

**THE  
BEGINNER'S  
PRAYERBOOK**



# THE BEGINNER'S PRAYERBOOK

With Abbreviated Morning, Midday  
Evening and Bedtime Prayers of

*The Holy Apostolic Catholic Assyrian  
Church of the East*

**Second Revised Edition**

© 2019

*The Beginner's Prayerbook*

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## ECCLESIASTICAL APPROBATION

We grant our patriarchal approbation for the printing and distribution of *The Beginner's Prayer Book*.

We implore the benediction of the All-Holy Trinity upon the author and all those who read and utilize this volume, for the edification of their souls and the growth of their knowledge in the holy doctrine of the Assyrian Church of the East.

*Given from our Patriarchal Cell in Arbil, Iraq; this 30<sup>th</sup> day of June, in the year of our Lord 2019.*

**✠ GEWARGIS III Sliwa**

*By Grace:*

*Catholicos-Patriarch of the  
Assyrian Church of the East.*



## PREFACE

One of the most important aspects of the life in Christ is prayer. Indeed, the Lord Jesus Christ himself spoke much concerning prayer, as we particularly read in Matthew 6. The 'Lord's Prayer' is our model for how we ought to address our heavenly Father in our spiritual and holy converse with him.

The apostolic injunction exhorts us to "*Pray without ceasing*" (I Thessalonians 5:17). In our world today, in which we are constantly occupied with the many burdens and distractions of our daily routine in life, we find that very hard to accomplish. Many faithful desire to put into practice this exhortation of St. Paul, but are simply unable to because they simply do not know how to do so.

The Church's divine mission, as the ark of salvation, is to encourage and teach her children to pray, and to pray often. Faithful to her mandate given through the holy apostles to "*Go forth and make disciples of all nations...*" she teaches her children the importance of a life of prayer. Without prayer, we cannot fulfill our baptismal vocation as members of the Body of Christ and as temples of the Holy Spirit. In a word, we cannot grow in the divine life given to us graciously be Christ, if we do not nurture and sustain prayer as a daily and essential part of our life of faith.

The present volume is a collection of prayers from the Church's liturgy of the hours abbreviated for the use of beginners in the life of prayer. Often, the complexity of the liturgical structure of the hours of prayer eludes the simple believers, who nonetheless would like to participate and share in the Church's prayer life, and to

make it their own. Therefore, it was found expedient to have available for the faithful a simple prayer book, the present volume, which intends to address the spiritual needs of those faithful who are beginners in the life of prayer. Its intent is not so much for liturgical use, but for the private use of the pious faithful.

This prayer book for beginners was intended to help certain of the faithful to begin to pray. The prayer book was then expanded to include prayers for various occasions and selections from the writing of the Fathers of the Assyrian Church of the East concerning prayer.

It is my fervent prayer that this prayer book will be most useful for the faithful of the Church, and in particular the youth. May it be an often-used instrument at both home and the workplace, as it is compact enough that one can take it with wherever one goes, be it to work, to school or while travelling. It is my hope that much use will be made of the prayer book by both young and old, particularly those who mostly make use of English.

May the grace and blessings of the Holy and Undivided Trinity of the Father, Son and Holy Spirit bless all those who make use of this prayer book. May you grow in the love and practice of prayer, the 'key' which opens the doors of heaven to the penitent and to the pious alike.

In Christ,

✠ Mar Awa Royel

*By Grace: Bishop of California*



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# AN INTRODUCTION TO PRAYER

## What is Prayer? Prayer is many things:

- It is the offspring of faith.
- It is the acknowledgment of the presence of God in our life.
- It is an opportunity. An opportunity to speak with our Creator and Lord.
- It is a responsibility. A responsibility of man.
- It is an offering. An offering we offer to God.
- It is one of the greatest ways by which we may draw near unto God.
- It is the distinct activity in which the people of God enjoy partaking in.

## How should one pray? A man should pray...

- *With faith.* We must believe that God hears our prayers and is pleased when we turn to him. We

must believe that He knows all things, even the things we need before we ask Him, but that it pleases Him for us to humble ourselves and come to Him for everything. By doing so, we acknowledge Him as our source and giver of every good thing. As our Lord Jesus Christ taught us, “Ask and you shall receive...”

- ***Often.*** We must not think that we know better than the timing or wisdom of God. We must always pray, even if we don't receive an immediate answer. Why? One reason is because things that are gained through hardship last a lot longer than things gained easily. Another reason is because it is our responsibility, as a creation of God, to praise Him continuously, simply because He is God. By doing so, we fulfill our role as human beings and are able to better partake in the life which God wants for us to have... that is, a life with Him as the object of our love and continual adoration.
- ***With a pure heart.*** We must approach God without any bitterness in our hearts to others. We pray in the way that our Lord taught us: “*Forgive us, just as we have forgiven others...*” (Matthew 6:12). Thus, if we want our prayer to be accepted we must not be

lying. We must also not pray simply to make others happy and for vainglory, but rather, our only concern should be to please God when we pray. We must have pure intentions.

- *At a time and place of quiet.* Times of peace and quiet, when we are able to collect our thoughts, are best to pray. Although, we should and can pray anywhere and anytime in our hearts... while we drive or ride our bikes we can be saying little prayers in our heart.
- *In humility.* We must approach God with humility. Humility is not thinking highly of ourselves. Humility is seen in a man who sees his own weakness and frailty as a created being and is in continual awe of the greatness of God his creator. Thus, he relies on God for everything. His wisdom, righteousness, happiness, and everything come from God.

### **What types of prayer are there? There are:**

1. Prayers of thanksgiving when we give thanks to God;
2. Prayers when we seek help from God;

3. Prayers when we seek forgiveness for our sins;
4. Prayers of praise when we praise the greatness of God.

### How are prayers said?

- Before beginning, make the sign of the Cross over your body and say: *In the name of the Father and the Son and the Holy Spirit, Amen.* The sign of the Cross can also be made at any time throughout the prayer, whenever you wish to do so.
  - We make the sign of the Cross because it is the sign of the Son of God, Jesus Christ. It is almost as if we are saying from the beginning, *“I am a member of the Lord Jesus Christ, and as a member of Him, I am now going to pray, O Lord hear my prayer!”* It also helps us to always be aware of the fact that we belong to Christ who died for the sin of the world through crucifixion, was resurrected, and now lives to God; we too, who have been baptized, have died to the things of

this world and live a life for Him; his Cross being a constant reminder as to what we have died to and to whom we are living. Also, it should be known that Satan and all the evil hosts tremble and flee from before the sign of the cross.

- We pray in the name of the Father, Son, and the Holy Spirit because it is through this name that we have received and do receive every good thing:
  - The Father, the source of all that is good and pleasant, in His love, sent unto us His Son.
  - The Son, the image of the Father, in his mercy came to save us and not judge us. He hears us and makes intercession for us with the Father.
  - The Holy Spirit of God, whom the Father sends to make holy all those who draw near unto the Son.
- We always pray facing East.
  - We pray facing east, not because God dwells in any specific direction or in any special place more than another, but because facing that direction is both representative of the direction which the

Apostles saw Christ ascending into heaven and also because it helps us remember that we are praying in eager anticipation of the return of our Lord Jesus Christ from heaven, who said, *“As lightning coming out of the East is seen as far as the West, so shall the coming of the Son of Man be”* (Mt 24:7).

- The entire prayer rule should be said when we first begin. But it should also be known that we should not simply say prayers so that we can finish our prayer rule. But, rather, prayer should be a joyful occasion.
  - What if we struggle with prayer i.e. we are not so happy to say it and actually want to avoid it?
    - This is something that even Saints experience. But we must not give in to this temptation! The beginning of someone’s downward fall is when he begins to fall away from prayer.
    - If we struggle to pray, one good thing that helps much is by going to the church, and partaking in the prayers as a community. That way you are not by yourself, but rather, with many people. And when God sees people come together, in peace, with the intention of offering prayer to



Him, he bestows His blessings upon that activity and the ones who partake in it.

- Joy in prayer is a gift of the Holy Spirit, just as sorrow over sin is as well. And these gifts come to those who work hard to earn them; not as if we deserve them, but that through our hard work we will better appreciate them and be able to remain in them. Because the only thing worse than not receiving these gifts, is receiving them and then losing them because we were irreverent of them.
- What if we don't want to say the entire prayer rule?
  - Say what you can, but do not make a habit of it. Remember, it is better to say 5 words willingly than 5,000 unwillingly. We should ask ourselves, however, *“Why am I not willing to spend more time in prayer with God?”*

### **Why do we say a Creed of Faith at the end of our prayers?**

- It helps us to believe in and proclaim a right confession of God. A right confession is necessary in order to give a right glory unto God.

○ For Example: A belief which does not confess one God, does not glorify God; neither does one that is not built on the Lord Jesus Christ; neither does one that does not believe in the message of His gospel, that being the resurrection and eternal life. All of these things, and others as they are found in The Creed, are necessary for one to observe to give a right glory unto God.

### **What are the specific times of prayer the Church teaches us to pray?**

- There are a total of seven times of prayer, four of which are canonical for every person in the church to pray every day. These four times of prayer are the: 1) Evening, 2) Before Sleep, 3) Night, and 4) Morning Prayers. However, as things are today, two of these are more observed than the others. These two are: The Morning and Evening Prayers. It is these two prayers that we provide in this booklet in an abbreviated form, for your use in prayer.
- The Morning Prayer (usually near sunrise): We pray this before the work day begins and ask God to help us in all that we do, and that He may deliver us from evil and occasions of sin. We also sing praises

unto God at the morning hour especially, because it was at this time (when light shone for the first time) that the angels began to sing praise unto God. Thus, we also join in with the angels of heaven and give glory to God, the Creator of all things!

- The Evening Prayer (usually just before sunset): At this time, when the day is coming to an end, we give thanks to God for the preservation of our life throughout the day. We also ask for a night of tranquility and peace; we ask also for the forgiveness of any faults or offenses which we may have committed during the day, whether we know of them or not.

**A brief demonstration and exhortation to you, O beloved reader, that you should with your whole heart draw near to the holy work and God-pleasing activity of prayer. Also, some scriptural demonstrations concerning Prayer:**

In the short and varied sections above, we spoke briefly about what prayer is, how to pray, and how prayer is observed in the Church. But we wish to also make you aware, O beloved son/daughter of the Church that this activity, which God has given to man, should not be something we take lightly or belittle in any way. Rather, we should be assured that through this activity we may come to find the way of holiness and be

enabled to progress along that very path which leads to God. This has been made known to us through the witness of the Church. The greatest of all witnesses of this truth is the Head of the Church, the Lord Jesus Christ, who taught us both by his own example and by his word, to always be in prayer. This exhortation of the Lord will be seen in the below examples to have existed beforehand in all of the righteous faithful. Thus, we find that this is the activity that the People of God have partaken in since the beginning of creation. This means that the holy activity of prayer is a work which is done by those people who believe in, who know, who are in covenant with, who wish to see, who wish to be with, and who love...God. Thus, by beginning to develop a life of prayer, you embark on the same path as all those holy men and women who in times past existed and whose testimony remains till this day that they were pleasing to the Lord. This is helpful for us to know because our Lord taught us that "*the road is narrow, and few are those who are found on it;*" thus, it is reassuring to know that we are at least in one way trying to participate in the same things that all the Saints throughout history have participated in. Of course, prayer that is offered with a pure heart is what we strive for and not simply just the outward form of prayer (as mentioned above, in the section *How Should One Pray*). But if we do not begin seeking out the narrow path, we will never find it; if we do not at least begin travelling down the path, then we will never get to our

destination. Thus, while placing our hope and trust in the Lord, we should begin to live a life of prayer. And through your diligence and above all, God's grace, you may be brought to offer God pure prayer.

Below is a brief demonstration that from the beginning of the world and even until now, those who wished to be with God and to worship Him, have partaken in prayer:

In the first generations when man was created, they began to "*call upon the name of the Lord*" (Genesis 5:26) (c. 5500 BC).

Noah prayed to the Lord and the whole earth was blessed (Genesis 9:20) (c. 3260 BC)

Abraham prayed and Abimelech and his entire household were healed (Genesis 20:17) (c. 2100 BC).

Isaac prayed to the Lord and the barren womb of his wife Rebecca bore him twins (Genesis 25:21).

Through the prayers of Moses, 10 plagues were brought upon Egypt, a sea was split, kings were overthrown, bread came from the sky, water gushed forth from a rock, forgiveness was given to idol-worshippers, but even greater than all of these...God spoke back to him. (Exodus) (c. 1500 BC)

Joshua, the son of Nun, overthrew the walls of Jericho and caused the sun to stand still through his prayer (Joshua 6, 10:12).

Hannah's barren womb bore Samuel the prophet through her prayer (1 Samuel 1:27).

Was there anything that King David did not do through prayer? (c. 1000 BC)

Jonah was brought up from the belly of a whale because of prayer (Jonah 2:1) (c. 800 BC)

185,000 soldiers were killed in one night in response to Hezekiah's prayer, and the entire kingdom consequently saved (2 Kings 19) (c. 700 BC)

Hezekiah was delivered from his deathbed and received 15 extra years of life through his prayer (2 Kings 20).

Habakkuk found contentment in resigning himself to God's will and even rejoiced in God, despite the injustice he saw being committed by his own people and the foreknowledge of the troubles they were to experience later.

Through prayer the three young men Ananias, Azaria, and Mishael were delivered from a fiery furnace. (ca. 500 BC)

Through prayer lions' mouths were shut and Daniel was kept unharmed (Daniel 6)

Through prayer Daniel was made worthy to know the future and end things, which God had planned to accomplish.

Zechariah, John the Baptist's father, received the revelation from Gabriel during his prayer (Luke 1:13)

The Lord Jesus Christ spent time during the day in ministry and his time during the night in prayer.

The Apostles were in continual prayer (Acts 2:42)

St. Stephen the first Deacon and Protomartyr prayed and saw Christ before he died.

Wherever the feet of the Apostle St. Paul walked, there his prayer gave him victory.

Through the prayers of Mar Addai, King Abgar was healed and converted (c. 37 AD).

St. Ignatius of Antioch received his crown of martyrdom through prayer (c. 110 AD).

St. Polycarp prayed fervently and received his crown of martyrdom as well (c. 120 AD).

Mar Ephrem the Deacon composed innumerable prayers and praises for us to recite during prayer (c. 307-363 AD).

Mar Aphrahat has written an entire demonstration on *Pure Prayer* (mid-4<sup>th</sup> Century AD).

Catholicos-Patriarch Mar Shimon Bar Sabbai would only pray to the true God and not bend his knee to a foreign god, and for that was martyred (c. 341 AD).

St. John Chrysostom, Bishop of Constantinople, led his entire congregation in prayer. (407 AD)

St. Theodore, Bishop of Mopsuestia, wrote a commentary on *The Lord's Prayer* (c. 428 AD).

Catholicos-Patriarch Mar Aba I was made great and wise through prayer (c. 540 AD).

St. Isaac of Nineveh's entire life was dedicated to prayer (c. 613-700 AD).

Barbarians were converted to Christianity through the miracles attributed to the prayers of Mar John Dailomaya (738 AD)



Fragments of the Psalter and other prayer books were found in China from the missionary activity of the monks there (7<sup>th</sup>/8<sup>th</sup> Century AD).

Mar Thomas of Marga (c. 850 AD) recounts how the monks of Beth Abhe persevered in prayer.

Through the prayers of Mar Yosip Khnanisho (1893-1977 AD) people received healing of all sorts and a resolute faith.

How many innumerable men and women, whose names we do not even know, but whom God knows very well, have prayed and have been accepted by Him!

From the beginning of the world it has been shown to us that those who worship God (and more importantly, those who have been approved by God i.e. his Saints) partake in prayer. This is abundantly clear from the witness of the Saints, from the days of Adam till today. Prayer is the distinct activity of the People of God. On the other hand, however, how does the scripture characterize those who are ungodly and do not care for God? It says that “...*they called not upon the Lord*” (Psalm 14:4).

Thus, let us be assured of this most holy activity and give it priority in our life. For it is one of the main activities that make up the life of a Christian from the day he is

baptized up until the day he meets Christ the Lord. Other important spiritual activities are known to be 1) the participation in and study of right doctrine, which is a companion to prayer, 2) good works, which are a form of prayer themselves, and 3) the reception of grace, which is an answer to our prayer, and is made manifest in the Holy Sacraments of the Church. These activities serve to help us grow into spiritually mature people, pleasing to God, and allow us to partake in the gift of communion with Him in His Holy Spirit.



## BRIEF SAYINGS OF THE FATHERS ON PRAYER

† “Purity of heart constitutes prayer more than do all the prayers that are uttered aloud, and silence united to a mind that is sincere is better than the loud voice of someone crying out.”

Mar Aphrahat the Persian Sage,  
*Demonstration IV.*

† “He who cares, therefore, for perfection and is anxious to do the things that are pleasing to God, will pay more attention to prayer than to any other thing, and he who does not care for any virtue and is not anxious to do the things that are pleasing to God, it is clear that he will show no interest in prayer.”

- Mar Theodore of Mopsuestia (d. 428  
AD), *On the Lord's Prayer*, I.

† “Be diligent in these virtues, in order that you may find prayer, through which you will also find the shortest way to God, which, as I said above, consists in love. This is indeed the true path through which the saints enter the city of life, which is the vision of the light of the Holy Trinity. Lo, I have described to you the way (love), the ladder (prayer) and the path, together with the city into which you wish to ascend. It rests now with your wisdom to strive and enter that glorious city, and render yourself worthy of the vision of Christ our Lord, which is the aim of all the paths which bring us near unto God, to whom be glory!”

- Mar Joseph Hazzaya.

† “Pray wisely that you may be deemed worthy of glorious things. Seek precious things from the One who does not withhold; you will receive honor from Him because of the wise choice of your will”

- Mar Isaac of Nineveh, *Spiritual Discourses*: Homily III.

† “Therefore remember God, so that He may remember you continually. And when He remembers you and saves you, you will receive all these blessings.

Do not forget him in your vain distractions, lest He also forget you in your temptations.

In prosperity, be near to God and be obedient, that in adversity you may be able to speak freely with Him, because of having been constantly with Him in your heart through prayer.

For all the time you are with Him, sit before Him with your mind on Him and his memory in your heart, lest when you see Him after a long interval you be ashamed to speak with confidence.

Great confidence is born from much constancy of rapport. This constancy towards persons happens through the body. But toward God it is the soul’s reflection and an offering of prayers.”

- Mar Isaac of Nineveh,  
*Spiritual Discourses: Homily V.*

† “Prayer is not only the key of the Lord’s treasury, but a spiritual converse, as one of the fathers has said, “My son, when you are engaged in prayer, you speak with God; and when you read the Scriptures, God speaks with you.”

- Mar Abdisho of Nisibis (d. 1318),  
*The Book of the Pearl*, V, 5.

Therefore, it would be wise for you, beloved reader, to make prayer an important part of your daily life. We have not written out the sayings of our Lord, neither those of Saint Paul, concerning prayer, since the New Testament scriptures are readily available for your own study.

May God always hear your prayers. Amen.





## MAKING THE SIGN OF THE CROSS

*First: join together the first three fingers (thumb, index and middle) of your right hand. Then place them on your mouth and say: **Glory be**, and lift them to your forehead and say: **to the Father**, and bring them down to your breast and say: **and to the Son**. Then place it on your right shoulder and say: and to the Holy, then placing it on the left shoulder say: **Spirit [forever]**.*

*And this is the meaning: Glory be to the Father on high, and to the Son who descended and dwelt among us, and who gave the Spirit to priesthood, which is on the right side, which gives sanctity to the kingship (i.e. temporal authority) which is on the northern side (i.e. the left).*







## BEGINNING YOUR PRAYERS

*First, begin by making the Sign of the Cross (see page 31):* In the name of the Father, and the Son and the Holy Spirit; forever. Amen.

*Continue:* Holy, holy, holy are You, O Almighty Lord God. The heavens and the earth are filled with Your praises, and with the nature of Your essence, and with the beauty of Your glorious splendor. *Continue:* Glory to You, glory to You, glory to You: Father, Son and Holy Spirit. Glory be to Your glorious Trinity at all times and forever; amen. *Continue:* Glory be to God in the highest, Glory be to God in the highest, Glory be to God in the highest, and on earth peace and good hope to men, at all times and forever; amen.

*Then add:* Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of

Your glory. Angels and men cry unto You: holy, holy, holy are You.

Our Father in heaven, hallowed be Your name. Your Kingdom come, your will be done, as in heaven so on earth. Give us the bread for our need this day. And forgive us our debts, as we forgave our debtors. And led us not into temptation, but deliver us from evil, for yours is the Kingdom, and the power and the glory, forever and ever. Amen.

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

*From everlasting to everlasting, amen and amen.*

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

**Continue:** Our Lord and our Father who is in heaven: make me worthy to sanctify, praise, exalt and laud Your holy Name, without ceasing and distraction, in the night and in the day; amen.

Make me worthy of Your Kingdom in Your goodness, and of beholding Your countenance, and of Your love and the love of Your Son and of Your Holy Spirit; amen.

Make me worthy, O my Lord, to fulfill Your will in my soul by the might of Your Spirit, in heaven and on earth; amen.

Give us the bread of our need this day, and forgive us our debts and sins, in Your mercy. Give us the strength to love and forgive one another, according to Your commandment and Your will.

