

# FOREWORD

## **His Grace Job Mar Philoxenos**

Metropolitan of the Delhi Diocese

We are immensely grateful to the Almighty God who enabled us to bring out , this prayer book '**Rejoice in Prayer**'. We submit all our trust in Him alone , whose unceasing mercy paved way to publish this book. We also appreciate and thank Rev. Fr. Biju P. Thomas for his diligence, in editing this book. May the Lord Almighty shower them with His grace and mercy. This prayer book will stand as bulwark, against the evil forces, that has been deeply rooted in the minds of our youngsters that browsing of its pages will enable the same to dispel the evil and grow in communion with the Almighty.

The Blessed Elena Guerra ( 1835 –1914) said praying is :

- ❖ Thinking of God so as to know Him ;
- ❖ Knowing of God as to love Him ;
- ❖ Loving God so as to serve Him ;
- ❖ Knowing , loving and serving God to enjoy Him in eternity;

As oil is needed to light the lamp, man needs prayer to shine. Prayer is the breath, which sustains and helps our spiritual growth. It is the lifting up of the mind and heart to God, and praising him for his unending grace and blessings. According to H.G. Dr. Paulos Mar Gregorios, we are cleansed of the accumulated impurities of our life through prayers and we are supplied with power to live a good, kind and holy life. In prayer the first focus must be on God , and the second should be our mankind, and only in the third place we should ask for ourselves. Besides the written Canonical prayers, we can approach our Almighty, with

utmost devotion , to pray for our loved one , and that too in our own words. This kind of prayerful mechanism , enables us to be in proper communion with God, and proves to be fruitful. The more wood we pile on a fire the more heat we get , and thus it is with God – the more we think on Him the more we gain in love and fervor towards him. It would be appropriate if we lit candles or vigil lamp while praying. Light which is a symbol of God, dispels the darkness , that engulfs our mind. The Holy Scripture records that Eternal, and true light, and light of the World , our Lord Jesus Christ through whom we see light (Jn 1: 4 , 9 : 5 and Ps 36 : 9). To live a life of prayer is to live in the actual presence of God.

We have seen offices of prayer based on the saying of the Psalmist. “Seven times a day I praise you “(Ps. 119 : 164). The seven office hours of prayers are strictly observed at our church centers, Seminaries, Monasteries and convents. The great St. Basil of Caesaria, fourth century Cappadocian Father reminds us, “The whole of our life should be a season of prayers. We must not breath up the constant cycle of prayer , but we must follow hours of prayer prescribed by the saints. “Davis says, “at mid night I give thanks to you for your righteous judgment” the same prophet says, “ evening and morning and at noon I will pray” (Ps 55 : 17) .

The seven hours of prayer and their significance are as :

1. Evening - end of the day
2. Bed time - for God’s protection in the midnight
3. Mid night - beginning of the day
4. Morning- beginning of the day
5. 9.00 a.m - coming down of the Holy spirit on the day of pentecosti
6. 2.00 noon - crucifixion of our Lord
7. 3.00 p.m – death of our Lord on the cross

We possess many common prayer books such as family prayer book , children's hand book of common prayer, prayer book for young people and many other publications. Knitted up in an inextricable way by the Holy Fathers to approach God in the right spirit with humility and purity of heart.

St. Gregory of Nyssa (C. 330 – 395) reminds us about the degree of prayer ("From glory to glory") that those whom God favours with mystical communion often live in darkness and then in light, the closer a human being approaches the vision of God, the more that person is aware of the inevitability of God in his darkness. The darkness itself offers more joy than all created light and leads to the bliss of the uncreated True Light. According to Bishop Thephan, the Recluse (1815 – 1894) a Russian ascetic theologian, there are certain degrees of prayer involving our body, intellect and the capacity beyond the limits of consciousness in prayer. The principle thus is to stand before God with the intellect in the heart, and go on standing before Him unceasing day and night until the end of life.

Prayer is thus, a fertile land, in which we can sow, the seeds of our worries, troubles , and tranquilities , which will ultimately sprout out like the showers of blessings from our God , , the Almighty. We must force ourselves to pray throughout our lives ; by keeping our hearts free from hatred , envy and evil thoughts , so that God may forgive us and be merciful to all. In a country like ours where youth is most powerful and vibrant , chances always persist for them to get deviated and misdirected from the path of God, that ultimately embaseth them to a perfidious state. This book, (**Rejoice in Prayer**) will enable the youth to probe deep into their inner sub-conscious mind , and trace out whether he/she has dispelled from the path of God ? May all the hard work, and unending effort of those who made it possible to publish this book prove out to be of worth and fruitful .

It's sure that those who browse its pages with utmost devotion and try to follow the same in their personal life, will Rejoice in the Almighty throughout their lives.

I wish all success for MGOCSM of our Diocese in all their endeavours.

## **ACKNOWLEDGMENT**

IT is indeed a very historic and defining moment for the MGOCSM, Delhi diocese that for the very first time is bringing out a prayer book, catered specifically for the needs of the students and the Diaspora community. This prayer book is result of the painstaking efforts taken by Rev. Fr. BIJU P. THOMAS, the vice president of our Diocesan MGOCSM. Under his able guidance and humble approach, the MGOCSM, Delhi diocese is treading towards the path of progress. We are very grateful to Achen for his valuable services and prayers.

At this juncture, we also pray for the good health and a speedy recovery of our beloved Thirumeni who is undergoing dialysis treatment. His Grace has always been a fortress of strength and encouragement. His vision for the Diaspora and the youngsters is worth commendable.

Dear friends, in your valuable prayers do remember the activities of our diocesan MGOCSM. may our MGOCSM strive to great heights of success and progress and proudly uphold our motto of worship, study and service.

I sincerely hope and pray that, this earnest endeavour of the MGOCSM in bringing out the prayer book would become an effective tool for the spiritual enrichment and nourishment of Christian values and ethos.

Dearly beloved in Christ, prayer helps us to keep the unbroken relationship with the living God. Through prayer, we submit ourselves to God. It is said that prayer is the communion and communication with God. From the gospels, we learn that when Jesus Christ lived in this world, he practiced a prayerful life. He taught us a prayer and his prayerful life is a role model for us to follow. We read in St. Mathew 26:41 “keep watch and pray that you will not fall into temptation”

We must pray to God with a pure heart, a spirit of humility and repentance. In the parable of the Pharisee and the tax collector, who went to the temple for prayer, we learn that how we must pray to god. St Paul prayed to strengthen his inner being, we read in Ephesians 2: 14 “lord help me to lighten the eyes of my inner being.”

We can learn many things about prayer, but we can enjoy it only through practicing it. “Oh lord, I am a sinner have mercy on me” is the simple and humble prayer we can follow always.

Mahatma Gandhi said, “I can live without food for days, but I can’t live without prayer”

As the creation of God, created in his own image and likeness, it is our duty to pray. Prayer helps us to grow spiritually, mentally and physically. The psalmist exhorts us to pray by saying, “come let us bow down in worship, and let us kneel before lord the master.”

The prayers of Hannah, Mother Mary, St Paul, Mar Gregorios of Parumala etc. are a model for us to follow.

