

A Short Prayer Book

Bibliography

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are from the Jordanville Prayer Book.*

*8 Principle Faults from the Institutes of St John
Cassian, with explanatory terms added by Fr Andrew
Smith.*

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The End,
and Glory to God!

Prayers for Communion
A Preparation for Confession

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The End,
and Glory to God!

Morning Prayers
Evening Prayers
Prayers before & after meals

Prayers before Communion

Note: The Canon and the Prayers can be done as one service or separately.

We have listed them together.

If you wish to separate them, the Canon is done in the evening ('Holy God' through to 'O Come let us worship', then Psalm 50, then the Canon through to 'It is Truly Meet', then the dismissal), with the remainder done in the morning.

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us. Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of Life, come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Trisagion: Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

Glory to the Father, and to the Son, and to the

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Being lazy.

Thinking about things that I know I shouldn't.

Looking at things that I know I shouldn't.

Wanting to have more things.

Skipping church because I couldn't be bothered.

Not focusing on prayer while in church services.

Not focusing on prayer in my own prayer time.

I have sinned in my actions, my words and my thoughts.

I have sinned through each of my senses.

I also repent for any sin that I forgot, and any other sin I have done.

For all these things, I ask forgiveness, and I declare my desire to turn away from these sins and to do good instead, for the sake of Jesus Christ.

Bring the list that you make to the priest, so that he is able to reconcile you and to pronounce the forgiveness of God.

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bad things to me.
Being bitter about something.
Disobeying people I should obey (*like parents, teachers, bosses, clergy, or good laws*).
Complaining about things.
Trying to justify myself when I have made mistakes.
Contradicting other people unnecessarily.
Doing what I want, instead of considering others.
Telling people off when it's not my place.
Yelling at people.
Gossiping about people.
Telling lies.
Not spending time thinking about important or eternal things.
Tempting other people to sin.
Not being humble.
Desiring an object or a position.
Being picky about the food I eat.
Eating more food, and drinking more, than I needed.
Being vain.

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Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins; O Master, pardon our iniquities; O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (x3)

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

Our Father, Who art in the heavens, hallowed be Thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

Lord, have mercy. (x12)

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ages of ages. Amen.

O Come, let us worship God, our King.

O Come, let us worship and fall down before
Christ, our King and God.

O Come, let us worship and fall down before
Christ himself, our King and God.

Psalm 22: The Lord is my Shepherd, and I shall not
want. In a place of green pasture, there hath He
made me to dwell; beside the water of rest hath
He nurtured me. He hath converted my soul, He
hath led me on the paths of righteousness for
His name's sake. For though I should walk in the
midst of the shadow of death, I will fear no evil,
for Thou art with me; Thy rod and Thy staff, they
have comforted me. Thou hast prepared a table
for me in the presence of them that afflict me.
Thou hast anointed my head with oil, and Thy
cup which filleth me, how excellent it is! And Thy
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and I will dwell in the house of the Lord unto
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length of days.

Not thanking God for how He has blessed me.

Not thanking God for how He has provided for
me.

Speaking without needing to.

Judging other people.

Being stubborn.

Being full of pride, as if all things did not come
from God.

Not caring about the problems that other people
struggle with.

Being jealous of other people.

Being angry at other people.

Putting other people down behind their back.

Not paying attention.

Not being concerned about my salvation, and
not working towards it.

Being careless.

Thinking or doing things that aren't relevant to
being followers of Christ.

Being easily irritated.

Being sad because of a loss of hope.

Doing bad things to someone because they did

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Blessed are those who are persecuted for righteousness' sake...

Blessed are you when people revile you, persecute you, and say all kinds of evil against you falsely for my sake.

Eight Principle Faults (Institutes—St John Cassian):

Gluttony (Overeating, Overdrinking)

Lust (Fornication, Extravagance)

Avarice (Greed, Covetousness, Jealousy, Envy)

Pride (Hubris, Haughtiness, Arrogance)

Despair (Despondency, Melancholy)

Wrath (Anger, Resentment, Grudge-holding,

Hostility, Antagonism)

Vainglory (Vanity, Boastfulness, Attention-seeking, Egotistical)

Sloth (Laziness, Carelessness, Numbness)

From the Short Confession of St Dmitry of Rostov:

I have sinned through:

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I have sinned through:

Psalm 23: The earth is the Lord's, and the fullness thereof, the world, and all that dwell therein. He hath founded it upon the seas, and upon the rivers hath He prepared it. Who shall ascend into the mountain of the Lord? Or who shall stand in His holy place? He that is innocent in hands and pure in heart, who hath not received his soul in vain, and hath not sworn deceitfully to his neighbor. Such a one shall receive a blessing from the Lord, and mercy from God his Savior. This is the generation of them that seek the Lord, of them that seek the face of the God of Jacob. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord strong and mighty, the Lord, mighty in war. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord of hosts, He is the King of Glory.