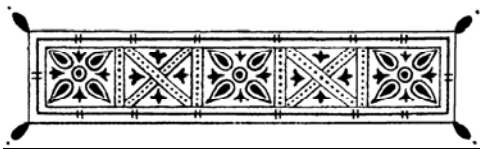
Do not let us enter into trial deprived of Your help, but deliver us from the passions, and save us from the demons in Your goodness.

For Yours it is to give us the Kingdom, and the might of Your Spirit, and to glorify You with praise in heaven and on earth: Father, and Son and Holy Spirit; amen.

*Continue in a penitent spirit and with contrition:* Cast Your fire, O my Lord, upon the soil of our souls, and may there be burned from it all thorns which choke the blessed Seed which You have sown in our field. And may it give us a fruitful yield in the three measures, in which are sustained all of the rational natures of the spirit and of the body; amen.

Lord, enflame my soul with the fire of the benevolence of Your love. Enlighten it with the holy light of Your glorious Trinity: Father, and Son and Holy Spirit. Amen.





## EVENING PRAYER

*First, begin Evening Prayer as indicated on Page 33.*

### Psalm 65

*A prayer of thanksgiving and glorifying God for his goodness towards us.*

**P**RAISE is befitting thee, O God, in Zion; and unto thee shall the vow be performed;

**2** O hear my prayer; unto thee shall all flesh come.

**3** The words of the wicked have prevailed against me; as for our transgressions, thou shalt purge them.

**4** Blessed is the man in whom thou art pleased, he whom thou causest to approach unto thee, that he may dwell in thy

courts and be satisfied with the goodness of thy house, even of thy holy temple.

5 From the majesty of thy righteousness answer us, O God of our salvation, who art the confidence of all the ends of the earth, and of the peoples who are afar off,

6 Who settest fast the mountains by his strength, and is mighty in his power;

7 He stills the tempest of the seas and the roar of their waves. The peoples shall be troubled.

8 The inhabitants of the earth shall tremble at thy wonders, from the coming of the morning to the evening.

9 With glory didst thou visit the earth and water it; thou hast blessed it with peace and hast greatly enriched it with the river of God, which is full of water; thou hast prepared food when thou hast established it.

10 Thou hast watered the fallowed ground thereof; to bring forth fruits, thou hast sprinkled its growth with showers and blessed it.

11 Thou crownest the year with thy goodness; and the calves have rich pasture.

12 They shall be filled with the pastures of the wilderness, and the hills shall be surrounded with glory.

13 The pastures shall be covered with fattening sheep, the valleys shall be clothed with wheat; they shall rejoice, yea, they shall sing.

## Psalm 66

*A prayer of thanksgiving given to God on behalf of the deliverance he provides us from sin and all evil.*

**M**AKE a joyful noise unto God, all lands.

2 Sing the honor of his name; sing the honor of his majesty.

3 Say unto God, How wonderful are thy works! Through the greatness of thy power shall thine enemies submit themselves unto thee.

4 All the earth shall worship thee, and shall sing unto thy name; they shall glorify thy name forever.

5 They shall say, Come and see the works of God; for his wonders are great toward the children of men.

6 He turns the sea into dry land: they crossed through the river on foot; there did we rejoice in him.

7 He rules by his power forever; his eyes behold the nations; let not the rebellious exalt themselves.

8 O bless our God, you people, and make the voice of his praise to be heard,

9 Who holds our soul in life, and suffers not our feet to be moved.

10 For thou, O God, hast proved us; thou hast tried us as silver is tried.

11 Thou didst bring us into the net; thou didst lay affliction upon our loins.

12 Thou hast caused us to be in servitude; we went through fire and through water; finally thou didst bring us out into a comfortable place.

13 I will go into thy house with gifts; I will pay thee my vows.

14 Which my lips have uttered and my mouth has spoken when I was in trouble.

15 I will offer unto thee burnt sacrifices of fatlings, with the savor of rams; I will offer bullocks with goats.

16 Come and hear, all you servants of God, and I will declare what he has done for my soul.

17 I cried to him with my mouth, and he has answered me; I extolled him with my tongue.

18 If thou behold iniquity in my heart, O Lord, deliver me not.

19 But verily God has heard me; he has attended to the voice of my prayer.

20 Blessed be God, who has not rejected my prayer nor turned his mercy from me.

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

From everlasting and to everlasting; Amen and Amen.

Hallelujah, hallelujah, glory to Thee O God; Hallelujah, hallelujah, glory to Thee O God; Hallelujah, hallelujah, glory to Thee O God; O Lord, have mercy upon us.



*[During the Great Fast, Lent, add this Teshbokhta:]*

Glorious are You, O our Lord, and it is fitting that we should lift up glory to You every day, forever and ever, Amen. \* Glory to Christ, and thanksgiving to Him who has opened our mouth; and has granted to chant hallelujahs in His praises. \* Glory to Christ, and thanksgiving to Him who has opened our mouth; and has granted us to sing in His praises. \* Glory to Christ, and thanksgiving to Him who has opened our mouth; and has granted us to glorify in His praises.

To the Father, and the Son and the Holy Spirit, let us lift up glory forever, Amen *repeat thrice*. Our mouth is not sufficient to give You thanks, O our Lord, all the days of our life, for Your lovingkindness. \* Our mouth is not sufficient to praise You thanks, O our Lord, all the days of our life, for Your lovingkindness. \* Our mouth is not sufficient to glorify You, O our Lord, all the days of our life, for Your lovingkindness.

O Lord, who are merciful to mortals, have compassion on us in Your lovingkindness, and have mercy on us. \* For none that lives among (Your) creatures is justified before You. You, O my Lord, have turned us from all error,

for You are God and unto You is fitting glory forever and ever; Amen.

### **Psalm 141**

*A prayer of supplication to God for deliverance from evil and affliction.*

**L**ORD, I cry to thee; make haste to answer me; give ear to my words and accept them.

**2** Let my prayer be set forth before thee as incense, and the gift of my hands as the evening sacrifice.

**3** Set a watch, O Lord, before my mouth; keep the door of my lips,

**4** So that my heart may not incline to evil things, and practice wicked works with men who work iniquity; let me not eat salt with them.

**5** Let the righteous teach me and reprove me; let the oil of the wicked not anoint my head since my prayer has been against their evils.

**6** When their judges are stopped by a strong hand, they shall hear my words; for they are sweet.

**7** Like the ploughshare that scatters the earth, let their bones be scattered at the mouth of the grave.

**8** I have lifted up mine eyes to thee, O Lord; I have trusted in thee; do not reject my soul.

9 Keep me from the hand of the proud, for they have set traps for me.

10 Let the wicked together fall into their own nets, whilst I shall pass over.

## Psalm 142

*A prayer of supplication to God while facing adversity.*

**I** CRIED to the Lord with voice; with my voice to the Lord did I make my supplication.

2 I poured out my complaint before him; I showed before him my trouble.

3 When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they secretly laid a snare for me.

4 I looked on my right hand, and there was no one to advise me; refuge failed me; no man cared for my soul.

5 I cried to thee, O Lord; I said, Thou art my hope and my portion, O Lord, in the land of the living.

6 Attend to my cry; for I am brought very low; deliver me from my persecutors, for they are stronger than I.

7 Bring my soul out of prison, that I may praise thy name; thy righteous shall wait for me until thou shalt reward me.

## Psalm 118:105-112

*A narrative and admonition unto every man.*

**T**HY word is a lamp to my feet and a light to my path.

**106** I have sworn, and I will perform it, that I will keep thy righteous judgments.

**107** I am afflicted very much; quicken me, O Lord, according to thy word.

**108** With the words of my mouth be pleased, O Lord, and teach me thy judgments.

**109** My soul is continually in thy hands; I do not forget thy law.

**110** Sinners have laid a snare for me; yet I erred not from thy commandments.

**111** Thy testimonies have I taken as a heritage forever; for they are the rejoicing of my heart.

**112** I have inclined my heart to perform thy statutes truly, even to the end.

## Psalm 116

*A prayer calling men to confess and give praise to God.*

**P**RAISE the Lord, all you nations; praise him, all you people.

**2** For his merciful kindness is great toward us; and the truth of the Lord endures forever. Praise the Lord.

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

From everlasting and to everlasting; Amen and Amen.

Hallelujah, hallelujah, glory to You, O God; Hallelujah, hallelujah, glory to You, O God; Hallelujah, hallelujah, glory to You, O God; O Lord, have mercy upon us.

### ***The Hymn: You O Lord of All***

You, O Lord of all, we confess. And you Jesus Christ we glorify. For you are the one who resurrects our bodies, and you are the Savior of our souls.

*O Lord, in the morning will you hear my voice, and in the morning will I prepare myself and see you.*

You, O Lord of all, we confess. And you Jesus Christ we glorify. For you are the one who resurrects our bodies, and you are the Savior of our souls.

*Glory be to the Father and to the Son and to the Holy Spirit. From everlasting and to everlasting; Amen and Amen.*

You, O Lord of all, we confess. And you Jesus Christ we glorify. For you are the one who resurrects our bodies, and you are the Savior of our souls.

### **The Trisagion: *Holy God***

**H**oly God, Holy Mighty, Holy Immortal, Have mercy upon us.

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

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

*From everlasting and to everlasting; Amen and Amen.*

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

### **The Lord's Prayer**

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

Our Father in heaven, hallowed be Your name. Your Kingdom come, your will be done, as in heaven so on earth. Give us the bread for our need this day. And forgive us our debts, as we forgave our debtors. And led us not into temptation, but deliver us from evil, for yours is the

Kingdom, and the power and the glory, forever and ever.  
Amen.

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

*From everlasting to everlasting, amen and amen.*

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

### **Concluding Prayer**

By the prayer of the Blessed One, may peace reign in creation. And by the request of the Virgin, may the children of the Church be protected. And may we, who have taken refuge in the prayer of the Blessed Mary, the Holy Virgin, Mother of Jesus our Savior, be protected from the evil one and be able to overcome all of his deceitfulness. And on that great Day of Judgment when the dead rise from their graves and the good are separated from the wicked, may we be made worthy to have joy, along with her, in the kingdom of God, and to sing praises to the Father, the Son, and the Holy Spirit, forever.  
Amen.

## ***The Nicene Creed: Symbol of our Faith***

We believe in one God, the Father Almighty, maker of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the Only-Begotten, the First-born of all creatures, who was begotten of his Father before all worlds and not made, true God of true God, of one essence with his Father, by whom the worlds were fashioned and everything was made; who for us men and for our salvation descended from heaven and was incarnate by the Holy Spirit and became man, and was conceived and born of the Virgin Mary, and suffered and was crucified in the days of Pontius Pilate, and was buried and rose on the third day, as it is written, and ascended into heaven and sat down at the right hand of his Father. And he shall come again to judge the dead and the living. And in one Holy Spirit, the Spirit of truth, who proceeds from the Father, the life-giving Spirit. And in one holy, apostolic, and catholic Church. And we confess one Baptism for the forgiveness of sins, and the resurrection of our bodies, and life forever and ever. Amen.

*After the Creed is said, pray silently in your heart.*







## PRAYER AT BEDTIME

*First, begin Bedtime Prayer as indicated on Page 33.*

### Psalm 22

*Recited by David as a prayer while being pursued by Absalom.*

**M**Y God, my God, why has Thou forsaken me, and removed my salvation far from through the words of min offences?

2 O God, I cry unto Thee in the daytime, and thou hearest not; and in the night season, and Thou dost not regard me.

3 Thou art holy, and dwellest in Israel, Thy praise.

4 My fathers trusted in Thee; they trusted in Thee, and Thou didst save them.

5 They cried unto Thee, and were delivered; they put their trust in Thee, and were not ashamed.

6 I am a worm and no man; the scorn of men, and outcast of the people.

7 All they that see me mock me; they shoot out their lips and shake their heads, saying,

8 He trusted in the Lord that would deliver him and let him deliver, if he delighteth in him.

9 For thou wet my confidence from the womb, and my hope from my mother's breasts.

10 I was cast upon thee from the womb, and thou art my God from my mother's belly.

11 Be not thou far from me, for affliction is near, and there is no one to help me.

12 Many oxen have surrounded me, and the bulls of Bashan. have compassed me about.

13 They gaped upon me with their mouth, like a lion that roareth and rendeth.

14 I am poured out like water, and all my bones are out of joint; my heart is like wax, and my bowels are melted within me.

15 My strength is dried up like a potter's vessel, and my tongue cleaveth to the roof of my mouth, and thou hast cast me into the dust of the earth.

16 For dogs have compassed me about, and the congregation of evil men have surrounded me; they pierced my hands and my feet.

17 And all my bones cry out; they look and stare upon me.

18 They parted my garments among them, cast lots upon my vesture.

19 But be not thou far from me, O Lord.

20 And deliver my soul from the sword, and my unity from the power of the dogs.

21 Save me from the lion's mouth, and my humility from the horn that is exalted.

22 That I may declare Thy name to my brethren, and praise Thee in the midst of the congregation.

23 Ye that fear the Lord, praise Him, and honor Him all ye see of Jacob, and fear Him all of ye seed of Israel.

24 For He hath not despised nor rejected the cry of the poor, nor turned away his face from him; but when he cried unto Him He heard him.

25 My praise is before Thee in the great congregation; my vows will I pay before them that fear Him.

26 The poor shall eat and be satisfied, and they shall praise the Lord that seek Him; their heart shall live forever.

27 All the ends of the earth shall remember and turn unto the Lord, and all the families of the nations shall worship Him.

28 For the Kingdom is the Lord's, and He is the ruler over the Gentiles.

29 All the hungry of the earth shall eat and worship before the Lord, and all that go down into the dust shall kneel before Him; my soul liveth unto Him.

30 The see that serveth Him shall declare his generation unto the Lord.

31 They shall come and shew His righteousness to a people that shall be born, whom the Lord shall make.

### Psalm 23

*It prophecies concerning the return of the People and it narrates the delights which they enjoy while going up from Babylon.*

**T**HE Lord is my shepherd, and I shall lack nothing.

2 He shall make me to dwell in rich pastures, and shall lead me beside the still waters.

3 He hath converted my soul, and led me in the paths of truth.

4 For Thy name's sake, though I walk through the valleys of the shadows of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff they comfort me.

5 Thou has prepared a table before me against mine enemies, Thou hast anointed my head with oil, and my cup inebriateth like wine.

6 Thy mercy and loving kindness have followed me all the days of my life, that I may dwell in the house of the Lord forever.

## Psalm 24

*A reproach against the People that they ought not cut off the hope of their return.*

**T**HE earth is the Lord's with the fullness thereof; the world and all that dwell therein.

**2** For He hath laid its foundations in the sea, and established it in the floods.

**3** Who shall ascend into the hill of the Lord, and who shall stand in His holy mountain?

**4** He that hath clean hands a pure heart, and sweareth not falsely by himself, and sweareth not deceitfully.

**5** This one shall receive a blessing from the Lord, and righteousness from God our Savior.

**6** This is the generation that seeketh and waiteth for Thy face, O God of Jacob.

**7** Lift up your heads, O ye gates, and be ye lift up, ye everlasting gates; the King of glories shall come in.

**8** Who is this King of glories? The Lord strong and almighty; the Lord mighty and warlike.

**9** Lift up your heads, O ye gates, and be ye lifted up ye everlasting gates; the King of glories shall come in.

**10** Who is the King of glories? The Lord Almighty; he is the King that shall be gloried forever.

Glory be to the Father and to the Son and to the Holy Spirit.  
From everlasting and to everlasting; Amen and Amen.

Hallelujah, hallelujah, glory to Thee O God; Hallelujah, hallelujah, glory to Thee O God; Hallelujah, hallelujah, glory to Thee O God; O Lord, have mercy upon us.

### **A Hymn for Prayer at Bedtime (*Teshbokhta*)**

Glory to Thee O God, glory to Thee O God\*

By night and by day, glory to Thee O God\*

At all seasons and times, in Thy mercy have compassion on us, O God\*

We ask mercy of Thee, and the forgiveness of sins\*

Abolish from us the Evil one, who at every hour lays snares before us\*

Keep us by Thy living Sign, that the Evil one may see it and depart \*

Make Thy right hand which is full of mercies to overshadow us, O Lord \*

O Lord, Thy mercies are everlasting; forsake not the work of Thy hands \*

May Thy Cross be a wall to us, O Christ, Who hast saved us  
by His Cross \*

Glory to Thee, O our Lord Jesus; and thanksgiving to the  
Father who sent Thee \*

And to Holy Spirit be sung hallelujahs; from everlasting and  
to the ages \*

- Mar Abraham of Izla (late 6<sup>th</sup> cen.)

### Psalm 51

*A prayer for forgiveness and mercy (with Refrain).*

**H**AVE mercy upon me, O God, according to Thy loving-  
kindness *O Christ the King, have mercy on me;*

According to the multitude of Thy tender mercies  
blot out my sins *O Christ the King, glory to Thy name.*

Wash me thoroughly from mine iniquity *O Christ the  
King, have mercy on me;*

And cleanse me from my sin *O Christ the King, glory  
to Thy name.*

For I acknowledge my transgressions *O Christ the  
King, have mercy on me;*

And my sins are ever before me *O Christ the King,  
glory to Thy name.*

Against Thee, Thee only, have I sinned *O Christ the King, have mercy on me;*

And done that which is evil in Thy sight *O Christ the King, glory to Thy name.*

For Thou wilt be justified in thy words *O Christ the King, have mercy on me;*

And triumphant in Thy judgments *O Christ the King, glory to Thy name.*

For behold, I was formed in iniquity *O Christ the King, have mercy on me;*

And in sin did my mother conceive me *O Christ the King, glory to Thy name.*

Behold, Thou desirest truth *O Christ the King, have mercy on me;*

And the hidden things of thy wisdom thou hast made known to me *O Christ the King, glory to Thy name.*

Sprinkle me with hyssop, and I shall be clean *O Christ the King, have mercy on me;*

Wash me with it, and I shall be whiter than snow *O Christ the King, glory to Thy name.*

Satisfy me with Thy joy and gladness *O Christ the King, have mercy on me;*

That my humbled bones may rejoice *O Christ the King, glory to Thy name.*

Turn thy face away from my sins *O Christ the King, have mercy on me;*



And blot out all mine iniquities *O Christ the King,  
glory to Thy name.*

Create in me a clean heart, O God *O Christ the King,  
have mercy on me;*

And renew Thy right spirit within me *O Christ the  
King, glory to Thy name.*

Cast me not away from thy presence *O Christ the  
King, have mercy on me;*

And take not Thy Holy Spirit from me *O Christ the  
King, glory to Thy name.*

But restore me to Thy joy and Thy salvation *O Christ  
the King, have mercy on me;*

And uphold me with Thy glorious spirit *O Christ the  
King, glory to Thy name.*

That I may teach transgressors Thy way *O Christ the  
King, have mercy on me;*

And sinners shall be converted unto Thee *O Christ  
the King, glory to Thy name.*

Deliver me from blood shedding, O God, Thou God  
of my righteousness *O Christ the King, have mercy on me;*

And my tongue shall praise Thy righteousness *O  
Christ the King, glory to Thy name.*

Lord, open Thou my lips *O Christ the King, have  
mercy on me;*

And my mouth shall show forth Thy praise *O Christ  
the King, glory to Thy name.*

For Thou desirest not sacrifice *O Christ the King, have mercy on me;*

Thou delightest not in burnt offerings *O Christ the King, glory to Thy name.*

The sacrifice of God is a meek spirit *O Christ the King, have mercy on me;*

A contrite heart God wilt not despise *O Christ the King, glory to Thy name.*

Do good in thy good pleasure unto Zion *O Christ the King, have mercy on me;*

Build the walls of Jerusalem *O Christ the King, glory to Thy name.*

Then shalt Thou be pleased with the sacrifices of righteousness and with whole burnt offerings *O Christ the King, have mercy on me;*

Then shall they bring offerings upon Thine altar *O Christ the King, glory to Thy name.*

Glory be to the Father and to the Son and to the Holy Spirit *O Christ the King, have mercy on me;*

From everlasting and to everlasting; Amen and Amen *O Christ the King, glory to Thy name.*

Have mercy upon me, O God, according to Thy loving-kindness *O Christ the King, have mercy on me;*

According to the multitude of Thy tender mercies blot out my sins *O Christ the King, glory to Thy name.*

## A Hymn for Prayer at Bedtime (*Teshbokhta*)

Mar Aprim the Great, of Nisibis

Grant me, O my Lord, that if I wake,  
I may stand watchfully before Thee.  
And if I lie down, may my sleep be without sin \*

And if I grow slothful in watching,  
may I be pardoned by Thy loving kindness.  
And if I sin in laying down,  
may Thy compassion forgive me \*

And by the Cross of Thy humiliation forgive me,  
and grant me restful sleep.  
And deliver me from evil dreams  
and abominable images \*

And in peaceful sleep, lead me all the night.  
And do not let the evil ones have dominion over me\*

And as the fragrance of incense,  
may my sleep be before Thy greatness.  
And let not the Evil one approach my bed,  
by the supplication of Her who bore Thee \*  
And by Thy sacrifice for us,  
slay Satan that he harm us not.  
And fulfill in me Thy promise,  
and by Thy Cross preserve my life \*

That when I wake I may confess Thee,  
for that Thou hast shown Thy love to my feebleness.  
And that I may lift up glory to Thee and to Thy Father, and to  
the Holy Spirit who sanctifies \*

And that I may lift up glory to Thee and to Thy Father, and to  
the Holy Spirit who sanctifies; now and always, and forever  
and ever; Amen \*

### **The Trisagion: Holy God**

**H**oly God, Holy Mighty, Holy Immortal, Have mercy upon  
us.

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

Holy God, Holy Mighty, Holy Immortal, Have mercy upon  
us.

