STAND

P: Blessed ★ is our God at all times, both now and ever, and unto ages of ages.

All: Amen.

P: Glory to You, our God, glory to You.

eavenly King, Consoler, Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life, come and dwell in us, cleanse us of all stain, and save our souls, O Good One.

All: Holy God! \maltese Holy Mighty One! Holy Immortal One! Have mercy on us (3x).

- ~ Glory be to the Father, ♥ and to the Son, and to the Holy Spirit, now and always and forever and ever. Amen.
- ~ All-Holy Trinity, have mercy on us. Lord, forgive us our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name's sake.
- ~ Lord, have mercy (3x).
- ~ Glory be 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 evil.
- **P:** For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, both now and ever, and unto ages of ages.

All: Amen.

All: Lord, have mercy. (12x)

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

Come, let us worship God, our King, and bow down before Him! (Reverence)

Come, let us worship Christ God, our King, and bow down before Him! (Reverence)

Come, let us worship Christ Himself, our King and our God, and bow down before Him! (Reverence)

SIT

Psalm 4

Joyful Confidence in the Lord

hen I cried out, the God of my righteousness heard me: You gave me space in my distress:

Have mercy on me and listen to my prayer.

You sons of men, how long will you be hard-hearted?

Why do you love vanities and seek lies?

Know that the Lord works wonders for his holy one:

The Lord will hear me when I cry out before Him.

Be passionate, but do not sin;

repent upon your couches for what you say in your hearts.

Offer a sacrifice of righteousness

and hope in the Lord.

Many say: 'Who will show us good things?'

The light of your face, O Lord, was a mark upon us.

You have put gladness in my heart;

They were filled with blessing of their wheat, wine and oil In peace I will lay me down to sleep:

for You alone, O Lord, have made me dwell in hope.



Psalm 6

Prayer in Times of Trial

Lord, in Your anger rebuke me not, chasten me not in Your wrath:

Have pity on me, O Lord, for I am weak; heal me, O Lord, for my bones are troubled,

And my soul is troubled exceedingly — but You, O Lord, how long?

Return, O Lord, and free my soul, deliver me for the sake of Your love. For in death no one remembers You, and in Hades who will sing Your praise?

I am exhausted with my moaning:
shall I weep every night upon my bed
and drench my couch with tears?
My eyes are troubled with weeping,
I am worn out because of all my enemies

Begone from me, all you evil-doers, for the Lord has heard the voice of my lament; The Lord has heard my appeal, the Lord has acceded to my prayer.

Let all my enemies be greatly shamed and vexed, let them at once be routed and mightily brought down.

Turn to page 10.



SIT

Psalm 12

Prayer of a Sorrowful Man

ow long, O Lord, will You forget me? Until the end?
How long will You turn Your face away from me?
How long shall I harbor unrest in my mind
and sorrows in my heart? Every day?
How long shall my enemy triumph over me?

Look upon me and hear me, O Lord my God:
give light to my eyes lest I sleep to death,
Lest my enemy say: 'I have prevailed over him!'
My oppressors would rejoice if I were overthrown.

But I have hoped in Your mercy:
 my heart will exult in Your salvation;
I will sing to the Lord who has treated me well
 and I will sing psalms to the name of the Lord most high.

Look upon me and hear me, O Lord my God:
give light to my eyes lest I sleep to death,
Lest my enemy say: 'I have prevailed over him!'
My oppressors would rejoice if I were overthrown.

Psalm 24

Prayer for Guidance and Help

o You, O Lord, I have lifted up my soul;
O my God, I have trusted in You:
let me not be put to shame for ever.

Let not my enemies laugh at me:
of all those who seek You, none will be shamed.
Let shame befall the wanton transgressors.

Make known to me Your ways, O Lord, show me Your paths; Guide me in Your truth and teach me for You are my God and Savior and I have waited for You all the day. Remember Your tender mercies, O Lord, and Your love that are from all ages; The sins of my youth and my failures remember not.

Remember me in Your love, O Lord, because of Your kindness. Kind and true is the Lord:

He will set the wayward aright.

He will give good judgment to the meek,

He will teach the meek His ways.

All the ways of the Lord are mercy and truth
to those who seek His covenant and His revelation.

For the sake of Your name, O Lord,
forgive also my sin for it is great.

Be there a man who fears the Lord,
him the Lord will teach in the way He has chosen.

His soul shall dwell in prosperity
and his seed shall inherit the land.
The Lord is the might of those who fear Him,
and He will reveal His covenant to them.

My eyes are always upon the Lord, for He will loose my feet from the snare. Look upon me and have mercy on me, for I am lonely and destitute;

The troubles of my heart are multiplied: deliver me from my straits. Behold my afflictions and my pain and forgive all my sins;

Behold my enemies: they have grown in number and have hated me with unfair hatred.

