, for your Name's sake.

Lord, have mercy; Lord, have mercy; Lord, have mercy.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. *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 the evil one; for thine is the Kingdom, the Power and the Glory, of the Father and of the Son and of the Holy Spirit, both now and ever and unto ages of ages. *Amen.*

Kyrie eleison *(twelve times)*

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

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.

LAMPLIGHTING PSALM 141

O Lord, I call to you; come to me quickly; hear my voice when I cry to you. Let my prayer rise before you as incense, the lifting up of my hands as the evening sacrifice. Set a watch before my mouth, O Lord, and guard the door of my lips. Let not my heart incline to any evil thing; let me not be occupied in wickedness with evildoers. Glory to the Father and to the Son and to the holy Spirit, both now and ever and unto ages of ages. *Amen.*

THEOTOKION

Let us sing the praises of Mary, Virgin, Door of Heaven, Glory of all the world, born of human parents, who also gave birth to the Lord; she is the Song of the Bodiless Powers, and the Enriching of the faithful. For she revealed herself as Heaven and the Temple of the Godhead. She destroyed the bulwarks of enmity, and ushered in peace, and threw open the Kingdom. Therefore, since we possess this confirmation of our faith, we have a Defender, even the Lord who was born of her. Be bold, People of God, for He, the All-Powerful, will vanquish your enemies.

JOYFUL LIGHT

O Joyful light of the holy glory of the immortal Father, heavenly, holy, blessed, Jesus Christ! Having come to the setting of the sun, and seeing the evening light, we praise the Father, the Son and the Holy Spirit, the only God! You are worthy at all times to be praised with holy voices, O Son of God, Giver of life: therefore world glorifies you!

THANKSGIVING FOR THE WORK OF CHRIST

O God of peace and Father of mercies, you have sent us your Son, granting us peace. So we are guided towards the light of the knowledge of God, and we glorify you, the Lover of mankind.

Bethlehem has opened for us the garden of Eden: come and see the joy we have found there in secret. Come, let us take possession of the paradise which is in the cave. There the Root of David has appeared, from which forgiveness has blossomed. There we have found the Well from which David longed to drink. There the Virgin gave birth to her child, and thereby quenched the thirst of Adam and of David. Let us hasten to this place where a new-born Child, who is the pre-eternal God, has come into the world for us.

Sorrow had silenced the harps of the children of Zion, for they could not sing in the land of exile; but Christ born in Bethlehem destroys all the error of Babylon and awakens in Zion a new song: therefore let the whole creation bless the Lord and exalt him above all forever.

O Trinity supreme in being, in goodness, and in Godhead, almighty, all-seeing yet invisible, incomprehensible, maker of spiritual beings and rational natures, innate goodness, light which no-one can approach and which enlightens every man who comes into the world: shine upon your unworthy servant and enlighten the eyes of my understanding that I may boldly sing the praises of your measureless beneficence and your might. We glorify you, Master, Lover of mankind, almighty and pre-eternal King. We glorify you, Creator and maker of all. We glorify you, only-begotten Son of God, born without father from your Mother, and without mother from your Father, for you are our sanctification and we give glory to you, together with your Father without beginning, and your most holy, good and life-giving Spirit, now and ever and unto ages of ages. *Amen.*

Isaiah was cleansed by receiving the coal from the seraphim, cried Simeon to the Mother of God, but you fill me with light as you entrust to me, with your hands as with tongs, the One you hold, the Lord of the light which knows no evening and the King of peace.

O Christ, at the creation of the world you fashioned man in your image with your invisible hands; but at your Transfiguration you revealed the original beauty of the human body, not in an image but as you are in your essence, both God and man. The visible sun was eclipsed by the rays of your divinity when it saw you transfigured on Mount Tabor, O Jesus.

O Christ our God, you gave the Law to Moses on Sinai, speaking to him face to face, as a man speaks to his friend, and you appeared riding on the cloud in the midst of the fire, the darkness and the storm; to Elijah, whom you took up to heaven in a chariot of fire, you manifested yourself in the still small voice; but on Tabor, the leaders of the prophets, together with Peter, James and John, your chosen disciples, saw your divine majesty, the Light which was before the sun.

The Master of creation and the Lord of glory has been nailed to the Cross, and his side has been pierced. He who is the sweetness of the Church tasted gall and vinegar. A crown of thorns was put on him who covers the heavens with clouds, and he is clothed in a cloak of mockery. He who formed man with his hands, was struck by a hand of clay. He who wrapped the heavens in clouds, was smitten on his back. He accepted spitting and scourging, reproach and buffeting; and all these things my deliverer and my God endured for me who am condemned, that in his compassion he might save the world from error.

Come, let us venerate the life-giving wood on which Christ, the king of glory, stretched out his hands of his own will. Through his sacrifice he has raised us up to eternal life, freeing us from the exile of sin, making us worthy to crush the heads of our invisible enemies. Come, all the nations, and honour the Cross of the Lord, the complete redemption of fallen Adam. Let us cry in thanksgiving: O Lord, when you were raised on the Cross, you raised us with yourself; make worthy of the joy of heaven those who praise you. The four ends of the earth are sanctified by the raising of your Cross, O Christ our God. Great is our God, and marvellous are his works: glory to you, our God!

Never again shall we be driven away from the tree of life, now that we have hope through your Cross: O Lord, glory to you! Immortal, suspended on the tree of the Cross, you have torn apart the nets of the devil: O Lord, glory to you!

O Christ, we praise your Passion, which saves us and we glorify your Holy Resurrection. You suffered the Cross in order to crush death; you rose from among the dead: establish our life in peace, Almighty Lord.

O Christ, Vanquisher of hell, by your Resurrection you gave us resurrection: give us a pure heart to praise and glorify you as we should.

We glorify your love for us, O Christ, and we praise you: without being separated from the Father, you were born of a Virgin; in your human nature you suffered freely on the Cross; you came out of the tomb as out of a bridal room in order to save the universe: glory to you, O Lord!

When you were nailed on the tree of the Cross, you destroyed the power of the enemy; creation trembled before you, by your might hell was crushed, you brought the dead out of their tombs, and you opened the door of Paradise to the thief: Christ our God, glory to you!

The holy women in tears hurried to your tomb, but having found it open and having received from the angel the wonderful news, they went to tell the apostles: the Lord is risen in order to give the world the grace of salvation.

We bow down, O Christ, before the divine wounds of your Passion, and before the Lord's Sacrifice in Zion; Sun of righteousness, you gave light to those asleep in the darkness of death, leading them towards the light that does not set: glory to you, O Lord.

On the third day, you brought the temple of your body out of the tomb; you gave resurrection to the human race together with Adam, and mankind sings: remember us, O Lord, when you come into your Kingdom.

The apostles arrived at the mountain and when they saw you, they fell down in worship before you; you sent them to all the nations to teach and baptise them.

Let us fall down in worship before the Father, let us glorify the Son and the Spirit: together let us sing with one voice: Most Holy Trinity, save us!

Grant peace, goodness and blessing, life, grace, kindness and mercy upon us, your Church, and upon your people Israel. Bless us, our Father, all of us as one, with the light of your face, for you give us the light of your presence, Lord our God, the Teaching of life and loving-kindness, righteousness, blessing, mercy, life and peace. May it be good in your eyes to bless us your Church and your people Israel at all times with your peace. Blessed are you, Lord, who blesses his people with peace.

PRAYERS OF REPENTANCE

My Lord and God, I come to you as a burdened sinner: guide me into the way of repentance and grant me the tears I do not have because of the hardness of my heart. When the thrones are set on the day of judgment, the righteous will rejoice but the sinners will weep when they hear: have you fed the hungry, sheltered the homeless, comforted the sorrowful, forgiven your enemies, refrained from slander, walked humbly before your God?

Lord, you received the prodigal son and the repenting thief: forgive me, the first of sinners, free me from bondage to the enemy, and give me the strength to keep your commandments.

Lord Christ my God, you heal my passions through your Passion: grant me tears of compunction. May your most pure Body and your precious Blood which I receive in the Holy Mysteries heal and transfigure my whole being and enlighten my mind darkened by passions. O Lamb of God, who gave your life for me, number me among the lambs of your chosen flock.

THANKSGIVING PRAYERS

(Adapted from the Syriac)

Glory to you, O God, from age to age. We give thanks to you, O our Father, for the holy Vine of David your servant: you made it known to us through your Son Jesus.

Glory to you, O God, from age to age. We give thanks to you, O our Father, for the life and knowledge you gave us through your Son Jesus.

Glory to you, O God, from age to age. We give thanks to you, Holy Father, that you have made our hearts a dwelling place for your holy Name.

Glory to you, O God, from age to age. We give thanks to you for the knowledge, the faith and the immortality you granted us through your Son Jesus.

Glory to you, O God, from age to age. O Master Almighty, you created the universe for the praise of your holy Name.

Glory to you, O God, from age to age. You gave mankind food and drink; to the believers you gave a spiritual food and drink through your Son Jesus.

PRAYER OF SAINT EPHREM THE SYRIAN

(Used throughout Great Lent)

O Lord and Master of my life, do not give me a spirit of sloth, faintheartedness, lust for power and idle talk *(Prostration)*.

Give rather to your servant the spirit of chastity, humility, patience and love. *(Prostration)*.

Yes, Lord and King, make me to see my own errors, and not to judge my brother, for you are blessed from all ages to all ages. *Amen. (Prostration)*

PRAYER FOR THE GUARDING OF THE TONGUE AND FOR PROTECTION

My God, guard my tongue from evil and my lips from speaking deceitfully. Let my soul be silent to those who curse me. Open my heart to your holy Word, and let my soul eagerly follow your commandments. Let your holy angels protect me from visible and invisible enemies. Save me and help me with your right hand, that your beloved may be delivered. May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer. *Amen.*



Bedtime Prayers

At the prayers of our holy Fathers and Mothers, Lord Jesus Christ, our God, have mercy on us and save us. *Amen.*

Glory to you, our God, glory to you.

TRISAGION PRAYERS

Heavenly King, Comforter, Spirit of truth, everywhere present and filling all things, Treasury of blessings, Giver of life, come and abide in us, cleanse us from all impurity, and save our souls, O Good One.

(From Pascha until Ascension, instead of Heavenly King, we say three times: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. Between Ascension and Pentecost, we begin immediately with Holy God)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *(Three times).*

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

Most holy Trinity, have mercy on us.

O Lord, cleanse us from our sins.

O Master, pardon our iniquities.

O holy One, visit and heal our infirmities, for your Name's sake.

Lord, have mercy; Lord, have mercy; Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. *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 the evil one; for thine is the Kingdom, the Power and the Glory, of the Father and of the Son and of the Holy Spirit, both now and ever and unto ages of ages. *Amen.*

Kyrie eleison. *(Twelve times).*

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

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.

Have mercy on us, O Lord, have mercy on us, for we sinners, void of all defence, offer to you, our Master, this supplication: have mercy on us.

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

Have mercy on us, O Lord, for in you have we trusted; do not be angry with us, nor remember our iniquities, but look down upon us in your mercy; deliver us from our enemies, for you are our God, and we are your people; we are the work of your hands, and we call on your Name.

Both now and ever and unto ages of ages. *Amen.*

Open for us the door of your loving-kindness, O blessed Mother of God; since we have set our hope on you, do not let us go astray; but through you, may we be delivered from all adversities; for you are the salvation of all Christian people.

Now that the day has come to a close, we thank you, O Lord, and entreat you that the evening with the night may be without sin; grant this, O Saviour, and save us.

