

The Great Canon
of
St. Andrew of Crete



Monday

1st Week of
Great Lent



Orthodox Church of St. Stephen the Protomartyr

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Orthodox Church in America

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The Great Canon of St Andrew of Crete

Priest: Blessed is our God always, now and ever and unto ages of ages.

Reader: Amen. Glory to Thee, our God, Glory to Thee.

O Heavenly King, the Comforter, the Spirit of Truth; Who art everywhere and fillest all things. Treasury of Blessings, and Giver of Life: Come and abide in us and cleanse us from every impurity and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3 times)

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

Most Holy Trinity, have mercy on us!

Lord, cleanse us from our sins!

Master pardon our transgressions.

Holy One visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (3 times)

Glory to the Father and to the Son and to the Holy Spirit, 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 debts, as we forgive our debtors, and lead us not into temptation, but deliver us from the evil one.

Priest:

For Thine is the kingdom and the power and the glory; of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

Reader:

Amen! Lord have mercy (12 times)

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

PSALM 51

Have mercy on me, O God, according to Your great mercy; according to the multitude of Your compassions blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin! For I know my transgressions and my sin is ever before me. Against You, You only, have I sinned and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment. Behold, I was brought forth in iniquity and my sins did my mother conceive me. Behold, You desire truth: You have manifested to me the secret and hidden things of Your wisdom. You will sprinkle me with hyssop and I shall be clean; You will wash me and I shall be made whiter than snow. You will let me hear joy and gladness; the afflicted bones will rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Your presence and take not Your Holy Spirit from me. Restore to me the joy of Your salvation and establish me with Your directing spirit. Then I will teach transgressors Your ways and ungodly men will turn to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue will declare Your deliverance with joy. Lord, You will open my lips and my mouth shall show forth Your praise. For if You desired sacrifice, I would have given it; in whole burnt offerings, You will not be pleased. Sacrifice to God is a broken spirit; a broken and humbled heart, God will not despise. Do good, Lord, to Zion in Your good pleasure; and let the walls of Jerusalem be built. Then You will delight in a sacrifice of righteousness, in burnt offerings and whole burnt offerings; then calves will be offered on Your altar.

PSALM 70

Be pleased, O Lord, to deliver me; Lord make haste to help me! Let those be put to shame and confusion who seek my life! Let those who desire evil for me be turned back and brought to dishonor! Let those who say Aha, Aha! be turned back because of their shame. Let all who seek You rejoice and be glad in You! Let those who love Your salvation say evermore: God is great! But I am poor and needy; hasten to me, O God! You are my help and deliverer; O Lord, do not delay.

PSALM 143

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

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

Alleluia, alleluia, alleluia! Glory to Thee, O God (3 times)

The Lesser Doxology

Glory to God in the highest, and on earth peace, good will towards men!
We praise Thee! We bless Thee! We worship Thee! We glorify Thee!
We give thanks to Thee for Thy great glory.

O Lord God, Heavenly King, God the Father Almighty! O Lord, the only-begotten Son, Jesus Christ and the Holy Spirit, O Lord God, Lamb of God, Son of the Father: Thou Who takest away the sin of the world, have mercy on us. Thou Who takest away the sin of the world, accept our prayer. Thou Who sittest at the right hand of God the Father, have mercy on us. For Thou alone art Holy, Thou alone art Lord. Thou alone, O Jesus Christ, art Most High in the

glory of God the Father. Amen. Every day will I give thanks to Thee and praise Thy name forever and ever. Lord, Thou hast been our refuge from generation to generation. I said: Lord, be merciful to me. Heal my soul, for I have sinned against Thee. Lord, I flee to Thee. Teach me to do Thy will, for Thou art my God. For with Thee is the fountain of Life and in Thy light shall we see light. Continue Thy mercy to those who know Thee. Enable us, O Lord, to pass this night without sin. Blessed art Thou, O Lord God of our fathers, and praised and glorified be Thy name forever. Amen. Let Thy mercy, O Lord, be upon us as we have set our hope on Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, make me to understand Thy commandments. Blessed art Thou, O Holy One, enlighten me with Thy precepts. Thy mercy, O Lord, endures forever. Do not despise the works of Thy hands.

To Thee belongeth worship!

To Thee belongeth praise!

To Thee belongeth glory!

To the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen.