Let us rededicate ourselves to the will of God and lead a prayerful and virtuous life.

May God bless us all.

Yours in the service of the Almighty

ABIN P JACOB

General Secretary, MGOCSM

Delhi Diocese

# JOY OF PRAYER

Fr. Biju P. Thomas

***“Prayer is a great weapon, a rich treasure, a wealth that is never exhausted, an undisturbed refuge, a cause of tranquility, a root of a multitude of blessings and their source.”***

St. John Chrysostom

***“Prayer is a conversation directly with God, being always with God, having one’s soul united with Him and one’s mind inseparable. A person becomes one with the angels and unites with them in perpetual praise and longing for God”***

St. Symeon of Thessaloniki

***“Prayer is the enthusiasm of childhood, the dependence of the youth, and peace of the old age. One who loves his fellowmen is a real devotee. All what is created by God deserves love. Things more than what we could dream of are possible through prayer”***

***“Prayer brings truth, religious faith, honesty and respect among the people.”***

St. Gregorios of Parumala

It is sad to see how prayer has lost its importance and place in many churches, families and individuals.

Few months ago a clergy said; “If I announce a banquet people will come out of their work to attend, but if I announce a prayer meeting, I am lucky if the ushers show up.” In this globalized world where materialism and consumerism rule over the world, people are leading a busy life. They have no time for anything apart from making money. People think that wealth is everything and without money, there is no life.

Human being is also a spiritual being. Prayer is inevitable to the spiritual survival of human being just as water, air, food etc. are essential for the human for his biological growth and survival.

Prayer is the respiration of the soul, the intimate bond with one's creator. It is like plant needing water and fertilizers to grow and develop. The divine life sowed in our soul at baptism can grow and mature in its own unique way only through constant and watchful prayer.

For the Eastern Orthodox Church, prayer, especially the sacramental worship is a special and profound experience of the meeting of heaven and earth. It is unimaginable and incomprehensible. Indeed prayer is raising one's mind and heart to God.

Let me quote one such occasion. ***“We knew not whether we were in heaven or on earth, for surely there is no such splendour or beauty anywhere on earth. We cannot describe it to you. We only know that God dwells there among men and that their service surpasses the worship of all other places.”***

In the latter part of the tenth century, Vladimir the Prince of Kiev sent envoys to various Christian centers to study their forms of worship. The envoys uttered these words when they reported their presence at the celebration of the Eucharist in the Great Church of Holy Wisdom in Constantinople. The profound experience expressed by the Russian envoys has been one that has shared by many throughout the centuries who have witnessed for the first time the beautiful and inspiring Divine Liturgy of the Orthodox Church.

### **The soul wishes to meet the creator**

We are created by the God Almighty. Thus, God is our creator. In human terms, He is our Father and we are His

children. **“So God created man in His own image; in the image of God He created him (Gen. 1:27)”**. Image of God in man is ultimately spiritual rather than biological. I don't reject God's hand in biological aspect of man. God designed man's body.

God is spirit. Rather than any other element, the spiritual image of God is prominent in human beings. Man's soul is given by God Almighty - a soul that will never die, even when the body decays. This soul in human being always wishes to be in constant relationship with the infinite to quench its spiritual poverty or thirst.

In Orthodox Syrian Church prayer book, in the Morning Prayer, we chant Psalm 63

**“O God, you are my God,  
and I long for you.**

**My whole being desires you;**

**Like a dry, worn-out,**

**and waterless land,**

**my soul is thirsty for you.**

**Let me see you in the sanctuary;**

**let me see how mighty and glorious you are.”**

**Psalms 63: 1, 2**

The King David wrote this beautiful and powerful song, when he was in the wilderness of Judea. The situation of the poem has a symbolic meaning. The wilderness is a desert experience. The desert experience is dull, boring and dry. There is no color, no hope, no happiness and it is full of fear and anxiety. It was also believed that desert is the place where Satan is very active. The negative experience in desert makes human life empty and void. However, spirit

in human being wants to be in communion with God even in the midst of adversaries. A serene spirit is attained in the presence of God.

It is like a traveler searching for water in the desert. In prayer, we enjoy the happiness, peace and communion with God.

I would like to take you to a pleasant journey of going through some more such Biblical Passages in the Bible.

**“As a deer longs for a stream of cool water so I long for you, O God. I thirst for you, the living God: when can I go and worship in your presence? Day and night, I cry, and tears are my only food; all the time my enemies ask me, “Where is your God?”**

**Psalms 42: 1-3**

**“I wait patiently for God to save me; I depend on him alone.” Psalms 62: 1**

### **Father – Son Fellowship in prayer**

We invoke and address our God as – ‘Our Father’. Jesus Christ himself addressed God “Father “ and taught us to call Him “ Our Father who art in Heaven”

God has given us the spiritual privilege to call Him – ‘Father’ for which we are not eligible. **“Behold, now we are children of God.” I John 3: 2,**

**“For we are also His offspring” Acts 17: 28.**

**“You received the spirit of adoption by who we cry out, Abba – Father” Romans 8: 15**

Prayer is our strength in temptation, our solace in sorrow, our moderator in success, our courage in adversity, our peace in trouble and our light in darkness.

God is the father of all who believe in Christ. To obtain God as Father is not a result of one's own merit, but a result of life and works of Christ.

One who believes Christ as savior of the world enters in to the blessed 'Father – Child' relationship with the God.

Prayer is the sole occasion to bring us to the magnificent and majestic presence of our Father to partake in His glory and experience the heavenly blessings.

Like a son approaches his Father with all liberty and freedom we can come before God to share with Him our concerns, happiness, sorrows and seek His divine intervention.

e) **“Present your requests and needs before God through Prayer” (Phil 4: 6)**

f) **“You do not have because you don’t ask.”**

**(James 4: 2)**

### **How Prayer helps**

- Prayer helps us to understand that our knowledge and strength are limited.
- Prayer helps us to know the true meaning of life.
- Prayer helps us to approach God Almighty to draw strength in order to face the life problems.
- Prayer helps us to experience the pure love and consolation.
- Prayer helps us to identify our failures and problems.
- In prayer, we get connected with the ultimate reality.
- In prayer we come to know the reasons for failures.
- God is Holy. Holiness is the basic character of God. Through the regular prayer, we share God’s holiness.
- Prayer is a powerful weapon to fight with evil. Jesus Christ himself prayed and was in communication with His Father for 40 days before His encounter with Satan. Christian life is a pilgrimage to the Kingdom of God. There is always war fare against evil. We get strength through prayer to overcome Satan.
- We feel God Almighty’s presence when we pray.
- Prayer helps to purify externally and internally.
- Prayer is that unique moment when heaven and earth come together.
- Prayer is God’s appointed way for getting peace, blessings and grace.
- Prayer at all times works miracles, because it calls out to the heart of God who is all powerful and infinite goodness.

# GOD WHO HEARS THE PRAYER

Fr. Biju P. Thomas

Does God hear our Prayer?

In one of the liturgical texts for Eucharist (Thaksa) in the introductory prayer before – “Our Father who art in Heaven ‘the Priest prays – Almighty God who hears and answers our prayer and supplications.