Now that the day has passed, we glorify you, O Master, and entreat you that the evening with the night may be without offence; grant this, O Saviour, and save us.

Now that the day has run its course, we praise you, O Holy One, and entreat you that the evening with the night may be undisturbed; grant this, O Saviour, and save us.

O great and Most High God, you alone are immortal; you dwell in light unapproachable; you have made all things with wisdom; you have separated the light from the darkness, and you have appointed the sun to rule the day, the moon and the stars to rule the night; you have allowed us, in spite of our sins, to come before you to proclaim our faith and to offer you our sacrifice of praise: direct our prayer that it may rise towards you like the fragrance of incense.

Give us to spend this evening and the coming night in peace. Cover us with an armour of light. Deliver us from the fear of darkness; give us peaceful sleep to refresh us, and protect our dreams against the influence of the evil one. You are the Giver of every grace: grant us to remember your holy Name in our sleep; may your commandments remain in our hearts, that in the morning we may glorify your goodness and offer prayers for ourselves and for all people. We give thanks for your love, and we glorify you, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*

We praise you, Lord, for you are the light, and in you our souls find the light. Your love protects us from everything that is false, dark and wrong. Nothing can separate us from your love, which is more precious than all the treasures of this world.

We praise you for your love and for allowing us to love you. You gave up your life, Lord Jesus, that I might never be ashamed of belonging to you, of telling others about you.

You have shared my life on earth to make me share yours in heaven. How wonderful is your love for your people: you did not give up for me something that belonged to you, but with your life you opened for me the door of your Kingdom.

We praise you, Lord Jesus, for giving us your holy Word, through which we know you, we hear you, we are guided by you. We praise you, Lord Jesus, for your pure Body and your precious Blood which I receive in your Holy Mysteries; through them, you dwell in my heart at all times, with your Father who has no beginning and your holy and life-giving Spirit, both now and ever, and unto ages of ages. *Amen.*

O Angel of God, my holy Guardian, keep my heart and mind in the love of the Father, the Son and the Holy Spirit; by your guidance, may I stay in the path of righteousness, the path of light, firm in my obedience to the Lord's commandments.

Then one or more of the following prayers to the Mother of God

Queen of the heavenly host, defender of our souls, we, your servants, offer you songs of victory and thanksgiving, for you have delivered us from dangers, O Mother of God. Since you have invincible power, free us from all dangers that we may cry out to you: rejoice, unwedded Bride! Rejoice, for through you joy has come into the world! Rejoice, for you are the bridge which takes us to heaven! Rejoice, Mother of the Lamb and of the Shepherd! Rejoice, Mother of the never-setting Star! Rejoice, dawn of the eternal day! Rejoice, for you freed us from trusting in our own works! Rejoice, glorious Temple of the One who is above the Cherubim! Rejoice, Tabernacle of God the Word! Rejoice, Ark overshadowed by the Holy Spirit! Rejoice, unwedded Bride!

Blessed are you, Mary, daughter of the poor, who became the Mother of the Lord of kings. The heavens are full of the praise of him who dwelt in your womb. Blessed is your breast which nourished him with love; your mouth which sang him to sleep, and your arms which held him. Your womb bore the God of fire!

Blessed are you, Virgin who bore the Lion Cub of whom Jacob spoke; he humbled himself and became a Lamb destined to ascend the Cross to deliver us. The tree which provided the ram and spared the life of Isaac prefigured you.

Blessed are you, holy one, for the curse of Eve was revoked through you. The common debt owed to the serpent for generations, has been paid with your help. Indeed you bore the treasure which filled the world with every help. From you has come the Light which destroyed the rule of darkness. *Amen.*

Mary, immensity of heaven, foundation of the earth, depth of the seas, light of the sun, beauty of the moon, splendour of the stars of the sky: you are greater than the Cherubim, more eminent than the Seraphim, more glorious than the chariots of fire.

Your womb bore God before whose majesty man stands in awe. Your lap held the glowing coal; your knees supported the lion whose majesty is fearful. Your hands touched the One who is beyond reach and the fire of the divinity which is in him. Your fingers resemble the glowing tongues with which the prophet received the coals of the heavenly oblation.

You are the basket for the bread of ardent flame and the chalice of wine. O Mary, who nurtured in your womb the fruit for the oblation, we children in this holy place pray to you with perseverance that you would guard us from the adversity which ensnares us, and as the measure of water cannot be parted from the wine, so let us not be separated from you and your Son, the Lamb of our salvation. *Amen.*

Holy Mary, Mother of God, most holy Temple of the Lord, make me, by your prayers to your God and Son, a chosen vessel for his most pure body and precious blood! O Virgin Mother of God, to your merciful care do we hasten in our sorrow; reject not our prayer, but save us from misfortune, O only pure and blessed one. Most holy Mother of God, save us!

Guard me as I sleep, O Lord, by the power of your holy and life-giving Cross; into your hands I commend my spirit. *Amen.*



PRAYERS OF INTERCESSION

Remember, Lord, to free your Church from all evil and to make her perfect in your love. Gather from the four corners of the universe the Church you sanctified, into the Kingdom you prepared for her. Have mercy on our archbishop..., on our bishop..., and on all the bishops of the Orthodox Church, that they may be fearless in the proclamation of the word of your truth. You created this world to your glory and for joy without end: grant that those who oppose your word may be converted and glorify you with all the faithful.

Have mercy on our sovereign lady Queen Elizabeth, the royal family, the parliament and government of this country and all in authority that we may lead a peaceful life in godliness and sanctity. Grant success to those who seek to give legal protection to unborn children and to restore to our country laws which reflect your commandments.

Have mercy on our city (town or village); guide and protect the members of my family... and of our parish....

From the early centuries you manifested the power of your Kingdom through the lives of countless God-bearing monastics: protect, strengthen and guide the Orthodox monastics of today, in our city, in our country and throughout the world.

Deliver all Christians from persecution by atheistic powers or by the followers of anti-Christian teachings, and release those who are in captivity for the Faith.

Renew the witness of Orthodox Christians in our secularist and nihilistic world, by the power of your grace.

Remember, O Lord our God, the love of the Patriarchs, Abraham, Isaac and Israel, your servants, and the Covenant, your incarnation from the Daughter of Zion, our most holy Lady the Mother of God; make peace between Israel and your Church, and may there be abundant peace from heaven for us and for all Israel; and we say: *Amen*.

In your mercy heal your servants... of all sickness and pain. Put an end to their weakness, visit them in your compassion, that rising by the power of your hand, they may serve you with gratitude. Accompany your servants... who are travelling; help them to fulfil your commandments and bring them back safely.

Thankful for the great blessings you granted to your servants ..., we glorify you, praise, bless, give thanks and magnify your loving kindness.

Grant rest to our fathers and mothers, brothers and sisters, all our acquaintances who have died, and all the dead: grant them eternal life. O Source of life, place all the dead in the land of the living, in a place of rest, in the eternal dwellings, where the light of your face is shining, where the righteous know delight, joy and peace, while the sins they have committed in word, deed or thought, consciously or inadvertently, have been wiped away, for you are the Lord of all goodness.

Prayers before and after meals

BEFORE MEALS

We sing or say:

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 the evil one; for Thine is the Kingdom, the Power and the Glory, of the Father and of the Son and of the Holy Spirit, both now and ever and unto ages of ages. *Amen.*

Or else we sing or say:

The eyes of all wait upon thee, O Lord, and thou givest them their meat in due season, Thou openest thy hand and fillest all things living with plenteousness.

(Psalm 145: 14-15).

Then:

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

Christ God, bless the food and drink of thy servants, for thou art holy, always, now and ever and unto ages of ages. *Amen.*

AFTER MEALS

We give thanks to thee, O Christ our God, that thou hast satisfied us with thine earthly good things; deprive us not of thy heavenly gifts, but as thou didst come among thy disciples and give them peace, so come to us, O Good One, and save us.

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

Lord Jesus Christ, bless the fragments that remain and grant increase in this house, in this country and in thy whole world, for thou art holy, O Lord, and to thee we give glory, to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. *Amen.*

Or:

God is with us by his grace and love for mankind, always, now and ever and unto ages of ages. *Amen.*

Akathist Glory to God for all things

KONDAKION 1

Incorruptible Lord, your right hand controls the whole course of human life, in accordance with the decrees of your Providence for our salvation.

We give you thanks for all your blessings, known and unknown: for our earthly life and for the heavenly joys of your kingdom which is to come.

Henceforth extend your mercies towards us as we sing:

Glory to you, O God, from age to age!

IKOS 1

I was born a weak, defenceless child, but your angel, spreading his radiant wings, guarded my cradle. From my birth, your love has illumined my paths, and has wondrously guided me towards the light of eternity.

From my first day until now, the generous gifts of your providence have been wonderfully showered upon me. I give you thanks, and with all those who have come to know you, I exclaim:

Glory to you for calling me into being,

Glory to you for spreading out before me the beauty of the universe,

Glory to you for revealing to me through heaven and earth the eternal book of wisdom,

Glory to your eternity within this fleeting world,

Glory to you for your mercies, seen and unseen,

Glory to you for every sigh of my sorrow,

Glory to you for every step in my life's journey, for every moment of joy,

Glory to you, O God, from age to age.

KONDAKION 2

O Lord, how lovely it is to be your guest:

Breeze full of scent; mountains reaching to the skies;

Waters like a boundless mirror,

Reflecting the suns golden rays and the scudding clouds.

All nature murmurs mysteriously, breathing depths of tenderness,

Birds and beasts bear the imprint of your love,

Blessed are you, mother earth, in your fleeting loveliness,

Which wakens our yearning for happiness that will last for ever

In the land where, amid beauty that grows not old,

Rings out the cry: Alleluia!

IKOS 2

You brought me into this life as into an enchanted paradise. We have seen the sky, like a deep blue cup ringing with birds in the azure heights. We have listened to the soothing murmur of the forest and the sweet-sounding music of the waters. We have tasted fragrant fruit of fine flavour and sweet-scented honey. How pleasant is our stay with you on earth: it is a joy to be your guest.

Glory to you for the feast-day of life,
Glory to you for the perfume of lilies and roses,
Glory to you for each different taste of berry and fruit,
Glory to you for the sparkling silver of early morning dew,
Glory to you for each smiling, peaceful awakening,
Glory to you for eternal life in us, a messenger of heaven,
Glory to you, O God, from age to age.

KONDAKION 3

In the strength of the Holy Spirit each flower gives out its scent - sweet perfume, delicate colour, beauty of the whole universe revealed in the tiniest thing. Glory and honour to God the Giver of life, who covers the fields with their carpet of flowers, crowns the plains with harvest of gold and the blue of corn-flowers, and our souls with the joy of contemplating him. O be joyful and sing to him: Alleluia!

IKOS 3

How glorious you are in the triumph of spring, when every creature awakes to new life and joyfully sings your praises with a thousand tongues: you are the source of life, the conqueror of death. By the light of the moon nightingales sing: the plains and the woods put on their wedding garment, white as snow. All the earth is your promised bride awaiting her bridegroom who does not know decay. If the grass of the field is clothed like this, how gloriously shall we be transfigured in the coming age of the resurrection: how radiant our bodies, how resplendent our souls!