The 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 Son of God, the only begotten, begotten of the Father before all ages. 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 became man. And He was crucified 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 at the right hand of the Father. And He shall come again with glory to judge the living and the dead; Whose Kingdom shall 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. 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

THE GREAT CANON OF SAINT ANDREW OF CRETE

ON MONDAY OF THE FIRST WEEK OF GREAT LENT THE REFRAINS ARE SUNG AFTER EACH TROPARION. AT EACH REFRAIN WE MAKE THE SIGN OF THE CROSS AND A FULL PROSTRATION.

ODE 1

TONE 6

Irmos: *A helper and a protector, He has become my salvation. This is my God, I will glorify Him, my father's God will I exalt, for gloriously has He been glorified.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

Where shall I begin to lament the deeds of my wretched life? How shall I begin, O Christ, to relieve my present tears? But as Thou art deeply compassionate, grant me forgiveness of sins.

Come, O wretched soul, and together with thy body confess to the Creator of all so that henceforth, thou shalt abstain from thy past foolishness and offer tears of repentance to God.

Having rivaled the first-formed Adam by my transgressions, I have found myself stripped naked of God, of the everlasting kingdom and all of its delights, because of my sins.

Woe is me, O wretched soul, for thou art become like the first Eve! For thou hast looked in wickedness and wast bitterly wounded; for thou hast touched the tree and rashly tasted the forbidden fruit.

In the place of the physical Eve, the temptation of Eve hath taken flesh in my mind, showing me what seems to be sweet; but making me taste and swallow bitterness.

Adam was rightly banished from Eden, O Savior, because he disobeyed one of Thy commandments. What then shall I suffer, for constantly rejecting Thy words of life?

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

To the Trinity: O Trinity, Who surpasses all creation and is adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

Now and ever, and unto ages of ages. Amen.

Theotokion: O Theotokos, the hope and protection of those who praise thee, take from me the heavy yoke of sin and as thou art our Most-pure Lady, accept me in repentance.

ODE 2

Irmos: *Attend, O heaven and I will speak, I will sing of Christ, Who from the Virgin took flesh to dwell with us.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

Attend, O heaven and I will speak; give ear, O earth to the voice of one who repents before God and sings His praises.

Look upon me, O God my Savior, with Thy merciful eye, and accept my fervent confession.

I have sinned above all men, I alone have sinned against Thee; but as God take pity on Thy creature, O Savior.

My lustful desires have formed in me the deformity of my passions and have disfigured the beauty of my mind.

A storm of passions surrounds me, O compassionate Lord. But stretch out Thine hand to me, as once Thou didst to Peter.

I have stained the garment of my flesh and have defiled that which was made in Thine image and likeness, O Savior.

I have darkened the beauty of my soul with passionate pleasures and have turned my whole mind entirely to dust.

I have torn the garment that the Creator first wove for me in the beginning, and therefore I lie naked.

I have clothed myself in the torn robe that the serpent hath spitefully stitched for me by his counsel, and now I am ashamed.

I offer to Thee, O merciful One, the tears of a harlot. Cleanse me, O Savior, in Thy compassion.

I looked upon the beauty of the forbidden tree and my mind was deceived; and now I lie naked and ashamed.

The demons of passion have ploughed long furrows on my back, prolonging their wickedness upon me.

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

To the Trinity: I sing praises to the One in Three Persons, God of all, Father, Son and Holy Spirit.

Now and ever, and unto ages of ages. Amen.

Theotokion: O Most-pure Theotokos and All-laudable Virgin, fervently intercede for our salvation.

ODE 3

Irmos: *Establish Thy Church, O Christ, on the unshakable rock of Thy commandments.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

The Lord once rained fire from heaven and consumed the land of Sodom.

Seek salvation on the mountain as did Lot, O my soul, and find thy refuge in Zoar.

Flee from the flames, O my soul, flee from the burning heat of Sodom, flee the destruction of the divine fire.

I alone have sinned against Thee, I have sinned above all men; reject me not, O Christ my Savior.

Thou art the Good Shepherd: seek me, the lamb that has gone astray and do not forsake me.

Thou art my sweet Jesus, Thou art my Creator, and in Thee shall I be justified, O Savior.

I confess that I have sinned, I have sinned against Thee, O Savior. But in Thy compassion absolve me and forgive me.

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

To the Trinity: O God, the Trinity, One in Unity, save us from delusion and temptation and distress.

Now and ever, and unto ages of ages. Amen.

Theotokion: Rejoice, O Womb that bore Divinity! Rejoice, O Throne of the Lord! Rejoice, O Mother of our Life!