Preserve my soul and deliver me

that I may not be shamed, for I trusted in You.

The blameless and the righteous stood with me because I waited for You, O Lord.

Deliver Israel, O Lord,
of all his afflictions!

Turn to page 10.

SIT

Psalm 30

Appeal and Thanksgiving of a Man in Distress

In You, O Lord, I have hoped:
let me never be put to shame.
In Your justice save me and deliver me,
lend me Your ear and hasten to my deliverance.

Be for me a protecting God, a sheltering house to save me; Because You are my strength and my refuge and for the sake of Your name, You will guide me and feed me.

Because You are my protection, O Lord,
You will save me from this snare they hid for me,
Into Your hands I will commit my spirit:
You have redeemed me, O Lord God of Truth!

You detest those who serve untruth in vain, but I have hoped in the Lord. I will rejoice and exult in Your mercy for You have looked upon my distress and relieved my soul of its burden.

You have not trapped me in the enemies' hands but set my feet in a wide open place. Have mercy on me, O Lord, for I am oppressed: sorrow afflicts my eyes, my soul and my feelings. For my life is spent with affliction and my years with groanings; My strength has failed through misery and my bones have wasted away.

To all my enemies, I am an object of reproach and exceedingly so to my neighbors, and to my acquaintances, a terror!

Those who saw me on the street fled from me:

I was forgotten by all hearts as one dead,
I became as a broken vessel.

For I heard the whisperings of many who dwell around me:
When they came together against me, they plotted to take my life.

But I have hoped in You, O Lord:
I have said: 'You are my God!'
My fate is in Your hands.
Deliver me from the clutches of my enemies and from those who persecute me.

Let Your face shine upon Your servant: save me in Your mercy.

O Lord, let me not be confounded, for I have cried out to You.

But shame upon the wicked:
 may they be cast into Hades!

Let those lying lips be put to silence
 which speak with pride and scorn against the just.

O Lord, how vast is the wealth of Your bounty
which You have in store for those who fear You,
Which You prepared for those who hope in You
before the face of the sons of men!

In the secret of Your presence, You will hide them away from the commotions of men;
Beneath Your tent You shelter them

away from the confusion of tongues.

Blessed is the Lord,

for His mercy has worked wonders in a besieged city: I had cried out in my distress:

'I am cast afar from the sight of Your face!'

Whereupon, O Lord, You heard the voice of my appeal as I cried out to You.

Love the Lord, all you his holy ones, for the Lord seeks for truth.

But with full retribution He will repay the actions of the haughty. Take courage and be strong of heart, all You who hope in the Lord!

Psalm 90

Security Under God's Protection

e who dwells in the shelter of the Most High abides in the shadow of God of heaven He will say to the Lord: 'My wall, my refuge, my God in whom I will trust!'

He it is who will save you from the hunter's snare, and from the deadly pestilence.

With His pinions, He will overshadow you and beneath His wings you shall rest secure.

As a shield, His truth shall cover you:
you shall not fear the terror of the night,
nor the arrow that flies by day,
Nor the thing that lurks about in darkness,

nor the pestilence or demon of the noon.

Though a thousand may be falling at your side, and ten thousand at your right, no harm will come to you.

But you with your eyes shall observe, and see the retribution of the wicked.

Because you have said: 'O Lord, You are my hope!' and You have taken the Most High as your refuge, No evil shall come close to you, nor shall any scourge approach your dwelling.

For He will command the Angels to watch over all your ways. In their hands they shall carry you lest you stumble with your foot against a stone.

Upon the asp and the viper you shall tread; the lion and the dragon you shall trample. Because he trusted Me, I will save him; I will protect him, for he knew My Name;

He will call on Me, and I will answer him,
I am with him at the time of distress;
I will deliver him and give him glory,
With length of days I will feed him,
and My salvation I will let him see.



STAND

All: Glory be to the Father ♣ and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

Alleluia, alleluia! Glory ♣ to You, O God! (with metany)
Alleluia, alleluia! Glory ♣ to You, O God! (with metany)
Alleluia, alleluia, alleluia! Glory ♣ to You, O God and our Hope, glory to You! (with metany)

Lord, have mercy. (3x)

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

GOD IS WITH US

(Tone 6)

After each verse, a Metany (a deep bow with the Sign of the Cross) is made.

God is with us! Give ear, O you nations, and be humbled. Give ear, all you lands afar off,



All:

For God is with us!

You mighty ones, be humbled. Even if your strength returns, you shall again be defeated,

All: For God is with us.

Whatever conspiracy you shall weave, the Lord shall destroy it. Whatever word you shall speak shall not stand even among you,

All: For God is with us.