Psalm 115: I believed wherefore I spake; I was

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Psalm 115: I believed wherefore I spake; I was

humbled exceedingly. As for me, I said in mine ecstasy: Every man is a liar. What shall I render unto the Lord for all that He hath rendered unto me? I will take the cup of salvation, and I will call upon the name of the Lord. My vows unto the Lord will I pay in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Thy servant; I am Thy servant and the son of Thy handmaid. Thou hast broken my bonds asunder. I will sacrifice a sacrifice of praise unto Thee, and I will call upon the name of the Lord. My vows unto the Lord will I pay in the presence of all His people, in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
(x3)

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¶ Preparation for Confession

As you prepare for Confession, consider all the ways that you have been less than perfect since your last Confession, and have these ready to tell your Confessor.

A common strategy when preparing for Confession is to use lists to help us remember sins (large or small) that we have committed. Two short lists, along with a longer list (from the Short Confession of St Dmitry of Rostov) have been given below.

The Beatitudes (Matthew 5:3-12):

Blessed are the poor in spirit...

Blessed are those who mourn...

Blessed are the meek...

Blessed are those who hunger and thirst after righteousness...

Blessed are the merciful...

Blessed are the pure in heart...

Blessed are the peacemakers...

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ages. Amen.

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

Lord, have mercy. (x12)

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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Troparia, Tone 8: Disregard my transgressions, O Lord Who was born of a Virgin, and purify my heart, and make it a temple for Thy spotless Body and Blood. Let me not be rejected from Thy presence, O Thou Who hast great mercy without measure.

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

How can I who am unworthy dare to come to the Communion of Thy Holy Things? For if I should dare to approach Thee with those that are worthy, my garment betrayeth me, for it is not a festal robe, and I shall cause the condemnation of my greatly-sinful soul. Cleanse, O Lord, the pollution from my soul, and save me, as Thou art the Lover of mankind.

Both now and ever, and unto the ages of ages. Amen.

Greatly multiplied, O Theotokos, are my sins; unto Thee have I fled, O pure one, imploring

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salvation. Do thou visit mine enfeebled soul, and pray to thy Son and our God that He grant me forgiveness for the evil I have done, O thou only blessed one.

[*During Great Lent: When the glorious disciples were enlightened at the washing of the feet, then Judas the ungodly one was stricken and darkened with the love of silver. And unto the lawless judges did he deliver Thee, the righteous Judge. Behold, O lover of money, him that for the sake thereof did hang himself; flee from that insatiable soul that dared such things against the Master. O Thou Who art good unto all, Lord, glory be to Thee.*]

Psalms 50: Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast

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heavenly things.

And continue with 'Both now', below.

OR, for the Presanctified Liturgy of St. Gregory the Dialogist:

Troparion, Tone 4: Thou who hast received of God divine grace from on high, O glorious Gregory, and hast been fortified by His power, thou didst will to walk according to the Gospel; wherefore, thou hast received of Christ the reward of thy labours, O all-blessed one. Entreat Him that He save our souls.

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

Kontakion, Tone 3: Thou hast shown thyself to be a leader like unto the Chief Shepherd Christ, O Father Gregory, guiding flocks of monks into the heavenly sheepfold, and from whence thou didst teach the flock of Christ His commandments. And now thou dost rejoice with them and dance in the heavenly mansions.

THEN, for all Liturgies, continue with:

Both now and ever, and unto the ages of

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THEN, for all Liturgies, continue with:

Both now and ever, and unto the ages of

received divine grace and by thy lips thou dost teach all to worship the One God in Trinity, O John Chrysostom, all-blessed righteous one. Rightly do we acclaim thee, for thou art a teacher revealing things divine.

And continue with 'Both now', below.

OR, for the Liturgy of St. Basil the Great:

Troparion, Tone 1: Thy fame hath gone forth into all the earth, which hath received thy word. Thereby thou hast divinely taught the Faith; thou hast made manifest the nature of created things; thou hast made the moral life of men a royal priesthood. O Basil, our righteous father, intercede with Christ God that our souls be saved.

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

Kontakion, Tone 4: Thou didst prove to be an unshakable foundation of the Church, giving to all mortals an inviolate lordship, and sealing it with thy doctrines, O righteous Basil, revealer of

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loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is

loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is

broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Canon of Preparation for Holy Communion, Second Tone

Ode 1. Irmos: Come, O you people, let us sing a hymn to Christ our God, Who divided the sea, and guided the people whom He brought out of the bondage of Egypt; for He is glorified.

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

Troparia: May Thy holy Body be for me the Bread of life eternal, O Compassionate Lord, and may Thy precious Blood also the healing for my many forms of illness.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

The Hymn of the Liturgists are then intoned.