ODE 4

Irmos: *The prophet heard of Thy coming, O Lord, and was afraid that Thou wast to be born of a Virgin and appear to men, and he said, 'I have heard the report of Thee and am afraid.' Glory to Thy power, O Lord.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

Despise not Thy works, O Righteous Judge, and forsake not Thy creation though I alone have sinned more than any other man. Yet Thou, as the Lord of all, hast the power to remit all sins, O Lover of mankind.

The end draws near, O my soul, the end draws near; yet thou dost not prepare, neither dost thou care. The time grows short. Arise, for the Judge is at the very doors. The days of our lives pass quickly, as if they were a dream, as if they were a flower. O why do we trouble ourselves in vain?

Arise, O my soul and consider all the deeds which thou hast done, and set them up before thine eyes. Now pour out the drops of thy tears and boldly confess to Christ of thy deeds and thoughts, and so be thou justified.

In life's course, O Savior, there has been no sin, no deed, no wicked thing, that I did not commit. I have sinned as no one has ever before, in mind, word and intent, in purpose, deed and thought.

For this I am condemned and for this, wretch that I am, I am convicted by mine own conscience, more severe than all else in the world. O my Judge and Redeemer, Who knowest my heart, spare me, deliver me and save me, Thy servant.

The ladder seen of old by the great Patriarch Jacob is an example, O my soul, both of ascent through action and of ascent through spiritual understanding. If, therefore, it is thy desire to live by thy works, with understanding and contemplation, be thou made new.

Bearing the burning heat by day and the frost by night because of his privation, Jacob endured making daily gains, shepherding, struggling and slaving in order to win two wives.

By the two wives, understand that one is action and the other is spiritual understanding in contemplation. Leah represents action, for she had many children; and Rachel spiritual understanding, for she endured great toil. For without labor, O my soul, neither action nor contemplation will succeed.

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

To the Trinity: I confess Thee as undivided in Essence, unconfused in Persons, One Triune Divinity, co-reigning and co-enthroned! And to Thee, I raise the great Thrice-holy hymn that is sung on high.

Now and ever, and unto ages of ages. Amen.

Theotokion: Thou givest birth and art a virgin, and in both thou remainest a virgin by nature. He Who is born renews the laws of nature, and the womb gives birth without travail. When God so wills, the order of nature is overruled, for He does whatsoever He wills.

ODE 5

Irmos: *Out of the night watching early for Thee, enlighten me I pray, O Lover of man, and guide me in Thy commandments and teach me O Savior, to do Thy will.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

The whole of my life has passed by in the night, for the darkness of sin has covered me like a thick fog in the middle of the night. But make me a son of the day, O Savior.

Imitating Rueben, I have devised a wicked and lawless act against God Most High, having defiled my bed as he defiled the bed of his father.

I confess to Thee, O Christ my King, that I have sinned. I have sinned like the brothers of Joseph of old, who sold the fruit of purity and chastity.

His righteous and gentle soul was bound by his kinsmen and he was sold into slavery as a foretelling of the Lord. But thou, O my soul, hast sold thyself

entirely to thy sins.

O my miserable and wretched soul, imitate the righteous and chaste mind of Joseph; and do not defile thyself by continuing to indulge thy wanton and irrational desires.

When Joseph was cast down into the pit, O Lord and Master, it was to prefigure Thy Burial and Resurrection. But what offering such as this shall I ever make to Thee?

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

To the Trinity: We glorify Thee, O Trinity, as One God! Holy, Holy, Holy, art Thou, Father, Son and Holy Spirit; simple Essence and Unity worshipped for ever.

Now and ever, and unto ages of ages. Amen.

Theotokion: From thee, O Virgin undefiled and maiden Mother, has God the Creator of the ages, become vested in my human flesh, uniting to Himself the nature of man.

ODE 6

Irmos: *With my whole heart, I cried unto the compassionate God: and He heard me, and He lifted up my soul from the depths of hell and from corruption.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

I offer to Thee in purity the tears of mine eyes and the sighs from the depth of my heart, which cries: I have sinned against Thee, O God, have mercy on me.

Thou hast turned thyself away from thy Lord, O my soul, as did Dathan and Abiram; but cry out from the lowest depths of hell: 'Spare me', that the earth may not open up and swallow thee.

Do not be like Ephraim stung to madness like a stampeding calf, O my soul, but rather, save thy life like a gazelle fleeing from the snare on the wings of action, resolve and contemplation.

Let the hand of Moses assure us, O my soul, that God can cleanse and make again as white as snow a leprous life. So do not despair, though thou thyself art leprous.