We shall not hear your threat, nor shall we be disturbed. We sanctify the name of the Lord our God, and we fear Him,

All:



For God is with us!

If I confide in Him, He shall be my sanctification. I shall confide in Him, and I shall be saved by Him,

All:



For God is with us!

Behold, I come with the children whom the Lord has given me,

All: For God is with us.

O nation, which is walking in the darkness, expect to see a great light. Upon us, who dwell in the land of the shadow of death, a great light shall dawn,

All:



For God is with us!

Indeed, a Child is born to us, the Son, and He is given to us; His power is upon His shoulder, and His peace shall have no end,

All: For God is with us.

And His Name shall be called Messenger of the great wisdom of God,

All:



For God is with us!

Wonderful Counselor, Mighty God, Master, Prince of Peace, Father of the world to come,

All: For God is with us.

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

All: For God is with us.



- 1: Now that the day has come to a close, / I thank You, Lord, and I ask of You / that my evening and my night be without sin: / grant this to me, O Savior, and save me!
- 2: Glory be to the Father and to the Son and to the Holy Spirit. / Now that the day has come to a close, / I glorify You, O Master, and I ask of You / that my evening and my night be undisturbed: / grant this to me, O Savior, and save me!
- 1: Now and always and for ever and ever. Amen. / Now that the day has come to a close, / I praise You, O Holy One, and I ask of You / that my evening and my night be undisturbed: / grant this to me, O Savior, and save me!

SIT

PRAISE OF THE INFINITE MAJESTY OF GOD

- **2:** The incorporeal Cherubim glorify You with unceasing praise.
- 1: The Seraphim, the six-winged angels, exalt You with tireless voices.

- 2: And all the armies of angels praise You with the Thrice-holy Hymn.
- 1: Because You are, before all else, O Father; and Your Son, like Yourself, is without beginning.
- **2:** By breathing forth the Spirit of life, equal in honor to You, You make manifest the indivisibility of the Trinity.
- 1: Virgin most holy, Mother of God, and you eye-witnesses of the Lord and His servants, intercede for us!
- **2:** All the choirs of the prophets and martyrs who are enjoying eternal life, intercede for us!
- 1: Intercede for all of us unceasingly, for we are all in distress.
- 2: That escaping from the terrors of evil, we may sing the angels' hymn!
- 1: Holy, Holy, O Thrice-holy Lord! Have mercy on us and save us!

STAND

INTERCESSION OF THE SAINTS

v. Most holy Lady, Theotokos,



In-ter - cede for us sin - ners!

All:

- v. All you heavenly powers, Angels and holy Archangels,
- All: Intercede for us sinners
- v. Holy John, the Forerunner, prophet, and baptist of the Lord Jesus Christ,



All: In-ter - cede for us sin - ners!

v. Glorious saints, apostles, prophets, martyrs and all you holy ones,

All: Intercede for us sinners

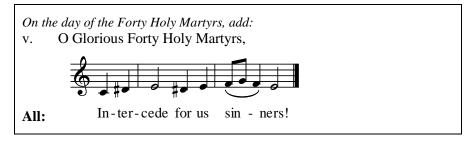
v. You just ones, and You God-bearing Fathers; you Shepherds and you Doctors of the Universal Church,



All: In-ter - cede for us sin - ners!

v. You glorious Ann, patron saint of this holy church

All: Intercede for us sinners



v. O you divine, undefeated and incomprehensible Power of the precious and life-giving Cross,



All: Do not for-sake us sin - ners!



SIT

TROPARIA OF REPENTANCE

On Mondays and Wednesdays

Enlighten my eyes, O Christ God, lest I sleep to death; lest my enemy say: 'I prevailed over him!'

Glory be 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 gracious Lord, and save me, for You are the Lover of Mankind.

Now and always and for ever and ever. Amen.

Since our many transgressions prevent us from finding favor before God, be our intercessor with Him who was born of you, O Virgin Mother of God; for the prayers of a mother have much weight in obtaining the Master's favor. O most venerable one, despise not the pleadings of us sinners, for He who willed to suffer for us is merciful, and He has power to save us.



On Tuesdays and Thursdays

O Lord, You know well the alertness of my invisible enemies and the weakness of my own wretched body: for You Yourself have made me. Wherefore I entrust my soul to Your hands. Cover me with the wings of Your bounty, lest I sleep to death. Enlighten my spirit with the delight of Your divine Word. Awaken me at the time appointed to glorify You: for You alone are a gracious God and the Lover of Mankind.

O God, look down upon me and have mercy on me!

How dreadful is Your judgment-seat, O Lord, where Angels will be on guard, all men assembled, the book of life opened, all my works uncovered, and all my thoughts revealed! What judgment shall be mine, O Lord, for I was conceived in sin! Who shall put out for me the raging fires? Who shall bring light to my darkness, if You, O Lord, and Lover of Mankind, have no mercy on me?