For the Liturgy of St. John Chrysostom:

Troparion, Tone 8: Grace shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of uncovetousness, and shown us the heights of humility; but while instructing by thy words, O Father John Chrysostom, intercede with the Word, Christ our God, to save our souls.

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

Kontakion, Tone 6: From the heavens hast thou

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

The Hymn of the Liturgists are then intoned.

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

Kontakion, Tone 6: From the heavens hast thou

hymn and glorify thee all the days of my life, for blessed and most glorious art thou unto the ages. Amen.

Prayer of St. Symeon: Now lettest Thou Thy servant depart in peace, O Master, according to Thy word; for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples, a light of revelation for the Gentiles, and the glory of Thy people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (x3)

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Lord, have mercy. (x3)

Defiled by unseemly deeds, I the wretched one am unworthy, O Christ, of the communion of Thy most pure Body and divine Blood, which do Thou vouchsafe me.

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

both now and ever, and unto the ages of ages. Amen.

Theotokion: O blessed Bride of God, O good soil that grew the Corn untilled and saving to the world, vouchsafe me to be saved by eating it.

Ode III. Irmos: By establishing me on the rock of faith, Thou hast enlarged my mouth over mine enemies, for my spirit rejoices when I sing: There is none holy as our God, and none righteous beside Thee, O Lord.

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

Troparia: Tear drops grant me, O Christ, to cleanse my defiled heart, that, purified and with a good

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

Troparia: Tear drops grant me, O Christ, to cleanse my defiled heart, that, purified and with a good

conscience, I may come with faith and fear, O Master, to the communion Thy divine Gifts.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

May Thy most pure Body and divine Blood be unto me for remission of sins, for communion with the Holy Spirit and unto life eternal, O Lover of mankind, and to estrangement of passions and sorrows.

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

both now and ever, and unto the ages of ages. Amen.

Theotokion: O thou most holy table of the Bread of Life that for mercy's sake came down from on high, giving new life to the world, vouchsafe even me, the unworthy, to eat it with fear and live.

Ode IV. Irmos: From a Virgin didst Thou come, not as an ambassador, nor as an angel, but the very

conscience, I may come with faith and fear, O Master, to the communion Thy divine Gifts.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

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Ode IV. Irmos: From a Virgin didst Thou come, not as an ambassador, nor as an angel, but the very

hand of Thy glory, through the intercessions of Thy most pure Mother and of all the saints.

Prayer 5, to the Most Holy Theotokos: O most holy Lady Theotokos, light of my darkened soul, my hope, protection, refuge, consolation, my joy: I thank thee that thou hast vouchsafed me, who am unworthy, to be a partaker of the most pure Body and precious Blood of thy Son. O thou who gavest birth to the True Light, do thou enlighten the spiritual eyes of my heart; thou who gavest birth to the Source of immortality, revive me who am dead in sin; thou who art the lovingly-compassionate Mother of the merciful God, have mercy on me, and grant me compunction and contrition in my heart, and humility in my thoughts, and the recall of my thoughts from captivity. And vouchsafe me, until my last breath, to receive without condemnation the sanctification of the most pure Mysteries, for the healing of both soul and body; and grant me tears of repentance and confession, that I may

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me comely, give me understanding, and enlighten me. Show me to be the dwelling-place of Thy Spirit alone, and no longer the habitation of sin; that from me as Thine abode through the entry of Communion, every evildoer, every passion may flee as from fire. As intercessors I offer unto Thee all the saints, the commanders of the bodiless hosts, Thy Forerunner, the wise Apostles, and further, Thine undefiled, pure Mother, whose entreaties do Thou accept, O my compassionate Christ, and make Thy servant a child of light. For Thou alone art our sanctification, O Good One, and the radiance of our souls, and unto Thee as God and Master, we all send up glory, as is meet, every day.

Prayer 4: O Lord Jesus Christ our God, may Thy holy Body be unto me for life eternal, and Thy precious Blood for the remission of sins; and may this Eucharist be unto me for joy, health, and gladness. And at Thy dread Second Coming vouchsafe me, a sinner, to stand at the right

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Lord Himself incarnate, and didst save me, the whole man. Wherefore, I cry to Thee: Glory to Thy power, O Lord!

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

Troparia: O Thou Who wast incarnate for our sake, O Most-merciful One, Thou didst will to be slain as a sheep for the sins of mankind. Wherefore I entreat Thee to blot out my sins also.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Heal the wounds of my soul, O Lord, and sanctify all of me, and vouchsafe, O Master, that I the wretched one, may partake of Thy divine Mystical Supper.

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

both now and ever, and unto the ages of ages. Amen.