Glory to you, bringing from the darkness of the earth an endless variety of colours, tastes and scents,
Glory to you for the warmth and tenderness of the world of nature,
Glory to you for surrounding us with your countless works,
Glory to you for the depth of your wisdom: the whole world is a living sign of it,
Glory to you: on my knees, I kiss the traces of your unseen hand,
Glory to you for setting before us the dazzling light of eternal life,
Glory to you for the hope of the unutterable, imperishable beauty of immortality, Glory to you, O God, from age to age.

KONDAKION 4

How filled with sweetness are those whose thoughts dwell on you: how life-giving your holy Word; to speak with you is more soothing than anointing with oil, sweeter than the honeycomb. Praying to you refreshes us and gives us wings: our hearts overflow with warmth; a majesty filled with wisdom permeates nature and all of life! Where you are not, there is only emptiness. Where you are, the soul is filled with abundance, and its song resounds like a torrent of life: Alleluia!

IKOS 4

When over the earth the light of the setting sun fades away, when the peace of eternal sleep and the quiet of the declining day reign over all, I see your dwelling-place like tents filled with light, reflected in the shapes of the clouds at dusk: fiery and purple, gold and blue, they speak prophet-like of the ineffable beauty of your heavenly court, and solemnly call: let us go to the Father!

Glory to you in the quiet hour of evening,
Glory to you, covering the world with deep peace,
Glory to you for the last ray of the setting sun,
Glory to you for the rest of blissful sleep,
Glory to you for your mercy in the midst of darkness, when the whole world is veiled from our sight,
Glory to you for the tender emotion of a soul moved to prayer,
Glory to you for the pledge of our awakening on the day which has no evening,
Glory to you, O God, from age to age.

KONDAKION 5

The storms of life do not frighten those whose hearts are ablaze with the light of your flame. Outside is the darkness of the whirlwind, the terror and howling of the storm. But in their souls reign quiet and light. Christ is there, and the heart sings: Alleluia!

IKOS 5

I see your heaven glowing with stars. How rich you are, how much light is yours! Eternity watches me by the rays of the distant stars: I am small, insignificant, but the Lord is with me, his loving hand protects me wherever I go.

Glory to you for the trouble you take over me at all times,
Glory for the people your Providence gave me to meet,
Glory to you for the love of my dear ones, the faithfulness of friends,
Glory to you for the gentleness of the animals which serve me,
Glory to you for the light-filled moments of life,
Glory to you for the radiant joy in my heart,
Glory to you for the joy of living, moving and seeing,
Glory to you, O God, from age to age.

KONDAKION 6

How great and how close you are in the powerful track of the storm; how mighty your right arm in the blinding flash of the lightning; how awesome is your greatness! The voice of the Lord is over the fields and amid the rustling forests, the voice of the Lord is in the birth of thunder and of rain, the voice of the Lord is over the many waters.

Praise to you in the roar of mountains ablaze. You shake the earth like a garment. You pile up to the sky the waves of the sea. Praise to you, bringing low the pride of man, bringing from his heart the cry of repentance: Alleluia!



IKOS 6

When the lightning flash has lit up the feasting-hall, how feeble seems the light of the lamps. Likewise, amidst the strongest joys of my existence, you suddenly flashed in my soul. After your blinding light, how drab, dull and unreal seemed all those joys! Passionately, my soul turn to you.

Glory to you, the Goal in whom mankind's highest dreams are fulfilled,

Glory to you, for our unquenchable thirst for communion with God,

Glory to you, making us dissatisfied with earthly things,

Glory to you, clothing us with the finest rays of your light,

Glory to you, destroying the power of the spirits of darkness, dooming all evil to destruction,

Glory to you for the joy of hearing your voice, for the happiness of your presence and of living in your love,

Glory to you, O God, from age to age.

KONDAKION 7

In the wondrous blending of sounds it is your call we hear. In the harmony of many voices, stirred by the musical tones, dazzled by arts creativeness, we learn from you the splendour of melody and song, and receive a foretaste of the coming kingdom. All true beauty draws the soul towards you in powerful invocation, and makes it sing triumphantly: Alleluia!

IKOS 7

The outpouring of the Holy Spirit enlightens the thoughts of artists, poets, and scientists. Their great minds receive from you prophetic insights into your laws, and reveal to us the depth of your creative wisdom. Unwittingly, their works speak of you; how great you are in all you have created, how great you are in man!

Glory to you, showing your unfathomable might in the laws of the universe!

Glory to you, for all nature is permeated by your laws,

Glory to you for what you have revealed to us in your goodness,

Glory to you for all that remains hidden from us in your wisdom,

Glory to you for the inventiveness of the human mind,

Glory to you for the invigorating effort of work,

Glory to you for the tongues of fire which bring inspiration,

Glory to you, O God, from age to age.

KONDAKION 8

How near you are in the days of sickness; you yourself visit the sick; you bend over the sufferer's bed: his heart speaks to you. With your peace you enlighten the soul burdened with affliction and pain: you send unexpected help. You comfort, you are Love, bringing trial and salvation, and to you we sing the hymn: Alleluia!

IKOS 8

When in childhood I called upon you consciously for the first time, you heard my prayer and sacred peace came down into my soul. Then I understood that you are good; blessed are those who turn to you. I started to call upon you unceasingly, and now I call upon your Name:

Glory to you, satisfying my desires with good things,

Glory to you, watching over me day and night,

Glory to you, calming tribulations and bereavement with the healing flow of time,

Glory to you, no loss is irreparable when you are there, to all you give eternal life,

Glory to you, making immortal all that is lofty and good, promising to welcome the dead,

Glory to you, O God, from age to age.

KONDAKION 9

Why is it that on a feast day the whole of nature mysteriously smiles? Why does a marvellous lightness then fill our hearts, to which nothing earthly can be compared: the very air in the altar and in Gods house becomes luminous? It is the breath of grace, the reflection of the glory of Mount Tabor: heaven and earth then sing this praise: Alleluia!



IKOS 9

When you inspire me to serve my neighbour, and make humility shine in my soul, one of your deep-piercing rays of light falls into my heart: it then becomes glowing, like iron in the furnace. I have seen your Face, mysterious and elusive.

Glory to you, transfiguring our lives with deeds of love,

Glory to you, making wonderfully sweet each one of your commandments,

Glory to you, clearly present in fragrant compassion,

Glory to you, sending us failures and afflictions to make us sensitive to other peoples sufferings,

Glory to you, promising high rewards for precious good deeds,

Glory to you, welcoming the impulse of our hearts love,

Glory to you, for raising love above everything on earth or in heaven,

Glory to you, O God, from age to age.

KONDAKION 10

No one can put together what has crumbled into dust, but you can heal men whose conscience has become twisted; you give the soul its former beauty, which long ago it had lost without a hope of change. With you, nothing is hopeless. You are Love. You are the creator and the redeemer of all things. We praise you with this song: Alleluia!

IKOS 10

My God, you know the fall of proud Lucifer. Save me through the power of your grace; do not allow me to fall away from you, do not allow me to doubt you. Sharpen my ear, that at every minute of my life I may hear your mysterious voice, and I call upon you, present everywhere:

Glory to you for providential circumstances,

Glory to you for helpful forebodings,

Glory to you for the teaching of your secret voice,

Glory to you, for revelations you give us in dreams or awake,

Glory to you for scattering our vain imaginations,

Glory to you, freeing us from the fire of passions through suffering,

Glory to you, who for our salvation, bring down the pride of heart,

Glory to you, O God, from age to age.

KONDAKION 11

Beyond the icy sequence of the ages, I feel the warmth of your divine breath, I hear the throbbing of your blood. You are already near: part of time has already gone by. I see your Cross: it is there for my sake.

My spirit is but dust before your Cross: here is the triumph of love and redemption, here throughout the ages unceasingly rises the praise:
Alleluia!

IKOS 11

Blessed is he who will share in your mystical supper in your kingdom, but even here on earth you have granted me this blessedness. How many times, with your divine hand, you offered me your Body and your Blood, and I, although a great sinner, received these sacred Gifts and I felt your ineffable and supernatural love.

Glory to you for the inconceivable and life-giving power of grace,
Glory to you who established your Church as a haven of peace for a tormented world,
Glory to you for giving us new birth in the life-giving waters of baptism,
Glory to you, restoring to those who repent purity white as the unstained lily,
Glory to you, unfathomable abyss of forgiveness,
Glory to you for the cup of life, for the bread of eternal joy,
Glory to you who raise us to heaven,
Glory to you, O God, from age to age.

KONDAKION 12

More than once have I seen the reflection of your glory in the faces of the dead. What beauty, what heavenly joy shone in them! How light their features, now made spiritual! This was the triumph of happiness and peace found once again; in their silence they were calling on you. At the hour of my death, illumine also my soul which calls to you: Alleluia!



IKOS 12

How poor is my praise before you! I have not heard the song of the Cherubim, a joy reserved to the souls on high, but I know the praises nature sings to you. In winter, I see how in the moonlit silence the whole earth offers you prayer, wrapped in its white mantle of snow, sparkling like diamonds. I see the rising sun rejoice in you, and I hear the chorus of birds raise a hymn of glory. I hear the forest mysteriously rustling in your honour, the winds sing of you, the waters murmur and the processions of stars proclaim you as they move in harmony for ever in the depths of infinite space. What is my poor worship? All nature obeys you, I do not; yet while I live, I see your love, I long to thank you, pray to you and call upon your Name.

Glory to you, who have shown us the light,
Glory to you, who loved us with a deep unfathomable and divine love,
Glory to you, who bless us with the light, with a host of angels and saints,
Glory to you, Father most holy, revealing us your kingdom in your commandments,
Glory to you, Holy Spirit, life-giving Sun of the world to come,
Glory to you for all things, divine and most merciful Trinity,
Glory to you, O God, from age to age.

KONDAKION 13

Life-giving and most merciful Trinity, receive our thanksgiving for all your kindnesses; make us worthy of your blessings, so that, when we have brought a profit from the talents you have entrusted to us, we may enter into the eternal joy of our Lord, singing the triumphal hymn: Alleluia!



Short Canons: Evening

I. GLORY TO YOU, O GOD, FROM AGE TO AGE.

Lord of all creation, you are the God of Abraham, of Isaac and of Jacob, God of compassion, of tender love and of mercy.

Uncircumscribed, unaging, timeless, words do not lead you astray; you live in inaccessible light.

We acknowledge you as the Light, and we are in your hands. Do not let the adversary tear us away from you; do not let rebellion fill our hearts.

We proclaim your holiness; sanctify us with your Body and Blood, that we may praise your glory.

We praise you and glorify you, for your mercy knows no limit. You are for us help and protection; may your Name be praised unto ages of ages.

2. GLORY TO YOU, O GOD, FROM AGE TO AGE.

We give thanks to you, O our Father, for the holy Vine of David your servant: you made it known to us through your holy child Jesus.

We give thanks to you, O our Father, for the life and knowledge you gave us through your holy child Jesus.

We give thanks to you, Holy Father, that you have made our hearts a dwelling place for your holy Name.

We give thanks to you for the knowledge, the faith and the immortality you granted us through your holy child Jesus.

O Master Almighty, you created the universe for the praise of your holy Name.

You gave mankind food and drink; to the believers you gave a spiritual food and drink through your holy child Jesus.

Remember, Lord, to free your Church from all evil and to make her perfect in your love. Gather from the four corners of the universe the Church you sanctified, into the Kingdom you prepared for her.



3. HOLY ARCHANGELS, PRAY TO GOD FOR US

Rejoice, for you are the closest witnesses of the Beauty of God, first partakers of the mystery of the Holy Trinity.