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

Give me tears, O Lord, as You did to the sinful woman; make me worthy to wash Your feet that saved me from the ways of error. Grant that I may offer You, as a fragrant ointment, a blameless life that repentance has redeemed, so that I also may hear Your sweet words 'Go in peace: your faith has saved you!'

Now and always and forever and ever. Amen.

O Mother of God, because of my great confidence in you, I shall obtain salvation. Because I have succeeded in having you for intercessor, O purest of all, I shall not fear. Imploring your most powerful help, I shall pursue my enemies and drive them away, for I wear your protection as a breast-plate. O Lady, save me through your intercession, and, by the power of God who was made of your flesh, awaken me from my dark slumber that I may sing your glory!

Lord, have mercy. (12 times)

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

More honorable than the cherubim and more glorious beyond compare than the seraphim, who without stain bore God the Word: you are truly Theotokos, we magnify you!

Give the blessing, Father, in the name of the Lord.

P: Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us!

All: Amen!

STAND

PRAYER OF ST. BASIL

P: Lord, O Lord, who delivered us from every arrow that flies in the light of day, protect us against any difficulty that lurks around at night, and accept our outstretched hands as an evening sacrifice. Make us worthy to spend the night blamelessly, and fully sheltered against all evil. Protect us against all disturbances or fear of the devil. Grant reverence to our souls and diligence to our minds, that we may understand Your dreadful and just judgments; nail down our bodies with the fear of You, let our passions die out, so that in the stillness of night we may be enlightened by the thought of Your commands. Keep afar from us all indecent dreams and harmful cravings. Awaken us in time for prayer, strengthened in the faith and able to obey Your commands through the mercy and kindness of Your only-begotten Son, with whom You are blessed, together with Your all-holy good and life-giving Spirit, now and always and for ever and ever.

All: Amen.

Part 2

All: Come, let us worship God our King, and bow down before Him! *(metany)*

Come, let us worship Christ God, our King, and bow down before Him! (metany)

Come, let us worship Christ Himself, our King and our God and bow down before Him! (metany)

SIT

Psalm 50

Prayer of Repentance

GOD, have mercy on me in the greatness of your love; in the abundance of your tender mercies wipe out my offense.

Wash me thoroughly from malice and cleanse me from sin, For I am well aware of my malice and my sin is before me always.

It is You alone I have offended,

I have done what is evil in your sight,
Wherefore You are just in your deeds
and triumphant in your judgment.

Behold, I was born in iniquities and in sins my mother conceived me.

But You are the Lover of Truth:

You have shown me the depths and secrets of your wisdom.

Wash me with hyssop and I shall be pure, cleanse me and I shall be whiter than snow. Let me hear sounds of joy and feasting: the bones that were afflicted shall rejoice.

Turn your face away from my offenses and wipe off all my sins. A spotless heart create in me, O God; renew a steadfast spirit in my breast.

Cast me not afar from your face, take not your blessed Spirit out of me. Restore to me the joy of your salvation and let your guiding Spirit dwell in me. I will teach your ways to the sinners and the wicked shall return to You.

Deliver me from blood-guilt, O God, my saving God, and my tongue will joyfully sing your justice.

O Lord, You shall open my lips, and my mouth will declare your praise.

Had you desired sacrifice, I would have offered it, but You will not be satisfied with whole-burnt offerings.

Sacrifice to God is a contrite spirit:

a crushed and humbled heart God will not spurn.

In your kindness, O Lord, be bountiful to Sion; may the walls of Jerusalem be restored.

Then will You delight in just oblation, in sacrifice and whole-burnt offerings. Then shall they offer calves upon your altar.

Psalm 101

Prayer in Time of Distress

O Lord, hear my prayer and let my cry come to You.

- -Turn not Your face away from me; on the day of my affliction, incline Your ear to me; on the day I will call on You, hear me without delay.
- -For my days have vanished like smoke, and my bones have been parched like dry wood.
- -I am cut down like grass and my heart is withered, I have even forgotten to eat my bread.
- -So much have I cried and groaned that my bones have cleaved to my flesh.
- -I resemble the vulture of the wilderness, I have become like the owl amid the ruins.