*From everlasting and to everlasting; Amen and Amen.*

Holy God, Holy Mighty, Holy Immortal, Have mercy upon  
us.

### **The Lord's Prayer**

Our Father in heaven, hallowed be Your name. Your  
Kingdom come: holy, holy, holy are You, our Father in  
heaven. Heaven and earth are filled with the greatness of

Your glory. Angels and men cry unto You: holy, holy, holy are You.

Our Father in heaven, hallowed be Your name. Your Kingdom come, your will be done, as in heaven so on earth. Give us the bread for our need this day. And forgive us our debts, as we forgave our debtors. And led us not into temptation, but deliver us from evil, for yours is the Kingdom, and the power and the glory, forever and ever. Amen.

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

*From everlasting to everlasting, amen and amen.*

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

### **Concluding Prayer**

By the prayer of the Blessed One, may peace reign in creation. And by the request of the Virgin, may the children of the Church be protected. And may we, who have taken refuge in

the prayer of the Blessed Mary, the Holy Virgin, Mother of Jesus our Savior, be protected from the evil one and be able to overcome all of his deceitfulness. And on that great Day of Judgment when the dead rise from their graves and the good are separated from the wicked, may we be made worthy to have joy, along with her, in the kingdom of God, and to sing praises to the Father, the Son, and the Holy Spirit, forever. Amen.

### ***The Nicene Creed: Symbol of our Faith***

We believe in one God, the Father almighty, maker of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the Only-Begotten, the First-born of all creatures, who was begotten of his Father before all worlds and not made, true God of true God, of one essence with his Father, by whom the worlds were fashioned and everything was made; who for us men and for our salvation descended from heaven and was incarnate by the Holy Spirit and became man, and was conceived and born of the Virgin Mary, and suffered and was crucified in the days of Pontius Pilate, and was buried and rose on the third day, as it is written, and ascended into heaven and sat down at the right hand of his Father. And he shall come again to judge the dead and the living. And in one Holy Spirit, the Spirit of truth, who

proceeds from the Father, the life-giving Spirit. And in one holy, apostolic, and catholic Church. And we confess one Baptism for the forgiveness of sins, and the resurrection of our bodies, and life forever and ever. Amen.

*After the Creed is said, pray silently in your heart.*









## MORNING PRAYER

*First, begin Morning Prayer as indicated on Page 33.*

### Psalm 100

*A prayer giving praise to God for His goodness.*

**G**LORIFY the Lord, all the earth.

2 Serve the Lord with gladness; come before his presence with praise.

3 Know that he is the Lord our God; it is he who has made us, and not we ourselves; we are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving, and into his courts with praise; be thankful to him and bless his name;

5 For the Lord is good; his mercy is everlasting; and his truth endures to all generations.

## Psalm 113

*A prayer praising the greatness of God who saves us.*

**P**RAISE, O you servants of the Lord, praise the name of the Lord.

2 Blessed be the name of the Lord from this time forth and for evermore.

3 From the rising of the sun to the going down of the same the Lord's name is great.

4 The Lord is high above all nations, and his glory above the heavens.

5 Who is like to the Lord our God, who dwells on high,

6 And beholds the things that are in the deep, in heaven, and in the earth!

7 He raises up the poor out of the dunghill,

8 That he may set him with the princes of the people.

9 He makes the barren woman to keep house, and to be a joyful mother of children.

## Psalm 148

*A prayer praising God on behalf of the greatness of His glory.*

**P**RAISE the Lord from the heavens; praise him in the heights.

2 Praise him, all his angels; praise him, all his hosts.

3 Praise him, sun and moon; praise him, all stars and light.

4 Praise him, heavens of heavens, and waters that are above the heavens.

5 Let them praise the name of the Lord; for he spoke and they were made, he commanded and they were created.

6 He has also established them for ever and ever; he has made a decree which shall not pass.

7 Praise the Lord from the earth, you great serpents and all deeps;

8 Fire and hail, snow and ice, stormy wind fulfilling his word,

9 Mountains and all hills, fruitful trees and all cedars,

10 Wild beasts and all cattle, creeping things and flying fowl,

11 Kings of the earth and all people, princes and all judges of the earth,

12 Both boys and maidens, old men and young men, let them praise the name of the Lord;

13 For his name alone is excellent; his glory is on earth and in heaven.

14 He also exalts the horn of his people, the praise of all his saints; even of the children of Israel, a people near to him.

## Psalm 1

*Counsel and exhortation on living a pious life.*

**B**LESSED is the man who walks not in the way of the ungodly, nor abides by the counsel of sinners, nor sits in the company of mockers;

**2** But his delight is in the law of the Lord, and on his law does he meditate day and night.

**3** He shall be like a tree planted by a stream of water, that brings forth its fruit in its season, whose leaves fall not off; and whatsoever he begins he accomplishes.

**4** The ungodly are not so, but are like the chaff which the wind drives away.

**5** Therefore the ungodly shall not be justified in the judgment, nor sinners in the congregation of the righteous;

**6** For the Lord knows the way of the righteous; but the way of the ungodly shall perish.

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

From everlasting and to everlasting; Amen and Amen.

Hallelujah, hallelujah, glory to You, O God; Hallelujah, hallelujah, glory to You, O God; Hallelujah, hallelujah, glory to You, O God; O Lord, have mercy upon us.

## **The Hymn: *You, O Lord of All***

You, O Lord of all, we confess. And you Jesus Christ we glorify. For you are the one who resurrects our bodies, and you are the Savior of our souls.

*O Lord, in the morning you will hear my voice, and in the morning will I prepare myself and see you.*

You, O Lord of all, we confess. And you Jesus Christ we glorify. For you are the one who resurrects our bodies, and you are the Savior of our souls.

*Glory be to the Father and to the Son and to the Holy Spirit. From everlasting and to everlasting; Amen and Amen.*

You, O Lord of all, we confess. And you Jesus Christ we glorify. For you are the one who resurrects our bodies, and you are the Savior of our souls.

## **Psalm 51**

*A prayer for forgiveness and mercy.*

**H**AVE mercy upon me, O God, according to thy loving-kindness; according to the multitude of thy tender mercies blot out my sins.

**2** Wash me thoroughly from mine iniquity, and cleanse me from my sin;

3 For I acknowledge my transgressions, and my sins are ever before me.

4 Against thee, thee only, have I sinned, and done that which is evil in thy sight; for thou wilt be justified in thy words, and triumphant in thy judgments.

5 For behold, I was formed in iniquity; and in sin did my mother conceive me.

6 Behold, thou desirest truth, and the hidden things of thy wisdom thou hast made known to me.

7 Sprinkle me with hyssop, and I shall be clean; wash me with it, and I shall be whiter than snow.

8 Satisfy me with thy joy and gladness, that my humbled bones may rejoice.

9 Turn thy face away from my sins, and blot out all mine iniquities.

10 Create in me a clean heart, O God, and renew your right spirit within me.

11 Cast me not away from thy presence; and take not thy Holy Spirit from me.

12 But restore me to thy joy and thy salvation; and uphold me with thy glorious spirit,

13 That I may teach transgressors thy way, and sinners shall be converted unto thee.

14 Deliver me from blood shedding, O God, thou God of my righteousness, and my tongue shall praise thy righteousness.

15 Lord, open thou my lips, and my mouth shall show forth thy praise;

16 For thou desirest not sacrifice; thou delightest not in burnt offerings.

17 The sacrifice of God is a meek spirit; a contrite heart God wilt not despise.

18 Do good in thy good pleasure unto Zion; build the walls of Jerusalem.

19 Then shalt thou be pleased with the sacrifices of righteousness and with whole burnt offerings; then shall they bring offerings upon thine altar.

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

From everlasting and to everlasting; Amen and Amen.

### **The Hymn for Morning Prayer (*Teshbokhta*)**

**Mar Aprim the Great**

To Thee be glory, O our God; and to Thee be praise, O our Maker.

We bless Thee, who didst form us: O compassionate Lord, O merciful God, O pitiful Creator, O Savior, who dost preserve us. Who dost help and aid us, we worship Thee, O our Lord.

For Thou art long-suffering, and Thy loving-kindness is great.

O merciful One, pity us and have mercy upon us. Turn to us in the multitude of Thy mercies, O our confident Hope and strong Refuge.

O Lord, our God, make Thy face to shine, and we shall be saved.

O Thou who receives the penitent in mercy, receive our prayer and service.

O Thou who hearest the voice of Thy worshippers, let our request come before Thee and have mercy upon us.

O Thou who forgives the trespasses of mortals in Thy compassion.

O Thou who pardonest the sins of the sons of men in Thy loving-kindness, pardon our many sins and have mercy upon us\*

O good Hope of the sons of men, give us peace and tranquility, that we may confess Thy Trinity, O Lord of all, forever; Amen (*repeat three times from the asterisk*).

*~ Or the Following ~*

### **A Hymn for Morning Prayer On Sundays**

Mar Babai the Nisibene (late 6<sup>th</sup> cen.)

Glory to Thy mercies, which sent Thee to us; O Christ the Sun of Righteousness\*



The Brightness which shone from the house of David, and called the Nations to repentance\*

Come near, ye penitent, and ask for mercies, while there is yet time for repentance\*

Let every man forsake that which is in his heart, and ask for mercies with openness of face\*

Hear our request and grant our petitions, O Christ, Who lovest the sound of the penitent\*

Neglect not, O my Lord, our entreaty; which we offer to Thee in compunction of soul\*

Thou knowest, O my Lord, that our iniquity is great; Stretch out to us the hand which is full of mercies\*

We are like unto the younger son<sup>1</sup> in Thy sight, who scattered the goods of the house of his father\*

We have sinned and provoked Thee; pity and have mercy O good and merciful Lord\*

Let Thy mercies pity our trespasses; for by Thy living Blood Thou hast purchased us\*

With the widow we beseech Thee, O Judge Who aboundest in mercies\*

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<sup>1</sup> I.e., the Prodigal Son. See the Lord's parable in Luke 15:11-32.

Pardon our trespasses and wipe out our sins; O Thou Who art good, and bearest the burden of our sin\*

May Thy Cross be a house of refuge to us; and drive away from us the power of the Evil one\*

And in that day when the children of Adam are shaken together from the dust\*

And every man is awakened from the sleep, of mortality for the Questioning [i.e. Judgment]\*

In that judgment when good ones and the evil, are repaid according to their deeds\*

May Thy compassion intercede for us; and may we not be condemned in Thy just Judgment\*

And in that hour when Thy mercies shine forth, may we go forth to meet Thee, according to Thy will\*

And with the saints and just men who loved Thee; may we sing praise to Thy Godhead\*

And may we all together ascribe glory, to the Father, Son and Holy Spirit\*

To Whom be praise from His worshippers; unto the age of ages; Amen and Amen\*

### **The Trisagion: Holy God**

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

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

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

*From everlasting and to everlasting; Amen and Amen.*

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

### **The Lord's Prayer**

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

Our Father in heaven, hallowed be Your name. Your Kingdom come, your will be done, as in heaven so on earth. Give us the bread for our need this day. And forgive us our debts, as we forgave our debtors. And led us not into temptation, but deliver us from evil, for yours is the

Kingdom, and the power and the glory, forever and ever.  
Amen.

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

*From everlasting to everlasting, amen and amen.*

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

### **Concluding Prayer**

By the prayer of the Blessed One, may peace reign in creation, and by the request of the Virgin, may the children of the Church be protected. And may we, who have taken refuge in the prayer of the Blessed Mary, the Holy Virgin, Mother of Jesus our Savior, be protected from the evil one and be able to overcome all of his deceitfulness. And on that great Day of Judgment, when the dead rise from their graves and the good are separated from the wicked, may we be made worthy to have joy, along with her, in the kingdom of God, and to sing praises to the Father, the Son, and the Holy Spirit, forever.  
Amen.

## ***The Nicene Creed: Symbol of our Faith***

We believe in one God, the Father almighty, maker of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the Only-Begotten, the First-born of all creatures, who was begotten of his Father before all worlds and not made, true God of true God, of one essence with his Father, by whom the worlds were fashioned and everything was made; who for us men and for our salvation descended from heaven and was incarnate by the Holy Spirit and became man, and was conceived and born of the Virgin Mary, and suffered and was crucified in the days of Pontius Pilate, and was buried and rose on the third day, as it is written, and ascended into heaven and sat down at the right hand of his Father. And he shall come again to judge the dead and the living. And in one Holy Spirit, the Spirit of truth, who proceeds from the Father, the life-giving Spirit. And in one holy, apostolic, and catholic Church. And we confess one baptism for the forgiveness of sins, and the resurrection of our bodies, and life forever and ever. Amen.

*After the Creed is said, pray silently in your heart.*







## MIDDAY PRAYER

*First, begin Midday Prayer as indicated on Page 33.*

### Psalm 22

*A prayer for help in the morning.*

**M**Y God, my God, why hast thou forsaken me? Why art thou so far from helping me, and from the words of my roaring?

**2** O my God, I cry in the day time, but thou hearest not; and in the night season, and am not silent.

**3** But thou art holy, O thou that inhabitest the praises of Israel.

**4** Our fathers trusted in thee: they trusted, and thou didst deliver them.

**5** They cried unto thee, and were delivered: they trusted in thee, and were not confounded.

6 But I am a worm, and no man; a reproach of men, and despised of the people.

7 All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying,

8 He trusted on the Lord that he would deliver him: let him deliver him, seeing he delighted in him.

9 But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts.

10 I was cast upon thee from the womb: thou art my God from my mother's belly.

11 Be not far from me; for trouble is near; for there is none to help.

12 Many bulls have compassed me: strong bulls of Bashan have beset me round.

13 They gaped upon me with their mouths, as a ravening and a roaring lion.

14 I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.

15 My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.

16 For dogs have compassed me: the assembly of the wicked have enclosed me: they pierced my hands and my feet.

17 I may tell all my bones: they look and stare upon me.



18 They part my garments among them, and cast lots upon my vesture.

19 But be not thou far from me, O Lord: O my strength, haste thee to help me.

20 Deliver my soul from the sword; my darling from the power of the dog.

21 Save me from the lion's mouth: for thou hast heard me from the horns of the unicorns.

22 I will declare thy name unto my brethren: in the midst of the congregation will I praise thee.

23 Ye that fear the Lord, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel.

24 For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard.

25 My praise shall be of thee in the great congregation: I will pay my vows before them that fear him.

26 The meek shall eat and be satisfied: they shall praise the Lord that seek him: your heart shall live for ever.

27 All the ends of the world shall remember and turn unto the Lord: and all the kindreds of the nations shall worship before thee.

28 For the kingdom is the Lord's: and he is the governor among the nations.

29 All they that be fat upon earth shall eat and worship: all they that go down to the dust shall bow before him: and none can keep alive his own soul.

30 A seed shall serve him; it shall be accounted to the Lord for a generation.

31 They shall come, and shall declare his righteousness unto a people that shall be born, that he hath done this.

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

From everlasting and to everlasting; Amen and Amen.

### **Hymn for Midday Prayer (*Teshbokhta*)**

Glory to Thee, O God; glory to Thee, O God\*

In the night and in the day; glory to Thee, O God\*

At every season and in all times, in Thy mercy pity us, O God\*

We ask mercy of Thee, and the forgiveness of our sins\*

Abolish from us the Evil one; who at every hour lays snares for us\*

Protect us by Thy living Sign; that the Evil one may behold and flee\*

Thy right hand, full of mercy; lay upon us, O Lord\*

O Lord Thy mercy is everlasting; and Thou givest strength to weak hands\*

May Thy Cross be a wall for us; O Christ, who hast delivered us by His Cross\*

Glory to Thee, O Jesus O Lord! Thanksgiving be to the Father who sent Thee\*

And to the Holy Spirit continual hallelujah; from everlasting unto everlasting\*

*[During the Great Fast, replace with the Teshbokhta on p. 41]*

### **The Trisagion: Holy God**

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

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

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

*From everlasting and to everlasting; Amen and Amen.*

Holy God, Holy Mighty, Holy Immortal, Have mercy upon us.

## The Lord's Prayer

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

Our Father in heaven, hallowed be Your name. Your Kingdom come, your will be done, as in heaven so on earth. Give us the bread for our need this day. And forgive us our debts, as we forgave our debtors. And led us not into temptation, but deliver us from evil, for yours is the Kingdom, and the power and the glory, forever and ever. Amen.

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

*From everlasting to everlasting, amen and amen.*

Our Father in heaven, hallowed be Your name. Your Kingdom come: holy, holy, holy are You, our Father in heaven. Heaven and earth are filled with the greatness of Your glory. Angels and men cry unto You: holy, holy, holy are You.

## **Concluding Prayer**

By the prayer of the Blessed One, may peace reign in creation, and by the request of the Virgin, may the children of the Church be protected. And may we, who have taken refuge in the prayer of the Blessed Mary, the Holy Virgin, Mother of Jesus our Savior, be protected from the evil one and be able to overcome all of his deceitfulness. And on that great Day of Judgment, when the dead rise from their graves and the good are separated from the wicked, may we be made worthy to have joy, along with her, in the kingdom of God, and to sing praises to the Father, the Son, and the Holy Spirit, forever. Amen.

## ***The Nicene Creed: Symbol of our Faith***

**W**e believe in one God, the Father almighty, maker of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the Only-Begotten, the First-born of all creatures, who was begotten of his Father before all worlds and not made, true God of true God, of one essence with his Father, by whom the worlds were fashioned and everything was made; who for us men and for our salvation descended from heaven and was incarnate by the Holy Spirit and became man, and was conceived and born of the Virgin Mary, and

suffered and was crucified in the days of Pontius Pilate, and was buried and rose on the third day, as it is written, and ascended into heaven and sat down at the right hand of his Father. And he shall come again to judge the dead and the living. And in one Holy Spirit, the Spirit of truth, who proceeds from the Father, the life-giving Spirit. And in one holy, apostolic, and catholic Church. And we confess one baptism for the forgiveness of sins, and the resurrection of our bodies, and life forever and ever. Amen.

*After the Creed is said, pray silently in your heart.*





## A GENERAL PRAYER RULE THROUGHOUT THE DAY

Begin by making the Sign of the Cross on our body and say *"In the name of..."* Then kneel upon the ground and say three times, *"Create in me a pure heart, O God."* Then rise on your feet, and with your mind directed towards Christ our Savior, begin your prayers (as indicated on page 33), then offer *The Lord's Prayer*, *"Our Father in Heaven..."* Then, kneel again on the ground and say three times the following verses: *"Have mercy upon me, O God, according to your loving-kindness, and according to the multitude of your mercies blot out my sins. Thoroughly wash me from my iniquity, and cleanse me from my sins."* Rise again and stand on your feet. Then begin to say the Trisagion three times, *"Holy God, Holy Mighty, Holy Immortal. Have mercy upon us."* Then, say *The Lord's Prayer* again, *"Our Father in Heaven..."* (see page 33). Then, worship with your face upon the ground and say seven times, *"Our Lord have mercy upon us."* After this, speak freely whatever you wish in

your heart, while asking for the forgiveness of sins, help against temptation, and giving praise unto God the Lord of all. After all of this is concluded, end the prayer by making the sign of the Cross three times: Once on your forehead, once on your heart, and once on your entire body; saying each time you make the sign of the Cross, *“In the name of the Father, and of the Son, and of the Holy Spirit, O our Lord, preserve me”*.







# THE ORDER OF THE HALLOWING OF THE HOLY QURBANA

## THE PROCLAMATION OF THE CHURCH

Please **STAND**

**The Priest begins:** In the name of the Father and of the Son and of the Holy Spirit forever: Glory to God in the highest *(repeat three times)*, and on earth peace and good hope to men always and forever: Amen.

**ALL: (priest, deacons, people)** Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Holy, holy, holy art Thou, our Father in heaven. Heaven and earth are full of the greatness of thy glory. Angels and men cry to thee, Holy, holy, holy art Thou.

Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Thy will be done, as in Heaven, so on earth. Give us the bread of our need this day, and forgive us our offences, as we have also forgiven those who have offended us. And bring us

not to trial, but deliver us from the Evil One. For thine is the Kingdom and the power and the glory for ever: Amen.

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit:

**Deacons/People:** From everlasting and forever and ever:  
Amen

Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Holy, holy, holy art Thou, our Father in heaven. Heaven and earth are full of the greatness of thy glory. Angels and men cry to thee, Holy, holy, holy art Thou.

**Deacon:** Let us pray: Peace be with us.



### **Prayer before the Psalm**

**Priest:** (*For Sundays and Feasts*): Our Lord and our God, strengthen us in our weakness in your compassion, that we may administer the Holy Mysteries, which have been given for the renewal and salvation of our feeble nature, through the mercies of your beloved Son, O Lord of all, Father, Son, and Holy Spirit for ever.

**All:** Amen.

## THE PSALM IS RECITED

See the bulletin or refer to the last section of this book (Pages 151-159) for the appointed Psalm.

(Sung with "Hallelujahs," and "Glory be to the Father" . . . follows the Psalm.)