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

To the Trinity: 'I am the Trinity, simple and undivided, yet divided in Three Persons; and I am the Unity, united by Nature', says the Father and the Son and the Divine Spirit.

Now and ever, and unto ages of ages. Amen.

Theotokion: Thy womb bore God for us, fashioned in our image. Implore thou Him as the Creator of all, O Theotokos, that we may be justified through thine intercessions.

Kontakion (TONE 6): My soul, my soul arise! Why art thou sleeping? The end is drawing near and thou wilt be confounded. Awake then and be watchful, that thou mayest be spared by Christ God, Who is everywhere and fillest all things.

ODE 7

Irmos: *We have sinned, transgressed, done wrong before Thee. We have not watched or done as Thou hast commanded us. But do not give us up utterly, O God of our fathers.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

I have sinned, I have transgressed, and I have rejected Thy commandments, for in sins have I progressed and have added sores to my wounds. But in Thy compassion have mercy on me, O God of our fathers.

I have confessed to Thee the secrets of my heart, O my Judge. See my humility and behold my affliction, and consider now my condemnation. But in Thy compassion have mercy on me, O God of our fathers.

Once, when Saul went searching for his father's lost herds he found himself proclaimed as king. Be watchful, O my soul, lest while searching for thine animal desires thou shouldst overlook the Kingdom of Christ.

David, the forefather of God, once sinned doubly, O my soul; being pierced with the arrow of adultery and struck with the spear of murder's remorse. But thou, my soul, art more gravely ill than he, for worse than any acts are the urgings of thy will.

David once joined sin to sin when he mixed adultery with murder; yet then he

showed at once a twofold repentance. But thou, my soul, hast done worse things than he, yet thou hast not repented before God.

David once composed a hymn, setting forth, as in an icon, all the evils he had done; and he condemned them, crying, 'Have mercy on me, for against Thee only have I sinned, O God of all, cleanse me!'

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

To the Trinity: O Trinity, simple and undivided, consubstantial and of One Nature. We praise Thee, Light and Lights, One Holy and Three Holies, God the Trinity! Sing, O my soul, and glorify the Life of Lives, the God of all.

Now and ever, and unto ages of ages. Amen.

Theotokion: We praise thee, we bless thee, we venerate thee, O Mother of God: for thou hast given birth to Christ God, One of the undivided Trinity, and hast opened the Heavens to us on earth.

ODE 8

Irmos: *Him whom the hosts of heaven glorify, whom the Cherubim and Seraphim dread, let every breath and creature praise, bless and magnify throughout all ages.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

I have sinned, O Savior, have mercy on me. Awaken my mind to conversion, accept my repentance and take pity on me as I cry: Against Thee only have I sinned and have done evil in Thy sight, have mercy on me.

Elijah once ascended above all earthly things in the chariot of his virtues as if to Heaven. Meditate, then O my soul, on this ascent.

Elisha once took up the mantle of Elijah and received a double portion of grace from the Lord. But thou, O my soul, hast no share in this grace because of thine uncontrolled desires.

With the mantle of Elijah, Elisha made the streams of the Jordan stand still on either side. But thou, O my soul, hast no share in this grace because of thine uncontrolled desires.

The Shunammite woman graciously gave shelter to the righteous man, but thou,

O my soul, hast welcomed neither stranger nor traveler into thy house. Therefore shalt thou be cast out weeping from the bridal chamber.

In all ways hast thou imitated the unclean thoughts of Gehazi, O my wretched soul. At least now, in thine old age, rid thyself of his greed and flee from the fires of hell, turning away from thine evil ways.

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

To the Trinity: O Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Righteousness, Father of the Divine Word, Word of the Eternal Father, and Living and Creating Spirit. O Trinity, One in Unity, have mercy on me!

Now and ever, and unto ages of ages. Amen.

Theotokion: The spiritual purple of Emmanuel was woven inside thy womb as if from scarlet silk, O Most-pure Virgin. Therefore we honor thee as truly Theotokos.

ODE 9

Irmos: *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.*

Refrain: *Have mercy on me, O God, have mercy on me.*

TROPARIA

My mind is wounded, my body is feeble, my spirit is sick, my speech has lost its power, my life is ebbing, and the end is at the door. What shalt thou do, O miserable soul, when the Judge comes to examine thy deeds?

I have reviewed for thee, O my soul, Moses' account of the creation of the world, and then all of the canonical Scripture that tells the story of both the righteous and the wicked. But thou, my soul, hast followed the ways of the wicked and hast sinned against God.