Holy Bible also testimonies God as one who hears the prayers.

“O you who hear prayer” Psalms 65: 2. It is God’s nature to hear and answer prayers. The characteristics and attributes of God are unchanging and everlasting.

**“I am the Lord, I change not” Malachi 3: 6**

**“Jesus is the same yesterday, today and forever” Hebrews 13: 8**

Abraham the father of the faithful prayed to God and delivered Lot - his nephew from the destruction of Sodom and Gomorrah. Prayer of Daniel from the lion’s den was heard and answered. God heard the cries of Shadrak, Meshak and Abed Nego in the furnace and rescued them unhurt. It is important for the believers to understand that prayers will be answered only if it is done with the faith, that God is a prayer hearing God. God is everywhere and we can always communicate with Him through prayer.

## Prayer – It’s God’s Command

- a) **“Always pray , don’t give up” (Luke 18: 1)**
- b) **“Watch therefore and pray always” (Luke 21: 36)**
- c) **“Ask and it will be given to you, seek and you will find; knock and the door will be opened to you.”( Luke 11: 9)**
- d) **“Pray continually” (Thessalonians 5: 17)**

To pray does not mean to think about God in contrast to thinking about other things or to spend time with God in contrast to spending time with our family and friends. Rather, to pray means to think and live our entire life in the presence of God. Our whole life, every act and gesture, even a smile must become a life of adoration, an offering, a prayer. "This is what St. Paul means when he writes to the Corinthians that " Whatever you do, do it for the glory of God" ( 1 Cor. 10:31)

### Jesus Prayer

I think the prayers developed by the ascetics of Greek Orthodox church is befitting to lead a life of unceasing prayer . The history of Jesus prayer goes back to the early 6<sup>th</sup> century. It is also known as the prayer of the heart. Jesus prayer is offered as a means of concentration as a focal point for our inner life. The most frequently used form of Jesus prayer is :- "Lord Jesus Christ, Son of God, Have mercy on me".

### **Prayer that can be recited at any time.**

- Ex. 1. Oh Lord our God , have mercy on us.
2. Oh Lord , I am a sinner, have mercy on me.
  3. Oh Lord , source of divine blessing, I surrender myself unto thy feet.
  4. Oh Lord, fill our hearts with the fragrance of your love.
  5. Oh, Almighty Father, shower us with your grace and blessing.
  6. Jesus Christ, son of David, give ears to my supplication.

# PRAYER UNCEASING

Fr. Biju P. Thomas

The church fathers defined prayer as a medium for communion and communication with the Almighty. The devotee gets a chance to converse with his creator. In true spirituality prayer in itself is not the ultimate aim. It is only a means to meet, to converse in silence and in words and exchange the feeling and thoughts with the Almighty. Prayer is a meeting point of God and man.

The secret of rejoicing in prayer dwells in meeting of man and God and not in simply completing the chanting. Chanting is merely a lip exercise but prayer is communion with God. Jesus Christ assures – “If two or three are gathered in my name I am in Your midst”. This is the assurance of the presence of God during prayer. Also Holy Eucharist is the occasion to meet Christ face to face.

In true prayer, devotees withdraw themselves from the worldly and material matters and submit the body, mind and spirit in the presence of God. They trust in God for the help in everything through unconditional surrender.

Through unceasing prayer we can transform our life into a successful one even in the midst of pain, persecution and trouble. At the zenith of sufferings on the cross, Christ transformed those moments for fulfilling His Father’s will. Prayer is the companion for the lonely and suffering.

St. Paul urges the people of Rome to be constant in prayer (Romans 12:12) He instructs the people of Theselonica and Ephesus to pray unceasingly.

How can one resonate the normal material life with a life of prayer unceasing? Is it possible? We are, after all, very busy people. Our work, our family, our education all plays heavy demands upon our time. How can we find more time for prayer into our already overcrowded lives.?

# IN THE COMMUNION OF GOD

Fr. Biju P. Thomas

I strongly recommend our students and youngsters to declare the next year as **the year of worship** for being trained to lead a prayerful life. This training should be of a lifelong help. This small step will help you to take a giant leap in your prayer life. Prayer and worship are both beautiful and attractive. Human words are limited for an author to express the beauty of prayer and worship. Worship is so heart touching and inspiring that one who experiences its tranquility never ceases to pray.

St. Gregorios of Parumala was a simple ascetic, of small and weak stature with a short life but, his prayerful journey has become the pride and power of Orthodox Church in India, that today even after his death, people flow to his kabar( where his mortals remains are kept) in lakhs year after year to seek his divine intercession. He rightly said “prayer is, the enthusiasm of childhood, the dependence of the youth and the peace of old age.”

God is the epicenter of power and energy. God’s energy manifests in prayer and worship. When Paul and Silas were chained prisoners in the dungeon of Roman Empire they prayed and God’s mighty power reached the inner cell, broke their chains, and set them free.

In today’s world, three models of worship can be identified.

1. Traditional worship patterns where prayer is considered as human being’s response and responsibility towards his/her creator. There, prayer is our obligation to the creator.
2. In today’s fast-paced world, people expect fast result and expect something from God as response of their worship.

7. Oh, Lord, ocean of love, have mercy on us.
8. Oh, Lord, forgive our inequities, and bless thy children.
9. Oh, Almighty Father, teach us to live in reconciliation with our friends and fellow-beings.
10. Oh, Almighty, host of the whole creation.
11. Oh Lord, fill in us the gifts of the Holy Spirit.
12. Jesus Christ, the Holy Spirit fill in us your strength.
13. Oh Lord Jesus, may the sign of your cross protect us from the heavy snares of evil.
14. Oh Lord, accept my praises and adoration.
15. Oh Lord, make me worthy enough to stand in thy front and thank you for all the blessing.
16. Oh Lord, Make me your son.

# PRAYERS FOR SPECIAL OCCASSIONS AND MEDITATION

## Prayers of Thanksgiving

Now that the day has ended, I thank you Lord, and I ask that the evening and the night be sinless. Grant this to me, O Savior, and save me.

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

Now that the day has passed, I glorify you, O Master, and I ask that the evening and the night be without offense. Grant this to me, O Savior, and save me.

Both now and forever and to the ages of ages. Amen

Now that the day has run its course, I praise you, O Holy One, and I ask that the evening and the night be undisturbed. Grant this to me, O Savior, and save me.

## Prayer for Forgiveness

Lord, God our Father, if during this day, I have sinned in word, deed or thought forgive me in Your goodness and love. Grant me peaceful sleep; protect me from all evil and awake me in the morning that I may glorify You, Your Son and Your Holy Spirit now and forever and ever. Amen.

## Prayers for Enlightenment

Christ our God, who is worshipped and glorified at all times and in every hour in heaven and on earth; who is most patient, loving and kind; who loves the just and shows mercy to sinners; who calls all to salvation through the promise of the blessings to come; Lord, at this time receive our prayer and direct our lives according to Your will. Bless our souls and bodies. Correct our thoughts and purify our minds. Protect us from all evil and distress. Surround us with Your holy angels, that guided and guarded by them, we may attain the unity of the faith and the knowledge of Your

3. A third category generally believes in God's existence, for them work is worship. They call themselves secular and believe that all religions are right. They may or may not go to a religious place for worship.