O sing unto the Lord a new song - Page 151  
I will extol you, O my Lord the King - Page 153  
Praise the Lord, O Jerusalem - Page 157  
Lord, who shall dwell in your tabernacle - Page 159

**Deacon:** Let us pray: Peace be with us.



### Prayer before the Chancel (Sanctuary) Anthem

**Priest:** (*For Sundays*): Before the glorious throne of your majesty, O my Lord, and the high and exalted chair of your honor, and the fearful judgment seat of your love's severity, and the absolving altar which was established at your direction, and the place of the habitation of your glory, we, your people and the sheep of your pasture, with thousands of cherubim who glorify you, and ten thousands of seraphim and archangels who minister to you, bow down, worship, confess, and glorify you at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

**All:** Amen.

**The Anthem of the Chancel (Sanctuary)**  
**(see the bulletin for the appointed anthem.)**

**Deacon:** Peace be with us



**The Prayer of the Lakhumara**

**Priest:** *(For Sundays and Feasts):* O our Lord and our God, when the pleasant aroma of the fragrance of your love wafts over us, and our souls are enlightened with the knowledge of your truth, may we be deemed worthy to receive the revelation of your Beloved from Heaven, and there may we confess you and glorify you without ceasing in your crowned Church, filled with all assistance and all blessings, for you are the Lord and Creator of all, Father, and Son, and Holy Spirit for ever.

**All:** Amen.



**For the offering of incense**

**Priest:** *(For the offering of incense):* In the worshipful and resplendent name of the glorious Trinity may this incense which we offer be blessed to your honor, and may it be for our pardon, O Creator of pleasant roots and sweet spices, O Lord of all, Father, Son, and Holy Spirit for ever.

**All:** Amen.

**Priest:** *(the deacon takes the censer round)* May Christ give you delight in his Kingdom, and may he accept your ministry in the goodness of his compassion. Amen

**All:** Amen.

**Lakhumara**  
**(Thee, Lord of all)**

**ALL:** You, Lord of all, we confess, and you, Jesus Christ, we glorify, for you give life to our bodies, and you are the Savior of our souls.

**Priest:** I have washed my hands purely, and I have gone round your altar, O Lord:

**ALL:** You, Lord of all, we confess, and you, Jesus Christ, we glorify, for you give life to our bodies, and you are the Savior of our souls.

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit:

**Deacon/ALL:** From everlasting and for ever and ever: Amen.

**ALL:** You, Lord of all, we confess, and you, Jesus Christ, we glorify, for you give life to our bodies, and you are the Savior of our souls.

**Deacon:** Let us pray: Peace be with us.

**Priest:** Truly, my Lord, you give life to our bodies; you are the good Savior of our souls and you continually guard our life. You, my Lord, we are bound to confess, worship, and glorify at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

**All:** Amen.

**Deacon:** Lift up your voice, all ye people, and glorify the living God.



### The Hymn of Qaddisha Alaha (Holy God)

**ALL:** Holy God, holy Mighty, holy Immortal, have mercy upon us.

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit.

**ALL:** Holy God, holy Mighty, holy Immortal, have mercy upon us.

**Deacon/ALL:** From everlasting and for ever and ever: amen.

**ALL:** Holy God, holy Mighty, holy Immortal have mercy upon us.

**Deacon:** Let us pray, peace be with us.

## Prayer before the Readings

**Priest:** You who are holy, glorious, mighty, and immortal, who dwell in the saints and whose will has been satisfied, turn, O my Lord, and pity and have mercy upon us, as you are accustomed to do at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

**Deacon/Reader:** *(Announce the Reading of the day).* The reading from the \_\_\_\_\_ Bless, O my Lord.

**Priest:** *(When the reader comes to the priest, he blesses him and says:)*

May God the Lord of all make you wise in his holy teaching, and may his mercies and compassion be upon the readers and those who are listening. May you be a shining mirror to all who give heed to and obey the word of teaching from your mouth, through the kindness of his compassion. Amen.

Please **SIT**

## The READINGS \*

(see the bulletin for the appointed Readings.)

\* (These lections are usually two, and always from the Old Testament or the Acts.)

After receiving the blessing, **deacon/reader proceeds to read the lessons.**

**Deacon:** Stand up for the recitation of the Shuraya.

Please **STAND**

**Following the readings** the priest/deacon announces the **SHURAYA.**



## The SHURAYA (The Beginning)

(Please see the bulletin for the appointed Shuraya.)

**Deacon:** Let us pray: Peace be with us.





## Prayer before the Apostle

**Priest:** O our Lord and our God, enlighten for us the impulses of our thoughts, that we may give heed to and understand the pleasant sound of your life-giving and divine commands. Grant us in your grace and mercies to acquire profit from them—love, hope, and salvation, which are useful for the soul and body. May we sing continual praise without ceasing to you at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

**Deacon:** The Epistle of St. Paul to \_\_\_\_\_, Bless, O my Lord.

**Priest:** May Christ make you wise in his holy teaching, and make you a shining mirror to all who give heed to you.

You may SIT



## The APOSTLE \*

(Please see the bulletin for the Epistle of St. Paul.)

*\* (A lesson from St. Paul)*

**Deacon:** Glory be to the Lord of Paul.



### *The GOSPEL preparation*

**Deacon:** Let us pray: Peace be with us.

**Priest** (*recites this prayer in low voice*): You, the effulgence of your Father's glory and the image of your Begetter's substance, you who were revealed and shone forth in the body of our humanity and enlightened rational beings with the knowledge of your greatness, enlighten our souls, O my Lord, with the light of your Gospel, and grant us to meditate upon your Scriptures. May we be led by your life-giving and divine commandments, O Lord of all, Father, Son, and Holy Spirit for ever.

**Deacon:** Bless, O my Lord.

**Priest:** May God, the Lord of all, confirm your thoughts and refine your singing, that you may sing his praises through the goodness of his compassion. Amen.

*(Facing the Gospel)*

Glory to the everlasting mercies which sent you unto us, O Christ the Light of the world and the Life of all forever: Amen.

**Deacon:** Amen.

*(taking up the Gospel)*

Give us wisdom by your law, and enlighten our impulses by your knowledge, sanctify our souls by your truth, and grant that we may be obedient to your words and may fulfil your commands at every hour, O Lord of all, Father and Son and Holy Spirit for ever: Amen.

**Deacon:** Amen.

*(Another)* O you who enlighten the rational with the knowledge of your greatness, enlighten, O my Lord, my thoughts that I may meditate upon your holy and divine Scriptures at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

**Deacon:** Amen, bless, O my Lord.

*(over the censer):* May the sweet aroma which wafted from you, O my Lord, at the time when Mary the sinner poured fragrant oil upon your head, be joined with this incense which we offer to your honor and for the pardon of our debts and sins, O Lord of all, Father, Son, and Holy Spirit forever: Amen.

**All:** Amen.

Please **STAND**



**The GOSPEL ZUMARA \***

**(See the bulletin for the appointed Zumara)**

*\* ("The song" It is a few verses of the Psalms, like the Shuraya.)*

**(The Hymn before the Gospel)**  
**Turgama d'qam Ewan'ga'leyon**

*Composed by His Holiness Mar Dinkha IV Catholicos Patriarch*

- \* We believe in the Father, and the Son and the Holy Spirit;  
and in two natures and two qnome (substances) of Jesus  
Christ.
- \* The children of the East believed in Jesus Christ;  
the Son of God became a man among men.
- \* The Apostles planted the garden of spirit throughout the  
city of Orhai (Edessa);  
and the sons of Assyria flocked to receive baptism.
- \* Cleanse your heart, O Christians, from all evil;  
Seek repentance and come near to the merciful Lord.
- \* Let us all, O children of the Church, be engaged in prayer  
and fasting;  
and let us beseech the Lord to guard our Assyrian nation.
- \* Woe unto the man who is distant from the love of Christ;  
O members of the Church, draw near unto God.



**Deacon:** Let us stand ready to hear the holy Gospel:

**Priest:** Peace be with you (✙)

**ALL:** And with you, and with your spirit.

**Priest:** The holy Gospel according to the preaching of St.  
\_\_\_\_\_.

**Deacon:** Be calm and still.

## The Gospel

(Please see the bulletin for the Gospel of the day)

Following the singing of the Gospel hymn, & the Reading of the  
Holy Gospel

**Response/All:** Glory to Christ our Lord.



## The KAROZUTHA \*

### The prayers of the people

\* (*"Proclamation" or "preaching", being partly a bidding prayer and partly a litany.*)

**Deacon:** Let us all stand up as is right with joy and rejoicing; let us beseech and say, Our Lord, have mercy upon us.

**Response:** Our Lord, have mercy upon us.

**Deacon:** Father of mercies and God of all consolation, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** O our Savior, our Overseer and the Guardian of all, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** For the tranquility, unity, and sustenance of all the world and all the Churches, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** For our land and for all lands and for those who dwell in them in faith, we beseech You.

**Response:** Our Lord, have mercy upon us.

**Deacon:** For the temperature of the air and the prosperity of the year, the harvest of fruits, and stability of all the world, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** For the welfare of our holy fathers Mar \_\_\_\_\_ Catholicos Patriarch, Mar \_\_\_\_\_ Metropolitan, Mar \_\_\_\_\_ Bishop, and for all their fellow-servants, we beseech you.

**Response:** Our Lord, have mercy upon us.

**(\* Deacon:** For the kings who hold power in this world, we beseech you

**Response:** Our Lord, have mercy upon us.

**Deacon:** O merciful Lord, who in mercy governs all, we beseech you.

**Response:** Our Lord, have mercy upon us.

**(\* Deacon:** For orthodox presbyters and deacons, and all our brotherhood in Christ, we beseech you

**Response:** Our Lord, have mercy upon us.

**Deacon:** You who are rich in mercies and overflowing with compassion, we beseech you.



**Response:** Our Lord, have mercy upon us.

**(\* Deacon:** Who are from before all ages, and whose power continues from generation to generation, we beseech you

**Response:** Our Lord, have mercy upon us.

**Deacon:** Who in your nature are good and the Giver of all good things, we beseech you

**Response:** Our Lord, have mercy upon us.

**(\* Deacon:** Who do not take delight in the death of a sinner but rather that he turn from his wickedness and live, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** Who are glorified in heaven and worshipped on earth, we beseech you.

**Response:** Our Lord, have mercy upon us.

**(\* Deacon:** Who by your Holy (Annunciation, or Nativity, or Epiphany, or Fast, or Entrance into Jerusalem, or Resurrection, or Ascension, or Descent\*\* of your Holy Spirit, or Transfiguration, or Cross, or Church) made the earth to be glad and the heavens to rejoice, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** To whom immortality belongs naturally, and who dwells in gladsome light, we beseech you

**Response:** Our Lord, have mercy upon us.

**(\* Deacon:** O Savior of all men and especially of those who believe in you, we beseech you.

**Response:** Our Lord, have mercy upon us.

**Deacon:** Save us all, O Christ our Lord, by your loving-kindness; and increase with us your tranquility and peace, and have mercy upon us.

**Response:** Our Lord, have mercy upon us.

**Deacon:** Let us commit ourselves and one another to the Father, Son and Holy Spirit

**Final Response ALL:** To you, O Lord our God.

*(NOTE: Those marked (\*) are said only on Sundays or Lordly Feasts)*

**\*\*** Adjustment will have to be made for post-Pentecostal petitions, which should be vocalized thus: Who by the Descent of your Holy Spirit made the earth..... (dropping "your holy" which appears later in the petition.)

**Priest:** O Lord God of hosts, we supplicate and ask of you, fulfill with us your grace and pour forth through us your gift, and may the mercies and compassion of your Godhead be for the pardon of the debts of your people, and for the forgiveness of the sins of all the sheep of your pasture, whom you have chosen for yourself in your grace and mercies, O Good One and Friend of men, Lord of all, Father, Son, and Holy Spirit forever.

**Deacon:** Bow your heads for the imposition of hands and receive the blessing.

**(Priest praying silently):** O Lord God of hosts **repeat**, yours is the holy catholic Church, for through the great suffering of your Christ the flock of your pasture was purchased, and through the grace of the Holy Spirit, who is consubstantial with your glorious Godhead, the degrees of ordination to the true priesthood are given. In your mercifulness, my Lord, you have deemed the vileness of our feeble nature worthy to be made designated members in the great body of the holy catholic Church, to administer spiritual assistance to the souls of the faithful. Therefore, O my Lord, fulfill with us your grace, and pour forth your gift through us, and may the mercies and compassion of your Godhead be upon us and upon this people whom you have chosen for yourself. **(the priest raises his voice.)** AND O my Lord, grant us in your compassion that we may all together equally, all the days of our lives, please your Godhead with good works of righteousness which satisfy and propitiate the glorious will of

your Lordship. May we be worthy, with the aid of your grace, to lift up to you praise, honor, confession, and worship at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

***Then the deacons enter the altar and say:*** Whoso has not received baptism, let him depart; whoso has not accepted the Sign of Life, let him depart; whoso does not receive it, let him depart; go, hearers, and watch the doors.



**The Anthem of the Mysteries**  
**(Please see the bulletin for the appointed anthem)**

You may **SIT**

***Priest & Deacon present the Gifts of bread & wine to the Holy Altar.***

**Priest:** I waited confidently for the Lord.

**Priest:** The Body of Christ and his precious Blood are on the holy altar. In awe and love let us all draw near unto him, and with the angels let us cry aloud unto him, Holy, holy, holy Lord God.

**Deacon:** The poor shall eat and be satisfied.

**Deacon:** The Body of Christ and his precious Blood are on the holy altar. In awe and love let us all draw near unto him, and with the angels let us cry aloud unto him, Holy, holy, holy Lord God

**Deacon:** Let us pray: Peace be with us.

*(The priest takes the chalice in his right hand, and the paten in his left hand, while crossing his hands.)*

**Priest:** Let us lift up praise to your glorious Trinity always and for ever. May Christ, who was sacrificed for our salvation and who commanded us to make a remembrance of his death, burial and resurrection, accept this sacrifice from our hands, in his grace and mercies forever: Amen.

**Deacon:** Amen.

**Priest:** *(striking the paten and chalice 3 times & each time, saying)* **By Your command, our Lord and our God** *(Response: Amen bless, O my Lord)*, these glorious, holy, life-giving and divine Mysteries are placed and arranged upon the absolving altar until the coming of our Lord the second time from heaven, to whom be glory always and forever: Amen.

**Deacon:** Amen.

*(covering the gifts with a veil, the priest continues):*

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit.

Upon the holy altar let there be a memorial of the Virgin Mary, the Mother of Christ.

**Deacons/All:** From everlasting and forever and ever, amen and amen.

O apostles of the Son and friends of the Only-Begotten, pray that there may be tranquility in the creation.

**Priest:** Let all the people say, amen and, amen.

Your memorial O our Father, is upon the holy altar, with the just who were celebrated and the martyrs who were crowned.

**Deacons/All:** Behold, all the departed have gone to rest in your hope, that at the glorious resurrection you might raise them in glory.

**Deacon:** Let us pray: Peace be with us.

**(Priest turns to the Deacons, continues):**

**Priest:** Our hearts being sprinkled and cleansed of an evil conscience, may we be deemed worthy to enter the holy of holies, high and exalted. May we purely, worthily, and in holiness stand before your holy altar and offer to you spiritual and reasonable sacrifices in true faith.

**And he continues:** You are just, O Good One who does not keep anger for ever, nor for ever retain your wrath. Turn your face from my sins and blot out all my offenses in the great abundance of your mercifulness, O Lord of all, Father, Son, and Holy Spirit for ever.

*But if he lacks opportunity, he says:* May our Lord Jesus Christ be with us all in his grace and mercies for ever. Amen.

Please **STAND**



## **The Profession of Faith**

### **(The Nicene Creed)**

We believe in one God, the Father almighty, maker of all things visible and invisible\* and in one Lord, Jesus Christ, the Son of God, the Only-begotten, the First-born of all creatures, who was begotten of his Father before all worlds and not made, true God of true God, of one essence with his Father, by whom the worlds were fashioned and everything was made; who for us men and for our salvation descended from heaven and was incarnate by the Holy Spirit and became man, and was conceived and born of the Virgin Mary, and suffered and was crucified in the days of Pontius Pilate, and was buried and rose on the third day, as it is written, and ascended into heaven and sat down at the right hand of his Father; and he shall come again to judge the dead and the living\* and in one Holy Spirit, the Spirit of truth, who proceeds from the Father, the life-giving Spirit\* and in one holy, apostolic, and catholic Church. And we confess one Baptism for the forgiveness of sins, and the resurrection of our bodies, and life for ever and ever. Amen.

**Please SIT**



*Following the Creed the Priest washes his hands and prepares to approach the altar. The priest turns to the deacons on his right and left and says:*

**Priest:** May God the Lord of all be with us all, in us all, in his grace and mercies forever: Amen.

**Priest:** Bless, O my Lord. Pray for me, my brethren.

**Deacon:** May Christ hear your prayers, receive your supplications, and be well pleased with your Oblation in the goodness of his compassion forever, Amen.

*(The priest recites this prayer silently)*

*And he turns his face to the altar and offers three genuflections, while at each genuflection he draws nearer to it. And at the beginning of a genuflection he begins to supplicate in this manner, speaking softly with his lips this prayer of Mar Bar Sauma:*

Glory to you, O Finder of the lost. Glory to you, O Gatherer of the dispersed. Glory to you, who bring near the far off. Glory to you, who return the erring to the knowledge of the truth. Glory to you, my Lord, for you have called me, even feeble me, in your grace, and have brought me near unto you in your compassion, and have established me as a designated member in the great body of your holy catholic Church, to offer before you this living, holy, and acceptable sacrifice,

which is the memorial of the passion, death, burial, and resurrection of our Lord and Savior, Jesus Christ, - through whom you were well-pleased and reconciled to forgive the sins of all men. *(repeat).*

**Deacon:** Let us pray; peace be with us. Pray for the memorial of our fathers the catholicoi and bishops; and of all priests and deacons and young men and virgins; and of all who have died and departed from this world in the true faith; and of all our fathers and brethren; of all our sons and daughters; of all faithful Christ-loving kings; of all prophets and apostles; and of all martyrs and confessors here and everywhere, that God may crown them at the resurrection from the dead, and give us a good hope and portion with them, and an inheritance and life in the Kingdom of Heaven.

*During his approach to the altar the priest interrupts the deacons and again calls upon them.*

*(Priest turns to the deacon of the right-horn)*

**Priest:** Bless, O my Lord. My brethren, pray for me, that this Oblation may be fulfilled by my hands.

**Deacon replies:** May God the Lord of all strengthen you to fulfill his will. May he accept your Oblation, and be well-pleased with your sacrifice which you offer for us, for yourself, and for the four regions of the world, through the goodness of his compassion for ever. Amen.

**Deacon:** Let us pray; peace be with us. Pray for the memorial of our fathers the catholicoi and bishops; and of all priests and deacons and young men and virgins; and of all who have died and departed from this world in the true faith; **and of all our fathers and brethren; of all our sons and daughters; of all faithful Christ-loving kings; of all prophets and apostles; and of all** martyrs and confessors here and everywhere, that God may crown them at the resurrection from the dead, and give us a good hope and portion with them, and an inheritance and life in the Kingdom of Heaven.

*(Priest turns to the deacons of the left-horn and interrupts them a second time and says):*

**Priest:** Bless, O my Lord. Pray for me, my brothers and my beloved, that I may be deemed worthy to offer before our Lord Christ this living and holy sacrifice for myself and for all the community of the holy Church, through the goodness of his compassion for ever. Amen.

**Deacon replies:** God the Lord of all be well-pleased with your sacrifice and may he accept your Oblation, which you offer

for us, and for yourself, through the goodness of his compassion for ever. Amen.

**Deacon:** Let us pray; peace be with us. Pray for the memorial of our fathers the catholicoi and bishops; and of all priests and deacons and young men and virgins; and of all who have died and departed from this world in the true faith; and of all our fathers and brethren; of all our sons and daughters; of all faithful Christ-loving kings; of all prophets and apostles; **and of all martyrs and confessors here and everywhere, that God may crown them at the resurrection from the dead, and give us a good hope and portion with them, and an inheritance and life in the Kingdom of Heaven.**

**Priest continuing:** For all the living and the dead is this Oblation offered; may it be accepted from my sinfulness before the awful judgment seat of your majesty, O our Lord, with open face.

**Deacon:** Amen; bless, O my Lord.

**Priest to the Deacons:** May Christ confirm your words and accept the fruit of your lips, and may he pardon the debts and sins of all who listen to you.

**Deacon:** May this Oblation be accepted with confidence. May it be hallowed by the word of God and by the Holy Spirit, that it may be a benefit to us, and salvation and life for ever and ever in the kingdom of heaven through the grace of Christ.

## Kushapa \*

### (Prayer of beseeching)

\* always said kneeling and in a low voice

**Priest recites softly in his heart:** Yea, our Lord and our God, **repeat,** do not look upon the multitude of our sins, and do not let your Lordship abhor the burden of our wickednesses, but in your ineffable grace accept this sacrifice from our hands, and through it grant power and authority, that it may be enabled to pardon our many sins, that when you are revealed at the end of times in the humanity which you took from us, we may find grace and mercies before you, and may be deemed worthy to sing praise with the spiritual companies.

## THE ORDER OF THE HALLOWING

### THE ANAPHORA OF THE BLESSED APOSTLES MAR ADDAI AND MAR MARI DISCIPLERS OF THE EAST

**Priest begins:** Bless, O my Lord; Bless, O my Lord; Bless, O my Lord. My brothers, pray for me.

**Deacon:** May Christ hear your prayers. May Christ accept your Oblation. May Christ make your priesthood to shine in the kingdom of heaven, and may he be well-pleased with this sacrifice which you offer for yourself, and for us, and for all the whole world which looks for and awaits his grace and mercies for ever.