Rejoice, for through you mankind ascends to heaven; rejoice, for you are established for ever in Truth.

Rejoice, for invisibly you calm the agitation of the world; rejoice, protectors of those who on earth are weakened by temptations.

Rejoice, for through you the Judges and Leaders of Israel found strength and protection; rejoice, for on the last day, you will gather the elect from the four corners of the universe.

Rejoice, Michael for you gave your message to Sarah and Abraham; rejoice, Gabriel, for you warned Sodom and you gave the Mother of God the news of the Words coming in our midst.

Rejoice, Raphael, for you healed Abraham; rejoice, Gabriel and Raphael, for you saved Lot from the deluge of fire.

4. GLORY TO YOU, O GOD, GLORY TO YOU.

Blessed are you, O Christ; for the Church, although shaken by the sea, is never submerged through your grace.

Blessed are you, O Church of whom Christ is the Pilot; in your midst you carry the mast of the Cross and the emblems of victory.

Blessed are you, O Church, whose prow is the East and whose stern is the West; whose Rudder is the Word of God in both testaments.

Blessed are you, O Church, for you carry within you reserves of living water through the Wood that gave us new life.

O Lord, you planted your Cross in the centre of the world; through it, you opened the door of Paradise to mankind; through it, you established your Church as the dwelling of the Trinity.



Short Canons: Morning

1. O LORD, GLORY TO YOU, O GOD.

From the morning I stand before You, the Maker of the universe, the Peace which passes all understanding! Your precepts are light, lead me in Your ways.

You brought all things out of nothing; You created them by the Word and You lead them to perfection by the Spirit; Almighty Master, strengthen me in Your love.

O Master of all, You established the mountains and the valleys with the scales of Your divine knowledge. Glory to Your power, O Lover of mankind.

In Hades, the souls of the righteous asked for salvation, and You granted it when You went down, O merciful One, to the nether world.

I no longer fear going back to the earth, O Christ, my master, for in Your great compassion, you raise me from the earth to the heights of Life.

2. O LORD, GLORY TO YOU.

We fall down and worship you, before whom tremble angels and archangels, thousands of martyrs, the choir of the apostles and of the prophets.

Your praises are sung by the birds of the air, Your Name is confessed by the heavens, the earth and the nether world; all the waters on the earth and in the sky praise You, and insensitive things can sense Your presence.

You alone exist; without You and outside You no-one exists, Almighty Lord whom only the Son can see and whom all creatures obey, we worship You.

Holy are You, God of Abraham, of Isaac and of Jacob; God of the apostles and of the prophets, God of those who believe, God and Father of our Lord Jesus-Christ.

We call upon You, Only-begotten Son; grant us integrity of heart, give us a spotless faith, a pure spirit, burning love; make us grow in Your holy Church.



3. O LORD, GLORY TO YOU.

O Christ, the splendour of life gushes forth from You, inexhaustible fountain of fruitfulness for the universe.

You are our star and our light. We give thanks to You, and with trust we fall down in worship before You. Give us health of body and firmness of faith to be able to praise You.

You have been glorified by the One who sent You. Turn Your gaze towards us, come to our help, make straight our thoughts, strengthen our faith by the Spirit.

In celebrating Your glory, we sing Your Father and Your Holy Spirit. In celebrating the might of the Father, our hearts awaken to Your presence.

Glorify Your name within us, for in Your Father, in You, in the Holy Spirit is our hope unto ages of ages.

4. GLORY TO YOUR LIGHT, O LORD.

O Christ, Your birth preceded the beginning of the ages; You are the source of light, together with the Father You radiate light, You illumine the choir of the saints.

By You the universe was created, by You the centre of the earth is made strong, by You the entire human race is saved.

For Your sake does the sun run its course and give light to our days.

For Your sake does the crescent of the moon disperse the darkness of night; for Your sake do the seeds grow and the herds graze.

Rejoice, Origin of the Son; rejoice, Image of the Father; rejoice, Dwelling of the Son, Seal of the Father, Spirit most pure.

O Christ, send out upon me the Spirit of the Father; may He be for me like dew and fill me with Your royal gifts.

5. O LORD, GLORY TO YOU.

Glory to You who glorified us, glory to Your boundless love, glory to Your mercy, glory to Your might.

Glory to You the immutable and changeless One, the ever-moving One, who are entirely outside creation yet entirely within each creature.

You pervade all things, and are greater than all; You are beyond time, beyond all light.

You are the Only One and You are in all things; our spirit cannot fathom the greatness of Your glory and the splendour of Your beauty.

O God of all, beyond all, invisible and inaccessible, You made Yourself visible to the eyes of all in the flesh You assumed.

6. O LORD, GLORY TO YOU.

Lord, You created the universe, You are mindful of every being, You know all and nothing escapes You.

You guide towards the truth those who were sitting in the darkness and in shadow of death; You wish to save all mankind.

With all our hearts and in unison we offer You our praises and our hymns to glorify You in the hours of the morning.

You called us, You taught us and You bring us towards You, You grant us wisdom and understanding for life eternal.

You redeemed us by the precious Blood of Your Only-begotten Son. You freed us from the devil and granted us glory and freedom.

We were in death and You brought us back to life by Your Spirit; we were sullied and You renewed our integrity.

We consecrate ourselves to Your divine Words and Your holy Law, for today we wish to draw near to You. May Your light enter our hearts that we may know You and serve You.

7. O LORD, GLORY TO YOU.

Lord, You have granted us the greatest good when You granted us the power to praise You.

From dawn we wish to proclaim Your goodness, for You counted us worthy to observe this morning prayer.

Throughout the nights we wish to sing Your name and with the ten-stringed harp to celebrate Your majesty. You fill us with joy by Your actions, O Lord and we praise the work of Your hands.

You created the universe by a single word; alone man is made in Your image. Great are Your works, O Lord, but the human race to whom You disclose them is greater than Your creation.

Infinitely deep are Your thoughts; I attempted to fathom them, but You are the unfathomable One.

Your Spirit dwells in inaccessible depths and Your thought is forever an unprobed mystery.

8. GLORY TO YOUR LIGHT, O LORD.

How can we praise You, sing Your name and glorify You, who are beyond praise and beyond all words?

Sun of righteousness reflected in the universe, You throw light on all and nothing can throw light on You; in You is the light You received from the beginning from Your Father.

Our song is for You, for You arise in our hearts, You show us wonders which no eyes had contemplated.

You come down within each one of us and make us Your disciples, after we had been prisoners of darkness and workers of iniquity.

O Sun from before the ages, You have shone in Hades; You enlightened our heart plunged into darkness and You grant us the never-setting daylight.

9. O LORD, GLORY TO YOU.

O Christ our God, Your Kingdom has no end, Your treasure is inexhaustible, You are the God of invincible hosts.

You walked on our roads, healing the leprous and the lame. You opened eyes which had been filled with darkness that they might contemplate Your face.

You opened the ears of the deaf that they might hear Your good news, You loosened tied tongues that they might praise You.

You commanded the sea and it obeyed You. You are indeed the Son of God and the Saviour of the world.

May Your light shine in our eyes that they might see You alone; may Your praise be on our lips that they might sing Your sole glory.

May our ears hear your living word that we may act in accordance with it, may our hearts be the dwelling of the Holy Trinity.

10. BLESSED ARE YOU, O LORD

Shining stars and moving powers disappear and lose their brightness before the splendour of Your light and of Your might.

You alone are manifested, for You show us the image of the Almighty father and You reveal to us the greatness of the Father and the Son.

In the same manner as the Father in heaven, You, His child, are the First one and the Lord of all in our universe.

From the beginning You uphold the foundations of the earth; You are our example, You are our way, You are the gate which leads to light.

Therefore we praise You and sing Your name, O Immortal One, untiring One, eternal One, celebrated by all.

11. YOU ARE HOLY, O LORD.

Holy is God who gave me light and life. Holy is God, the Father of everything that is.

Holy are You, who are from the beginning; holy is the God known by all; holy are You, who have created all by Your Word.

Holy are You, mightier than all might, holy are You, above all praise.

O Father, You are worthy of praise. Your human creature seeks holiness with You according to the power You granted us.

You are the only One, in whom all things are, whose members we all are.

To Him be glory unto ages of ages.

Receive the words which go up from my heart towards You, O ineffable One, O unutterable One, who speak in silence.

Grant me to know the depth of my nature. Incline Yourself towards me and make me strong; I will shine forth this grace with love upon my brothers and sisters who are Your children.

12. O LORD, GLORY TO YOU.

Glory to You, hidden God who cannot be grasped; glory to You, Light of every man who comes into the world. Glory to You by whom the world was made.

Glory to You who bring forth hope into the heart of despairing people, for You can do the impossible and accomplish whatever You wish.

Lord, God of Abraham, of Isaac and of Jacob, You created the heavens and the earth in their splendour; the whole universe cannot sustain the greatness of Your glory.

You inclined Yourself towards the wounded human race to care for it and heal it; may the world live by You and for You, may every life find in You its meaning and its joy.

Establish us in the faith; may we not be blinded by false appearances; spread your light over the world that people may contemplate Your face.



Prayers for two weeks

SUNDAY NIGHT ONE:

When you get up to pray, although it is hard, throw wisdom into your thoughts and keep them inside your heart. When you stand to pray, do not let your heart lose itself into all sorts of concerns, but let your body be a church and your mind a temple of glory. Let your mouth be like incense and your lips like fine spices.

Unfathomable Mystery, O Trinity, who drew the universe out of nothing, you shaped it in your image and likeness, you gave us new birth and returned to us our former splendour. Showing yourself to Abraham as Trinity in divine Unity, O inaccessible Light, you proclaimed your most hidden mystery. Only God in three Persons, dissipate the darkness of my sins, enlighten me, make me a partaker in your light, make me a sanctuary of your glory. Enlighten us with your deifying brightness, make your dazzling light spring up into our hearts, dwell within us, indivisible Trinity, that we may praise you with the angels. Make us a temple of your light, make us partakers of your trinitarian life, put us beyond the reach of the enemy, that we may praise you, friend of mankind. Our praise is joy for the Trinity, in whose image we are created, and the angels, attentive to the voices of the children of the earth, wonder at our praise.

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

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

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

O God, send us your angels to watch over us throughout the night; may we glorify you with them whether waking or sleeping. Led by them and guarded by your light, bring us one day to the great morning of your coming. We praise you with all the angels and the saints, Father, Son and Holy Spirit, Holy Trinity, glory to you.



MONDAY MORNING ONE:

Glory to him who is exalted in the heavens by the cherubim and the seraphim. All the angels venerate your holy Name and worship it saying:

Holy, Holy, Holy are you, O God. With them, the peoples of the earth fall down in worship before the Lord saying: Holy God, Holy Mighty, Holy Immortal One, have mercy on us.

The morning of the Lord is coming and brings true joy to those who sing his praise. Glory to the only Son who enlightens creation, glory to him who was manifested from the eternal Father. In the morning, let us sing in the Spirit and let us fall down before the Lord. Glory to the only Son who enlightens creation, glory to him who was manifested from the eternal Father. O Lord, let your goodness accompany us and lead us to your great morning. Glory to the only Son who enlightens creation, glory to him who was manifested from the eternal Father. Lord, enlighten my heart and my mind, as you brought me out of sleep; Most Holy Trinity, open my lips that I may sing: Holy, Holy, Holy are you, O God. Tens of thousands of angels shine with the light of the Trinity brighter than lightning, with their never silent lips, they teach us to glorify God in three Persons.