However, in Orthodox Christianity, worship is a zealous enquiry. It is a search for the ultimate needs of human being, that is, love. Human beings share love and thirst to be loved. Where can we get pure love? Ultimately, we reach God Almighty - the ocean of love. In worship and prayer, we stand at the banks of this ocean of love. So let us quench our own thirst and tell other people where pure love is available and carry maximum of it to share with the people who are deprived of it and are still in search for love.

In the web of God's love even sinners have the opportunity to be loved. Love is non-perishable. Pure heart is mandatory to meet God in worship and prayer. "Blessed are the pure in heart for they will see God" (Mathew 5: 8)

External worship must be a symbol of internal worship and purity of heart. The elementary aspect valued by God is a pure heart.

God calls you to worship him.

**"Come let us sing for Joy to the Lord let us shout aloud to the rock of our 'salvation'. Let us come before him with thanksgiving and extol him with music and song"** (Ps. 95:1,2)

## **Family Prayer**

### **Family or Group Prayer**

Leader: May the grace of our Lord Jesus Christ and the love of God the Father and the fellowship of the Holy Spirit be with you.

**All:** And with thy Spirit.

**All:** You have given us grace at this time to offer You a common prayer together. You have promised that when two or three people are gathered together in Your name, You will grant their requests. Fulfill, Lord, the prayers of Your servants, which are for our welfare, grant us the knowledge of Your truth in this world and life everlasting in the world to come. Amen.

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

### **Parent's Prayer for Their Children, Relatives & Friends**

O God, our heavenly Father, who loves humankind and are a most merciful and compassionate God, have mercy upon Your servants (*Name those whom you wish to remember*) for whom I humbly pray to You to care for and protect. O God, be their guide and guardian in all their endeavors, lead them in the path of Your truth, and draw them nearer to You, so that they may lead a godly and righteous life in Your love as they do Your will in all things. Give them Your grace, and mercy so that they may be patient, hard working, tireless, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption, and direct them in the way of Salvation, through the goodness of Your Son, our Savior Jesus Christ, and the prayers of His Holy Mother and the blessed saints. Amen.

unapproachable glory, for You alone are blessed forever and ever. Amen.

### **Mealtime Prayers**

#### **Prayers before Meals**

Christ our God, bless us Your servants, our home, the food and drink before us for You are the Source of all blessings, now and forever and ever. Amen.

Lord Jesus Christ our God, You blessed the five loaves in the wilderness and fed the multitudes of men, women and children. Bless also these Your gifts and increase them for the hungry people in the world. You are the One who blesses and sanctifies all things and to You we give glory now and forever. Amen.

The hungry shall eat and shall be satisfied. Those who seek the Lord shall praise Him; their hearts shall live forever. Bless us Lord and Your gifts which we are about to receive. You are blessed and glorified forever. Amen.

#### **Prayers after Meals**

We thank you, Christ our God, for providing us with Your earthly gifts. Deprive us not of Your heavenly Kingdom. Lord, as you entered among Your disciples to give them peace, enter among us, give us Your peace and save us. Amen.

Glory to You, Lord and King! You have gladdened our hearts through Your earthly gifts. Fill us also with the gift of Your Holy Spirit, that we may abound in every good work to the glory of Your name. Amen.

We thank You Lord, giver of all good things, for these Your gifts and all Your mercies, and we bless Your holy name now and forever. Amen.

will and trust in Your loving care. I pray that You will bless the means used for my recovery and those who administer them. Grant that my sickness may be to my spiritual benefit and that I may live the rest of my life more faithfully according to Your will. For You are the source of life and healing and to You I give praise and glory, now and forever. Amen.

### **Prayers for a Sick Person**

Heavenly Father, physician of our souls and bodies, who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal also Your servant (*name*) from all physical and spiritual ailments through the grace of Your Christ. Grant him (her) patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray, heal Your servant (*name*) and grant to him (her) the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

O Lord our God, who by a word alone did heal all diseases, who did cure the kinswoman of Peter. You who chastise with pity and heal according to Your goodness, who are able to put aside every sickness and infirmity, do You Yourself, the same Lord, grant aid to Your servant (*name*) and cure him (her) of every sickness of which he (she) is grieved. Send down upon him (her) Your great mercy, and if it be Your will, give to him (her) health and a complete recovery. For You are the Physician of our souls and bodies, and to You do we send up Glory: to the Father, Son and Holy Spirit, both now and forever, and to the ages of ages. Amen.

### **Thanksgiving after Recovery**

Almighty God and heavenly Father, You are the fountain of life and healing. I bless Your Holy name and offer to You

## **Prayer of a Single Parent**

Lord Jesus Christ my God, who carried Your own Holy Cross to Golgotha, grant me the strength, patience and wisdom to bear the burdens of parenthood. Fulfill in me anything I may be lacking and grant that through our prayers and those of Your Holy Mother, our family may grow closer to You and a Life in Christ. Amen

## **Prayer for Your Parents**

Lord and Savior, You have taught us to honor our fathers and mothers, and to show love and obedience toward them. From the depth of my heart I fervently pray to You, Jesus, my God: hear my prayer. Bless my parents who have raised me up with the help of Your grace. Protect them from evil, harm and sickness. Grant them faith, health and joy. Bless all their works that they may give You honor and glory all the days of their lives. Amen

## **Child's Prayer**

Heavenly Father, bless my parents and all those who love and care for me. Help me in all ways to be respectful and obedient to them according to Your will. Send down upon me Your grace to perform all my duties carefully and faithfully, to avoid unacceptable company and influence and to resist all temptation that may come my way. Help me Lord to live a serious, good and godly life, praising You constantly and glorifying Your Holy Name. Amen.

## **Prayers in Time of Illness**

### **Prayer of a Sick Person**

Jesus Christ, my Lord and Savior, You became man and died on the cross for our salvation. You healed people of sickness and affliction through Your love and compassion. Visit me, Lord and grant me strength to bear this sickness with which I am afflicted, with patience, submission to Your

safe from seen and unseen dangers. Grant that I may carry out my plans and fulfill my expectations according to Your will. Help me to see the beauty of creation and to comprehend the wonder of Your truth in all things. For You are the way, the truth and the life, and to You I give thanks, praise and glory forever. Amen

### **Prayers for Repentance**

God, my good and loving Lord, I acknowledge all the sins which I have committed every day in my life, whether in thought, word or deed. I ask for forgiveness from the depths of my heart for offending You and others and repent of my old ways. Help me by Your grace to change, to sin no more and to walk in the way of righteousness and to praise and glorify Your Name, Father, Son and Holy Spirit. Amen.

O Lord my God, I confess that I have sinned against You in thought, word and deed. I have also omitted to do what Your holy law requires of me. But now with repentance and contrition I turn again to Your love and mercy. I entreat You to forgive me all my transgressions and to cleanse me from all my sins. Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace. Teach me both to desire and to do only what pleases You. Amen.

### **Prayer for Love**

Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbor as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift. Amen.