### G'hanta (prayer of Inclining) \*

*\* Said with bent head and in a low voice*

**Priest (softly):** We give thanks, O my Lord, for the abundant riches of your loving-kindnesses toward us, **(repeat)** for though we are sinners and unworthy, you have deemed us worthy to administer the Holy Mysteries of the body and blood of your Christ. We ask for help from you for the strengthening of our souls, - **that with perfect love and true faith we may administer your gift to us.** *Repeat the beginnings of G'hantas and their ends.*

*After the approach to the altar has been made, the priest prays softly, until he reaches the doxology at the end of his prayer, at which time he lifts up his voice:*

Please **STAND**

*If one who is a patriarch, metropolitan, or bishop is present, the celebrant does not offer up this qanona because of the honor of the high priest who is present — but he recites it with the G'hanta and raises his voice at "for ever and ever".*



### **Qanona (Canon)**

**Priest:** And we will lift up to you praise, honor, confession and worship, now and always and forever and ever.

**Response/ALL:** Amen.

*The priest has now received the peace from the holy altar, and from him it is passed throughout the congregation.*

## The Kiss of Peace

**Priest:** Peace be with you (✙)

**Response/ALL:** And with you and with your spirit.

**Deacon announces:** Give the Peace one to another in the love of Christ.

**Deacon:** For all catholicoi, bishops, presbyters, and deacons, and every member of a religious profession who has departed from the assembly of the Church, and for the life and tranquility of the world, and for the crown of the year, that it may be blessed and fulfilled in your grace, and for every child of the Church who is worthy of the reception of this Oblation before you, and for all your servants and handmaidens who stand before you at this hour, for all of them and for all of us may this Oblation be accepted for ever. Amen.

*Deacon continues with the Kiss of Peace – karozutha.*

**Deacon:** Let us all in purity and with sighs give thanks and beseech and supplicate the Lord. Stand aright and look upon those things which are done in the fearful Mysteries being hallowed. The priest draws near to pray, that by his mediation peace may be multiplied for you. Lower your eyes, and stretch out your mind to heaven.



**Deacon continues:** Watchfully and earnestly beseech and supplicate at this moment. Let no one venture to speak. Whoever prays, let him pray in his heart. In silence and awe stand and pray. Peace be with us.

*(While the Kiss of Peace karozutha is being read by the deacon the priest offers prayers in a low voice.)*

### Kushapa

**Priest continues:** O Lord God of hosts, **(repeat)** assist my weakness in your mercifulness, and through the assistance of your grace make me worthy to offer before you this living and holy sacrifice, for the aid of the whole community, and for the praise of your glorious Trinity, O Father, Son, and Holy Spirit for ever.

*(The priest stands up and lifts the veil from the mysteries, and winds it about the chalice and paten, saying:)*

**Priest continues:** O my Lord, you who have deemed me worthy of your body and blood, in the same way, by your grace make me worthy of confidence before you on the day of judgment. Amen.

*(While offering incense)*

**Priest :** (With the myrrh and aloes of Nicodemus your holy body was anointed on the day of your burial, and with this incense we too, your worshipers, sweeten your entombed body as with spices. Then let it be blessed by your grace, and let it be hallowed, and may it supply a mystery, and bring pardon for our debts and sins. May it be as a sweet fragrance for you, and for your Father, and for the Holy Spirit, now, always, and for ever and ever.

**Continues:** In the worshipful and glorious name of your glorious Trinity may this incense be blessed, which we offer to your honor and for our absolution for ever. Amen.)

### **Prayer of Incense**

**Priest continues:** May the sweet incense delight you, our Lord and our God, which we offer you before your holy altar within your glorious temple. May it be for the gladness of your holy name, and for the pardon of your servants and of your flock, O Father, Son, and Holy Spirit for ever.

**Priest to the deacon:** May Christ strengthen you to fulfill his will continually.

**Deacon replies:** May Christ make your priesthood to shine in the kingdom of heaven.

please **STAND**



### **Qanona (canon)**

**Priest:** The grace of our Lord Jesus Christ and the love of God the Father and the fellowship of the Holy Spirit, be with us all, now, always and forever and ever: Amen.

**Response ALL:** Amen

**Priest:** Let your minds be above

**Response ALL:** With you, the God of Abraham, of Isaac, and of Israel, O glorious King

**Priest:** The Oblation is offered to God, the Lord of all

**Response ALL:** It is meet and right.

**Deacon:** Peace be with us.

## Kushapa

*(The priest offers prayers in a low voice)*

**Priest, continues:** Lord, Lord, grant us boldness before you, that with the liberty which is from you we may fulfill this living and holy ministry, our consciences cleansed of all wickedness and bitterness. Sow within us love, tranquility, and unity with one another and with all men.

**Priest:** Bless, O my Lord; Bless, O my Lord; Bless, O my Lord. My brothers, pray for me.

**Deacon:** May Christ hear your prayers. May Christ accept your Oblation. May Christ make your priesthood to shine in the Kingdom of Heaven, and may he be well-pleased with this sacrifice which you offer for yourself, and for us, and for all the whole world which looks for and awaits his grace and mercies for ever.

## G'hanta

**Priest, praying softly:** Worthy of praise from every mouth, **(repeat)**, and confession from every tongue, and adoration

and exaltation from every creature is the worshipful and glorious name of your glorious Trinity, O Father, Son, and Holy Spirit, for you created the world in your grace and its inhabitants in your mercifulness; you saved men in your compassion, and showed great grace unto mortals. Thousands upon thousands of those on high bow down and worship your majesty, O my Lord, and ten thousand times ten thousand holy angels and spiritual hosts, the ministers of fire and spirit, glorify your name, - **and with holy cherubim and spiritual seraphim offer worship to your Lordship, (repeat),**

### Qanona (canon)

**Priest continues:** ... crying and singing praise without ceasing, calling one to another and saying;

**Response ALL:** Holy, holy, holy is the Lord God of hosts, for Heaven and earth are full of his praises, and of the nature of his being, and of the excellency of his glorious splendor. - Hosanna in the heights. Hosanna to the son of David. Blessed is he who came and comes in the name of the Lord. Hosanna in the heights.

## Kushapa

*(recited softly during the Sanctus)*

**Priest, continues:** (Holy, holy, holy is the Lord God of hosts, for heaven and earth are full of his praises, and of the nature of his being, and of the excellency of his glorious brightness, even as "Heaven and earth are filled by me" says the Lord.) You are holy, O God, the Father of truth, from whom all fatherhood in heaven and earth is named. You are holy, O eternal Son, by whose hand everything came to be. You are holy, O Holy Spirit, being through whom all is hallowed. - Woe is me! Woe is me! For I am amazed. For I am a man of unclean lips, and I dwell among a people whose lips are unclean, and my eyes have seen the King, the Lord of hosts. How terrible is this place, for today I have seen the Lord face to face, and this is nothing if not the house of God, and this is the gate of heaven. - **And now let your grace be upon us, O Lord, (repeat)**, and cleanse our uncleanness, and hallow our lips, and, O my Lord, mingle the voices of our feebleness with the hallowing of the seraphim and the praises of the angels. Glory to your mercies, for you have associated creatures of dust with spiritual beings.

**Arising, Priest continues:** Bless, O my Lord; Bless, O my Lord; Bless, O my Lord. My brothers, pray for me.

**Deacon:** May Christ hear your prayers. May Christ accept your Oblation. May Christ make your priesthood to shine in the Kingdom of Heaven, and may he be well-pleased with this sacrifice which you offer for yourself, and for us, and for all the whole world which looks for and awaits his grace and mercies for ever.

*The priest resumes his consecration prayers in a low voice, giving thanks for the incarnation of the Son of God, and for the benefits obtained for mankind through it.*

### G'hanta

**Priest, continues:** And with the heavenly hosts we give thanks to you, O my Lord, **(repeat)**, even we, your feeble, unworthy, and miserable servants, for you have brought about great grace in us which we cannot repay, for you clothed yourself with our humanity, that you might make us alive by your Godhead. You have exalted our humble state, raised up our fallen condition, given new life to our mortality, forgiven our debts, set right our sinfulness, enlightened our minds, and, our Lord and our God, you have condemned our enemies, - **and granted victory to the feebleness of our unworthy nature in the abundant mercies of your grace.** **(repeat).**

*(The priest lifts up his voice again and says:)*

### **Qanona (Canon)**

**Priest:** For all your aids and graces towards us, we will lift up to you praise and honor and confession and worship, now, always and forever and ever.

**Deacons reply:** Amen.

**Deacon:** Pray in your minds. Peace be with us.

*Here the priest softly offers intercessory prayers for himself and for all mankind, whether living or dead. And the choir sings "Hal Lib'ba Marya" (Comfort, O Lord ).*

### **Kushapa**

**Priest continues:** O Lord God of hosts, accept this Oblation (from my unworthy hands) for all the holy catholic Church, for all the just and righteous fathers who were well-pleasing before you, for all the prophets and apostles, for all the martyrs and confessors, for all the mourning and distressed, for all the needy and harassed, (for all priests, kings, and rulers,) for all the ill and afflicted, for all the departed who have died and gone out from among us, for this people which looks for and awaits your mercies, - **and for my unworthiness, misery, and poverty. (repeat).** Yea, our Lord



and our God, according to your mercies and the abundance of your kindness, deal with your people and with my misery, not according to my sins and offenses, but may we—I and these—be deemed worthy of the pardon of debts and the forgiveness of sins through this holy body which in true faith we receive through the grace which is from you. Amen.

### **Hal Lib'ba Marya (Comfort, O Lord)**

***Only sung when there is an Oblation for the departed***

Comfort, O Lord, those sitting in sadness, who are grieved by the death of their beloved one.

Bitter death has broken the body, which is held in the tomb until the coming of Christ.

There it now awaits, to be glorified by good deeds, at the resurrection of the dead

Take away, O Jesus Christ, the veil of darkness from the sorrowing heart of our earthbound race.

Receive, O Lord, this Oblation, which is offered by your servants, O Merciful One

O Jesus the Savior, you sacrificed yourself, and in you human nature you received suffering.

The cup of bitterness, of death, you drank. You taught us the hope in the resurrection



**Arising, Priest continues:** Bless, O my Lord; Bless, O my Lord; Bless, O my Lord. My brothers, pray for me.

**Deacon:** May Christ hear your prayers. May Christ accept your Oblation. May Christ make your priesthood to shine in the Kingdom of Heaven, and may he be well-pleased with this sacrifice which you offer for yourself, and for us, and for all the whole world which looks for and awaits his grace and mercies for ever.

*Here the priest invokes the Holy Spirit to sanctify the elements of bread and wine, making them the body and blood of Christ. When he says "And may there come, O my Lord" he raises his voice, and the Deacon says "In silence and in awe stand ye and pray: Peace be with us." and all stand.*

## G'hanta

*The priest recites this g'hanta softly*

**Priest continues:** O my Lord, in your many ineffable mercies, (repeat), make a good and acceptable memorial for all the just and righteous fathers who were well-pleasing before you through the commemoration of the body and blood of your Christ which we offer you upon your pure and holy altar, as you taught us. Bring to pass your tranquility and peace in us all the days of the world. - **Yea, our Lord and our**

**God, bring to pass your tranquility and peace in us all the days of the world, (repeat),** that all the inhabitants of the earth may know you—that you alone are God, the Father of truth, and that you sent our Lord Jesus Christ, your Son and your Beloved, and he, our Lord and our God, came and taught us in his life-giving gospel all the purity and holiness of the prophets and apostles, of the martyrs and confessors, of the bishops and teachers, of the presbyters and deacons, and of all the children of the holy catholic Church - who have been signed with the living seal of holy Baptism.

**(ALL: KNEEL) We also, my Lord, (repeat 3 times)** your feeble, unworthy, and miserable servants who are gathered in your name and stand before you at this hour, and have received by tradition the example which is from you, while rejoicing, glorifying, exalting, and commemorating, perform this great, fearful, holy, life-giving, and divine Mystery of the passion, death, burial, and resurrection of our Lord and Savior, Jesus Christ.

**Deacons announce:** In silence and in awe stand and pray:  
Peace be with us.

**Priest lifts up his voice and continues:** ... **And may there come, O my Lord,** your Holy Spirit, and may he rest upon this Oblation of your servants. May he bless it and hallow it, and may it be for us, O my Lord, for the pardon of debts, the forgiveness of sins, the great hope of resurrection from the dead, and for new life in the Kingdom of Heaven with all who have been well-pleasing before you. And for all this great and marvelous dispensation towards us we will give thanks to

you and praise you without ceasing in your Church, which is saved by the precious blood of your Christ - **with unclosed mouth and open face**, (repeat).

**Response:** Amen Bless, O my Lord.

*(The priest lifts up his voice and says:)*

### **Qanona (Canon)**

**Priest:** while lifting up glory and honor and confession and worship to your living and holy and life-giving name, now always and forever and ever.

**Deacons reply:** Amen.

♦ ♦ ♦ ♦ ♦ **The Curtain closes** ♦ ♦ ♦ ♦ ♦

*The Priest and Deacons continue in preparing the Blessed Sacrament, with prayers, incense, etc.*

Please **SIT**

**ALL - the first two verses:** O Christ, the peace of those above, and the great tranquility of those below, ☉ make your tranquility and peace to dwell, O my Lord, in the four regions of the world, and especially in your holy catholic Church. Reconcile the priesthood with the kingdom, and bring wars to an end from the ends of the earth. Scatter the divided nations which desire war, that we may inhabit a quiet and tranquil dwelling-place, in all chastity and the fear of God.



### **Hymn (Baban d'bash-maya \*)**

#### **\* Our Father in heaven**

Our Father in Heaven, you who are holy in your nature, make us worthy to be good Christians.

May your Kingdom come and pour out your blessings upon the children of your Church. Protect them in your righteousness.

We all beseech you, O Lord, with one voice: Forgive our trespasses and pardon our sins.

O merciful Jesus, saving Father, your powerful Cross protects us.

Have mercy on the scattered children of Assyria, wherever they may be. Gather them together again.

Pour out love and peace among the children of our nation, that they may be united and abhor division



## THE SIGNATION AND FRACTION

### the breaking and signation OF THE CONSECRATED BREAD AND WINE

*After prayers and psalms the priest breaks the body and signs both it and the chalice with a broken portion. He and the people first offer prayers.*

**Priest:** Bless, O my Lord; bless, O my Lord; bless, O my Lord. The mercifulness of your grace has brought us near, O our Lord and our God, to these glorious, holy, life-giving and divine Mysteries, though we are unworthy.

**ALL, Deacon/people:** In truth, my Lord, we are not worthy. Pardon us, O my Lord, for we are not worthy, through our frailty, because of our many sins.

**Priest:** Praise to your holy name, O our Lord Jesus Christ, and worship to your Lordship at all times for ever. Amen. - For [this is] the living and life-giving bread which descended from heaven and gives life to utterly all the world, for those who eat of it do not die and those who receive it are saved by it and by it are pardoned and live for ever. Amen.

**Response/ALL:** Amen.

*And he kisses the Bukhra in the sign of the cross, though he does not bring it to his lips except in a figurative manner, and he turns it in a circle before his eyes, upward and downward, and from right to left.*

**Priest:** Glory to you, O my Lord. Glory to you, O my Lord. Glory to you, O my Lord, on account of your ineffable gift to us for ever. Amen.

**Response/ALL:** Amen.

*And he clasps the Bukhra with both hands and says:*

We draw near, O my Lord, in the true faith of your name toward these holy Mysteries, and we break in your compassion and sign in your mercifulness the body and blood of your Beloved, our Lord Jesus Christ, in the name of the Father, and of the Son, and of the Holy Spirit for ever.

**Response/ALL:** Amen.

**Priest continues:** The precious blood is signed with the life-giving body of our Lord Jesus Christ in the name of the Father, and of the Son, and of the Holy Spirit for ever.



*That is, from east to west toward himself, "and of the Holy Spirit" from north to south toward the paten. Thus he signs the body on the paten in the same way with the half in his hand, saying:*

The holy body is signed with the absolving blood of our Lord Jesus Christ in the name of the Father, and of the Son, and of the Holy Spirit for ever.

**Response/ALL:** Amen.

*And he grasps both halves with both hands and holds them with one another as though not broken. And his fingers and thumbs should be bound round the halves like a circle.*

**Priest:** These glorious, holy, life-giving, and divine Mysteries are set apart, hallowed, perfected, fulfilled, united, commingled, joined, and sealed, one with another, in the worshipful and glorious name of the glorious Trinity, the Father, Son, and Holy Spirit, that they may be to us, O my Lord, for the pardon of debts and the forgiveness of sins, for the great hope of the resurrection from the dead, and for new life in the kingdom of heaven, to us and to the holy Church of Christ our Lord, here and everywhere, now, always, and for ever and ever.



**Deacon: See that it is I.**

I am the bread which came down from on high, said our Savior in a mystery to his Disciples. Whoever in love draws near and receives me, lives in me forever and inherits the Kingdom.

**ALL: Bless the Lord, you his angels.**

The cherubim and seraphim and archangels in fear and trembling stand before the altar; and they look at the priest breaking and dividing the Body of Christ for the pardon of debts.

**Deacon: The Lord holds him in His hands.**

Fire in the burning coal kissed Isaiah: his lips did not burn and his transgressions were absolved. Mortals partake of fire in bread: it preserves their bodies, and their transgressions are burnt.

**ALL: The one whose hands are pure and who is approved in his heart.** When the priest enters into the Holy of Holies, in purity he lifts up his hands unto Heaven, and invites the Holy Spirit, who descends from the Highest, sanctifying the Body and Blood of Christ.

**Deacon: Open to me the gates of righteousness:**

O Compassionate One, whose door is open to the penitent, and who calls sinners to draw near to him,

*(Here the curtain opens )*

**ALL:**

open to us, O my Lord, the door of mercies, that we may enter through it; and sing glory to you by night and by day.

*When the breaking and signing are complete and the curtain is withdrawn, the priest proclaims.*

## Qanona (Canon)

**Priest:** The grace of our Lord Jesus Christ, and the love of God the Father, and the fellowship of the Holy Spirit be with all of us, now, always, and for ever and ever.

**Response ALL:** Amen.

*The priest now breaks the Host into portions to be administered to the congregation.*

**Deacon continues:** Let us all in awe and reverence approach the Mystery of the precious Body and Blood of our Savior.

- \* With a pure heart and with true faith, let us recall his passion and consider his resurrection.
- \* For on our behalf the Only-Begotten of God took from men a mortal body, and a rational, sentient, and immortal soul.
- \* And by his life-giving laws and by his holy commandments brought us from error to the knowledge of the truth.
- \* And after all his dispensation for us, he, the first-fruits of our nature, was tested by the cross; rose from the dead, and ascended to heaven.

\* And he committed to us his holy Mysteries, that by them we might recall all his grace towards us. Let us, then, with overflowing love, and with a lowly will receive the gift of eternal life.

\* With pure prayer and manifold sorrow, let us partake in the Mysteries of the Church in hope of repentance.

\* Turning from our offences, and sorrowing for our sins, and asking mercy and forgiveness from God, the Lord of all.

**Deacon, continues:** We overlook the offences of our fellow-servants.

**Response/ALL:** Lord, pardon the sins and offences of your servants.

**Deacon:** We purify our consciences from division and strife.

**Response/ALL:** Lord, pardon the sins and offences of your servants.

**Deacon:** Our souls being cleared of wrath and enmity.

**Response/ALL:** Lord, pardon the sins and offences of your servants.

**Deacon:** Let us take the sacrament and be sanctified by the Holy Spirit.

**Response/ALL:** Lord, pardon the sins and offences of your servants.

**Deacon:** In unity and with a mingling of our minds let us receive in mutual agreement the communion of the Mysteries

**Response/ALL:** Lord, pardon the sins and offences of your servants.

**Deacon:** That they may be to us, O my Lord, for the resurrection of our bodies and for the salvation of our souls

**Response/ALL:** And for eternal and unending life.

**Deacon:** Let us pray: Peace be with us.

*The priest recites softly, in his heart:*

Pardon in your compassion, O my Lord, the sins and offenses of your servants, and hallow our lips in your loving-kindness, that they may yield the fruits of glory to your exalted Godhead with all your saints in your Kingdom.

*Lifting up his voice and saying:*

And make us worthy, our Lord and our God, to stand before you continually without spot, with a pure heart and with confidence; and with the liberty which is from you, through the mercies given to us, that we may all equally cry out and in this manner say:

**ALL: (priest, deacons, people)**

Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Thy will be done, as in Heaven, so on earth. Give us the bread of our need this day, and forgive us our offences, as we have also forgiven those who have offended us. And bring us

not to trial, but deliver us from the Evil One. For thine is the Kingdom and the power and the glory for ever: Amen.

**Priest:** Yea our Lord and our God, we beseech you and supplicate the mercifulness of your grace, do not, my Lord, do not, my Lord, lead us to the test, but save and deliver us from the Evil One and his hosts, for yours is the Kingdom, power, might, strength, and dominion, in Heaven and on earth, now, always, **(and he signs over himself and lifts up his voice)**, and for ever and ever.

**ALL:** Amen.

*Following the Lord's Prayer the priest turns to the congregation and declares the sacrament ready for those eligible to receive it. After the "Peace" he lifts up and extols the Holy Trinity along with the people.*

**Priest:** Peace be with you. (✠)

**Response ALL:** And with you and with your spirit.

**Priest continues:** The Holy Thing is perfectly meet for the holy.

**Response ALL:** One Holy Father, one Holy Son, one Holy Spirit. Glory be to the Father, and to the Son, and to the Holy Spirit for ever and ever. Amen.