Theotokion: Propitiate for me also, Him that came

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from thy womb, O Lady, and keep me, thy servant, undefiled and blameless, so that by obtaining the spiritual pearl I may be sanctified.

ode v. Irmos: O Lord, Giver of light and Creator of the ages, guide us in the light of Thy commandments, for we know none other God beside Thee.

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

Troparia: As Thou didst foretell, O Christ, let it be to Thy wicked servant, and in me abide as Thou didst promise; for behold, I eat Thy divine Body and drink Thy Blood.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

O Word of God and God, may the live coal of Thy Body be unto the enlightenment of me who am in darkness, and Thy Blood unto the cleansing of my defiled soul.

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the shadow of Thy wings; and grant me, even until my last breath, to partake worthily, with a pure conscience, of Thy Holy Things, unto the remission of sins and life eternal. For Thou art the Bread of life, the Source of holiness, the Giver of good things; and unto Thee do we send up glory, together with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer 3, Verses of Metaphrastes: O Thou Who givest me willingly Thy Flesh as food, Thou Who art fire that doth consume the unworthy, let me not be scorched, O my Creator. But rather, enter Thou into my members, into all my joints, my reins, my heart. Burn up the thorns of all my sins. Purify my soul, sanctify my thoughts. Strengthen my substance together with my bones. Enlighten my simple five senses. Nail down the whole of me with the fear of Thee. Ever protect, preserve, and keep me from every soul-corrupting deed and word. Purify, cleanse, and adorn me; make

the shadow of Thy wings; and grant me, even until my last breath, to partake worthily, with a pure conscience, of Thy Holy Things, unto the remission of sins and life eternal. For Thou art the Bread of life, the Source of holiness, the Giver of good things; and unto Thee do we send up glory, together with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

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of Thy divine grace, and for the attainment of Thy kingdom; that being preserved by them in Thy holiness, I may remember Thy grace always, and no longer live for myself, but for Thee, our Master and Benefactor; and thus when I shall have departed this life in hope of life eternal, I may attain unto everlasting rest, where the sound of them that keep festival is unceasing, and the delight is endless of them that behold the ineffable beauty of Thy countenance. For Thou art the true desire and the unutterable gladness of them that love Thee, O Christ our God, and all creation doth hymn Thee unto the ages. Amen.

Prayer 2, of Basil the Great: O Master Christ God, King of the ages and Creator of all things, I thank Thee for all the good things which Thou hast bestowed upon me, and for the communion of Thy most pure and life creating Mysteries. I pray Thee, therefore, O Good One and Lover of mankind: Keep me under Thy protection and in

of Thy divine grace, and for the attainment of Thy kingdom; that being preserved by them in Thy holiness, I may remember Thy grace always, and no longer live for myself, but for Thee, our Master and Benefactor; and thus when I shall have departed this life in hope of life eternal, I may attain unto everlasting rest, where the sound of them that keep festival is unceasing, and the delight is endless of them that behold the ineffable beauty of Thy countenance. For Thou art the true desire and the unutterable gladness of them that love Thee, O Christ our God, and all creation doth hymn Thee unto the ages. Amen.

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both now and ever, and unto the ages of ages. Amen.

Theotokion: O Mary, Mother of God, precious tabernacle of fragrance, through thy prayers make me a chosen vessel, that I may partake of the Sacrament of thy Son.

Ode VI. Irmos: Whirled about in the abyss of sin, I appeal to the unfathomable abyss of Thy compassion: From corruption raise me up, O God.

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

Troparia: O Saviour, sanctify my mind, soul, heart and body, and vouchsafe me uncondemned, O Master, to approach the fearful Mysteries.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Grant that I may be rid of passions, and the assistance of Thy grace, and strengthening of life

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both now and ever, and unto the ages of ages. Amen.

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Theotokion: O Holy Word of God and God, sanctify all of me as I now come to Thy divine Mysteries, through the prayers of Thy holy Mother.

Lord, have mercy. (x3)

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

Kontakion, Tone 2: Count me not unworthy, O Christ, to receive now the Bread which is Thy Body, and Thy divine Blood, and to partake, O Master, of Thy most pure and dread Mysteries, wretched though I be. Let these not be for me unto judgment, but unto life immortal and everlasting.

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PRAYERS AFTER COMMUNION

Glory to Thee, O God, Glory to Thee, O God,
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Prayer of Thanksgiving, 1: I thank Thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast vouchsafed me to be a communicant of Thy Holy Things. I thank Thee that Thou hast vouchsafed me, the unworthy, to partake of Thy most pure and heavenly Gifts. But, O Master, Lover of mankind, Who for our sake didst die and didst rise again, and didst bestow upon us these dread and life-giving Mysteries for the well-being and sanctification of our souls and bodies, grant that these may be even unto me for the healing of both soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for faith unashamed, for love unfeigned, for the fullness of wisdom, for the keeping of Thy commandments, for an increase

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receive me today as a communicant; for I will not speak of the Mystery to Thine enemies; nor will I give Thee a kiss, as did Judas; but like the thief do I confess Thee: Remember me, O Lord, in Thy kingdom.