### **Prayer of St. Francis of Assisi**

“Lord make me an Instrument of Your peace;  
where there is hatred, let me sow love;

thanks for having delivered me from sickness and restored me to health. Grant me Your eternal grace, I pray, that I may live a new life in true obedience to You. Guide me to do Your will in all things devoting my life to Your service. Thus living for You may I be found worthy of Your kingdom, where You dwell in glory with Your Son and Your Holy Spirit forever. Amen.

O Lord God Jesus Christ, the Life and strength of all that put their hope in You, Whose mercies are numberless, and the treasury goodness that is infinite, we give thanks to You for the blessings which You have bestowed, and we humbly beseech You to continue Your goodness toward us. As You have been well pleased to restore us to our bodily health, so do imbue our souls with all the heavenly graces, perseverance in good works, and prepare us by Your blessings in this life for the enjoyment of eternal happiness in the Life to come. For to You are due all glory, honor, and worship, as also to Your Eternal Father and Your All-holy Good and Life-creating Spirit, both now and forever, and to the ages of ages. Amen.

### **Prayers before Travel**

Lord Jesus Christ my God, be my Companion, guide and protector during my journey. Keep me from all danger, misfortune and temptation. By Your divine power, grant me a peaceful and successful journey and safe arrival. In You I place my hope and trust and You I praise, honor and glorify, together with Your Father and Holy Spirit now and forever and ever. Amen.

Lord Jesus, You traveled with the two disciples after the resurrection and set their hearts on fire with Your grace. Travel also with me and gladden my heart with Your presence. I know, Lord, that I am a pilgrim on this earth, seeking the citizenship, which is in heaven. During my journey surround me with Your holy angels and keep me

Christ, the true light, who enlightens and sanctifies every person coming into the world, let the light of Your countenance shine upon me (us) that I (we) may see Your unapproachable light; and guide my (our) steps in the way of Your commandments, through the intercessions of Your all-holy Mother and of all the Saints. Amen.

### **Prayer after Study**

I thank You, Lord our God, that again on this occasion You have opened my eyes to the light of Your wisdom. You have gladdened my heart with the knowledge of truth. I entreat You, Lord, help me always to do Your will. Bless my soul and body, my words and deeds. Enable me to grow in grace, virtue and good habits, that Your name may be glorified, Father, Son and Holy Spirit, now and forever. Amen.

### **Prayer before Exam**

O wise God, I pray that my mind might be rested, my body energized, and my spirit inspired for the exam I must write.

Grant me peace and assurance so that I might do the best I am able, regardless of what that might be.

Be with my fellow students and may I be a good example to them, offering reassurance and confidence regardless of how I feel.

May I be honest and insightful, and able to give a true record of what I have learned. In the end, may any disappointment be born with grace, and any joy accompanied with humility. I write this exam with Thee, O Lord Jesus Christ. Amen.

### **Prayer before Studying the Bible**

Master who loves us, shine Your eternal light in our hearts that we may know you better. Help us to fully understand Your gospel message. Instill in us respect for Your holy commandments, that by overcoming our worldly desires

where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
Divine Master, grant that I may not seek  
to be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life." Amen

### Prayer for Study

#### **Prayer of a Student**

Christ my Lord, the Giver of light and wisdom, who opened the eyes of the blind man and transformed the fishermen into wise heralds and teachers of the gospel through the coming of the Holy Spirit, shine also in my mind the light of the grace of the Holy Spirit. Grant me discernment, understanding and wisdom in learning. Enable me to complete my assignments and to abound in every good work, for to You I give honor and glory. Amen.

#### **Prayers before Study**

Most blessed Lord, send the grace of Your Holy Spirit on me to strengthen me that I may learn well the subject I am about to study and by it become a better person for Your glory, the comfort of my family and the benefit of Your Church and our Nation. Amen

In the mercy let justice triumph!  
Swords into ploughshares  
Missiles into fertilizer  
May wars terrorism cease  
And the days of peace begin!  
Blessed be the Lord our God  
He has promised, he will fulfill  
Strife shall cease, Peace will come  
Justice shall reign, joy will overflow.  
This terrorism, wars and battles between  
ourselves first start precisely in the desires  
fighting inside our own selves. We want  
something we haven't got it, so we are  
prepared to kill. We have an ambition that  
we cannot satisfy, so we fight to get our way  
by force. Why do we not have what we want?  
Because we don't pray for it; when we pray  
and don't get it is because we have not prayed  
properly, we have prayed for something in  
order to indulge our own desires!  
Into your hands, O! Lord of all, we commend  
ourselves, take us, break us if need be, then  
make us anew that in you we may be  
healed restored and united! Reach us your

we might live a spiritual life of thoughts and deeds which pleases You. We ask this of You, O Christ our God, for You are the light of our souls and bodies and You we glorify with Your eternal Father and Your all-holy good and life-giving Spirit now and forever. Amen.

Shine within my heart, loving Master, the pure light of Your divine knowledge, and open the eyes of my mind that I may understand Your teachings. Instill in me also reverence for Your blessed commandments, so that having conquered sinful desires I may pursue a spiritual way of life, thinking and doing all those things that are pleasing to You. For You, Christ my God, are my light, and to You I give glory together with Your Father and Your Holy Spirit, now and forever. Amen.

### **Prayer for Peace**

**by Dr. Paulos Mar Gregorios**

“Dear Lord and Creator of Mankind,  
forgive our foolish ways.

Drop your still dews of quietness  
till all our striving ceases.

Take from our souls the stress and strain  
and let us confess the beauty of your peace!

Breathe through the heats of our desire  
your coolness and your balm!

Let sense be dumb, let flesh retire

Speak through the earthquake, wind and fire,  
O still small voice of calm!

Restore the peace of world

# EVENING PRAYER

## DOXOLOGY

✠ In the name of the Father, and of the Son, and of the Holy Spirit, one true God;

*Glory be to Him, and may His grace and mercy be upon us for ever. Amen.*

Holy, Holy, Holy, Lord God Almighty by whose glory, the heaven and the earth are filled, Hosanna in the Highest.

Blessed is he, who has come, and is to come, in the name of the Lord God; Glory be to him in the Highest.

## TRISAGION

Holy art Thou, O God!

Holy art Thou, Almighty,

Holy art Thou, Immortal,

✠ Crucified for us

Have mercy on us.

*(Recites thrice)*

Lord, have mercy upon us,

Lord, be kind and have mercy upon us,

Lord, accept our service,

and our prayers

and have mercy on us.

Glory be to Thee, O creator!

Glory be to Thee, O Messiah,

King who has compassion on us,

Thy sinful servants

✠ Barekmor.

spirit that may guide our thoughts and direct  
our wills! Grant us wisdom to know  
what is right and power to do what is good!  
Come, Holy Spirit, come  
Come as the fire and burn  
Come as the wind, and cleanse  
Come as the rain, and soothe  
Come as the light and reveal  
Convict, convert, comfort  
Consecrate us to do your will.  
O! Thou that are manifest, be Thou manifest to us:  
From the unreal lead us to Real,  
From darkness lead us to Light,  
From death lead us to Immortality!  
And now committing ourselves along with the  
whole of humanity into your loving hands, we would  
sum up our aspirations in the prayer saying:  
Thy Will Be Done!”