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

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

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

Watchman glorified by angels in heaven and praised by men on earth, the hope of those in the tombs, awaken us that we may sing the glory of your Name and lead us one day to the place of your rest where we will glorify you with the Father and the Holy Spirit unto ages of ages. *Amen.*

MONDAY NIGHT ONE:

John the Baptist, do not cease interceding for the whole world that we may be clothed with power from on high and triumph over the evil one. O Baptiser of the Lord, intercede with him for us. Lord, deliver us from darkness by your grace, grant us to inherit your Kingdom. Receive our prayers and guide our hearts, that your peace may reign over us tonight. Blessed is he who puts his hope in the Lord, he will not be separated from him by death. Blessed is he who forgives his brother, mercy will be shown to him on the day of resurrection. Receive our prayers and guide our hearts, that your peace may reign over us tonight. Lord of all time and of all nights, listen to our requests and have mercy on us. Strengthen us with your might, enlighten our hearts with your comfort. Forerunner, intercede with the Lord that he may cleanse us of all sin. Let him bring out of our hearts of stone the tears of genuine conversion. Christ, Sun of righteousness, who enlightened the earth with the light of your Forerunner, send now this same light into our hearts. Give us your peace and your joy, that we may be ready to meet you when you come. To you belong all honour and glory, Father, Son and Holy Spirit, unto ages of ages. *Amen.*

TUESDAY MORNING ONE:

John the Baptist, you rose up like the dawn to enlighten the hearts of those who praise you, and you came before the Sun of righteousness, Christ our God. Implore him to cast his light into our hearts darkened by vain thoughts.

O true Light, enlighten all those who look for you. Lord, give light to our eyes that we may see your lovingkindness. He who goes forward on the road with you will not stumble for you are the Light. Save us as you hear unceasingly our cries: let your mercy enlighten us throughout the day. Lord, give light to our eyes that we may see your lovingkindness.

Lead us along the road of repentance, O Forerunner, guide of the new people of God; as you proclaimed the lamb of God, do not cease interceding for us. John the Baptist, you are the greatest of the prophets, for you saw him whom you proclaimed; you stand between the old and the new, you are the greatest star which came before the Sun.

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

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

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

Glory to the Father who sent his Son who became one of us that we might become children of God and partakers of the Spirit. Glory to the Spirit who sanctifies the world. Holy Trinity, glory to you.

O God of mercy, grant us to testify about you, as did John the Baptist, in the joyful expectation of your coming, when we shall come out to greet you praising your glory, and that of your Father and of your Holy Spirit unto ages of ages.

Amen.



TUESDAY NIGHT ONE:

The martyrs saw both roads: the one leading to life, the other to death. They chose the narrow way through which they entered the new life. They fought against the evil one and came out victorious, saying: let the Name of the Lord be blessed both now and unto ages of ages.

We offer you unceasing praise, O Lord; at night we stand before you. Give rest to our bodies, grant peace to our hearts. Since you care for us and save us, we confess your grace, O Lord of our life. O Lord, show us your presence, that we may walk at all times according to your will.

Morning and night, youth and old age teach the world it has an end. Give rest to our bodies, grant peace to our hearts. O Lord, how fast is the race of time, how varied the changes of your creation! The saints and the martyrs overcame fire through the divine dew of your grace. Clothed in the might of the Almighty, they triumphed over the traps of the evil one.

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

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

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

Lord, this evening pour your mercy over your people, and grant us to follow you in all your ways. The saints live for you and the martyrs let themselves be killed for you. Grant us your grace that we too may live and die for you. For you are our life and we praise your Name, Father, Son and Holy Spirit, both now and unto ages of ages. *Amen.*

WEDNESDAY MORNING ONE:

The one whose heart is sick says: Who will give back to me that beauty which clothed me before I sinned? I was resplendent like the day and now I am all darkness. Who will raise me up, unless you, Lord, purify me in your tender love? And the Lord replies: Come, image of the King whose beauty has been soiled. See: in my hands your beauty has been preserved. I am carefully looking after it to give it back to you as I promised.

Creator of the morning who dissipate darkness, purify our hearts and chase sin away from us. You are the morning without a night, the Light which does not go out. Enlighten us and give us joy through your grace, for you are our Lord and our God forever. You are the ocean of Light enlightening the universe, you are the One whose Name is older than the sun. You are the morning without a night, the Light which does not go out. In the morning, let mankind sing with the angels, let the prophets and the apostles join our prayer; let the martyrs present our requests together with us; let your peace come on the earth and its inhabitants. Holy martyrs, you bore suffering and did not deny your Lord, you

kept your faith unshaken, intercede for us with Christ our God.

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

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

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

Let us glorify the Father who answers the prayers of the humble, let us worship the Son who gives them their requests, let us acknowledge the Spirit who strengthens them in their weakness, Holy Trinity, One Being, glory to you!

Lord, accept from your holy dwelling place the prayer of your children for the sick, the persecuted and the prisoners. Throughout the earth, may war and fighting cease. Support your people whom you bought with your precious Blood. Yours is the Kingdom, the power and the glory, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*

WEDNESDAY NIGHT ONE:

The apostles of Christ took up the Cross in their hands and with it they ploughed the earth which was fallow and barren of holiness. They uprooted error and planted the true faith. And now the earth bears fruit of praise.

Lord, strengthen our weakness, for you are our hope day and night. Be for us the evening sun, O Lord, and we will walk towards your light. In the evening, let all beings endowed with speech give thanks for those who cannot speak. To you belongs the praise of your flock at night time, for you sacrificed yourself for your flock. Be for us the evening sun, O Lord, and we will walk towards your light. In the evening we offer you praise on behalf of your creatures, for you care for all and you tend each one. When you remove the light from the face of the earth, you bring night for our rest. The twelve apostles went throughout the world, they sowed the good seed into the earth, they placed the nations under the yoke of the Cross, they proclaimed the resurrection of the Son of God.

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

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

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

O Christ, you sent your Holy Spirit on your apostles and through them you enlightened the whole world. Grant us to keep their teaching in our hearts; strengthen us by their courage; in our turn, may we testify to your Name. For yours is the Kingdom, the power and the glory, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*

THURSDAY MORNING ONE:

Lord, merciful God, you do not want the image your hands have made to be lost. You have placed within us your Body and your Blood, a mystery of life which puts to flight the powers of evil; come and cleanse our hearts. We give thanks to you for your boundless love and we bless the One who sent you.

Lord, in the morning we sing your glory for you have mercy on the whole world. Clothed in light, we sing your praise and we let your word permeate our life. Show yourself to those who pray to you, and you will be our light. By your living word, disperse our darkness, and by your wisdom, give us victory over the evil one. Clothed in light, we sing your praise, and we let your word permeate our lives. The light of the righteous and the joy of upright hearts is Christ Jesus our Lord. He has appeared to us from the heart of his Father, he has enlightened us with his light. Above all others, Disciples of the Master, you shine with the brightness of the One who lived among men. Disperse darkness from our hearts, strengthen them with your teaching.

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

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

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

Praise to the Father who created us in his tenderness. Worship to the Son who redeemed us by his Cross. Gratitude to the Spirit who raises us from death. Most Holy Trinity, glory to you.

Before the dawn, shine on us with the light of your Spirit, Lord, that he may guide us on your paths. May your love warm up our hearts, may your strength make firm our steps. We will go towards you, on the day of your Second Coming, with our lamps lit. We will praise you in your Kingdom with the Father and the Holy Spirit unto ages of ages. *Amen.*



THURSDAY NIGHT ONE:

Between the two thieves, your Cross appeared as scales of justice: the one plunged into hell under the weight of blasphemy and the other unburdened himself of his sins so as to recognise your divine word. Christ God, glory to you.

Lord, in the evening and at night, spread your right hand over us and overshadow us with the light-filled Cross. We have no fear, for the Lord is with us: he covers us with his Cross, the source of life. Lord, remember us in your Kingdom, lead us into the way of life. Do not turn your face away from us, for we knock at the door of your mercy. We have no fear, for the Lord is with us: he covers us with his Cross. Let us all go towards the Cross of the Lord: it brings the dawn of the Resurrection. From the depth of the abyss, it raises to the heights those who trust in it with faith. At his first coming, the Lord offered himself on the Cross, but at his second coming, he will come as the righteous Judge. He will try all men as in a crucible: let everyone hasten to repent.

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

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

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

Lord, who rose from the dead with might and infinite glory, raise us from our sins. By your Cross, you united heaven and earth: grant us also the gift of your peace and we will praise you with the Father and the Holy Spirit, now and ever and unto ages of ages. *Amen.*



FRIDAY MORNING ONE:

The Cross fulfilled all the words of the prophets. The Cross pulls down the walls of hell and those who were held captive by it hasten to come out through the breach. It has indeed destroyed the wall of enmity and has brought peace between God and mankind.

Lover of mankind, in the morning the Church praises you and her children sing your glory. Children of the light, wake up and arise, praise the Lord who suffered to redeem us. Morning by morning, we wait for your salvation; when you come, raise us to life on your right hand, and on the last morning, we will praise you, the living Lamb who redeemed us by your Cross. Children of the light, wake up and arise, praise the Lord who suffered to redeem us. On Friday you formed me, you placed your hand on me and clothed me with your glory, but Satan became jealous and seduced me; have mercy on me, O Lord. Seeing you suspended on the Cross, the one who gave you birth exclaimed: how can you die in your flesh you, the source of Life?

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

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

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

Glory to the Father who announced the Cross through the prophets; worship to the Son who gave it to the apostles; gratitude to the Spirit. May the Cross be the protection of the Church.

You accomplished your work of salvation in the world, O Saviour, when you ascended the Cross so as to crush the enemy. You stretched out your hands to gather all nations. Therefore we cry out to you: give peace to the whole world and forgive our sins in your mercy, for you filled all things with joy when you came to save the world. Father, Son and Holy Spirit, glory to you unto ages of ages. *Amen.*



FRIDAY NIGHT ONE:

The voice which said: You will go back to dust, draws away from Adam, and another voice reaches him now. It says to him: Come out. Like Lazarus, come out of the tomb and come near me. See: now the exiles go back to their country. The rain does not leave a plant in the earth without making it grow and Christ does not leave the dead in hell without raising them to life. Lord, at night we come to your house begging mercy for our sins; let your tenderness flow into our hearts, let your grace cover our destitution. Wrap up the whole night in your peace, that the darkness of sin may not triumph. In the morning we will come and worship you, who make righteous the sinners stained by evil.

Let your tenderness flow in our hearts, let your grace cover our destitution. The day which draws to an end is an image of the world for all who can see. See the evening of this day, see the evening of the world: let our hearts stay vigilant. Glory to the Father who purified the saints; worship to the Son who burdened them with a light yoke; gratitude to the Spirit who comes to dwell in them: by their prayers, may the Trinity protect us.

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

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

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

Lord, bless your servants gathered in your Name. Clothe us with the might of your Spirit, shine on us with the splendour of your love and peace, that we might vanquish the powers of evil. Grant us to sit at your table in your Kingdom. For we give thanks to you, Father, Son and Holy Spirit, now and ever and unto ages of ages. *Amen.*



SATURDAY MORNING ONE:

Remember, Lord, the dead who were clothed in you at their baptism. They ate your Body and drank your Blood. Let them now enter your rest with Abraham, Isaac and Jacob. With them we sing: Glory to you, Lord, who are the rest of your servants.