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Ode VII. *Irmos:* The wise children did not serve the golden image, but went themselves into the flame and reviled the pagan gods. They cried in the midst of the flame, and the angel bedewed them: Already the prayer of your lips was heard.

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

Troparia: May the communion of Thine immortal Mysteries, the source of blessings, O Christ, be to me now light, and life, and dispassion and for progress and increase in the most divine virtues, O only Good One, that I may glorify Thee.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

That I may be delivered from passions, enemies, need, and every sorrow, I now draw nigh with trembling, love and reverence, O Lover of mankind, to Thine immortal and divine Mysteries. Vouchsafe me to hymn Thee: Blessed art Thou, O Lord God of our fathers.

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

both now and ever, and unto the ages of ages. Amen.

Theotokion: O thou who art full of grace, who beyond understanding gavest birth to Christ the Saviour, I thy servant, the impure, now entreat thee, the pure: Cleanse me, who am now about to approach the most pure Mysteries, from all defilement of flesh and spirit.

ode VIII. Irmos: God Who descended into the fiery furnace unto the Hebrew children and changed the flame into dew, praise Him as Lord O ye works, and supremely exalt Him unto all the ages.

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

Troparia: Of Thy heavenly, dread and holy Mysteries, O Christ, and of Thy divine Mystical Supper, vouchsafe now even me, the despairing one, to partake O God my Saviour.

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

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changed me. But do Thou consume my sins with immaterial fire, and vouchsafe me to be filled with delight in Thee; that, leaping for joy, O Good One, I may magnify Thy two comings.

Into the brilliant company of Thy saints how shall I the unworthy enter? For if I dare to enter into the bridechamber, my garment betrayeth me, for it is not a wedding garment and I shall be bound and cast out by the angels. Cleanse, O Lord, my soul of pollution, and save me, as Thou art the Lover of mankind.

Then the Prayer: O Master, Lover of mankind, O Lord Jesus Christ my God, let not these Holy Things be unto me for judgment, through my being unworthy, but unto the purification and sanctification of soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cleave unto God, to put my hope of salvation in the Lord.

And again: Of Thy Mystical Supper, O Son of God,

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And again: Of Thy Mystical Supper, O Son of God,

Communion.

O Creator, let me not be burnt by
communicating:
For Thou art Fire, consuming the unworthy.
But, rather, purify me of all impurity.

Then again say: Of Thy Mystical Supper, O Son of
God, receive me today as a communicant; for I
will not speak of the Mystery to Thine enemies;
nor will I give Thee a kiss, as did Judas, but like
the thief do I confess Thee: Remember me, O
Lord, in Thy kingdom.

Furthermore, these lines: Be awe-stricken, O mortal,
beholding the deifying Blood;
For It is a fire that consumeth the unworthy.
The Divine Body both deifieth and nourisheth
me.

It deifieth the spirit, and wondrously nourisheth
the mind.

Then troparia: Thou hast sweetened me with Thy
love, O Christ, and by Thy Divine zeal hast Thou

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Cast me not away from Thy presence, and take
not Thy Holy Spirit from me.

Fleeing for refuge to Thy loving-kindness, O
Good One, with fear I cry unto Thee: Abide in
me, O Saviour, and I, as Thou hast said in Thee.
For behold, presuming on Thy mercy, I eat Thy
Body and drink Thy Blood.

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

both now and ever, and unto the ages of
ages. Amen.

Triadicon: I tremble at taking fire, lest I be
consumed as wax and grass. O fearful Mystery!
O loving-kindness of God! How is it that I, being
but clay, partake of the divine Body and Blood,
and am made incorruptible!

Ode IX. Irmos: The Son of the unoriginate Father,
God and Lord, hath appeared unto us incarnate
of a Virgin, to enlighten those in darkness, and to
gather the dispersed. Wherefore the all-hymned
Theotokos do we magnify.

Cast me not away from Thy presence, and take
not Thy Holy Spirit from me.

Fleeing for refuge to Thy loving-kindness, O
Good One, with fear I cry unto Thee: Abide in
me, O Saviour, and I, as Thou hast said in Thee.
For behold, presuming on Thy mercy, I eat Thy
Body and drink Thy Blood.

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

both now and ever, and unto the ages of
ages. Amen.

Triadicon: I tremble at taking fire, lest I be
consumed as wax and grass. O fearful Mystery!
O loving-kindness of God! How is it that I, being
but clay, partake of the divine Body and Blood,
and am made incorruptible!