- -Unable to sleep, I keep watch, like a lonely sparrow on the rooftop.
- -All day long, my enemies have taunted me; even my admirers have sworn against me.
- -For I have eaten ashes as if they were bread, and mingled my drink with tears,
- -Because of Your fury and wrath,
 -for You raised me up, only to dash me down.
- -My days are like a lengthening shadow, and I am withered like grass.
- -But You, O Lord, endure forever, and Your memory is from age to age.
- -You shall arise and have mercy upon Sion, for the time to pity her, the right time has come;
- -For Your servants cherish her stones, even her dust moves them to pity.
- -And the Gentiles shall fear Your name, O Lord, and all the kings, Your glory.
- -For the Lord shall build up Sion, and He shall be seen in His glory.
- -He has regarded the prayer of the lowly, and has not despised their plea.
- -Let this be noted for future generations, so that a people yet to come shall praise the Lord,
- -He has looked from the height of His holy temple, from heaven the Lord has surveyed the earth
- -To hear the groaning of those in chains, to free the sons of the slain,
- -To proclaim the name of the Lord in Sion, and His praise in Jerusalem
- -When the people are gathered together with the kings for the service of the Lord.

- -He said to him at the peak of his power "Tell me, how few are my days;
- -Take me not away in the midst of my days, You whose years span generations."
- -In the beginning, O Lord, You founded the earth, and the heavens are the work of Your hands.
- -They shall pass away, but You remain; they shall all wear out as a garment.
- -And You will roll them up like a cloak, and they shall be changed,
- -But You are the same, and Your years shall have no end.
- -The sons of Your servants shall dwell secure and their line shall prosper forever.

STAND

and the priest recites the:

PRAYER OF MANASSES, KING OFJUDAH

(2 Chronicles 37)

Lord Almighty, God of our fathers Abraham and Isaac and Jacob and of their righteous descendants, You made heaven and earth with all their adornment, You encompassed the sea with the word of Your command; You closed the deep and sealed it with Your fearful and glorious name. Your presence all things revere and before Your power they quake, because the magnificence of Your glory is unendurable, and irresistible the wrath of Your threat against sinners. The kindness of Your promise is both immeasurable and inscrutable, for You are the Lord most high, compassionate, long-suffering and most merciful, offering atonement for the evils of all people.

You, O Lord, in the abundance of Your goodness, promised repentance and forgiveness to those who sinned against You; and in the abundance of Your compassion, You decreed repentance for sinners, that they may be saved. Therefore, O Lord, God of the righteous, You appointed repentance, not for the righteous, not for Abraham and Isaac and Jacob who did not: sin against You, but for me a sinner, for I

committed more sins than there are grains of sand in the sea. transgressions are multiplied, O Lord, they are multiplied! I am not worthy to look up and see the height of heaven because of the multitude of my iniquities, being weighed down by many iron chains so that I cannot raise my head. And there is no release for me because I have provoked Your anger and have done what is evil in Your sight, not doing Your will nor keeping Your commandments, but setting up abominations and multiplying offenses. Now I kneel in my heart, beseeching Your kindness: I have sinned, O Lord! I have sinned, and I acknowledge my transgressions. I pray and beg You: release me, Lord, release me! Do not destroy me together with my transgressions! Do not keep evils for me in anger forever! Do not condemn me to the depths of the earth! For You are God, the God of the repenting, and in me You will show all Your kindness. For unworthy as I am You will save me according to the abundance of your mercy, and I will praise You continually all the days of my life. For all the hosts of heavens sing Your praise, and Yours is the glory for ever and ever.

All: Amen.

SIT

TROPARIA OF REPENTANCE

ave mercy on us, Lord. Have mercy on us. At a loss for any defense, we sinners offer this prayer to You, the Master: have mercy on us.

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

Lord, have mercy on us, for we have put our trust in You: Rise not in anger against us, remember not our transgressions, but in the depth of Your mercy look upon us now and save us from our enemies: for You are our God and we are Your people, we are all the work of Your hands and we constantly call upon Your name.

Now and always and for ever and ever. Amen.

Blessed Mother of God, open the portal of your deep mercy to us who put our trust in you, so that we may not be brought to confusion, but through you may be delivered from adversity, for you are the salvation of the Christian fold.

Lord, have mercy. (12 times)

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

More honorable than the cherubim and more glorious beyond compare than the seraphim, who without stain bore God the Word: you are truly Theotokos, we magnify you!

STAND

Give the blessing, Father, in the name of the Lord.

P: Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us!

All: Amen.

PRAYER OF ST. MARDARIOS

P: O Master, God: Almighty Father, Only-begotten Son, Lord Jesus Christ, and Holy Spirit – One God and one Might: have mercy on us sinners and save us, Your unworthy servants, according to the ways of Your wisdom, for You are blessed for ever and ever.

All: Amen.

Part 3

All: Come, let us worship God our King, and bow down before Him! *(metany)*

Come, let us worship Christ God, our King, and bow down before Him! (metany)

Come, let us worship Christ Himself, our King and our God and bow down before Him! (metany)

SIT

Psalm 69

A Prayer of Remembrance

GOD, come to my assistance!
O Lord, hasten to help me!