In the morning the cry goes out: The Lord is coming. The prophets, the apostles and the righteous go out before him. Lord, when you come to us, grant us to wake up with the wise virgins. When the doors of your bridal chamber open, grant us a clothing worthy of the feast. As you sit at the dawn of the new world, invite us to the joyful celebration of your light. Lord, when you come to us, make us vigilant like the wise virgins. You make your sun rise over the good and the evil; you pour out your rain over the righteous and the unrighteous; shine with the light of your gifts in the hearts of those who adore you. Lord full of kindness, give rest to your departed servants with the righteous, where angels and saints dance in the house of your glory and the place of forgiveness.

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

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

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

Glory to the Father who formed Adam; worship to the Son who renewed him by his resurrection; gratitude to the Spirit. Trinity who reconciled heaven and earth, glory to you.

O God, the holiness of the saints, the righteousness of the righteous, the strength of the weak, the goodness and purity of sinners, accept our service, receive our prayer, watch over the living and forgive the dead in your mercy, and we will praise you, Father, Son and Holy Spirit, now and ever and unto ages of ages. *Amen.*



SUNDAY NIGHT TWO:

If you wish to search the mysteries of the Lord, they are to be found in inaccessible heights; but if you seek with poverty of heart, he is entirely present on earth. If you attempt to seize him, he escapes because of his transcendence, but if you love him, he is very near you and makes his dwelling in you.

Father, you are the source of divinity; from you the Son bursts forth like the light. The Spirit, divine Light, proceeds from you; therefore we adore you and glorify you. Abraham received his creator; initiated into the Mystery, he recognised the Three Persons; with him, we glorify the Trinity, the merciful source of life, the Friend of mankind. O Creator of all things, make a temple of our hearts; grant us to see your unfathomable glory, that we may adore you with a pure heart. O Word, you attracted us with your love, when you became man without ceasing to be God. Direct the hearts of your servants towards the inaccessible Light. O Light, come and dwell in our hearts, and make us dwellings of light, that we may become the image of your glory, as we praise you, Most Holy Trinity. The evening shade, the peace of the night offer you their praise, O Lord. While the earth is silent, the watchful angels will praise you in heaven.

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

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

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

We adore you, O God, for you are good and the Friend of mankind; you gave us the light of this day; grant us also the unfading light, that in this world and the next we may adore and glorify the Trinity, Father, Son and Holy Spirit: glory to you.



MONDAY MORNING TWO:

We adore you, Lord, whom tens of thousands of angels serve. Receive our thanksgiving and our prayers from the hands of those who stand ceaselessly before you in fear and worship. Have mercy on us and surround us with the protection of your holy angels, that the evil one might not come near us. *Amen.*

The night is over, the day begins, let us get up and pray while there is time. Glory to you, O Christ, the Light of truth: you enlightened the whole earth by dwelling in it. Put aside every weakness from each one of us; give us purity of heart and holiness. Glory to you, O Christ, the Light of truth: you enlightened the whole earth by dwelling in it.

Lord, grant us to find our joy in you, for you found your joy in us: may your joy dispel darkness from our hearts, for before the morning star appears, your Light shines. O Word of God, Light born from the Light, the angels receive your brightness as if they were mirrors; they fulfill your orders with might; they cooperate with the people who praise you with faith.

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

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

Alleluia, alleluia, alleluia, glory to you, O God,

Glory to the Father, who sent his Son to those in darkness; adoration to the Son, who guides those who wander; gratitude to the Spirit who enlightens creation: blessed is the Light which shines on the whole world.

Lord, preserve our thoughts from turmoil and error: awaken within us the inner man through meditation on your life-giving commandments. Then, with our hearts cleansed of dead works, we will sing your glory, and that of your Father and your Spirit unto ages of ages. *Amen.*



MONDAY NIGHT TWO:

John the Baptist, you are the greatest among the stars which preceded the Sun of righteousness. When the Lord separates us from this corruptible tent, be our guide and support to guide us to the never-ending Light.

Lord, may we serve you; may our prayers be according to your will. As you bring to completion the light of this day, so fulfil your mercy towards us. Destroy the enemy, take him far from us, may your Cross be our protection night and day. As you bring to completion the light of this day, so fulfil your mercy towards us. Make us a living people, O Father invisible, give us the Spirit that we may know you and your Son; may the Lord Jesus speak within us with the Spirit; may he celebrate you through us, for you are holy. O Light of all the living, you sent John your Forerunner to prepare the world for the sight of God, for mankind could not set eyes on you.

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

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

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

Lord, grant us to offer you praise this evening, and thanksgiving during the night. May the morning find us ready to adore you, and throughout the hours we will glorify you. May your Spirit intercede in our hearts with unceasing prayer, that our life may glorify you. To you be praise and worship, Father, Son and Holy Spirit, now and ever and to the ages of ages. *Amen.*



TUESDAY MORNING TWO:

O John the Baptist, who were called the voice of the Word of God, direct towards him the voice of those who praise you and intercede for the remission of our sins. Do not cease to ask him to put his light into our hearts.

Lord, enlighten us with the brightness of your love, in the hope of your return on the last morning. Blessed are you, who created light: may it enlighten the eyes of our hearts. May your light guide us in all our actions: direct us towards life and eternal bliss. Our blind eyes turn towards you; make us see the light of your wisdom. Blessed are you, who created light: may it enlighten the eyes of our hearts. Witness of Christ, John the Baptist, apostle of conversion, enlighten our hearts, since you rose like the dawn: intercede with God for us. Prophet, you baptised in the river the One who is an abyss of compassion; pray to him that he will make forgiveness and salvation rain into our hearts.

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

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

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

Glory to the Father who has kept the Church by his love; adoration to the Son who saved her by his Blood; gratitude to the Spirit who sanctifies her: praise to the Holy Trinity who gives her peace.

O God of mercy, the Light who came into the world and the Life without whom there is no life: fill our hearts with love; create within us a new spirit, not allowing us to become lukewarm. For you save us, and to you we give glory, to the Father, and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. *Amen.*



TUESDAY NIGHT TWO:

Let us listen to the word of the Lord who says: Blessed are the poor in spirit, for theirs is the Kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the persecuted, the martyrs who died with their hope in God, for they will live eternally.

Today the martyrs are in joy and the Church rejoices as she keeps their memory. When Christ appears in glory, they will enter with him into the bridal room.

In the evening, Abraham called on you from the mountain and you answered his prayer, O Friend of mankind. In the evening we pray: come to our help, enfold us in your compassion. You gave David the strength to overcome, give us also the strength to triumph over all evil. Stand by the door of our hearts and hold back the violence of our passions. In the evening we pray: come to our help, enfold us in your compassion. Eternal God from whom nothing is hidden, you know everything before it happens; forgive our voluntary and involuntary sins, make us new people. Holy martyrs, you destroyed the impostor by humbling yourselves like your Master; you became for the believers sources of healing and of salvation.

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

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

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

Listen to our prayers, O Lord, as you listened to those of Hannah in the temple, to those of Martha and Mary at Lazarus tomb, to those of the apostles in the upper room, and to those of the martyrs on the day of judgment. Grant hope and joy to all those who turn towards you and wait for your help. To you be glory, Father, Son and Holy Spirit, both now and ever and unto ages of ages.
Amen.



WEDNESDAY MORNING TWO:

Lord, you entered the fight alongside your martyrs and you saw how they were treated; their bodies suffered, but their hearts were full of joy and they said to you: We are dying for you, come to our help, Jesus, and save us.

Let us arise and implore the Lord, for night and day he opens his door to those who repent. You enlighten every creature, enlighten also our hearts that they may sing your praise. O Son of God, awaken my spirit that I may praise your infinite love. Strengthen me that I may arise and worship you and praise you with a light-filled heart. You enlighten every creature, enlighten also our hearts that they may sing your praise. Lord, you reign in the highest heaven; you came to show us the way which leads to the Father; you opened for us the door of paradise: we praise you for your works and your judgments. Lord, who cover the sky with clouds, you covered the martyrs with your protection: they triumphed over the idols; at their prayers, deliver us from the invisible enemy.

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

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

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

Glory to the Father who wove garments of glory for the day of resurrection; worship to the Son who was clothed with them on the day he arose from the tomb; gratitude to the Spirit who will clothe mankind in them on the last day.

Lord, comfort us this morning with your mercy; let the praise of all, the healthy and the sick, arise towards you. Grant to each the grace of the paralytic in Capernaum, then we will praise you, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*



WEDNESDAY NIGHT TWO:

Lord, you chose seventy disciples and sent them throughout the world. You gave them a new commandment: Do not own anything on earth: neither a bag, nor supplies, nor a staff, nor money. In this way, they would not put their trust in wealth but in the Scripture which says: Do not worry about the next day. At the intercession of your apostles, Lord, have mercy on us.

Lord, let your word enlighten our path and guide us towards your Light. In the evening, when the sun disappears, be our Light that we may sing your glory. Let us always journey in your presence when we watch and when we sleep. Open the eyes of our hearts, that we may recognise you as our God. In the evening, when the sun disappears, be our Light that we may sing your glory. O Light and Image of the Father, you sent the apostles to guide the world. You chose them weak and uncultured so as to confuse the wise and the mighty. After their example, let us be happy about our weakness, let us rely only on our ignorance. Then you will fill us with power and knowledge, and as we walk in their tracks, we will testify about you.

Alleluia, alleluia, alleluia, glory to you, O God. (*Three times*)

O Christ, God of peace, spread your peace over us tonight: that peace which reconciled heaven and earth and which angels proclaimed singing: Glory to God in the highest and peace on earth; that peace which you gave your apostles gathered in the upper room. Make us artisans of peace, that your Name may be glorified, Father, Son and Holy Spirit, both now and ever and unto ages of ages.
Amen.



THURSDAY MORNING TWO:

See: repentance calls you, sinner. Arise and go towards it with joy. Take refuge under its wings and do not promise day after day: I am going to repent. For today or tomorrow, death will take you by surprise. The tears of Peter teach you what to do: he let tears of compunction flow and obtained the forgiveness of his sins.

In the morning we glorify you, Friend of mankind, for all the gifts you gave us. In the morning let your Light enlighten our hearts, that they may recognise your love. You created us in your image and likeness; you gave us intelligence and freedom. You revealed our beauty to us, for we are the work of your hands. In the morning let your light enlighten our hearts, that they may recognise your love. Awaken us that we may fulfil your will; fill our work with light for your coming. May we praise you in your dwellings of light, where there is no longer sorrow nor darkness. The apostles are the servants and the witnesses of the Word; they bring to the world the light of knowledge. They give light to those who were sitting in the dark, and intercede for us with the Lord.

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

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

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

Glory to the Father who is the Light; adoration to the Son, the firstborn from among the dead; gratitude to the Spirit who is our resurrection: Holy Trinity, glory to you.

O God of light, cover us in weapons of light, that we may walk under your guidance towards the Father. King of peace, may your Kingdom come, which is righteousness, peace and joy in the Holy Spirit. Let us attain knowledge beyond all understanding and may your peace rule in our hearts. To you belongs all glory, Father, Son and Holy Spirit, both now and ever and unto ages of ages.
Amen.



THURSDAY NIGHT TWO:

The Cross is filled with light and adorns with light those who venerate it. It pulls out of the depths those who put their hope in it and makes them climb to the heights as they take refuge in it. It reconciles those in heaven and those on earth and sows peace throughout creation.