Ode IX. Irmos: The Son of the unoriginate Father,
God and Lord, hath appeared unto us incarnate
of a Virgin, to enlighten those in darkness, and to
gather the dispersed. Wherefore the all-hymned
Theotokos do we magnify.

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

Troparia: Christ it is, O taste and see! The Lord of old for our sake made like unto us once offered Himself as an offering to His Father, and is ever slain, sanctifying them that partake.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

May I be sanctified in soul and body, O Master; may I be enlightened, may I be saved, may I become Thy dwelling through the communion of Thy holy Mysteries, having Thee with the Father and the Spirit living in me, O Benefactor, plenteous in mercy.

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

May Thy Body and Thy most precious Blood, O my Saviour, be unto me as fire and light, consuming the substance of sin and burning the thorns of passions, and enlightening all of me to

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receive Thy whole Body, let me not be consumed by fire; but receive me, as Thou didst receive them, and enlighten my spiritual, senses, burning up my sinful errors; through the intercessions of her that seedlessly gave Thee birth, and of the heavenly hosts, for blessed art Thou unto the ages of ages. Amen.

Another Prayer of Chrysostom: I believe, O Lord and I confess that Thou art truly the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am chief. Moreover, I believe that this is truly Thy most pure Body and this is truly Thine Own precious Blood; wherefore I pray thee: Have mercy on me and forgive me my transgressions, voluntary and involuntary, whether in word or deed, in knowledge or in ignorance. And vouchsafe me to partake without condemnation of Thy most pure Mysteries, unto the remission of sins and life everlasting. Amen.

When Coming to Partake of Holy Communion say these verses of Symeon Metaphrastes: Behold, I approach the Divine

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both soul and body, and unto the consumption and complete destruction of mine evil reasonings and intentions and prejudices and nocturnal phantasies of dark and evil spirits; for Thine is the kingdom, and the power, and the glory, and the honor and the worship, with the Father and Thy Holy Spirit, now and ever, and unto the ages of ages. Amen.

Another Prayer of St. John Damascene, 10: I stand before the doors of Thy temple, yet I do not put away evil thoughts. But do Thou, O Christ God, Who didst justify the publican, and didst have mercy on the woman of Canaan, and didst open the doors of paradise to the thief, open unto me the abyss of Thy love for mankind, and receive me as I come and touch Thee, as Thou didst receive the sinful woman and the woman with an issue of blood. For the one received healing easily by touching the hem of Thy garment, while the other, by clasping Thy most pure feet, carried away absolution of sins. And I, a wretch, daring to

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worship Thy Divinity.

Both now and ever, and unto the ages of ages. Amen.

Theotokion: God took flesh of thy pure blood; Wherefore, all generations do hymn thee, O Lady, and throngs of heavenly minds glorify thee, for through thee they have clearly seen Him Who ruleth all things endued with human nature.

Hymn to the Theotokos, Tone 8: It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the

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O Most Holy Trinity, have mercy on us. O Lord, blot out our sins; O Master, pardon our iniquities; O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (x3)

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

Our Father, Who art in the heavens, hallowed be Thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

Troparion.

On Sunday, the Troparion of the Resurrection of that tone.

For a feast of the Lord, the troparion of the feast.

Otherwise (or if the above are not at hand), the below:

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Otherwise (or if the above are not at hand), the below:

Thou didst number among Thy friends, O Thou Who alone art blessed, always, now and unto endless ages. Amen.

Prayer of the same, 9: O Lord Jesus Christ my God, loose, remit, cleanse, and forgive me, Thy sinful and unprofitable, and unworthy servant, my transgressions and offenses and fallings into sin, which I have committed against Thee from my youth until the present day and hour, whether consciously or unconsciously, whether by words or deeds, or in thought or imagination, in habit, and in all my senses. And through the intercessions of her that seedlessly gave Thee birth, the most pure and Ever-Virgin Mary, Thy Mother, the only hope that maketh not ashamed, and my mediation and salvation, vouchsafe me without condemnation to partake of Thine immaculate, immortal, life-giving and awesome Mysteries, unto the remission of sins and for life eternal, unto sanctification and enlightenment, strength, healing, and health of

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Prayer of the same, 8: I am not sufficient, O Master and Lord, that Thou shouldest enter under the roof of my soul; but as Thou dost will as the Lover of mankind to dwell in me, I dare to approach Thee. Thou commandest: I shall open the doors which Thou alone didst create, that Thou mayest enter with Thy love for mankind, as is Thy nature, that Thou mayest enter and enlighten my darkened thought. I believe that Thou wilt do this, for Thou didst not drive away the sinful woman when she came unto Thee with tears, neither didst Thou reject the publican who repented, nor didst Thou spurn the thief who acknowledged Thy kingdom, nor didst Thou leave the repentant persecutor to himself; but all of them that came unto Thee in repentance

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Troparia, Tone 6: Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, this prayer do we sinners offer unto Thee as Master: Have mercy on us.