The Law is grown weak, the Gospel unpracticed, and the whole of Scripture is ignored by thee; the Prophets fail and the words of the righteous are useless. Thy wounds, O soul, have multiplied, and there is no physician to heal thee.

I will now show thee, O my soul, examples from the New Testament, to lead

thee to repentance. Follow the example of the righteous and avoid following the ways of the sinners and strive to regain the grace of Christ through prayer and fasting, purity and reverence.

Christ became man, calling thieves and harlots to repentance. Repent then, O my soul! For the doors of the Kingdom are already opened and the Publicans and penitent Pharisees and adulterers pass through before thee.

Christ became man by assuming my flesh and He willingly experienced all that belongs to our nature apart from our sin. Thus, He set before thee, O my soul, an example and image of His own condescension.

Christ saved the Magi, called the Shepherds, transformed a host of infants into Martyrs and glorified the Elders and the aged Widows, whose lives and deeds thou hast chosen to ignore, O my soul. But woe unto thee when the time of thy Judgement comes!

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When the Lord had fasted for forty days in the wilderness, He became hungry thus showing us His human nature. Do not be dismayed, O my soul, and when the enemy attacks thee, drive him away through prayer and fasting.

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

To the Trinity: Let us glorify the Father, let us exalt the Son and with faith let us worship the Divine and Holy Spirit, the Trinity undivided, Unity in Essence; Light of Lights, Life and Lives, giving light and life to the ends of the earth.

Now and ever, and unto ages of ages. Amen.

Theotokion: Protect this, thy habitation, O Most-pure Mother of God, for through thee she reigns in faith, by thee she is made strong, by thee she is made victorious defeating every trial and temptation, despoiling every enemy and ruling over her obedient servants.

Venerable Father Andrew, pray to God for us.

To Saint Andrew: O Venerable and Thrice-blessèd Father Andrew, the shepherd of Crete; cease not to offer thy prayers for us who sing thy praises; that we may be delivered from every danger and affliction, from corruption and sin, who honor thy memory with faith.

Katavasia, Irmos 9: *Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so in all ages*

we magnify thee in an Orthodox manner as the Mother and Bride of God.

**Troparia of Repentance
Monday & Wednesday**

TONE 2 (Resurrectional - When Thou didst descend to death)

Enlighten my eyes O Christ our God,
Lest I sleep unto death
So that my enemy cannot say:
"I have prevailed against him."

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

O God be the defender of my soul,
For I walk in the midst of many snares,
Deliver me from them, O Lord, and save me,
For you are good and a lover of mankind.

Now and ever and unto ages of ages. Amen.

Seeing that we have no boldness,
Because of the multitude of our sins,
O Virgin Theotokos,
Fervently entreat Him Who was born of you;
For the prayer of a mother avails much to the good will of the Master.
Despise not the supplications of sinners, O all-pure One;
For He who willed to suffer for us is merciful,
And He has power to save us.

Prayer of the Hours

Reader: O Thou, Who at every season and every hour, in heaven and on earth art worshiped and glorified, O Christ our God longsuffering, greatly merciful, and deeply-compassionate; Who lovest the just and showest mercy upon the sinner; Who callest all men to salvation through the promise of blessings to come: Do Thou, the same Lord, accept also our prayers in this hour, and direct our lives according to Thy commandments. Sanctify our souls, purify our bodies, guide aright our minds, cleanse our thoughts, and deliver us from every affliction, evil, and sickness. Compass us about with Thy holy angels, that guarded and guided

by their legions we may attain unto unity of faith, and the knowledge of Thine unapproachable glory, for blessed art Thou unto ages of ages. Amen.

Lord, have mercy. (3x)

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

More honorable than the Cherubim and more glorious, beyond compare, than the Seraphim; without corruption thou gavest birth to God the Word; true Theotokos, we magnify thee.

In the name of the Lord, Father, bless.

Priest: God be bountiful unto us, and bless us, and show us the light of Thy countenance, and be merciful unto us.

The prayer of St. Ephrem

ALL: O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk.

(Prostration)

But give rather the spirit of chastity, humility, patience and love to Thy servant.

(Prostration)

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto ages of ages.

(Prostration)

(After the prayer, we make 12 solemn bows saying silently): "God cleanse me a sinner and have mercy on me"

(The prayer is then repeated with only one prostration at the end.)