*A sermon may be delivered at this point.*

## Absolution

**Priest:** O our good and merciful God (**repeat**), whose grace and compassion are poured out upon all, pour out, my Lord, your compassionate kindness upon these, your servants. Change them through the hope of renewal again to a changed life. Renew within them your Holy Spirit, with which they were sealed unto the day of salvation. Purify them in your compassion from all defilement of flesh and spirit. Strengthen the hope of their faith through the assistance of your grace. Guide the steps of their ways in the pathways of righteousness, and grant them delight with the saints in your Kingdom through the truth of the hope of their faith in the adoption of sons, and gladness in the absolving Mysteries. Strengthen them through the assistance of your mercies, that they may keep your commands and fulfill your will, and confess, worship, and praise your holy name, O Lord of all, Father, Son, and Holy Spirit for ever. Amen. (✠)

**Response ALL:** Amen.

*Curtain closes, priest and deacons prepare to communicate  
The Faithful*

**Deacon:** Give praise to the living God.

**Response ALL:** Praise be to him in his Church, and may his mercies and compassion be upon us at all times and seasons.

*And the people sing the "Anthem of the Bema" for the day (see the bulletin).*

*At the conclusion of the Anthem the priest and deacons go to the nave with the sacrament to commune the faithful.*

♦ ♦ ♦ ♦ *Curtain opens* ♦ ♦ ♦ ♦

Please **STAND**

**Deacon:** Bless, O my Lord.

**The priest blesses the people in the nave, and he says in an audible voice:** The gift of grace of our Life-giver, our Lord Jesus Christ, be perfected in all of us through his mercies.

**Response ALL:** For ever and ever. Amen.



**Then the people say the verses of the anthem. - Of the**

**Mysteries:** My brothers, receive the body of the Son, says the Church, and drink his cup in faith in the Kingdom.

*And when the priest gives the body he says: The body of our Lord to the pious believer           (name)           for the pardon of debts.*

**Response:** Amen

*And the deacon says concerning the chalice: The precious blood for the pardon of debts, a spiritual feast unto eternal life, to the pious believer.*

**Response:** Amen



*Communion hymns are sung at this point by the CHOIR/ALL*

*After all have communed, the clergy return to the altar and a deacon proclaims:*

**Deacon:** Let us all, therefore, who through the gift of the grace of the Holy Spirit have drawn near and have been deemed worthy and have participated in the reception of these Holy Mysteries, glorious, holy, life-giving and divine, together confess and glorify God their giver.

**Response:** Glory to him for his unspeakable gift.

**Deacon:** Let us pray: Peace be with us.

**Priest:** *For Sundays and Feasts:* It is meet, O my Lord, every day (**repeat**), and right at all times, and worthy at every hour, to confess, worship, and glorify the fearful name of your greatness, for you, O my Lord, through your grace, have made worthy the weak nature of mortal men to hallow your name with spiritual beings, to participate in the Mysteries of your gift, to take delight in the sweetness of your words, and to lift up voices of glory and thanksgiving to your exalted Godhead at every hour, O Lord of all, Father, Son, and Holy Spirit for ever.

**Response:** Amen Bless, O my Lord.

**Priest: *Another, For Sundays and Feasts:*** May Christ, our God, our Lord, our King, our Savior, our Life-giver, and the one who forgives our sins, who by his grace and mercies has deemed us worthy to receive his precious, all-sanctifying body and blood, grant us to please him in our thoughts, words, deeds, and affairs. And may this earnest which we have received and are receiving be to us, O my Lord, for the pardon of debts and the forgiveness of sins, for the great hope of the resurrection from the dead, and for new life in the Kingdom of Heaven with all who have been well-pleasing before you in your grace and mercies for ever. Amen.

**ALL: (priest, deacons, people)** Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Holy, holy, holy art Thou, our Father in heaven. Heaven and earth are full of the greatness of thy glory. Angels and men cry to thee, Holy, holy, holy art Thou.

Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Thy will be done, as in Heaven, so on earth. Give us the bread of our need this day, and forgive us our offences, as we have also forgiven those who have offended us. And bring us not to trial, but deliver us from the Evil One. For thine is the Kingdom and the power and the glory for ever: Amen.

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit:

**Deacons/People:** From everlasting and forever and ever:  
Amen

Our Father in Heaven, hallowed be thy name. Thy Kingdom come. Holy, holy, holy art Thou, our Father in heaven. Heaven and earth are full of the greatness of thy glory. Angels and men cry to thee, Holy, holy, holy art Thou.

**Deacon:** Let us pray: Peace be with us.

*After the Lord's Prayer is concluded the priest will offer this benediction, called "Khothama" or, "Sealing".*

## **Khothama (Final Benediction)**

**Priest:** He who blesses us with all spiritual blessings in Heaven through Jesus Christ our Lord, and summons us to his Kingdom, and calls us and brings us near to his desirable blessings which do not pass away, nor cease, nor depart—as he advised and promised in his life-giving Gospel, saying to the blessed company of his disciples, Amen, amen I say to you, whoever eats my body and drinks my blood remains in me and I in him, and I will raise him up at the last day, and he does not come to judgment but passes from death to eternal life—may the same bless our company and guard our standing. May he beautify our people who came and took delight in the power of his glorious, holy, life-giving, and divine Mysteries. By the living sign of the cross (✝) of the Lord may you be sealed and preserved from all harm, hidden and open, now, always, and for ever and ever.

**Response ALL:** Amen.

**The Final Hymn  
(A Blessing)**

**ALL:** May the Trinity, by whom the houses of the just and righteous fathers were blessed and hallowed, keep this house and protect them that dwell in it from all harm and all distress. May they prosper like the house of Abraham, and may they increase and grow in wealth as the house of Job the righteous. And may they resist (the evil) by the prayers of the Holy Blessed Virgin Mary, from now and forever and ever.

**Response ALL:** Amen.



**THE ORDER OF THE HOLY MYSTERIES IS ENDED  
GLORY BE TO GOD FOREVER  
AMEN**

**SH'LIM TAKH'SA D'QUDASHA D'RAZEH QAD'DEESHE  
O'L'ALAHA SHOO'KHA AMEENA  
AMEN**

**Mar'me'ta**  
**(PSALM 96)**

**To be recited from Advent to Lent; Easter to Pentecost; and  
from Feast of the Cross to the hallowing of the Church**

**Priest:** O sing unto the Lord a new song, \* Hallelujah,  
hallelujah, yea hallelujah \* O sing unto the Lord a new song;  
(*Hallelujah*)

**Response:** Sing unto the Lord, all the earth! (*Hallelujah*)

**Priest:** Sing unto the Lord, bless his name; (*Hallelujah*)

**Response:** Proclaim his salvation from day to day. (*Hallelujah*)

**Priest:** Declare his honor among the nations, (*Hallelujah*)

**Response:** His deeds among all peoples! (*Hallelujah*)

**Priest:** For the Lord is great, and greatly glorious, (*Hallelujah*)

**Response:** Fearful above all gods. (*Hallelujah*)

**Priest:** For all the gods of the nations are vain; (*Hallelujah*)

**Response:** The Lord made the heavens. (*Hallelujah*)

**Priest:** Brightness and glory are before him; (*Hallelujah*)

**Response:** Power and glory are in his sanctuary. *(Hallelujah)*

**Priest:** Give unto the Lord, O families of nations; *(Hallelujah)*

**Response:** Give unto the Lord glory and honor! *(Hallelujah)*

**Priest:** Give unto the Lord honor of his name; *(Hallelujah)*

**Response:** Bring offerings, and go into his courts! *(Hallelujah)*

**Priest:** Worship the Lord in the court of his sanctuary;  
*(Hallelujah)*

**Response:** Let all the earth tremble before him! *(Hallelujah)*

**Priest:** Say among the nations, The Lord reigns! *(Hallelujah)*

**Response:** He establishes the world so that it cannot be moved; *(Hallelujah)*

**Priest:** He will judge the nations with equity. *(Hallelujah)*

**Response:** Let the heavens rejoice, and let the earth be glad;  
*(Hallelujah)*

**Priest:** Let the sea exult in its fullness; *(Hallelujah)*

**Response:** Let the fields flourish, and all that is in them;  
*(Hallelujah)*



**Priest:** Then shall all the trees of the wood sing praise  
(*Hallelujah*)

**Response:** Before the Lord, who comes to judge the earth.  
(*Hallelujah*)

**Priest:** He shall judge the world in righteousness, (*Hallelujah*)

**Response:** And the nations in truth. (*Hallelujah*)

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit; (*Hallelujah*)

**Response:** From everlasting to everlasting, amen and amen.  
Hallelujah, hallelujah, yea hallelujah



**Mar'me'ta**  
**(PSALM 145)**

**To be recited from Lent to Easter; and from Pentecost to  
Feast of the Cross**

**Priest:** I will extol you, O my Lord the King, \* Hallelujah,  
hallelujah, yea hallelujah \* I will extol you, O my Lord the  
King, (*Hallelujah*)

**Response:** And I will bless your name forever and ever,  
(*Hallelujah*)

**Priest:** Every day will I bless you, and will glorify your name  
for ever. (*Hallelujah*)

**Response:** Great is our Lord, and greatly glorious, (*Hallelujah*)

**Priest:** There is no limit to his greatness. (*Hallelujah*)

**Response:** Generation after generation they shall tell of your  
works, (*Hallelujah*)

**Priest:** And show forth your might. (*Hallelujah*)

**Response:** They shall speak of your terrible power,  
(*Hallelujah*)

**Priest:** And relate your mighty deeds. (*Hallelujah*)

**Response:** They shall tell of the fearfulness of your power,  
(*Hallelujah*)

**Priest:** And speak of your greatness. (*Hallelujah*)

**Response:** The memory of your many loving-kindnesses  
(*Hallelujah*)

**Priest:** Your righteous shall seek, and they shall find.  
(*Hallelujah*)

**Response:** The Lord is merciful and compassionate,  
(*Hallelujah*)

**Priest:** He is patient, and his loving-kindness is great.  
(*Hallelujah*)

**Response:** The Lord is good, and his mercies are upon all his servants. (*Hallelujah*)

**Priest:** Your servants shall praise you, O Lord, (*Hallelujah*)

**Response:** And your righteous shall glorify you! (*Hallelujah*)

**Priest:** They shall speak of the glory of your kingdom,  
(*Hallelujah*)

**Response:** And tell of your power, (*Hallelujah*)

**Priest:** That they may make known to men your might, and  
the glory of your Kingdom. (*Hallelujah*)

**Response:** Your Kingdom is an everlasting Kingdom,  
(*Hallelujah*)

**Priest:** And your dominion is in all generations. (*Hallelujah*)

**Response:** The Lord is faithful in his words, (*Hallelujah*)

**Priest:** And righteous in all his deeds. (*Hallelujah*)

**Response:** The Lord upholds all that they may not fall,  
(*Hallelujah*)

**Priest:** And straightens all who are bent down. (*Hallelujah*)

**Response:** The eyes of everyone are fixed on you, (*Hallelujah*)

**Priest:** For you give them food in due season. (*Hallelujah*)

**Response:** You open your hand, and satisfy the desire of all  
who live. (*Hallelujah*)

**Priest:** The Lord is righteous in all his ways, (*Hallelujah*)

**Response:** And merciful in all his works. (*Hallelujah*)

**Priest:** The Lord is near to all who call upon him in truth.  
(*Hallelujah*)

**Response:** He fulfills the desire of those who fear him,  
(*Hallelujah*)

**Priest:** He hears their petition, and saves them. (*Hallelujah*)

**Response:** The Lord will preserve all who fear him;  
(*Hallelujah*)

**Priest:** But he will destroy all the wicked. (*Hallelujah*)

**Response:** I will speak the praises of the Lord with my mouth,  
(*Hallelujah*)

**Priest:** And all flesh shall bless (*Hallelujah*)

**Response:** His holy name for ever and ever. (*Hallelujah*)

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit; (*Hallelujah*)

**Response:** From everlasting, to everlasting, amen and amen.  
Hallelujah, hallelujah, yea hallelujah



**Mar'me'ta**  
**(PSALM 147:12-END)**

**To be recited for the Hallowing of the Church**

**Priest:** Praise the Lord, O Jerusalem! \* Hallelujah, hallelujah, yea hallelujah. \* Praise the Lord, O Jerusalem! (*Hallelujah*)

**Response:** Praise your God, O Zion! (*Hallelujah*)

**Priest:** For he strengthens the bars of your gates; (*Hallelujah*)

**Response:** And blesses your children within you. (*Hallelujah*)

**Priest:** He establishes your borders with peace; (*Hallelujah*)

**Response:** And satisfies you with the fatness of wheat.  
(*Hallelujah*)

**Priest:** He sends out his word upon the earth; (*Hallelujah*)

**Response:** And his word runs swiftly. (*Hallelujah*)

**Priest:** He gives snow like wool; (*Hallelujah*)

**Response:** And scatters the thick darkness like ashes. (*H*)

**Priest:** He casts down ice like morsels; (*Hallelujah*)

**Response:** And who can stand before his cold? (*Hallelujah*)

**Priest:** He sends out his word, and melts them; (*Hallelujah*)

**Response:** He makes the winds blow, and the waters flow.  
(*Hallelujah*)

**Priest:** He makes known his word in Jacob, (*Hallelujah*)

**Response:** And his laws and ordinances in Israel. (*Hallelujah*)

**Priest:** He has not done so for any of the nations; (*Hallelujah*)

**Response:** And his judgments he has not shown them.  
(*Hallelujah*)

**Priest:** Glory be to the Father and to the Son and to the Holy Spirit; (*Hallelujah*)

**Response:** From everlasting, to everlasting, amen and amen.  
Hallelujah, hallelujah, yea hallelujah



**Mar'me'ta**  
**(PSALM 15, 150, AND 117)**

**For Ordinary Days**

**Priest:** Lord, who shall dwell in your tabernacle? And who shall abide on your holy mountain? \* **In purity of thoughts, O our Lord, make me to stand before your altar** \* Lord, who shall dwell in your tabernacle? And who shall abide on your holy mountain?

**Deacon:** He who conducts himself faultlessly, and works righteousness; who speaks the truth in his heart, and is not deceitful with his tongue; \*

**Priest:** Who does no evil to his colleague, and takes no bribe against his neighbor. \*

**Deacon:** In his eyes a provoking man is reviled; and he honors those who fear the Lord. \*

**Priest:** He swears to his neighbor and is not false, and does not lend his money in usury. \*

**Deacon:** He will take no bribe against the innocent. He who does these things is just, and he will never be moved. \*

**Priest:** Praise the Lord in his sanctuary; praise him in the firmament of his power! \*

**Deacon:** Praise him in his strength; praise him according to his exceeding greatness! \*

**Priest:** Praise him with the sound of the trumpet; praise him with lyres and harps! \*

**Deacon:** Praise him with tambourines and timbrels; praise him with sweet strings!\*

**Priest:** Praise him with sounding cymbals; praise him with noise and with shouting!\*

**Deacon:** With full breath praise the Lord! \*

**Priest:** Glorify the Lord, all you nations! Glorify him, all peoples! \*

**Deacon:** For his goodness is increased toward us; Truly the Lord is for ever.

In purity of thoughts, O our Lord, make me to stand before your altar \*



**Priest:** Glory be to the Father, and to the Son, and to the Holy Spirit; from everlasting to everlasting, amen and amen \*

How lovely and glorious is the house of your Sanctuary, O God, you who sanctify all \*

**Deacon:** Lord, who shall dwell in your tabernacle, and who shall abide on your holy mountain. \* How lovely and glorious is the house of your Sanctuary, O God, you who sanctify all \*

**ALL:** Hallelujah, hallelujah, yea hallelujah



## Hymns of Thanksgiving for Holy Communion

*On Sundays*

Mar Ephrem the Great

Our Lord Jesus, the adorable King;  
Who by his Passion conquered Death the tyrant\*

Son of God, who did promise us;  
New life in the Kingdom on high\*

Abolish from us every harm;  
Make tranquility and mercy to dwell in our land\*

That in the day of Your shining forth, we may live before You;  
And go forth to meet you, according to Your will\*

With Hosannas we will confess Your name;  
For your grace towards our race\*

For Your mercies are multiplied towards our humanity;  
And Your Love has shined forth upon our mortality\*

You have blotted out our debts through Your absolution;  
Glory to your name for your gift\*

Blessed by your glory from Your place;  
Who forgives our debts because of or Your mercies\*

And in Your grace make us all worthy;  
To confess and adore Your Godhead\*

And at every season let us lift glory,  
To Your Majesty, amen and amen\*

*On Feasts of our Lord*  
Mar Yazdin the Great

Strengthen our Lord, the hands stretched out;  
And which have received the Holy Thing, for the pardon of  
debts\*

Make them worthy that in every day;  
They may yield fruits to Your Godhead\*

The mouths which have hymned You within the holy place;  
Account them worthy to sing praise\*

The ears which have heard the voices of Your glorifications;  
May they not, O Lord, hear the alarming sound\*

The eyes which have seen Your great compassion;  
May they also see, O Lord, Your blessed hope\*

The tongues which have also cried 'holy';  
Fashion them to speak the truth\*

The feet which have tread in the churches;  
Make them to walk in the land of light\*

The bodies which have eaten Your living Body;  
Renew them with new life\*

Our assembly which worships your Godhead;  
Oh multiply towards it every aid.

And with us may your great Love abide;  
And therein may we abundantly render glory\*

And open the door to the petition of us all;  
And may our service also enter your presence\*

*On Ferial Days and of the Departed*

Patriarch Mar Timothy I, the Great

May the Mysteries which we have communed in faith;  
Be unto us, O Lord, for the pardon of debts\*

You are the Form of the Servant and of the Creator;  
O Christ, the King of the ages\*

By your Body and Blood, you have absolved and pardoned;  
The stains and debts of all who believe in you\*

Make us all worthy, that at your revelation;  
In confidence we may go forth to meet you\*

And with the assemblies of the heavenly hosts;  
May we ascribe glory; amen and amen\*



## PRAYERS FOR VARIOUS OCCASIONS

### *Prayer for Venerating the Holy Cross*

May the power hidden within the Cross give me the strength and courage to fight the Enemy, by the mercy of our good God. Amen.

### *Another Prayer for Venerating the Cross*

Your Cross has saved us and your Cross saves us; may your Cross be a high wall for our souls, forever. Amen.

### *Prayer for Venerating the Gospel Book*

May the power hidden within the Gospel, full of life and grace, fill my mind with the wisdom to understand the meaning of the word. Amen.

### *Prayer for Venerating the Shrine of a Saint*

**M**ay our Lord and our God make us to have a share in your virtues, O our holy father, and may we be made worthy of mercy and compassion by your prayers.

### *A Prayer for Oneself*

**L**ord, you know how I ought to pray to you, but I am ignorant and have no such knowledge. You have brought me into this temporal life of hardship. Save me for your mercy's sake as I am the servant and the child of your handmaid, O Father, Son and Holy Spirit, Forever; Amen.

### *Another Prayer for Oneself*

**Ⓞ** Lord, You above all know my frail and rebellious nature. As it pleases you and according to your good will, do unto me that which will help my poverty, frailty and stubbornness. For it is yours to repay good and evil. As you are merciful by nature, have mercy on me by the goodness of your love, O Father, Son and Holy Spirit, forever. Amen.

### *Prayer Upon Entering a Church*

**I** have entered your house, O Lord, that I may be protected in its shadow. As at the port of peace, I will rest in this house from the disturbed waves of sin, sorrow, and the distress of this world. Do not, O Lord, close the door of your mercies upon me, a sinner, who is oppressed and distressed. For, I have no other house of refuge, but your holy Church; Amen.

### *Prayer Upon Leaving a Church*

**Ⓞ** Lord, allow your servant to depart in peace according to your word. Behold, my eyes have seen your grace, which you have prepared for the salvation of all nations; the light of revelation of all people, who were buried in the shadow of darkness of death and sin. Upon me also, who was buried along with them in the darkness of sorrow and distress of death and sin, you have shed your light in your grace and mercies O Father, Son and Holy Spirit forever, Amen.

### *Prayer for a Journey*

**Ⓞ** God of Abraham, Isaac, and Jacob, God of the just fathers and of the prophets, God the Father of our Lord Jesus Christ,

accompany me on my journey and help me with your loving kindness. Protect my soul and body from all adversaries, and rescue me from all harm, even as you were with Joseph in Egypt, and with Daniel in the lion's den, and with the three young men in the fiery furnace, and with Jeremiah in the pit, also be with me, your servant. Make the burden of my journey light, and defeat the enemies and evil ones in my path. Be my Sustainer and Savior so that my journey may be successful, and grant to me every good thing. Lord, grant that wherever your servant travels, I be treated with kindness, and that I might return with joy and gladness to my home with gratitude and praise for you in order to honor, confess, and worship your holy Name, always, O Father, Son, and Holy Spirit forever. Amen.

### *Prayer While Travelling*

**L**ord, in your mercy, make the (sea *or* air *or* tracks *or* highways) peaceful for me, your servant, who will be traveling by (boat *or* ship *or* plane *or* train *or* car) and help me in my journey. May I go and return in peace and tranquility, rejoicing in the great and merciful gift you have given me. Lord, guide my way by day and night, and bestow upon me spiritual and physical health. In your mercy and loving kindness, deliver me from harm by the Enemy, that I may praise, honor, confess, and worship you, always, Lord of all, Father, Son, and Holy Spirit forever. Amen.