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

Lord, have mercy on us; for we have hoped in Thee, be not angry with us greatly, neither remember our iniquities; but look upon us now as Thou art compassionate, and deliver us from our enemies, for Thou art our God, and we, Thy people; all are the works of Thy hands, and we call upon Thy name.

Both now and ever, and unto the ages of ages. Amen.

The door of compassion open unto us, O blessed Theotokos, for, hoping in thee, let us not perish; through thee may we be delivered from adversities, for thou art the salvation of the Christian race.

Lord, have mercy. (x40)

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Bows or prostrations, as many as desired.

If thou desirest,
O man, to eat the Body of the Master,
Approach with fear, lest thou be burnt; for It is
fire.
And when thou drinkest the Divine Blood unto
communion,
First be reconciled to them that have grieved
thee,
Then dare to eat the Mystical Food.

Before partaking of the Awesome Sacrifice
Of the life-creating Body of the Master,
After this manner pray with trembling.

A Prayer of Basil the Great, 1: O Master Lord Jesus Christ
our God, Source of life and immortality, Creator
of all things visible and invisible, the co-eternal
and co-unoriginate Son of the unoriginate
Father, Who, out of Thy great goodness, didst in
the latter days clothe Thyself in flesh, and wast
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trembling at once, I partake of Fire, I that am
grass. And, strange wonder! I am bedewed
without being consumed, as the bush of old
burned without being consumed. Now with
thankful mind, and grateful heart, with
thankfulness in my members, my soul and body,
I worship and magnify and glorify Thee, my God,
for blessed art Thou, both now and unto the
ages.

Prayer of St. John Chrysostom, 7: O God, loose, remit, and
pardon me my transgressions wherein I have
sinned against Thee, whether by word, deed, or
thought, voluntarily or involuntarily, consciously
or unconsciously; forgive me all, for Thou art
good and the Lover of mankind. And through the
intercessions of Thy most pure Mother, Thy
noetic ministers and holy hosts, and all the saints
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and earth, and of this temporal life, having submitted my whole self to sin, and made myself a slave of pleasure, and having defaced Thine image, yet being Thy work and creation, wretched though I be, I despair not of my salvation, and dare to approach Thine immeasurable loving-kindness. Accept, then, even me, O Lord, Lover of mankind, as Thou didst accept the sinful woman, the thief, the publican, and the prodigal; and take away the heavy burden of my sins, Thou that takest away the sin of the world, and healest the infirmities of mankind, Who callest the weary and heavy-laden unto Thyself and givest them rest, Who camest not to call the righteous, but sinners to repentance. And do Thou cleanse me from all defilement of flesh and spirit, and teach me to achieve holiness in fear of Thee; that with the pure testimony of my conscience, receiving a portion of Thy Holy Things, I may be united unto Thy Holy Body and Blood, and have Thee living and abiding in me with the Father and Thy Holy

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Spirit. Yea, O Lord Jesus Christ my God, let not the communion of Thine immaculate and life-giving Mysteries be unto me for judgment, neither unto infirmity of soul and body because of my partaking of them unworthily; but grant me until my last breath to receive without condemnation the portion of Thy Holy Things, unto communion with the Holy Spirit, as a provision for life eternal, for an acceptable defense at Thy dread judgment seat; so that I also, with all Thine elect, may become a partaker of Thine incorruptible blessings, which Thou hast prepared for them that love Thee, O Lord, in whom Thou art glorified unto the ages. Amen.

A Prayer of St. John Chrysostom, 2: O Lord My God, I know that I am not worthy nor sufficient that Thou shouldst enter beneath the roof of the temple of my soul, for all is empty and fallen, and Thou hast not in me a place worthy to lay Thy head; but as from on high Thou didst humble Thyself for our sake, do Thou now also lower Thyself to

Spirit. Yea, O Lord Jesus Christ my God, let not the communion of Thine immaculate and life-giving Mysteries be unto me for judgment, neither unto infirmity of soul and body because of my partaking of them unworthily; but grant me until my last breath to receive without condemnation the portion of Thy Holy Things, unto communion with the Holy Spirit, as a provision for life eternal, for an acceptable defense at Thy dread judgment seat; so that I also, with all Thine elect, may become a partaker of Thine incorruptible blessings, which Thou hast prepared for them that love Thee, O Lord, in whom Thou art glorified unto the ages. Amen.