You are the desire of contrite hearts and you call to yourself those who are getting lost. Friend of mankind, be the guardian of our lives; through your Cross, protect us day and night. May your servants thank you and your holy ones give you glory. Blessed is the evening which gathers us in your joy-filled house. Friend of mankind, be the guardian of our lives; through your Cross, protect us day and night. O Trinity, open the hearts of your servants by your infinite mercy. Make us firm on the rock of faith, for in you have we put our trust. Through his Son, the Father taught us to pray; in his passion, the Son prayed for us; the Spirit never ceases to pray in our hearts: glory to the Trinity who welcomes every prayer.

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

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

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

Support us, Lord, against temptations which surround us here on earth. Take us away from vain things and grant us to walk in the narrow way of your commandments, carrying our cross after you. And we will glorify you with your Father and the Holy Spirit unto ages of ages. *Amen.*



FRIDAY MORNING TWO:

On Friday, the Church contemplates Christ on the summit of Golgotha. She prostrates herself and worships him, saying: Glory to you, Lord, who came to save me. As by your sacrifice, you saved the Church, save us for we are weak and poor; grant us to be the guests in your eternal Kingdom, who have gathered today to keep the memorial of your Cross.

O Christ, by your Cross you reveal and give to us the life of God. Your Cross is the source of holiness, for it heals us of the disease of sin. Nailed to the Cross and pierced with a spear, you made immortality spring forth for all mankind. You are the light of the world, O Saviour, turn to light the darkness of our ignorance. Your Cross is the source of holiness, for it heals us of the disease of sin. I wait for you, O Watchful One: at all times watch over my weakness. O Lord, better than any other you know what can heal and save me. Our lives do not improve through our own efforts, but you change us by your strength and your wisdom. Our hope is in you who made us, our weakness rejoices in you.

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

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

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

Glory to the Father who built his Church and protects her; adoration to the Son who by his death celebrated his wedding feast; gratitude to the Spirit who gathers her to sing the glory of the Trinity.

Lord, make your dwelling in our hearts through the coming down and the action of your Holy Spirit. In your tender love, enlighten our minds. Take our thoughts away from turmoil and error and we will praise you with your Father and your Holy Spirit, both now and ever and unto ages of ages. *Amen.*



FRIDAY NIGHT TWO:

On Golgotha, from the summit of the Cross, a voice was heard and creation was distressed: it called the dead and raised from the dust those who rested in Christ. The dead were clothed in glory and came out towards the Son of their Lord.

In the evening we come to thank you, who reign in the highest heaven. Be for us the Sun of righteousness, enlighten us with the Light of your Spirit. Imprint in us the image of your being, and we will be cleansed of our stains. Spread on us the veil of your love and cover us with your mercy. Be for us the Sun of righteousness, enlighten us with the Light of your Spirit. When the book of the struggle is closed, you will come back in glory. What the heart of man has not imagined has been prepared for those who love you. The martyrs said: Instead of the wounds which cover our bodies, the Lord will give us garments of light; let us steal torments as if they were treasures, let us buy Life with death.

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

Alleluia, alleluia, alleluia, glory to you, O God

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

Source of life and compassion, welcome the prayers of those who make supplication to you as you received the prayers of the Canaanite, the woman with the haemorrhage, and those of all the afflicted. Forget the sins and the errors of your people and shine in our hearts with the light of faith in you. And we will glorify you, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*





SATURDAY MORNING TWO:

Lord, in the beginning, you blessed the seventh day when you finished your work, then you sanctified it by spending in the tomb that day of rest. Grant all the dead to enter your rest which has no end and to sing your praise unceasingly.

In the morning let us glorify the Lord of the morning, the true Light. Arise, O Church, bride of the Sun of righteousness, clothe yourself in might, see your Light. Arise, the Lord has appeared, glorify him with all your voice. Give thanks for you have been awakened to sing his praises for all his goodness. Arise, O Church, bride of the Sun of righteousness, clothe yourself in might, see your Light. Trinity one and indivisible, deliver us from our passions. Let all those who celebrate you with faith see your beauty as far as it is possible. Lord, at your second coming, place on your right hand those who have confessed the Trinity; may they come to meet you, clothed in glory, may they sing endlessly your praises.

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

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

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

Glory to you, first-born Son who arose out of the tomb and who delivered us. Gratitude to your invisible Father; praise to the Holy Spirit. May your mercy and your tenderness be with us for ever. *Amen.*

O Christ, comfort the living and the dead in the hope of the resurrection. Be compassionate towards sinners, visit the sick. Grant us to be the living members of your Body and the branches which bear fruit, that we may praise you and glorify you, Father, Son and Holy Spirit, both now and ever and unto ages of ages. *Amen.*



Repentance

PSALM 51

Have mercy on me, O God, in your great goodness; according to the abundance of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my faults and my sin is ever before me. Against you only have I sinned and done what is evil in your sight, so that you are justified in your sentence and righteous in your judgement. I have been wicked even from my birth, a sinner when my mother conceived me. Behold, you desire truth deep within me and shall make me understand wisdom in the depths of my heart. Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow. Make me hear of joy and gladness, that the bones you have broken may rejoice. Turn your face from my sins and blot out all my misdeeds. Make me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your holy spirit from me. Give me again the joy of your salvation and sustain me with your gracious spirit; Then shall I teach your ways to the wicked and sinners shall return to you. Deliver me from my guilt, O God, the God of my salvation, and my tongue shall sing of your righteousness. O Lord, open my lips and my mouth shall proclaim your praise. For you desire no sacrifice, else I would give it; you take no delight in burnt offerings. The sacrifice of God is a broken spirit; a broken and contrite heart, O God, you will not despise. O be favourable and gracious to Zion; build up the walls of Jerusalem. Then you will accept sacrifices offered in righteousness, the burnt offerings and oblations; then shall they offer up bulls on your altar.



PRAYERS OF SAINT JOHN OF KRONSTADT

Lord, almighty power, my soul is irresolute: strengthen it in every virtue. Make firm my heart, weak in all good actions, on the rock of your commandments. Lord, every day I realise by experience that without you I am nothing; without you I cannot do any good; without you there is in me nothing but evil in its various forms; without you I am doomed to be lost. Lord, words cannot express your goodness: fill my heart with your goodness. But above all, please, I ask you, grant that I may love you with all my heart and my neighbour as myself. Lord, save me from ill-will towards others; save me from being proud and too sure of myself; from being disobedient. Grant that I may be gentle, humble, caring, respectful and obedient. *Amen.*

Lord, do not let us leave unused your spiritual and material gifts; do not let them have no effect on us. Grant that they may be used for good results and the salvation of people. Make it to happen in all of us. May the number of your talents be increased by the personal activity of each one of us.

Lord, do not allow for one moment that I should do the will of your and my enemy the devil; but grant that I may continually do your will, and do only the will of my God and my King, by whom all kings reign. Grant that I may always obey you, revere you truly and firmly. Come, let us bow down in worship, let us kneel before the Lord our Maker. Serve the Lord with fear and rejoice with trembling (*Psalms 95:6 Psalms 2: 11*).

Lord, grant that I may see my transgressions. Grant that I may not despise sinners; they are like me. Grant that I may not nourish any ill-feeling in my heart against them because of their sins. Grant that I may despise myself as I deserve, because I am the greatest of sinners. Grant that I may always feel implacable hatred towards myself, my own fallen nature: If anyone comes to me and does not hate his own life he cannot be my disciple, (*Luke 14: 26*) says the Lord.

O infinitely great Benefactor, my Saviour! When I represent to myself the infinite corruption of my nature by many different sins and passions, my spirit is despondent and downcast. But as soon as I remember you; that you came to renew my nature corrupted by sin; to confer on me, who had been dishonoured and shamed, the nobility of the angels. even higher than that, the nobility of the Son of God himself, through faith in you; through new birth by water and the Spirit; through communion to the Holy Mysteries: instantaneously, then my spirit rises from its despondency; it shakes off the infamy of the passions; it is completely filled with gratitude towards you. Glory to you, O infinite mercy and power, Son of God.

Take me captive, Lord, in the sweet captivity of your Holy Spirit, that my words may flow like streams in the Negev (*Psalms 126: 4*), to your glory and to the salvation of your people. Let my tongue be the pen of a skillful writer (*Psalms 45:1*) the Holy Spirit.

Lord, grant me a heart that is simple, kind, open, believing, loving and generous. Make it worthy of being your dwelling, Most Gracious One! Lord, I acknowledge that neither in the country nor in the forest are to be found life and health and vigour of spirit and body, but with you in the temple and above all during the Liturgy and in your holy and life-giving Mysteries. They are our greatest blessedness, the Lord Gods constant and wonderful Providence for saving and sanctifying us, the prefiguration of eternal life.

Great is your love, O Lord. You have spent yourself to the end out of love for me. I gaze on the Cross and marvel at your love for me and for the world, for the Cross is the evidence of your love for us. There is no greater love than this, that a man should lay down his life for his friends (*John 15: 13*). Your life-giving Mysteries, Lord, serve as a perpetual, glorious proof of your love for us sinners; for your divine body was broken for me, for us all, and your blood was poured out for me, for us all. Lord, I glorify the wonders accomplished by your Holy Mysteries on your believers, and the innumerable healings. Lord, in return for your great love, grant that I may love you with all my heart and my neighbour as myself. Grant that I may also love my enemies and not only those who love me.

Lord, I thank you with my whole heart for having saved me innumerable times from the shamefulness, violence and cruelty of the passions; for having extinguished in me the burning arrows of the evil one. For having guarded my soul with peace, refreshing it with the dew of your grace. Glory to you, most merciful and almighty Lord; by your grace I still remain whole and unharmed, in spite of the innumerable schemes of the invisible and most evil enemies making every effort to devour me.

I believe and I know, Lord, that you will deliver and save me from all their snares and calumnies and in your wisdom you will grant your heavenly kingdom to me, and not only to me, but to all those who serve you and are subjected to the calumnies of evil spirits. For you are merciful, you save those who desire to be saved, and even those who do not desire to be saved.

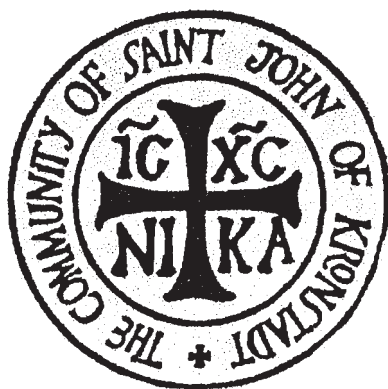
O Loving Saviour, having come down from heaven for the service of mankind, you did not only preach the word of heavenly truth in the temple, but you went through the towns and villages. You did not avoid anyone. You visited the houses of all, especially of those whose fervent repentance you divinely foresaw. You did not remain sitting at home, but you had loving conversation with all. Grant us too to have such loving conversation with your people, so that we

pastors will not shut ourselves up in our houses away from your flock as if in castles or prisons, coming out only for services in church, only out of duty, only with prayers learned by heart. May our lips be freely opened to talk with our parishioners in a spirit of faith and love. May our Christian love for our spiritual children be deepened and strengthened by animated, free, and fatherly conversation with them. Do not forget to do good and to share with others (*Hebrews 13: 16*).

O sweetest name, holiest name, almighty name of our Lord Jesus Christ! My victory, Lord, glory to you! Lord, we are your members, we are one body, you are our head. Lord, grant that all passions, all demons will flee from us. Lord, confer on us the grace of never failing love. Lord, grant that we may show respect and love to each other, as to yourself, for we are made godly by you.