Wash me thoroughly from my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is ever before me.

Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence, and blameless when you pass judgment. Indeed I was born in guilt, a sinner when my mother conceived me.

You desire truth in the inward being; therefore teach me wisdom in my secret heart. Pure me with hyssop, and I shall be clean; wash me and I shall be whiter than snow.

Let me hear joy and gladness; let the bones that you have crushed rejoice. Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your Holy Spirit from me.

Restore to me the joy of your salvation, and sustain in me a willing spirit. Then I will teach transgressors your ways, and sinners will return to you. Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud your deliverance.

O Lord, open my lips and my mouth will declare your praise. For you have no delight in sacrifices.

If I were to give a burnt offering, you would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure; rebuild the wall of Jerusalem, then you will delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

All: And to you belongs the praise O God. Barekmor.

## **OUR FATHER, WHO ART IN HEAVEN**

### **(Lord's Prayer)**

**Our Father, who art in heaven**, hallowed be Thy name; Thy kingdom come; Thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our debts and sins as we also have forgiven our debtors. Lead us not into temptation; but deliver us from the evil one. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

## **HAIL MARY, FULL OF GRACE**

**Hail Mary, full of grace**, our Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, our Lord Jesus Christ.

O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen.

## **INTRODUCTORY PRAYER**

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

May His mercy and compassion be showered upon us weak and sinful people, both worlds forever and ever. Amen.

Grant us, Lord God, that while our bodies rest from the labours of the day and our souls are released from worldly thoughts, we may offer you ceaseless praise and uninterrupted thanksgiving; that we may acknowledge your loving kindness by which you direct and rule our lives and protect and save our souls; to you we offer praise and thanksgiving, now and always and forever. Amen.

## **PSALMS: 51**

**Have mercy upon me, O God**, according to your steadfast love; according to your abundant mercy blot out my transgressions.

me. I cry to You, O Lord, I say, "You are my refuge, my portion in the land of the living".

Give heed to my cry, for I am brought very low. Save me from my persecutors, for they are too strong for me. Bring me out of prison so that I may give thanks to your name. The righteous will surround me for you will deal bountifully with me.

### **Psalm 119**

Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to observe your righteous ordinances. I am severely afflicted; give me life O Lord according to Your word. Accept my offerings of praise, O Lord, and teach me your ordinances.

I hold my life in my hand continually, but I do not stray from Your law. The wicked have laid a snare for me, but I do not stray from your precepts. Your decrees are my heritage forever; they are the joy of my heart. I incline my heart to perform your statutes forever to the end.

Praise the Lord all you nations! Extol him, all you people! For great is His steadfast love towards us, and the faithfulness of the Lord endures forever.

**All:** And to you belong the praise O God, Barekmor

Glory be to the father ..... From ages unto ages.....

### **COMMON RESPONSE**

Those in heaven sing praise and those on earth offer worship to the one eternal Being.

God the creator of the whole world.

### **HYMN**

I called upon the Lord; with my voice, I besought Him. With the voice of praise I make satisfaction to you, because of

Priest: Glory be to the Father .....

All: From ages unto .....

### **Psalm 141**

***I call upon you O Lord; come quickly to me; give ear to my voice when I call to you.***

Let my prayer be counted as incense before you. And the lifting up of my hands as an evening sacrifice. Set a guard over my mouth, O Lord, keep a watch over the door of my lips. Do not turn my heart to any evil, to busy myself with wicked deeds in company with those who work iniquity; do not let me eat of their delicacies.

Let the righteous strike me; let the faithful correct me, never let the oil of the wicked anoint my head, for my prayer is continually against their wicked deeds. When they are given over to those who shall condemn them, then they shall learn that my words were pleasant.

Like a rock that breaks apart and shatters on the land, so shall their bones be strewn at the mouth of Sheol. But my eyes are turned towards You, O God, my Lord; in you I seek refuge; do not leave me defenseless.

Keep me from the trap that they have laid for me, and from the snares of evildoers. Let the wicked fall into their own nets. While I alone escape.

### **Psalm 142**

With my voice I cry to the Lord; with my voice I supplicate to the Lord. I pour out my complaint before him; I tell my trouble before him. When my spirit is faint, you know my way.

In the path, where I walk they have hidden a trap for me. I look on my right hand and see there is no one who takes notice of me; no refuge remains to me; no one cares for

The martyrs saw Christ hanging on the cross and his side opened by the spear, and blood and water flowing from it; and they hastened to encourage one another and said: come let us die for the sake of our Lord, as he died for us. Christ our God, by the prayer of your martyrs, have mercy upon us.

### **On Repentance**

Open to us, Lord, the door of mercy, as you did to the thief, accept our repentance, as you did that of the publican and the sinful woman, and as you pardoned Simon after he had denied you, pardon our sins and offences. Lord full of mercy, You are He who is pleased with penitents when they come to you in penitence.

Merciful Lord, have compassion on me as on the thief, not that I am worthy but because of Your grace, by which You descended to the race of men, that you might save it from its oppressors, death and sin, physician of our soul, I beg you, have mercy upon us.

### **Of the Departed.**

Lord make a good remembrance of the faithful departed, who ate your holy body and drank your redeeming blood; and when you come in glory with your angels, let them stand at your right hand with faces unveiled. Christ our God, and let them offer praise to your godhead.

Do not grieve, you dead, who have departed from this world, Christ who became a son of man, on the great day of his coming will make you take your pleasure in his marriage chamber. You will mingle with the angels and the spirits and with them you shall take, your pleasure in the kingdom of heaven and you shall cry to him in thanksgiving.

### **Psalm 102: 1-3**

Lord, hear my prayer, halleluiah and let my cry come before you.

my sins and offenses, I beseech you while I cry; my Lord and my God do not cast me from your presence. I lay before you my penitence and compunction of heart; because of the multitude of my faults, Christ the King have mercy on me.

*Glory be to the father ..... From ages unto ages.....*

I confess the sins and offences of my being before you,  
and I do not hide the multitude of my faults,  
O lover of men; I said, I will not hide my evil deeds;  
I will confess my iniquity to the Lord,  
in His mercy he will heal me; physician of our souls,  
I beg you, have mercy upon me.

### **On the Mother of God**

From the palace of heaven an angel was sent to Nazareth, a town of Galilee, to the blessed daughter of David; he brought a message of peace with him and announced to her the Lord is with you and shall come forth from you. The first – born of the Father, Christ our God, who came forth from her, have mercy upon us.

All the mouths and tongues of fire and spirit which are hidden in the heights above city, blessed is the blessed one; and likewise all the generations on earth, as she said; by her prayers, Lord of all, send down in your compassion, forgiveness of sins and offences upon the assembly of those who honour the day to her memory.

### **On the Saints**

Peace be with you, prophets, apostle and martyrs, builders of the faith and pillars of the Holy church; they endured all torments for the sake of our Lord and their souls followed after him, as David sang; Christ our God, by the prayer, have mercy upon us.

Lord, have pity on me and I will live by the mercy from your right hand, and let me not be tormented like the rich man in Gehenna; grant me to pass on a ship of water through the sea of fire, and let not the grievous place of flames harm me.