- -Shame and disgrace upon those who seek my life!
- -Let them turn back and be confounded who wish me evil!
- -Let them now turn in shame who jeer at me: "Well done! Well done!"
- -But let all who search for You be glad and rejoice in You,
- -And let those who love Your salvation, O God, always say: "The Lord be exalted!"
- -As for me, I am wretched and poor: God shall be my help.
- -You are indeed my help and my salvation, O Lord, tarry not!

Psalm 142

Confidence in the Lord

LORD, listen to my prayer;
In Your truth give heed to my request
And in Your justice hear me,

- -And enter not into judgment with Your servant since of all the living, none is just before You.
- -The enemy has pursued my soul, he has crushed my life into the ground;
- -He has forced me to dwell in darkness like those long dead.

- -My spirit was overwhelmed with grief and within me my heart was troubled.
- -Remembering the days of old,

 I meditated on all Your deeds,

 I thought of the works of Your hands.
- -I stretched out my hands to You;
 Like a parched land my soul longed for You.
 -Listen to me without delay, O Lord:
 my spirit has failed me;
- -Turn not Your face away from me nor let me sink in the pit like the others.
- -Grant that I may hear Your love at dawn for I have placed my hope in You.
- -O Lord, let me know which way I shall go for I have lifted up my soul to You.
- -Deliver me, O Lord, from my enemies: it is to You that I have fled.
- -Teach me to do Your will, for You are my God; may Your good Spirit lead me over level ground.
- -For the sake of Your name, O Lord, You will keep me alive;
- -In Your saving bounty,

You will deliver my soul from oppression,

-And in Your loving kindness,

You will destroy my enemies

- -And bring to naught all those who grieve my soul, for I am Your servant.
- -O Lord, in Your justice hear me and enter not into judgment with Your servant. (*Twice*)
- -May Your good Spirit lead me over level ground.

STAND

LESSER DOXOLOGY

Glory to God in the highest, on earth peace, and good will to men!

- ~We sing to You, we bless You, we worship You, we glorify You, we give thanks to You for the splendor of Your glory!
- ~O Lord King, O Heavenly God: Father Almighty! O Lord, Onlybegotten Son: Jesus Christ! And O You: All-Holy Spirit!
- ~O Lord God, O Lamb of God, O Son of the Father, who take away the sins of the world, have mercy on us! O You who take away the sins of the world!
- ~Accept our supplication, O You who are enthroned at the right hand of the Father and have mercy on us!
- ~For You alone are holy, You alone are the Lord Jesus Christ, in the glory of God the Father. Amen.
- ~Every day will I bless You and sing to Your name, always and for ever and ever.
- ~O Lord, You have been for us a refuge from age to age.
- ~I said: 'Lord, have mercy on me and heal my soul, for I have sinned against You!'
- ~O Lord, to You do I come for shelter: teach me to obey Your will, for You are my God.
- ~For with You is the fountain of life, and in Your Light we shall see light.
- ~Extend Your mercy upon those who confess You.
- ~Deign, O Lord, to keep us this night without sin.
- ~Blessed are You, O Lord, God of our Fathers: praised and glorified is Your name for ever. Amen.
- ~O Lord, let Your mercy rest upon us, for we have placed our trust in You.
- ~Blessed № are You, O Lord: teach me Your statutes! (metany)
- ~Blessed ♥ are You, O Master: grant that I may understand Your statutes! (metany)
- ~Blessed ♣ are You, O Holy One: enlighten me with Your statutes! (metany)
- ~Everlasting is Your love, O Lord: turn not away from the work of Your hands.
- ~Indeed, praise, worship and glory are Your due, Father, Son and Holy Spirit, now and always and for ever and ever. Amen.

Part 4

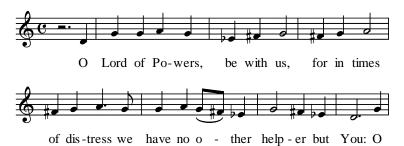
- **All:** Holy God! \maltese Holy Mighty One! Holy Immortal One! Have mercy on us (3x).
- ~ Glory be to the Father, ₱ and to the Son, and to the Holy Spirit, now and always and forever and ever. Amen.
- ~ All-Holy Trinity, have mercy on us. Lord, forgive us our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name's sake.
- ~ Lord, have mercy (3x).
- ~ Glory be to the Father, \(\Psi\) 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 evil.
- **P:** For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, both now and ever, and unto ages of ages.

All: Amen.



Psalm 150

A metany is made at each antiphon





Lord of Po-wers, have mer - cy on us!

Ya Rab-bil qu-wat koon ma'ana fa laysalana fidiqati mooeenoon seewak; Ya Rab-bil quwat irhamna!

v. Praise the Lord in His holy ones; praise Him in the firmament of His might!

All: O Lord of Powers,...

v. Praise the Lord in His mighty deeds; praise Him for the fullness of His majesty!