To the Theotokos

Priest: All-pure and incorruptible Virgin Bride of God and our Sovereign Lady: you made the Word of God one with mankind by gloriously giving birth to your Son and joining our fallen nature to His divine nature; you are the hope of the despairing and the support of those in distress, the swift defender of those who turn to you and the refuge of all Christians.

Do not turn from me, an unclean sinner, who have destroyed myself with unworthy thoughts, words and deeds, and have been enslaved by forgetfulness to the carnal passions of life; but have compassion on me, Theotokos, and accept the prayer of a sinner and prodigal, offered from unclean lips.

Exercise your boldness as a Mother and pray to your Son, our Lord and Master, that He will make known to me also His compassionate goodness, and overlooking my countless sins, will turn me to repentance and make me fervent in doing His commandments.

Be with me always in your grace and loving mercy, for you are the fervent helper who turn away the assaults of enemies and guide me towards salvation, caring for my unworthy soul at the hour of death, and driving from it the darkness of evil spirits.

In the Day of Judgment free me from eternal torment, and show me to be an heir of the divine glory of your Son and our God.

Grant this, Lady Theotokos, by your prayers and intercessions, through the mercy and loving kindness of your Only-begotten Son, our Lord and Savior Jesus Christ, to Whom are due all glory, honor and worship, with the Father Who is eternal and His all-holy, good and life-giving Spirit, now and ever and unto ages of ages. Amen.

Evening Prayer to Christ

Priest: And grant rest, Master, to our souls and bodies as we sleep; preserve us from the gloomy slumber of sin and from the dark passions of the night. Calm the impulses of carnal desires; quench the fiery darts of the evil one which are craftily directed against us. Still the rebellions of the flesh and put far from us all anxiety and worldly cares.

Grant us, O God, a watchful mind, pure thoughts, a sober heart, and a quiet rest free from every vision of the devil. Raise us up again at the hour of prayer, strengthened in Your precepts and holding within us steadfastly the thought of your commandments.

Grant that we may sing praises to You through the night, and that we may hymn, bless and glorify Your all-honorable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

To the Theotokos

Priest: Exceedingly glorious and ever-virgin Theotokos; bring our petitions before your Son and our God, and implore Him that through you He will save our souls. Amen.

To the Trinity

Priest: Father, my hope; Son, my refuge; Holy Spirit, my protection: Holy Trinity, Glory to Thee.

Choir: Glory to the Father and to the Son and to the Holy Spirit, Now and ever and unto ages of ages. Amen.

Lord have mercy. (3 times)

Father, bless!

Priest: May Christ our True God, through the prayers of His Most-pure Mother, and of all the Saints, have mercy on us and save us, as He is good and the Lover of Mankind.

Choir: Amen.

(All Kneeling)

Priest: Bless and forgive me, my brothers and sisters, for I am a sinner.

People: May God pardon and forgive you reverend father.

Priest: Reverend father, bless and forgive me for I am a sinner.

Priest: May God forgive and pardon you, my brothers and sisters.

The Litany

Priest: Let us pray for the Holy Synod of Bishops, for our Bishop _____, for the honorable priesthood, the diaconate in Christ, and for all the clergy and people.

Choir: Lord have mercy.

Priest: For the president of this country, and for all in civil authority, and for this state and countryside.

Choir: Lord have mercy.

Priest: For those serving in the armed forces of this country.

Choir: Lord have mercy.

Priest: For those who hate us and those who love us.

Choir: Lord have mercy.

Priest: For those who are kind to us and those who serve us.

Choir: Lord have mercy.

Priest: For those who have asked us to pray for them, unworthy though we be.

Choir: Lord have mercy.

Priest: For those held captive or in prison.

Choir: Lord have mercy.

Priest: For those who travel by land, by sea, and by air, and for their salvation.

Choir: Lord have mercy.

Priest: For all who suffer from sickness and infirmity

Choir: Lord have mercy.

Priest: For all in need of guidance and strength from the Lord, and those who are weary in well-doing, in need of refreshment.

Choir: Lord have mercy.

Priest: Let us pray also for seasonable weather and for an abundance of the fruits of the earth.

Choir: Lord have mercy.

Priest: For Orthodox bishops, priests and deacons who have fallen asleep in the Lord.

Choir: Lord have mercy.

Priest: For our parents, family, and friends, and for all Orthodox believers departed this life before us, who here and in all the world lie asleep in the Lord.

Choir: Lord have mercy.

Priest: Let us say also for ourselves:

Choir: Lord have mercy, Lord have mercy, Lord have mercy.

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.

Choir: Amen.