My tongue shall praise you with Anania and his companions, and my mouth shall confess you with Daniel from within the den,

From the torments of the rich man, deliver me, Lord, and with Lazarus the poor man I will sing your praise.

Christ who has power over the kingdom, over Gehenna, deliver me, Lord, from Gehenna, and have mercy upon me.

### **Concluding Prayer**

Lord Jesus Christ, do not shut the door of your mercy on our faces, Lord, we confess that we are sinners, have mercy on us. Your love made you descend from your place to us. Lord, by whose death our death was ended, have mercy on us.

### **Trisagion**

*Our father, who art in heaven..*

*Hail Mary, full of grace..*

### **Compline**

#### **Trisagion**

*Our father, who art in heaven..*

*Hail Mary, full of grace..*

#### **Hymn**

Lord, do not rebuke me in your anger,  
sang David, and do not punish me in

Do not turn your face from me in the day of affliction, halleluiah, but incline your ear to me on the day when I call you and answer me quickly.

Because my days are consumed in smoke, halleluiah, and my bones are white as if they were burned.

My heart is dried up and withered like the grass, halleluiah, because I have forgotten to eat my bread.

Glory be ..... From ages.....

### **Common Response**

Receive, Lord, our service and our prayers like those of Moses and Elijah and like those of Aaron the glorious priest, and to you belongs the praise, O God.

### **Hymn**

*How good and lovely*

The light of day is ending bring to completion

Your grace in us; remove from us the evil

one who at every hour lays snares for us;

may your cross be our guard and protection

by night and by day.

Glory be..... From ages.....

The watchers on high are attentive to the

voice of the service of those on earth

Lord be gracious to us and help us.

### **Supplication song of Mar Jacob**

We call upon You, Lord our God, come to our aid; hear our prayer and have mercy on our souls.

Bless me Lord: I will say to the Lord, you are my refuge and my fortress; my god, in whom I trust.

For he will deliver you from the snare of the fowler and from the deadly pestilence.

He will cover you with his pinions. And under his wings you will find refuge; His faithfulness is a shield and buckler.

You will not fear the terror of the night or the arrow that files by day. Or the pestilence that stalks in darkness, or destruction that wastes at noonday.

A thousand may fall at your side, ten thousand at your right hand but it will not come near you.

Your will only look with eyes and see the punishment of the wicked.

Because you have made the Lord your refuge, the most high your dwelling place.

No evil shall befall you; no scourge shall come near your tent.

For he will command his angels concerning you to guard you in all your ways.

On their hands they will bear you up, so that you will not dash your foot against a stone.

You will tread on the lion and the adder, the young lion and the serpent you will trample under foot

Those who love me, I will deliver, I will protect those who know my name.

When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honour them.

With long life, I will satisfy them, and show my salvation.

## **Psalm 121**

I lift my eyes to the hills, from where will my help come?

Your wrath, cried the prophet; for God is merciful at all times and He does not desire that the image which His hands created should perish.

Glory be ..... From ages.....

Jesus the son of the king gave us a sign,  
of life, which when the evil one sees  
on us he vanishes: he mingled his holy  
body and his blood for our pardon, that  
we may give thanks to him for his grace;

blessed is his mercy. Lord, be gracious to us and help us

### **Supplication of Mar Jacob**

We call upon you, Lord our God, come to our aid, hear our prayers and have mercy on our souls.

How lovely is the prayer which the Son of God taught us; blessed is he who keeps it in his soul and meditates upon it; all the beauty of justice and perfection is found there for him, who takes pains to make it his prayer.

Forgive us our sins and offences. Lord taught the sons of mystery that they should say to his Father, when they pray; to have encouragement that he desires to forgive those who offend and for that reason he taught them to pray for forgiveness.

You who hear all and receive prayers, hear our prayer and have mercy on our souls.

Lord have mercy upon us (3)

### **Psalm 91**

Bless me Lord: You who live in the shelter to the Most High, who abide in the shadow of the Almighty.

By the prayer of Mary who bore you and of all the saints, pardon me. Lord, and have mercy on me, O God. Amen.

L : Blessed be forever the glory of the Lord from his place. (2X)

A: Blessed be forever the glory of the Lord from his place.

L: Holy and glorious Trinity, have mercy upon us.

A: Holy and glorious Trinity, have mercy upon us.

Holy and glorious trinity, have pity and have mercy upon us.

L: Holy art thou and glorious forever.

A: Holy art thou and glorious forever.

Holy art thou, and blessed is thy name forever.

L: Glory to thee, our Lord

Glory to thee, our Lord. Glory to thee our hope and refuge forever. Barekmor.

**L: Our Father who art in heaven .....**

**Hail Mary full of grace.....**

Deacon: Let us respond to the prayer of the reverend priest (Most revered holy Father or Most Exalted Holy Father)

L: We believe in one true God, the Father Almighty.

A. Creator of heaven and earth of all things visible and invisible.

L: And in one Lord Jesus Christ.

A: The only begotten son of God: born of the Father, before all ages, Light of light, true God from true God, begotten not made, being of one substance with the Father, by whom all things were made. Who for us men and for our salvation, came down from heaven (✝) was incarnate of the Holy Spirit,

My help comes from the Lord, who made heaven and earth.  
He will not let your foot be moved; he who keeps you will not slumber.

He who keeps Israel will neither slumber nor sleep.

The Lord is your keeper; the Lord is your shade at your right hand.

The sun shall not strike you by day, nor the moon by night

The Lord will keep you from all evil; He will keep your life.

The Lord will keep your going out and your coming in from this time on and forever more.

**All:** And to you belongs the praise O Lord, Barekmor.

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

**All:** Halleluiah (3 X) from ages unto ages of ages. Amen.

**Leader:** He dwells under the protection of the Most High, Beneath the shadow of the wings of your loving kindness.

Protect us, Lord and have mercy upon us; you who hear all, hear the prayer of servants in your loving kindness.

An evening full of peace and a night of holiness, grant us, Christ our Savior, for you are the king of glory.

To you our eyes turn, pardon our offences and our sins; in this world and in the world to come, have mercy on us.

Lord let your mercy protect us and your grace rest upon our faces, and let your cross guard us from the evil one and his powers.

May your right hand rest upon us all the days of our life, and your peace reign among us and give hope and salvation to the soul of those who pray to you.

All the holy Fathers, Saints;  
To the Doctors, Orthodox –  
Help us by their prayers for us, Halleluiah

***Communion of the patron saint***

Lord, give good remembrance to  
Great Mar Thoma, glorious saint,  
Here on earth and up in heav'n-  
Help us by his pray'rs for us. Halleluiah

***Commemoration of the Departed.***

*1. The Departed Clergy*

Lord, give good remembrance to  
Our departed reverend priests,  
Let them be with Holy Hosts,  
Place the crown upon their heads. Halleluiah

*2. The Departed Faithful*

Lord, give good remembrance to  
Our departed Parents, kin;  
Write the names, when Thou dost' reign,  
There thy book of life within. Halleluiah .