All: O Lord of Powers,...

v. Praise Him with the blast of the horn; praise Him with the harp and the zither!

All: O Lord of Powers,...

v. Praise Him with timbrel and chorus; praise Him with strings and pipes!

All: O Lord of Powers,...

v. Praise Him with resounding cymbals; praise Him with cymbals of glory. May everything that breathes praise the Lord!

All: O Lord of Powers,...

v. Praise the Lord in His holy ones! Praise Him in the firmament of His might!

Slowly and solemnly

All: O Lord of Powers,...

- ~Glory be to the Father and to the Son and to the Holy Spirit.
- ~O Lord, had we not Your saints to intercede for us and Your bounty to have mercy on us, how would we dare, O Savior to sing to You whom the Angels endlessly praise? O You who know the heart, spare our souls!
- ~Now and always and for ever and ever. Amen.
- ~Great is the number of my transgressions, O Mother of God: it is in you, all-chaste one, that I seek refuge in my need for salvation. Visit my diseased soul and intercede with your Son, our God, that He deign to forgive the evil I have done, O you who alone are blessed!
- ~Most holy Mother of God, forsake me not all the time of my life, entrust me not to human protection, but take care yourself of my safety, and have mercy on me!
- ~To you I entrust all my hope, O Mother of God; keep me under your protection.

Lord, have mercy! (40 times)

The priest extends his hands and prays:

You who at all times and every hour are worshipped and glorified, both in heaven and on earth, Christ God, long-suffering, generous in mercy and rich in compassion, loving to the just and merciful to the sinner: O You who call all people to repentance through the promise of blessings to come: deign, O Lord, at this very hour to receive our supplications and to direct our lives in the way of Your commandments. Sanctify our souls, purify our bodies, set our minds aright, cleanse our thoughts. Deliver us from any affliction, wrath, danger and need. Surround us with Your holy Angels, so that, guided and guarded in their camp, we may reach the oneness of the Faith and the knowledge of Your unutterable glory, O You who are blessed for ever and ever.

All: Amen.

Lord, have mercy. (3 times)

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

More honorable than the cherubim and more glorious beyond compare than the seraphim, who without stain bore God the Word: you are truly Theotokos, we magnify you!

Give the blessing, Father, in the name of the Lord.

P: May God be merciful to us and bless us; may He cause His countenance to shine upon us and have mercy on us.

PRAYER OF ST. EPHREM

- **All:** O Lord, Master of my life, / grant that I may not be infected with the spirit of slothfulness and inquisitiveness, / with the spirit of ambition and vain talking. (*Prostration*)
- **All:** Grant instead to me Your servant, / the spirit of purity and humility, / the spirit of patience and neighborly love. (*Prostration*)
- **All:** O Lord and King, bestow upon me the grace / of being aware of my sins / and of not thinking evil of those of my brethren. (*Prostration*)
- **All:** For You are blessed for ever and ever. Amen.
- **All:** O God, be propitious to me a sinner and have mercy on me (12x with a reverence)
- **All:** Yes, O Lord and King, bestow upon me the grace / of being aware of my sins / and of not thinking evil of those of my brethren. (*Prostration*)
- All: For You are blessed for ever and ever. Amen.

The Priest stands before the icon of the Theotokos and says the prayer of Paul the Cenobite:

Lady, Bride of God, virginal, pure, immaculate, blameless, without stain or disgrace, who through your birth-giving brought together our fallen state and the things of heaven: O you, only hope of the hopeless, help of the oppressed, ready protection of those who flee to you and refuge of all Christians: despise me not who am a wretched sinner, who have defiled myself with unclean thoughts, words and deeds, and in my slothfulness have become a slave to the passions of life. Since you are the Mother of God, who is the Lover of Mankind, have mercy, have compassion on me a sinner and a prodigal son. Accept this prayer from my impure lips, and, with the power of your maternity, beg your Son, my Lord and my God, to open for me the depths of his loving kindness, forgive my countless sins, convert me to true repentance, and make me faithful to his commands. O you who are compassionate, be my constant companion. In this present life, be with me as an intercessor, as a powerful help to turn away the assaults of my enemies and to guide me to salvation. At the hour of my death, be with me to embrace my poor soul and to keep away the dreadful sight of the wicked devils. On the terrible Day of Judgment, deliver me from eternal punishment and make me an heir of your Son's glory, through the grace and the love for mankind of your Son our Lord and Savior Jesus Christ. To Him and to His eternal Father, and to His all-holy, good and life-giving Spirit, we send up glory, honor and adoration, now and always and for ever and ever.

All: Amen.