## *A Prayer of Repentance*

Our Lord Jesus Christ, our good and merciful God, I confess that it is you alone who has strength and the desire to forgive the sins of sinful mankind that he may return, repent and ask for forgiveness; for you by your nature are good and merciful. Therefore, I beseech the grace of your love, in all the meekness of my heart, and ask from the mercifulness of your goodness, that you may accept me a sinner, and forgive all my sins and every folly that I have committed before you, whether knowingly or unknowingly, in my wisdom or in foolishness. And make me worthy to partake, without condemnation, of your Body and Blood, which forgives sins. Just as you promised in your life-giving Gospel, "Take and eat, this is my Body, and drink, this is my Blood for the forgiveness of sins." Have mercy on me a sinner according to this, your loyal and true promise. Do not punish me by the increase of my sins, but humble me and cleanse me from all the blemishes and spots of sin, so that I may be worthy to enter the feast of the bridal chamber of your spiritual Kingdom and to receive your divine revelation from Heaven, and to reach the place of light—eternal life, for you are the light, life and truth. You are merciful, gracious and the lover of mankind from the beginning when you created him in your image and likeness. You are not pleased with the death of a sinner, but that he may return, repent and live before you, among whom I am. I beseech you, O Merciful One, do not cast me out from before your face. Accept my repentance that I present before you with a wearisome heart and a contrite spirit. Help me to uphold, fulfill and stand by the

promise of repentance all the days of my life on this earth. Forgive, O Lord, and have mercy on me, O Merciful One and forgive and abrade all of my foolishness and sins that I have committed, whether hidden or open, with my mind or body. Make me worthy to lift up to you praise, worship and thanksgiving to you and to your Son and to the Holy Spirit, now, always and forever and ever; Amen.

### *A Prayer in Preparation for Absolution*

Mar Isaac of Nineveh

**A**t the door of your compassion do I knock, O Lord; send aid to my scattered impulses which are intoxicated with the multitude of the passions and the power of darkness. You can see my sores hidden within me: stir up contrition—though not corresponding to the weight of my sins, for if I receive full awareness of the extent of my sins, Lord, my soul would be consumed by the bitter pain from them. Assist my feeble stirrings on the path to true repentance, and may I find alleviation from the vehemence of sins through the contrition that comes of your gift, for without the power of Your grace I am quite unable to enter within myself, become aware of my stains, and so, at the sight of them be able to be still from great distraction.

### *Prayer While a Penitent Receives Absolution Before Holy Communion*

**I** stand at the door of your holy altar, as I confess my evil thoughts and wicked works before you, O merciful Lord Jesus Christ, our true God, who is of the nature of his Father.

You, by the mercy of your merciful nature, did forgive the Publican; by the grace of your love, you accepted the Canaanite woman; by the goodness of your grace, you did open the door of Paradise to the Thief; to him who denied you three times, you gave the Keys to your Kingdom. Open also unto me the door of the mercifulness of your divine and paternal love. Accept me as I draw near and touch your pure and holy Body, just as the Sinful Woman who merely touched your feet received forgiveness of sins, and the Woman with the flow of blood who touched your garment was immediately healed. And as I am a sinner, I dare to take upon my hands your holy and life-giving Body. May it not be unto me for vengeance and condemnation, but accept me as one of them and cleanse the spots of my sins and enlighten my soul by your divine light. For you are the Light and Life of the world, O Lord of all: Father, and Son and Holy Spirit, forever, Amen.

### *Prayer While Receiving Communion*

**S**anctify our bodies with Your holy Body, absolve our debts by Your precious Blood, and cleanse our minds by the hyssop of Your compassion: O Christ, the hope of our nature, O Lord of all, forever. Amen.

### *A Simple Prayer for Mercy*

☩ Lord Jesus Christ, Son of God, have mercy on me a sinner!  
Amen.

### *A Prayer for Purity*

Mar John of Dalyatha

☩ Christ, ocean of our pardon, allow this impurity with which I am clothed to be cleansed in You and may I shine in the garment of Your holy light and be covered with the cloud of Your hidden glory and secret mysteries. May those things which might turn me from the sight of Your beauty not be visible to me. May the wonder of Your glory captivate me always, my Lord, and may my mind not be able to accept worldly impulses. Let nothing, my Lord, be able to separate me from Your love, but may the desire to see Your face torment me always. Amen.

### *A Prayer to the Blessed and Holy Virgin Mary*

Khudra

☩ Chaste and Blessed Mary, the Mother of Christ our Savior, supplicate with us to Christ the Son that He may have pity on us and save our souls. O Holy Virgin, you are the tabernacle of the Holy Spirit! O harbor of aid, and refuge of the all those

who are afflicted, who is able to venerate you as befits you, O fountain of all good things! For, you bore in your womb the Lord of all creations. Supplicate to Him, that He might bless the crown of the year in His goodness, and bestow His tranquility and peace in the four corners of creation. May the Church and her children be preserved from the Evil one at every season. May the priests be in harmony, that they may celebrate your memorial. May all kings be made tranquil, and may wars and arguments cease. May the sick and ill receive healing by the aid of your prayer, and may they ascribe glory and thanksgiving to the Father, and the Son and the Holy Spirit. Amen.

### *Another Prayer to the Blessed Virgin Mary*

Khudra

⊕ Virgin, the Mother of Christ, mend our breaches, for we are surrounded on every side by waves and tempests. With the confidence which you possess with Christ, ask of Him and supplicate to Him that He may have mercy on us. May He grant health to the sick, rest to the afflicted and return to those who are distanced, and unto us the forgiveness of debts.

## *A Prayer to Any Saint*

Khudra

**I**n the day of your memorial, O our Father Mar N., the angels of heaven rejoice, for you are mingled among the choirs of the spiritual ones, in the bridal-chamber of light. The Lord whom you have loved shall Himself make you to rejoice in His bridal-chamber, and in the harbor of all rejoicings He shall place upon you a crown of glory. Blessed are you on that day, when your Lord shall be revealed, and shall take you up to the heights above. Blessed is our company that has such a Father among the righteous, who asks at every hour from His Lord compassion, mercy and salvation for those who take refuge in him, that 'they may be helped by his prayers. Glory be to the Lord who made you victorious, O our Father, both on earth and above in heaven. May the tranquility and peace of your Master reign upon the Church and her children. May His mercies be a high wall unto her, from everlasting to everlasting. Amen.

## *A Prayer for God's Blessing*

Mar John of Dalyatha

**Ⲑ** you who have promised us this blessing which is exalted above all the blessings, make us worthy of the blessing you promised. Give us the hope which you have proclaimed to us and which torments with desire our soul which seeks it. And

because we are not pure, nor worthy, may the water which flowed from your side for us whiten the multitude of our stains. May your Blood, which was shed for our pardon, purify us and make us reflections of your purity. Because you have assumed what is ours for yourself, O my Lord—that which was not yours; give us from what is yours that we do not possess. And since we have brought you to what is ours by our great iniquities, make us to enter into what is yours by your mercy. Make us to dwell in the world of your light in your glory. To you be the glory, from all, forever and ever. Amen.

### *A Prayer of Praise*

Mar Ephrem the Great

**W**e praise You, O You who have placed a word in our mouth, enabling us to be pleaders on behalf of our requests. Adam acclaims you in peace, together with his posterity, all of whom are enclosed within your grace. The winds praise you when they drive the waters. The earth praises you when its tenderness is unlocked, and it hastens to give its fruits in their seasons. The seas praise you in their surging, when, as though with mouths, their thundering become heralds of your majesty over them. The trees praise you when they are tossed about by the blowing of the winds, so that they may be obedient to pollination and bearing fruit. The tender grass in its variety and the flowers in their colors praise you, when they imbibe the rains. Let them assemble and join their

mouths together, working for this like architects, all unto your thanksgiving. Therefore, it is for us to strain towards you with our full will, and it is for you to pour a little of your plentitude on us, so that we may possess your truth, which converts, through which you take hold of and banish our weakness, which without your gift, cannot approach you, O Lord of our gifts; Father, Son and Holy Spirit, forever. Amen.

### *A Prayer Before the Reading of Scripture*

St. John Chrysostom

☩ Lord Jesus Christ, open the eyes of my heart so that I may hear your word and understand, and do your will, for I am a sojourner on earth. Do not hide your commandments from me, but open my eyes, so that I may perceive the wonders of your law. Speak to me the hidden mysterious things of your wisdom. On you do I set my hope, O my God, that you will enlighten my mind and my understanding with the light of your knowledge, not only to cherish those things which are written, but to do them; so that in reading the lives and sayings of the saints I may not sin, but that it may serve for my restoration, enlightenment and sanctification, for the salvation of my soul, and the inheritance of life everlasting. For you are the enlightenment of those who lie in darkness, and from you comes every good deed and every gift. Amen.



## *A Prayer in the Time of Weakness*

Mar Ephrem the Great

Even if our praises are unworthy of You, O Lord, yet they are of benefit to us, that we may go forward to encounter Your divine gifts. Even if our acts of thanksgiving add nothing to You, nevertheless they can cause our weakness to be forgotten. Even if our prayer is weak in its cry, nevertheless its force is powerful. For it becomes an ascent for us towards You and a descent for You towards us. However, it is not because it is strong that it is able to effect these things, but rather it is because You are all good in Your essence that You grant it its efficacy, O Father, Son and Holy Spirit, forever. Amen.

## *A Prayer for a Departed Loved-One*

I implore Your goodness, and request from the richness of Your kindness, and supplicate Your eternal compassion, that you might forgive the sins of our brother (sister), whose soul has gone forth in the way of all the world, according to the limit which our Lord and Creator has ordained for us. Pass over his (her) follies and wash his (her) stains in the abundance of Your loving-kindness. For, there is no man who is without sin, in as much as he lives in this world. And, in the

new world when the good shall be separated from the evil, and the righteous from the iniquitous, and every man is repaid in his flesh for all that he has done, whether good or evil: may Our Lord make him (her) worthy of the glorious Resurrection, and of a beneficial recompense and of confidence before Him. May he (she) stand at His right hand and share the delight with His saints (chaste ones), while he (she) receives the absolution of his (her) every shortcoming, forever. Amen.

### *A Prayer for Deliverance from Worldliness*

Mar John of Dalyatha

☩ Christ, have pity on Your servant! Have pity, O my Lord, and raise up from the world those who have received Your love to that place where they have been called by You, and give them a complete hatred for worldly things. Christ, dew of mercy which has been sprinkled from the Eternal Being on our fiery world, moisten the souls who thirst for Your life-giving drops, and germinate blossoms in them which will delight them together with the choirs of hosts of Your holiness. Fill them with what is Yours so that the things here below may not be able to enter their inner room but stay outside the dwelling, looking on from a distance. Amen.

## *A Prayer for Divine Mercy*

Mar Ephrem the Great

According to Your mercy, through which the doorway to Your spiritual help is opened, this has become clear to me, O Lord, when there is an interior conflict against ourselves within. All who struggle do so through Your strength, and all who conquer do so through Your will. We are vessels endowed with senses, and it is in and through our rebellions that the crown of victory of our Creator is woven. But, apart from some kind of pact with God, it is not possible that this be comprehended, that we might not become prisoners to our freewill. For we are in need of this, lest we wander about aimlessly, through the dissolution of our will. Rather, may God's love fall upon us as one, while restraining us without coercion, urging us unto our spiritual benefit. For He, whose dominion is without reproach, is quite capable of forgiving our transgressions unto his glory. Amen.

## *Another Prayer for Mercy*

Mar Ephrem the Great

Oh Mercy, sent forth and poured upon all! With whom is it to be found if not with You, O Lord? Through your death, you take pity on all. You have placed it on all, and by Your being slain you have opened the treasury of Your mercy. Even if we

say 'My Lord,' as is our wont, do not snatch the name of Your majesty from our mouth, but, by the testimony which is from our mouth, You are able to grasp hold of us all the more. For You are hidden from all in their capacity for seeing, yet depicted in all by reason of all their movements. His deeds depict the Maker for us and His created entities teach us about the Creator, so that you may be able to touch Him, who is hidden when one searches for Him, but revealed in His gifts. It is difficult to gain access face to face with Him, but it is easy to come near him. Amen.

### *A Prayer for Guidance*

Mar John of Dalyatha

☩ Christ, whose pure blood has paid the debt which our foolish will owed, open the eyes of our minds that we may know where we are proceeding. May your light, which like the sun enlightens the legions of Your holiness, bring me unto You. May your Spirit, my Lord, place me among them even here below and in the world of light. And may Your Spirit teach me their language so as to extol with them in audible praise of You. Create me, my Lord, as a new creature resembling Your beauty, and may I never forget and disregard our previous nature, O Father, Son and Holy Spirit, forever. Amen

## *A Prayer for an Increase of Hope*

Mar John of Dalyatha

☩ You who have promised us this blessing which is exalted above all the blessings, make us worthy of the blessing You have promised. Give us the hope which You have proclaimed to us and which torments with desire our soul which seeks it. And because we are not pure nor worthy, may the water which flowed from Your side on our account, whiten the multitude of our stains. And may Your Blood which was shed for our pardon, purify us and make us reflections of Your purity. Because You have assumed what is ours for Yourself, my Lord—that which was not Yours; give us from what is Yours that which we do not possess. And since we have brought You to what is ours by our great iniquities, make us to enter into what is Yours by Your great mercy. Make us to dwell in the world of Your light in your glory. To You be glory, from all, forever and ever. Amen.

## *A Prayer for an Increase of Mercy and Grace*

Mar Isaac of Nineveh

Account me worthy, O Lord, to behold Your mercy in my soul before I depart from this world; may I be aware in myself

at that hour of Your comfort, along with those who have gone forth from this world in good hope.

Open my heart, O my God, by Your grace and purify me from any association with sin. Tread out in my heart the path of repentance, my God and my Lord, my hope and my boast, my strong refuge, by whom may my eyes be illumined, and may I have understanding of Your truth, O Lord.

Hold me worthy, Lord, to taste the joy of the gift of repentance, by which the soul is separated from cooperating with sin and the will of flesh and blood. Hold me worthy, O Lord, to taste this state, wherein lies the gift of pure prayer. Amen.

### *A Prayer for the Sanctification of Work*

Mar John of Dalyatha

☩ Christ, Source of our life, raise us beyond a worldly work so that we may see its end. Rather, those things whose fruits appear to You as desirable, and which also the heavenly servants of Your holiness rejoice in: let them be our work and our meditation in this limited time which you have given us for the examination of our freedom. And on account of this ministry, may we come to you with unveiled confidence, by Your mercy. Amen.

### *A Student's Prayer for the Academic Year*

☪ Lord, grateful of Your great benefits which You have so richly bestowed upon me in Your loving-kindness, I bless and give thanks to You and I beseech You to look graciously upon me your servant/handmaid, who has embarked and begun my courses of study. Pour into my heart, mind, and upon my lips, the spirit of wisdom, understanding, piety, and godly fear; enlighten me with the light of Your knowledge, and bestow upon me strength and steadfastness, that I may quickly apprehend and willingly embrace all that I have received which is good and profitable, and in accordance with Your divine law. Grant that I grow in wisdom and understanding. May I prosper in good works for the glorification of Your holy Name. Give me health and long life that I may labor for the building up and glory of Your holy Church, my nation, and of all Your people. For You are God, who is mighty in mercy and gracious in strength, and to You I ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever and ever. Amen.

### *A Prayer At Graduation*

☪ merciful God, who guides the hearts of faithful men and women to seek him who is Truth; who makes his glorious light to shine upon the soul of his worshippers; O You our Lord and God who gives spiritual gifts to those who ask of him, grant me your servant/handmaid the gift of wisdom from Your inexhaustible bounty, that by it I may be perfected before Your sight and according to Your will. May I be guided

by Thy ineffable and divine light on Your luminous path, which brings every victory and success.

Deliver me, O Lord, from every temptation, and may I not be puffed up in pride but grow in humility and in true wisdom. For You are the Good Hope of all mankind: Father, Son and Holy Spirit forever; Amen.

### *A Prayer of Praise*

*Mar Elia, Metropolitan of Nisibis*

*(To be recited at least once a week, and after Holy Communion)*

☩ God, praise be to You! O God, praise be to You!  
O God, praise be to You!

O Father of Truth, praise be to You!

O You who searches mysteries, praise be to You!

O You who is eternal and self-originate, praise be to  
You!

O Creator of all things, praise be to You!

O You who is an invincible Champion, and  
exceedingly strong and might to be seized and bound, praise  
be to You!

O Judge who never acts unjustly, and who  
transforms mortals into men of wisdom, praise be to You!

May glory be ascribed to You from the rational  
mouths which You created and from the tongues you  
fashioned for speech, praise be to You!

O Victorious One who is never ashamed, and the  
invincible victor in battle, praise be to You!



O You whose life has no death, and who is rich and can never become poor, praise be to You!

O Good One who is abundant in goodness, and rich in compassion, praise be to You!

O You who are like the sea that never shrinks and the ocean that never grows small, praise be to You!

O Righteous One whose judgment is just, and who conducts judgments in truth, praise be to You!

O You who are the safe harbor of those in distress, and the refuge of those who are afflicted, praise be to You!

O King whose sovereignty is everlasting and whose authority is from age to age, praise be to You!

O Light of the blind and guide of the lost, praise be to You!

O Hope of those in despair, and Refuge of those who are abandoned, praise be to You!

O Wealth of the poor and the rising-up of the lowly, praise be to You!

O Savior of the righteous and comforter of the sorrowful, praise be to You!

O Light of those in darkness and the staff of old age, praise be to You!

O Holy One who is sanctified by earthly beings, and is praised by heavenly beings, praise be to You!

O Sun who never grows dark and ray who never extinguishes, praise be to You!

O Caretaker who is marvelous, and whose divinity is invisible, praise be to You!

O Overseer who is wondrous, praise be to You!

From the angels which You created and from the number of the myriads of their ranks, praise be to You!

From human being which You created and from the number of the hairs on their heads, praise be to You!

From the multitude of speechless beings which You created, from them be praise be to You!

From the number of leaves of all trees and plants, praise be to You!

From the number of drops of water in the rivers and oceans, praise be to You!

In the day and night, praise be to You!

At sunset and in the morning, praise be to You!

In all seasons and times, praise be to You!

With all the passing hours and minutes, praise be to You!

With all the breaths inhaled and exhaled, praise be to You!

Although I am not worthy of remembering You, from my sinful state, praise be to You!

For You created me although I had not prayed for it, praise be to You!

For having made me although I had not begged for it, praise be to You!

For having adorned me with a complete body and with perfect senses and health, praise be to You! [*or* For having adorned me with an incomplete body and with physical affliction, praise be to You!]

For having honored me with a sound mind, acute knowledge and the capacity for sensible thoughts and independent thinking, praise be to You!

For having made me rich in bodily health and spiritual strength, praise be to You!

For causing no want of sustenance for me, and for preserving me from bodily infirmity, praise be to You!

For having made me worthy as a giver and not as a beggar, praise be to You!

For my mouth knows not how to praise Your fittingly, praise be to You!

For my tongue cannot sing Your praise sufficiently, praise be to You!

O my Lord! May the angels in heaven and men on earth praise You on my behalf.

O my Lord! May the lights in the firmament of the heavens and the fish of the oceans praise You on my behalf.

O my Lord! May the righteous who loved You and the holy men pleasing to You praise You on my behalf.

O my Lord! May the infants who do not provoke You and the children who do not sadden You praise You on my behalf.

O my Lord! May all the holy men who lived in the past to this day, and all holy men of the days to come pray to You on my behalf.

O my Lord! May the prophets, apostles, martyrs and confessors pray to You on my behalf.

O my Lord! May all including those who have repented and those who are sinless pray to You on my behalf.

O my Lord! May the holy women in the convents and those who dwell in the forest pray to You on my behalf.

O my Lord! May the wise ones dwelling in caves and those hermits living in solitude in their mud-huts pray to You on my behalf.

O my Lord! May all those upon whom You have mercy pray on my behalf, that You may forgive my offences, wash away my sins and save me from the affliction of evil spirits, from the wickedness of evil men, from all treacherous adversaries, from unholy desires and impure thoughts, from nightmares, from wicked and vile talk, from crooked paths and sinful quarrels and conflicts, and from everything that keeps me distant from Your love.

By the prayers of all those whom You answered when they called You, and whom You saved when they took refuge in You and by nothing else. Amen.

*Peh.* O Lord! Deliver me from evil men and from the treacherous Enemy and save me from the deceitful tongue and all harmful conversations, from dangerous restraints and from unbearable events and experiences. Keep me from worldly trials and temptations, from human cunning, from the ignorance and blindness of the conscience, from the fickleness and frailty of thoughts and from all harmful punishments beyond my infirmities.

O my Lord! Let not my punishment come from wicked men and spiteful demons, but, O my Lord, let it come from Your hands, for You are abundantly merciful.

O my Lord! Do not reprimand me by Your righteousness, and do not punish me by Your wrath. Rather, by Your grace have mercy upon me, and answer me in Your compassion, and help me.

O my good Lord, who takes care of all things in Your goodness, forgive my sins and my transgressions which I have committed. Wipe them away for I am a weak-minded person who may go astray. By the prayers of all those who have been well-pleasing to You, those who now please you, and those who were and also those who now are reconciled to You, and by nothing else. Amen.