Glory to the never failing power of your Cross, O Lord! When the enemy oppresses me by sinful thoughts and feelings, and I, having no freedom in my heart, make the sign of the cross several times with faith, then my sin suddenly passes away from me, the difficulty vanishes, and I obtain freedom. Glory to you, Lord, how good it is to be with you!

I will dwell in the house of the Lord for ever.





Prayers before Communion

PSALM 24

The earth is the Lord's and all that fills it, the compass of the world and all who dwell therein. For he has founded it upon the seas and set it firm upon the rivers of the deep. 'Who shall ascend the hill of the Lord, or who can rise up in his holy place?' 'Those who have clean hands and a pure heart, who have not lifted up their soul to an idol, nor sworn an oath to a lie; 'They shall receive a blessing from the Lord, a just reward from the God of their salvation.' Such is the company of those who seek him, of those who seek your face, O God of Jacob. Lift up your heads, O gates; be lifted up, you everlasting doors; and the King of glory shall come in. 'Who is the King of glory?' 'The Lord, strong and mighty, the Lord who is mighty in battle.' Lift up your heads, O gates; be lifted up, you everlasting doors, and the King of glory shall come in. 'Who is this King of glory?' 'The Lord of hosts, he is the King of glory.'

PSALM 116: 9-17

I believed that I should perish, for I was sorely troubled, and I said in my alarm, 'Everyone is a liar.' How shall I repay the Lord for all the benefits he has given to me? I will lift up the cup of salvation and call upon the name of the Lord. I will fulfil my vows to the Lord in the presence of all his people. Precious in the sight of the Lord is the death of his faithful servants. O Lord, I am your servant, your servant, the child of your handmaid; you have freed me from my bonds. I will offer to you a sacrifice of thanksgiving and call upon the name of the Lord. I will fulfil my vows to the Lord in the presence of all his people, in the courts of the house of the Lord, in the midst of you, O Jerusalem.

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

Alleluia, alleluia, alleluia, glory to you, O God. (*Three times*).

Kyrie eleison, Kyrie eleison, Kyrie eleison.

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

Overlook my faults, O Lord, born of the Virgin, and purify my heart, making it a temple for your most pure body and blood. Do not reject me from your presence, in your infinite mercy.

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

How dare I, unworthy as I am, partake of your holy Gifts? Even if I dare to come with those who are worthy, my clothes will betray me, since they are not appropriate for the wedding feast, and I will cause the condemnation of my sinful soul. Lord, clean my soul and save me, in your love for mankind.

Both now and ever and unto ages of ages. *Amen.*

Mother of God, my sins are innumerable; I take refuge with you, most pure one, as I seek salvation. Only blessed one, visit my soul in its weakness, and pray to your Son and our God that he will forgive all the evil I have done.

PRAYERS OF REPENTANCE

My Lord and God, I come to you as a burdened sinner: guide me into the way of repentance and grant me the tears I do not have because of the hardness of my heart. When the thrones are set on the day of judgment, the righteous will rejoice but the sinners will weep when they hear: have you fed the hungry, sheltered the homeless, comforted the sorrowful, forgiven your enemies, refrained from slander, walked humbly before your God?

Lord, you received the prodigal son and the repenting thief: forgive me, the first of sinners, free me from bondage to the enemy, and give me the strength to keep your commandments.

Lord Christ my God, you heal my passions through your Passion: grant me tears of compunction. May your most pure Body and your precious Blood which I receive in the Holy Mysteries heal and transfigure my whole being and enlighten my mind darkened by passions. O Lamb of God, who gave your life for me, number me among the lambs of your chosen flock.



PRAYER OF SAINT BASIL THE GREAT

Lord and Master, Jesus Christ our God, fountain of life and immortality, Creator of all things visible and invisible, consubstantial and co-eternal Son of the eternal Father, who in your great love became incarnate in these times which are the last, and were crucified for us although we are ungrateful and insensitive; and by your own blood you renewed our nature corrupted by sin; O immortal King, receive me, a repentant sinner; incline your ear to me and hear my words.

I have sinned, O Lord, I have sinned against heaven and before you, and I am not worthy to lift my eyes towards the height of your glory; for I have provoked your goodness, broken your commandments and disobeyed your laws. But you, O Lord, are patient, long-suffering and merciful; you patiently wait for my conversion, and you do not let me perish in my sins.

You said through your prophet, O Lover of mankind, that you do not want the death of the sinner, but that he would change his ways and live. You do not wish to destroy the work of your hands, you do not want people to perish, but that they would all be saved and come to know the truth. Therefore, unworthy of heaven and earth and even of this fleeting life, even I who am under the power of sin and the slave of my passions, although I have tarnished your image in me, I am your creation and your work, I do not despair of my salvation; trusting in your infinite compassion, I come to you.

Receive me, O Lord, Lover of mankind, as you received the sinful woman, the thief, the tax collector and the prodigal son. Take away the heavy burden of my sins, since you take away the sins of the world, you heal our diseases, you call those who are weary and burdened, and you give them rest; you did not come to call the righteous but sinners to repentance: purify my every defilement of soul and body.

Teach me to lead a holy life and to fear you, so that I may receive your holy Gifts with a clear conscience, and be united to your body and blood, and have you dwelling and remaining in me with your Father and your Holy Spirit. Lord Jesus my God, do not let this communion to your pure and life-giving mysteries be for my condemnation; may I not become ill in soul or body through an unworthy communion. But grant me to receive your holy Gifts until my last breath without condemnation; for communion with the Holy Spirit; as a preparation for eternal life; for an acceptable justification when I stand before you and am judged. May I, together with all the elect, receive the pure joys which you have prepared for those who love you, O Lord; in their midst you are glorified unto ages of ages. *Amen.*

PRAYER OF JOSEPH THE VISIONARY

I praise you, only-begotten Son of God, exalted One before whom we are filled with awe, for, by the sacrifice of your body, you have brought salvation to the world. O Christ, Son of the holy Father, to you I pray in awe at this time; Lord, grant me to know your will and experience your compassion, that my whole person may be made holy through your grace, and that the enemy's constraint may be rendered ineffective.

Purify my understanding, that in purity I may receive your holy and dread Body and Blood. Cleanse my mind with your grace, for I draw near to the Holy of Holies of your Mysteries. Wash from me all understanding that belongs to the flesh, and may an understanding which belongs to your Spirit be given to me. In great awe, O Lord, I receive your Body and Blood, O Christ my Saviour, with the same mouth which receives ordinary food and drink.

Lord, you did not give to the spiritual beings what I receive now: stir up within me at this present time, O Lord, a sense of wonder at your Cross; fill me with a fervour of faith, that my thoughts may be filled with the fire of your love; and may the tears of my eyes wash me clean; may your love be poured into my every thought and feeling.

May my body be sanctified by you, and my soul filled with your light. May my body be purified by you of every earthly image; may my thoughts be cleansed by you; may my limbs be sanctified by you; may my understanding be made bright by you, and may my mind be illumined by you. May I become a holy temple for you; may I be aware in my whole being of your majesty. Come and dwell in me as you dwelt in your Mother; and may I take delight in the Holy of Holies of your Presence. May I be filled with gratitude when your Body and your Blood make their dwelling in me.

You have revealed to me your Presence in the Bread and in the Wine, reveal in me your love; may your Body and Blood transfigure my way of life. With the fulfilment of the sacrifice of yourself, fulfil my request and accept my prayer; hearken to my words and sanctify my whole being.

Lord, I shall openly sign all my limbs with the sign of your Cross; mark me with the truth of your Cross. May I receive you, not only into my physical body, but into my innermost heart, that you may dwell in me as in the womb of the Virgin, that all my deeds may be pleasing to you. Through communion with you, may all my lusts be brought to an end; through drinking your cup may all my passions be quenched. May my thoughts take strength from your sustenance, and through the living Blood of your revered Passion may I receive strength for the course of the service of righteousness. May I confess you, praise you, exalt you, in that kingdom which does not ever dissolve or pass way, now and unto ages of ages. *Amen.*

TROPARION OF GREAT AND HOLY THURSDAY

Of your mystical Supper, O Son of God, accept me today as a communicant; for I will not betray your Mysteries, nor will I give you a kiss as did Judas; but like the thief, I will confess to you: remember me, O Lord, in your Kingdom.

You have ravished me with longing, O Christ, and with your divine love you have changed me. Burn up with spiritual fire my sins and make me worthy to be filled with the delight of your presence; may I be filled with joy and praise the glory of your two Comings.

How shall I enter into the splendour of your Saints, in my unworthiness? If I dare enter the bridal room, my clothes betray me: they are not those of the guests at your wedding feast. The angels will cast me out, bound as a prisoner. Wash away the defilement of my soul and save me, O Lord, in your love for mankind.



Occasional Prayers

PRAYER OF JOHN THE ELDER

O Christ, ocean of forgiveness, wash away the dirt I am clothed in, that I may become resplendent in the clothing of your holy light. May I be covered with the clouds of your hidden glory. May nothing ever separate me from your love. *Amen.*

PRAYER FOR THE BEGINNING OF A JOURNEY

O Christ, you are the way and the truth, send your guardian angel to accompany your servants, as once you sent him to Tobias, and for the sake of your glory keep them safe from all harm and evil, at the prayers of the Mother of God, for you love mankind.

O Saviour, you travelled with Luke and Cleopas to Emmaus; journey with your servants who are now preparing to travel; defend them against every evil; for you alone love mankind and are almighty.

Lord Jesus Christ our God, the way, the truth and the life, you journeyed to Egypt with Joseph and your most pure Virgin Mother; you went to Emmaus with Luke and Cleopas; we humbly pray, O Lord most holy, by your grace, journey with your servants. And as you sent a guardian angel to guide Tobias, so protect and defend them from every evil attack of their visible or invisible enemies; dispose them to fulfil your commandments; keep them in peace and health and free from cares; grant them to fulfil all their good intentions for your glory; for you are a compassionate God and you save us, and we glorify you, together with your eternal Father and your most holy, good and life-giving Spirit, both now and ever and unto ages of ages. *Amen.*



PRAYERS FOR THE SICK

O Christ, you alone are our defender; speedily visit from on high your suffering servant, delivering *him/her* from sickness and bitter pains; raise *him/her* up that *he/she* may sing to you and praise you unceasingly, for you are a merciful God and you love mankind.

O merciful Lord, visit and heal your servant who is ill (and in pain) as once you raised the mother of the apostle Peter's wife, and the paralysed man who was carried on a bed; for you alone bore the illnesses and sufferings of our race; nothing is impossible to you and you are most merciful.

PRAYERS WITH SOMEONE WHO IS DYING

Lord, comfort your servant, make glad *his/her* heart with the love of those who are already with you (*relatives, friends may be mentioned by name*).

In trust and love, we say with them the prayer we received from you: Our Father....

O God our Creator, give your servant the joy of seeing your face. Forgive *his/her* every sin. Receive the faith of *him/her* who believes in you, Father, Son and Holy Spirit.

In the name of your love, O Lord, free your servant who longs to be with you; shelter *him/her* with your mercy; allow *him/her* to enter your glory.

May the Lord be with you.

May his holy angels carry your soul to heaven.

May you rejoice with the righteous in heaven.

Now, Lord, you let your servant go in peace; your word has been fulfilled. My own eyes have seen the salvation which you have prepared in the sight of every people; a light to reveal you to the nations, and the glory of your people Israel.

GLORY • TO • GOD • IN • THE • HIGHEST