And the priest goes and stands in front of the icon of the Lord and says the prayer of the monk Antiochus:

ow that we are about to lie down to sleep, grant us, O Master, the repose of our soul and body. Preserve us against the dark slumber of sin and against any impure satisfaction that roams around in the darkness of night; quiet the assaults of our passions, arrest the darts that the Evil One insidiously throws at us. Still the commotions of our flesh, and calm all earthly and worldly feelings within us. Grant us, O Lord, a watchful mind, innocent thoughts, a sober heart, a gentle sleep free from evil dreams. At the hour of prayer, rouse us, strong in the practice of Your commands and ever mindful of your desires. Give us the grace to sing Your glory throughout the night; to praise, bless and glorify Your all-honorable and magnificent name, Father, Son and Holy Spirit, now and always and forever and ever.

All: Amen.

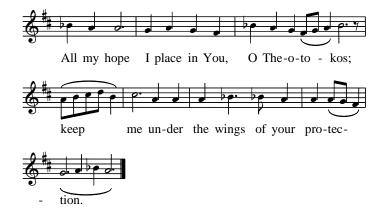
On certain days a Gospel reading is appointed.

And the priest, turning to the icon of the Theotokos:

P: O you most glorious, ever-virginal and blessed Mother of God, commend our prayers to your Son, our God, and entreat Him to save our souls through your intercession.

Going before the holy doors, he says:

P: The Father is my hope, the Son my refuge, the Holy Spirit my protection: O All-Holy Trinity, glory to You!



P: Peace ★ to you all!
All: And to your spirit!

P: Bow down your heads to the Lord.

All: To You, O Lord!

MOST MERCIFUL MASTER, Lord Jesus Christ our God, through the intercession of our Lady all-pure, the Mother of God and ever-virgin Mary: through the power of your glorious and life-giving Cross: through the intercession of the heavenly, honorable, and bodiless powers of heaven, of the honorable and glorious prophet, the Forerunner, John the Baptist; of the holy, glorious, praiseworthy Apostles; of the holy, glorious, and triumphant Martyrs; of our just and God-bearing Fathers; of the holy and just ancestors of Christ, Joachim and Ann, and of all your saints: Make our supplications acceptable to You.

All: Amen

P: Grant the remission of our sins.

All: Amen

P: Protect us beneath the shelter of your wings.

All: Amen

P: Drive away from us all enemies and foes.

All: Amen

P: Preserve our lives in peace.

All: Amen

P: O Lord, have mercy on us and upon your world, and save our souls, for You are merciful, O God, and You love mankind.

All: Amen

The priest bows and says:

P: Bless me and forgive me, holy brethren, for I am a sinner.

All: May God forgive you, holy Father!

The brethren bow and say:

All: Bless me and forgive me, holy Father, for I am a sinner.

P: May God forgive you, holy brothers and sisters.

P: Let us pray for the peace of the world.

All: Lord, have mercy!

P: For all pious and Orthodox Christians.

All: Lord, have mercy!

P: For our public authorities, that they may be protected by God.

All: Lord, have mercy!

P: For, our Father and Archbishop *N*. and all our brethren in Christ.

All: Lord, have mercy!

P: For those who are away from us, our parents and our brethren.

All: Lord, have mercy!

P: For those who have mercy on us and those who serve us.

All: Lord, have mercy!

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

All: Lord, have mercy!

P: For those who have asked us, unworthy as we are, to pray for them.

All: Lord, have mercy!

P: For the release of captives.

All: Lord, have mercy!

P: For the travelers by sea, air and land.

All: Lord, have mercy!

P: For those afflicted with sickness.

All: Lord, have mercy!

P: Let us pray also for abundance of the fruits of the earth.

All: Lord, have mercy!

P: For all our parents and brethren departed from this life, for those who rest in this place and in every other place.

All: Lord, have mercy!

P: Let us pray also for ourselves. **All:** Lord, have mercy! (*Three times*)

P: Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us.

All: Amen.

Lord, forgive those who hate us and persecute us, be generous to those who are good to us, and grant them all the means of salvation and eternal life; visit those who are sick and grant them health and strength; direct those who are at sea; be the companion of those who travel by land and air; be with our authorities in every good deed for peace in the world, grant forgiveness of their sins to those who serve us and to those who are merciful to us; in the greatness of Your compassion, have mercy on those who ask us, unworthy as we are, to pray for them. Remember, O Lord, our fathers and brethren departed, and grant them repose where the light of Your face shall surround them. remember our brethren who are in prisons: preserve them against any harm. Remember those who do good to Your churches: grant them salvation and eternal life. Lastly, O Lord, remember us wretched servants and unworthy sinners: enlighten our minds with the knowledge of You, and lead us in the ways of Your commandments, through the intercession of Your all-immaculate one, our Lady, the Theotokos and ever-virgin Mary, and of all Your Saints, for You are blessed for ever and ever. Amen.