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my lowliness; and as Thou didst consent to lie in a cave and in a manger of dumb beasts, so consent also to lie in the manger of mine irrational soul and to enter into my defiled body. And as Thou didst not refuse to enter and to dine with sinners in the house of Simon the Leper, so deign also to enter into the house of my lowly soul, leprous and sinful. And as Thou didst not reject the harlot and sinner like me, when she came and touched Thee, so be compassionate also with me a sinner, as I approach and touch Thee. And as Thou didst feel no loathing for the defiled and unclean lips of her that kissed Thee, do Thou also not loathe my defiled lips nor mine abominable and impure mouth, and my polluted and unclean tongue. But let the fiery coal of Thy most Holy Body and Thy precious Blood be unto me for sanctification and enlightenment and health for my lowly soul and body, unto the lightening of the burden of my many sins, for preservation from every act of the devil, for the expulsion and prohibition of

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and let these Holy Things be for me unto healing, and purification, and enlightenment, and preservation, and salvation, and unto sanctification of soul and body; unto the driving away of every phantasy, and evil practice, and activity of the devil working mentally in my members; unto confidence and love toward Thee, unto correction of life, unto steadfastness, unto an increase of virtue and perfection, unto fulfillment of the commandments, unto communion with the Holy Spirit, as a provision for life eternal, as an acceptable defense at Thy dread tribunal, not unto judgment or condemnation.

Prayer of St. Symeon the New Theologian, 6: From sullied lips, from an abominable heart, from a tongue impure, from a soul defiled, accept my supplication, O my Christ, and disdain me not, neither my words, nor my ways, nor my shamelessness. Grant me to say boldly that which I desire, O my Christ. Or rather, teach me

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burden, nor for punishment, nor for an increase of sins, but unto purification and sanctification, and as a pledge of the life and kingdom to come, as a bulwark and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For Thou art a God of mercy, and compassion, and love for mankind, and unto Thee do we send up glory, with the Father, and the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Prayer of St. Basil the Great, 5: I know, O Lord, that I partake unworthily of Thine immaculate Body and Thy precious Blood, and that I am guilty, and eat and drink damnation to myself, not discerning the Body and Blood of Thee, my Christ and God; but taking courage from Thy compassion I approach Thee Who hast said: He that eateth My Flesh, and drinketh My Blood, abideth in Me and I in him. Show compassion, therefore, O Lord, and do not accuse me, a sinner, but deal with me according to Thy mercy;

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mine evil and wicked habits, unto the mortification of the passions, unto the keeping of Thy commandments, unto the application of Thy divine grace, unto the acquiring of Thy kingdom. For not with disdain do I approach Thee, O Christ God, but as one trusting in Thine ineffable goodness, and that I may not by much abstaining from Thy communion become the prey of the spiritual wolf. Wherefore do I entreat Thee, for Thou art the only Holy One, O Master: Sanctify my soul and body, my mind and heart, my belly and inward parts, and renew me entirely. And implant Thy fear in my members, and make Thy sanctification inalienable from me, and be unto me a helper and defender, guiding my life in peace, vouchsafing me also to stand at Thy right hand with Thy saints, through the intercessions and supplications of Thy most pure Mother, of Thine immaterial ministers and immaculate hosts, and of all the saints who from the ages have been pleasing unto Thee. Amen.

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Prayer of Symeon Metaphrastes, 3: O only pure and sinless Lord, Who, through the ineffable compassion of Thy love for mankind, didst take on all of our substance from the pure and virgin blood of her that bare Thee supernaturally through the descent of the Divine Spirit and the good will of the everlasting Father; O Christ Jesus, Wisdom of God, and Peace, and Power, Thou Who through the assumption of our nature didst take upon Thyself Thy life-giving and saving Passion: the Cross, the nails, the spear, and death: Mortify the soul-corrupting passions of my body. Thou Who by Thy burial didst lead captive the kingdom of hades, bury with good thoughts mine evil schemes, and destroy the spirits of evil. Thou Who by Thy life-bearing Resurrection on the third day didst raise up our fallen forefather, raise me up who have slipped down into sin, setting before me the ways of repentance. Thou Who by Thy most glorious Ascension didst deify the flesh that Thou hadst taken, and didst honour it with a seat at the right hand of the

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Father, vouchsafe me through partaking of Thy holy Mysteries to obtain a place at Thy right hand among them that are saved. O Thou Who by the descent of Thy Spirit, the Comforter, didst make Thy holy disciples worthy vessels, show me also to be a receptacle of His coming. Thou Who art to come again to judge the world in righteousness, deign to let me also meet Thee on the clouds, my Judge and Creator, with all Thy saints; that I may endlessly glorify and praise Thee, with Thine unoriginate Father, and Thy Most-Holy and good and life-creating Spirit, now and ever, and unto the ages of-ages. Amen.

Prayer of the Divine Damascene, 4: O Master Lord Jesus Christ our God, Who alone hast authority to remit the sins of men: Do Thou, as the Good One and Lover of mankind, overlook all mine offences, whether committed with knowledge or in ignorance. And vouchsafe me to partake without condemnation of Thy Divine, glorious, immaculate, and life-giving Mysteries; not as a

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