*Lamadh.* O God! I have not spurned Your grace, nor have I denied the gifts You have given me, nor forgotten Your care and concern for me. All the same, I do confess that I do not deserve Your mercy and compassion for me. I confess that Your grace for me is certainly abundant. I confess that You have honored me although I am not worthy of it. I confess my sins as that harlot did confess her sins; for me even as You forgave her. I confess my sins as that Canaanite woman did confess her sins. Forgive and protect me as You forgave and protected her. I also confess that throughout my life I have provoked You by my thoughts, my words and my deeds. Now, as I have returned to You, be kind enough to treat this servant as one of the workers in Your vineyard and as one of the repentant members of Your Church, as one of the lambs of Your flock and as one of the sinners who have been forgiven and pardoned by Your grace.

O my Lord! Forgive my sins and wash away my vulgarities. Cleanse me well of my sins, and deliver me from my imperfections, sprinkle me liberally with the water of Your compassion and wash me with the hyssop of Your mercy.

O God! Create in me a pure heart that longs to thank you always.

O Lord! Open my lips for me to praise You and to glorify You day and night, with all the righteous. By the prayers of the angels who minister to You, and of the righteous who are always pleasing to You, and by nothing else. Amen.

*Alap.* O You who forgave the sins of the tax-collectors and harlots, forgive my sins.

O You who converted the Thief and the persecutor Saul, turn me to Your truth.

O You who said, 'Knock and the door shall be opened to you,' open Your door for me.

O You who never forgets the cries of the poor, do not forget my cries caused by my sinful condition.

O You who does not despise the broken-hearted, do not cast me away from Your presence. O You who does not abandon what He created, do not abandon me.

O You who is near those who are crushed in spirit, make my soul draw closer to Your salvation.

O You who does not shatter the hopes of those who are lost, do not destroy the hope of my life or abandon me into the hands of my enemies. Rather, draw me towards You and take me into the fold of Your flock and defend me, even as You defended the tax-collector, and deliver me even as You delivered the Thief, and cleanse me even as You cleansed the harlot.

Illumine the darkness of my ignorance with the light of Your wisdom. I went wrong and I committed iniquities. Wipe away my offences and sins, those which I know and those which I do not know. Grant me Your grace to enable me

to forgive those who have offended me so that You may forgive my offences.

O Lord! By the prayer of all sinners whom You have accepted and justified because they repented, and by nothing else. Amen.

*Alap.* O Lord! Make this morning peaceful and this day joyful for me.

O Lord! On this day deliver me from wicked people and accursed adversaries, and from impious neighbors, from the cruel Satan, from disastrous snares, dangerous and unexpected occurrences, treacherous talk, harmful words and from the harmful effects of sin, from wrongs committed unwittingly, from the grumbling Adversary and from enemies seeking revenge, from evil men and evil thoughts, and from filthy deeds and unholy thoughts.

Give me a wholesome body and a clean tongue and gentle thoughts.

Give me everything that sustains my life, and does good to me and pleases Your majesty.

Give the food I need and the wealth that brings honor to me. Give me bodily healthy and spiritual strength. Make me worthy of hating sin, keeping myself away from injustice, fleeing from the sin of extortion, condemning evil, keeping myself away from vice, obeying my parents, of remaining loyal and submissive to my prelates, and comforting my friends and respecting my relatives.

May Your holy name be glorified by all the work I do, by the prayers of the prophets and apostles, the martyrs and the confessors, and by nothing else. Amen.

*Lamadh.* O my Lord! I have stretched my hands forth towards You, and my eyes look to Your mercy. I cry out to You. I take refuge in You. I beg for Your blessings. I implore Your mercy. Do not forget. Do not forsake me. Do not reject me. Do not abandon me. Do not make me the target of the ridicule of my enemies; do not make me the target of the ridicule my friends.

Let not the devil be happy over my sins. Let not the jealous one boast over my faults and failures.

Let me not go out of Your fold. Let me not stray from Your path. Do not keep Your grace from me, or cast me away from the wings of Your mercy and care. Rather, care for me by Your grace and let me become Yours.

You are the Master, but I am the servant! You are the Creator, but I am the creature. You are the light, but I am darkness, lowly mud, an insignificant thing, dirt in the dung heap!

Therefore, do not forget me, as I have forgotten You. Have mercy upon me, redeem me, purify me and cleanse me. Keep me away from and deliver me from evil thoughts and ruthless hands, from the grip of arrogance, from unjust authority and from wicked hypocrites, and from robbers.

By pleased to save me from the sword, from slavery, from robbery, from earthquakes, from fear and from all sever punishments that afflict the body and that torment the soul. And, by the prayers of the righteous men, of holy men, of the pure-hearted men and of the virgins, and by nothing else. Amen.

*Yodh.* O the One who sits at the right hand of the Father! May your right hand rest upon me. O the One who



has an abundance of enduring patience, grace and truthfulness—have enduring patience towards me!

O the One who controls the waves of the oceans, control my chaotic thoughts. O the One who is near the broken-hearted, may my soul move towards Your salvation. O the One who forgives offences and sins.

O Lord who guards His servants and respects His workers, set a guard for my mouth, and for my lips, for my external and internal senses, for my heart and for my thoughts, lest I should thin of or speak of or do evil.

May my life, my duties, my obligations, my words and deeds, my actions and my work, and all my people, and all those who are near me throughout my life be led on as Your will demands. Amen.

O my Lord! Let it not be what my will and the will of the spiteful demons desire, but let it be what Your will desires, by the prayers of the weepers, hermits, ascetics and anchorites, and by nothing else. Amen.

*Alap.* O my Lord! Make me worthy of trusting and taking refuge in You, of crying out to You, of waiting for You, and of begging you for respite from my ailments and for forgiveness of my sins.

O my Lord! Enable me to keep Your commandments and to be kept by them, to do things as Your will desires and to rely on Your mercy.

Give me Your grace so that I am able to live a life away from abominable things, restrain me from following vice.

Give me in this worldly life an end like that of the peace-making people blessed with virtuous deeds.

Grant me Your grace so that I am able to earn the contentment of being loved by all men, and good acts and manners in this worldly life.

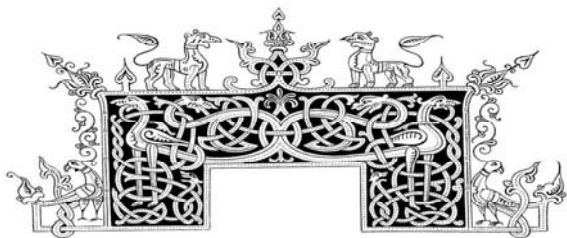
Grant me a pleasant countenance when I appear before Your fearful judgement seat the world to come, and make me worthy of enjoying the bliss of virtuous deeds in the delightful bridal chamber.

By the prayers of the righteous men of the Old Testament and of the holy men of the New Testament, and by nothing else. Amen.

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

*From everlasting and to everlasting; amen and amen.*

**HERE END THE PRAYERS FOR VARIOUS OCCASIONS.**



## SELECTIONS FROM THE WRITINGS OF THE FATHERS OF THE CHURCH

### *On Prayer*

Purity of heart constitutes prayer more than do all the prayers that are uttered out aloud, and silence united to a mind that is sincere is better than the loud voice of someone crying out.

My beloved: give me now your heart and your thought, and hear about the power of pure prayer; see how our righteous forefathers excelled in their prayer before God, and how it served them as a pure offering. For it was through prayer that offerings were accepted, and it was prayer again that averted the Flood from Noah; prayer has healed barrenness, prayer has overthrown armies, prayer has revealed mysteries, prayers has divided the sea, prayer made a passage through the Jordan, it held back the sun, it made the moon stand still, it destroyed the unclean, it

caused fire to descend. Prayer closed up the heavens, prayer raised up from the pit, rescued from the fire and saved from the sea. The power of prayer, like the power of pure fasting, is very great...

...The moment you start praying, raise your heart upwards, and lower your eyes downwards; enter inside your inner person and pray in secrete to your Father who is in heaven [Matthew 6:6]. All this have I written to you on the subject of prayer—how it is heard when it is pure, and not heard when it is not pure—because there are amongst us people who multiply prayers and make long supplications, doubling themselves up and spreading out their hands, while the true task of prayer is far from them; for they pray the prayer our Savior taught: *“Forgive us our debts, as we too will forgive our debtors”* [Matthew 6:12]—but fail to keep their part. You who pray should remember that you are making an offering before God: let not Gabriel who presents the prayers be ashamed by an offering that has a blemish. When you pray to be forgiven, and acknowledge that you yourself forgive, consider first in your mind whether you really do forgive, and only then acknowledge ‘I forgive.’ You must not act deceitfully with God and say ‘I forgive’ when you do not really forgive; for God is not like you, a mortal, whom you can deceive. *“When one man sins against another, he can beseech the Lord, but when someone has wronged God, who then can he beseech?”* [cf. Numbers 23:19]. Do not bring condemnation upon yourself through your prayer!

Mar Aphrahat (mid 4<sup>th</sup> century),  
*Demonstration IV: On Prayer.*

## *On True Prayer*

A true prayer consists in good works, in love of God, and diligence in the things that please Him. He who is intent on these things and whose mind contemplates them, prays without hindrance always, and at all times, whenever he does the things that please (God). To such a one invocations of prayers are always needful, because it is fitting for him who strives after good things to ask God to help him in these same things after which he is striving, in order that all his life might be in accordance with God's will. And it is known that such a one will have his prayers answered, because it is impossible that he who is diligent in the divine commandments and acts according to them and does not break them, should not assuredly receive help from Him who enacted them; it is likewise clear beforehand that he who leads a life that is not in harmony with them, will not receive any help from prayer, since he is caring for things which do not please God and asking for such things as he himself chose to do all his life.

Mar Theodore of Mopsuestia (d. 428 AD), *On the Lord's Prayer*, I.



## *On the Reading of the Psalms*

Any part of the Scriptures you like to choose is inspired by God. The Holy Spirit composed the Scriptures so that in them, as in a pharmacy open to all souls, we might each of us be able to find the medicine suited to our own particular illness.

Thus, the teaching of the Prophets is one thing, and that of the Historical Books is another. And, again, the Law has one meaning, and the advice we read in the Book of Proverbs has a different one.

But the Book of Psalms contains everything useful that the others have. It predicts the future, it recalls the past, it gives directions for living, it suggests the right behavior to adopt. It is, in short, a jewel-case in which have been collected all the valid teachings in such a way that individuals find remedies just right for their cases. It heals the old wounds of the soul and gives relief to recent ones. It cures the illnesses and preserves the health of the soul.

Every Psalm brings peace, soothes the internal conflicts, calms the rough waves of evil thoughts, dissolves anger, corrects and moderates profligacy.

Every Psalm preserves friendship and reconciles those who are separated. Who could actually regard as an enemy the person beside whom they have raised a song to the one God?

Every Psalm anticipates the anguish of the night and gives rest after the efforts of the day. It is safety for

babes, beauty for the young, comfort for the aged, adornment for women. Every Psalm is the voice of the Church!

St. Basil the Great (4<sup>th</sup> century),  
*Commentary on Psalm 1.*

### *When You Pray*

When you pray, it is as if you were entering into a palace—not a palace on earth, but far more awesome, a palace in heaven. When you enter there, you do so with complete attentiveness and fitting respect. For in the houses of kings all turmoil is set aside, and silence reigns. Yet here you are being joined by choirs of angels. You are in communion with archangels and singing with seraphim, who sing with great awe their spiritual hymns and sacred songs to God, the Lord of all.

So when you are praying, mingle with these voices, patterning yourself according to their mystical order. It is not to human beings that you are praying but to God, who is present everywhere, who hears even before you speak and who knows already the secrets of the heart. If you pray to this One, you shall receive a great reward, *“For your Father who sees in secret shall reward you openly”* [Matthew 6:6]. He did not

merely say he would 'give it' to you but 'reward' you, as if he himself had made a pledge to you and so honored you with a great honor. Because God himself is hidden, your prayer should be hidden.

St. John Chrysostom (349-407 AD), *The Gospel of Matthew*, Homily 19.3.



### *On Confidence in Prayer*

Sit in the presence of the Lord every moment of your life, as you think of Him and recollect Him in your heart. Otherwise, when you only see him after a period of time, you will lack freedom of converse with Him, out of shame; for great freedom of converse is born out of constant association with Him.

Constant association with fellow-beings involves the body, whereas when it is with God, it involves the soul's meditation and the offering of prayers. As a result of its great intensity, this meditation is sometimes mingled with wonder: *"The heart of those who seek the Lord shall rejoice"* [Psalm 105:3].



Seek the Lord, O sinners, and be strengthened in your thoughts with hope. Seek His face through repentance at all times—and you shall be sanctified by the holiness of His face. You shall be purged clean of your wickedness. Run to the Lord, all who are wicked; He forgives wickedness and removes sins.

Mar Isaac of Nineveh (mid 7<sup>th</sup> century), *Spiritual Counsels*.

### *On Unceasing Prayer*

Make it your care to pray without ceasing [cf. I Thessalonians 5:17], for prayer is light to the soul, and it acts as a guard to the body. Pray not just when you are standing in prayer, but also when you are moving around or doing something, and even when you are asleep, and when you are eating. When your mouth is occupied with nourishment, let your heart be occupied with prayer. While your right hand is looking after your body's needs at table, let your mind be given to praise and thanksgiving to Him who provides for your needs. In this way your food will be blessed and made holy in your body, without your being concerned about this.

Be alert so that you are not overcome by any passions, and error lead you astray. Instead, while others are having a good time, giving pleasure to their bodies at meal time, you should be praying, giving pleasure to your soul.

The greater the variety of delicacies set before you, do you the more give praises in your soul to Christ the Giver of all good things you have.

And if you are going to be assiduous in the activity of prayer, my beloved, do not have many things to attract you; do not omit to say the Liturgy hours on any pretext, lest you find the words "*Cast the useless servant into outer darkness*" [Matthew 25:30] apply to you. Do not get entangled in a large number of activities; they are rust to your soul and disease to your body.

Mar Babai the Catholicos (late 5th century), *Letter to Cyriacus* 32-35.



### *On Struggle in Prayer*

So now, let us leave behind everything visible because it is transitory, and let us turn away from external sins. When we cut off all of our visible sins we shall rise up in the struggle against the Sin that dwells in us internally, because they are the evil thoughts that Sin devises in the heart. With power may we pursue the struggle that is set

before us and let us do battle with prayer just as our Lord did before us. He showed us that with a mighty groan and many tears Jesus offered a petition to Him who delivered him from death [Hebrews 5:7-9]. He was delivered and made perfect.

But until we are afflicted in prayer like him and shed tears as he shed and powerfully implore as he implored, we will not be rescued from the sin that dwells in the heart, or from the evil thoughts that we inwardly think. So it is fitting for the men who are in Christ to raise their hands in every region and in every place without anger and without evil thoughts [I Timothy 2:8], having shed tears in their love for our Lord and in their yearning for him. At that time let us go see him face to face, as it is written, *“Blessed are those who are pure in their heart, for they shall see God”* [Matthew 5:8]. In this world, as Paul said, we see our Lord with the eyes of our hearts as in a mirror; but in that [other] world, [we will see him] face to face [I Corinthians 13:12].

When we pray to the Lord with our heart, let us greatly rejoice, [both] with our lips [and] inwardly. We inwardly rejoice when our heart does not condemn us with sin and when we have no need to be ashamed before our Lord because we have kept all of his commandments. So we rejoice as David said, *“My heart shall rejoice in you, O Lord, and in those who fear your name. I will give you thanks, my Lord and my God, with all of my heart, and I will glorify your name forever, because your grace has increased toward me and you have delivered my soul from the lower world of Sheol”* [Psalm 86:11-

13]. You see how God redeemed our fathers from the hand of Sheol and how their heart rejoiced in the Lord and in those who fear his name. Moreover, as Mary said *“My soul magnifies the Lord and my spirit rejoices in God my Savior, who has given heed to the lowliness of his handmaiden”* [Luke 1:46]. You see how she rejoiced in her inner spirit and was glad in her mind because she had found grace and mercy before the Lord.

- Anonymous (mid 4th century),  
*The Book of Steps*, Memra 18. 3, 4.



### *On Prayer*

Be eager in prayer, and vigilant, without wearying; and remove from yourself drowsiness and sleep. You should be watchful both by night and by day; do not be disheartened.

I will show you the different occasions for prayer. At the time when you are in trouble, offer up petition; and when you are well supplied with the good things of God, give thanks to the Giver; and when your mind rejoices, offer up praise. Let all these prayers be made with discernment.

I am convinced, my beloved, that everything that people ask in diligence and faith, God will grant them. But when someone offers up prayer in mockery or contempt or doubt, he does not receive his request, seeing that he is not firm in heart or believing that he will receive an answer. One needs to offer up prayer, being purified of all doubt and blemish, and he offers up his offering in purity, so that it might be received. He will also take care lest there be found in it anything which will result in it being rejected.

Out of all offerings, pure prayer is the most excellent. Therefore be eager in prayer, my son, and labor in it. At the beginning of all of your prayers use the prayer which our Lord taught.

- Mar Abraham Nathpraya (ca. 600 AD).

### *On Prayer Which Befits God's Honor*

Do not be foolish in the requests you make to God, otherwise you will insult God through your ignorance. Act wisely in prayer, so that you may become worthy of glorious things. Ask for things that are honorable from him who will not hold back, so that you may receive honor from him as a result of the wise choice your free will has made. Solomon asked for wisdom—and along with it he also received the earthly kingdom, for he knew how to ask wisely of the heavenly King, that is, for things that are important.

Elisha asked for twice the gift of the Spirit that his master [Elijah] had, and his request was not withheld from him.

On the other hand, a king's honor is diminished by the person who requests contemptible things from him. Israel asked for despicable things—and received in return God's anger. For, failing to wonder at God's actions and the awesome character of his works, they asked for things that the belly desires. Then, "*...while their food was still in their mouths, God's anger rose up against them*" [Psalm 78:30-31].

Make your request to God in accordance with his glorious nature, then he will hold you in greater honor and will rejoice at you.

When someone asks a human king for a load of manure, not only will he be despised as a result of his despicable request—seeing that he has accused himself by means of his own ignorance—but he has also offered an insult to the king by means of his stupid request. Exactly the same applies when someone asks God for the things of the body in prayer.

If God is slow in answering your request, and you ask but do not promptly receive anything, do not be upset, for you are not wiser than God. When you remain as you were before, without anything happening, it is either because your behavior is not worthy of your request, or because the paths in which your heart was travelling were far removed from the aim of your prayer, or because your interior condition is far too childish, when compared with the magnitude of things for which you have asked.

It is not appropriate that the things of great magnitude should fall easily into our hands; otherwise God's gift will be held in contempt as a result of the ease with which it is to be found. Anything that is easily found is also easily lost, whereas what is found after much labor will be guarded with vigilance.

Thirst for Jesus, so that he may inebriate you with his love. Blind your eyes to all that is held in honor in the world, so that you may be held worthy to have the peace which comes from God reign in your heart.

Fast from the allurements that make the eyes glitter, in order that you may become worthy of spiritual joy. If your way of life is unworthy of God, then do not ask him for glorious things, otherwise you will appear as someone who tempts God. Prayer accords strictly with behavior.

- Mar Isaac of Nineveh (mid 7<sup>th</sup> century),  
*Spiritual Discourses: Part I, Discourse III.*



### *On Prayer as Conversation with God*

He who cares, therefore, for perfection and is anxious to do the things that are pleasing to God, will pay more attention to prayer than any other thing, and he who does not care for any virtue and is not anxious to do the

things that are pleasing to God, it is clear that he will show also no interest in prayer.

As we are pleased at all times to meet, and to deal and converse with, a person whom we love most, and as we do not care to meet or to speak to people whom we do not love, so those who possess God in their mind and are very anxious to do the things that please Him are wont to make use of frequent prayers, because they believe that they work and converse with Him when they pray. He, therefore, who despises Divine things and cares for other things is not anxious to pray. This is the reason why the blessed Paul orders us to pray always so that by the frequency of prayer we should implant in us the love of God and the zeal for the things that please Him.

This is the reason why our Lord also, who was man by sight and by nature, and who put in practice this mode of life and good works, showed great zeal for prayer; and because He was busy in day-time with teaching the things that were necessary, He devoted the hours of His night to the work of prayer. He used to go to lonely places in order to teach that it is necessary for the one who prays to be free from every care, so that he might extend the sight of his soul towards God and contemplate Him, and not be drawn to any other thing. He chose His times and places so that He might attract us and save us from all the disquietude by which the soul is disturbed and agitated, and sometimes involuntarily distracted from the subject it has in mind.



Because He used to do these things in this way, as the blessed Luke said, His disciples came and asked Him how it was fitting to pray, since John had also taught his disciples; and He taught perfection conveniently in the short words of prayer, which He uttered, saying: *“After this manner, therefore, pray you: Our Father who is in heaven, hallowed be Your name, Your kingdom come, Your will be done as in heaven so in earth. Give us to-day our necessary bread, and forgive us our debts and our sins as we have forgiven our debtors. And lead us not into temptation but deliver us from evil, for Yours is the Kingdom, and the power, and the glory now, always, and forever and ever. Amen.”*

He made use of these short words as if to say that prayer does not consist so much in words as in good works, love and zeal for duty. Indeed, anyone who is inclined to good works, all his life must needs be in prayer, which is seen in his choice of these good works. Prayer is by necessity connected with good works, because a thing that is not good to be looked for is not good to be prayed for. More wicked than death by stoning is death which would come to us if we asked God to grant us things which contradict His commandments. He who offers such prayers incites God to wrath rather than to reconciliation and mercy.

- Mar Theodore of Mopsuestia (d. 428 AD), *On the Lord's Prayer*, I.







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