*Adoration of the Holy Cross*

Lord we take refuge in cross  
Through which we are saved  
Keep us all under its wings  
Save us all from our foes. Halleluiah .

and of the Holy Virgin Mary, mother of God. Became man; was crucified (†) for us under Pontius Pilate, suffered and died, and was buried. Who rose again on the third day according to the scriptures, ascended (†) to heaven and sits at the right hand of His Father who will come again in His great glory, to judge both the living and the dead, and whose kingdom has no end.

L: And in one living Holy Spirit.

A: Lord And giver of life, who proceeds from the Father and with the father and the Son, is worshiped and glorified, who spoke by the Prophets and Apostles.

L: And in one, Holy, Catholic and Apostolic Church.

A: We confess that there is one Baptism for the remission of sins. We look for the resurrection of the dead and the new life in the world to come. Amen.

Deacon: Let us stand well.

All: Lord have mercy upon us

### ***Communion of the Mother of God***

Lord, give good remembrance to

Mary, Holy, virgin pure.

She who bore thee while a maid-

Help us by her prayers for us. Halleluiah.

### ***Communion of the Saints***

Lord, give good remembrance to

Prophets and Apostles true,

Martyrs, Just and Righteous ones –

Help us by their prayers for us. Halleluiah.

Lord, give good remembrance to

While I Lie and sleep in calm,  
May thy blood my keeper be,  
Let my soul dwell free from qualm.  
In thy image, mad'st thou me.

Overshadow with thy hand,  
Me a handicraft of Thine,  
Let me in thy fortress stand,  
Mercy shielding round be mine.

While my body silent lies,  
May thy pow'r its vigil keep,  
Let my breath like incense rise,  
T'ward thy greatness in my sleep.

Let not evil touch my bed,  
By thy mother's plea for me,  
By thy blood atoning shed,  
Satan's harm removed be

Since Thy word abides the same,  
Guarded by thy cross I'd be  
Walking, I shall praise thy name,  
Who did'st love even feeble me.

Grant O Lord, a listening ear,  
With desire to do thy will,  
Let thy peace at eve be near,  
Night thy righteousness fulfill.

Savior Christ, our hearts inspire  
Thee to see effulgent bright-  
Thee whose honor shines as fire,  
Worshiped by all sons of light.  
Jesus saviour of the world,

# PRAYER BEFORE SLEEP

## Doxology & Trisagion

O merciful God, the voice of our prayer knocks at Thy door,  
prevent not from Thy devotees the petitions of their needs.  
We call upon Thee, O God, to assist us in our infirmities O  
good one, hearken to the voice of our petitions in Thy mercy.

Lord Thy mercy on us cast,  
Use our service, every piece,  
Grant us from Thy treasure vast  
Mercy, blessings and release.

Let me Lord before Thee stand,  
Wakefully my watch I' d keep  
Should I fall to slumber's hand  
Guard thou me from sinful sleep

Walking, if to wrong I take,  
Mercifully absolve thou me,  
Sleeping, of a sin I make,  
Pardon grant clemency.

By the cross of Thy disgrace,  
Grant, me Lord a restful sleep,  
Evil dreams do Thou efface,  
Wicked thoughts far from me keep.

Through the night, conduct me. Lord,  
Peaceful sleep, give thou to me,  
Least foul thoughts in me find hard,  
Phantoms lest a terror be,

Grant thy Angel's watchful view,  
Guard my limbs without abate,  
Hateful lusts in me subdue,  
By thy living flesh I ate.

Supplications who dost heed,  
Hear us; reconciled be,  
Mercy show and grant our need.

Lord have mercy upon us (3X)

#### **Psalm 4**

Answer me when I call, O God of my right! Thou hast given me room when I was in distress. Be gracious to me, and hear my prayer.

O men, how long shall my honour suffer shame? How long will you love vain words, and seek after lies?

But know that the Lord has set apart the godly for himself; the Lord hears when I call to him.

Be angry, but sin not; commune with your own hearts on your beds, and be silent.

Offer right sacrifices, and put your trust in the lord.

There are many who say, "O that we might see some good! Lift up the light of thy countenance upon us, O Lord"!

Thou hast put more joy in my heart than they have when their grain and wine abound.

In peace I will both lie down and sleep; for thou alone, O Lord, makes me dwell in safety. And to you belongs the praise, O Lord. Barekmor.

L: O Holy Father, guard us by thy sacred name.

A: O Son of God, Our Savior, Protect us with thy victorious cross. O Holy Spirit, make us worthy temples of Thy holy habitation. O Lord, our God forever shelter us under thy divine wings at all times, forever. Amen.

Thou who dwellest in the light,  
Praise we thee for love unfired-  
Mercy, now with future bright.

Lord our God we give thee praise,  
Praise a thousand thousand fold,  
Tens of thousands praises raise,  
Mercy, now till time unfold.

Praise to thee, to thee be praise,  
Angels serve thee and adore,  
Lord of angles, we too raise,  
Prayers and worship all the more.

Praise to thee, who art our boast,  
One true God and one alone,  
Father, Son and Holy Ghost  
One in Three, and three in one.

Praise the Lord, who always hears,  
Prayers of feeble fold like us,  
Who regards repentant tears,  
As first – fruits, gift offered thus.

Earthly one to thee give praise,  
Countless as the leaves of the tress,  
Thee, whose glory angels raise,  
Serving thee as thou dost please.

Setting minds above the sod,  
Thanks we God, exalt him most,  
Who exists as one true God,  
Father, Son and Holy Ghost

Thou who hearest prayers to thee,

I long for your salvation, O Lord, and your love is my delight.

Let me live that I may praise you, and let your ordinances help me.

I have gone astray like a lost sheep; seek out your servant, for I do not forget your commandments.

### **Psalm 117**

Praise the Lord, all you nations! Extol him, all you people! For great is his steadfast love towards us, and the faithfulness of the Lord endures forever.

**All:** And to you belongs the praise O Lord. Barekmor.

### **Eniyono**

Why do you love sleep more than praise, my soul and how long will you be engrossed in pleasures which do not profit? Awake now, praise and sing: Lord of all to you're the praise.

Behold the time of repentance, let every man turn from his iniquity, before the time passes, and there is no place for repentance, do not reward us according to our iniquity, Lord of all, to you the praise.

The Lord beheld the earth trembling because of the iniquity, of its inhabitants, and the foundations of the world shook because great was the impiety within it. Do not reward us according to our iniquity, Lord of all to be praise.

Before he sinned, David said, let sinners perish but after he had sinned, he said my lord and my god have mercy on me, do not reward us according to our iniquity, Lord of all to you be praise.

The children of the Ninevites asked their father when shall we die, as the Hebrew wrote to us do not reward us according to our iniquity, Lord of all to you the praise.

Glory be to the Father..... From ages unto ages.....

# MIDNIGHT PRAYER

## Doxology & Trisagion

### Opening Prayer

Priest: Awaken us, Lord from our sleep in the sloth of sin that we may praise your watchfulness, you who watch and do not sleep;

Give life to our death in the sleep of death and corruption, that we may adore your compassion. You who live and do not die, grant us the glorious company of angels who praise you in the heaven, to praise you and bless you in holiness, because you are praised and blessed in heaven and on earth. Father, Son and Holy Spirit, Now and always forever and ever. Amen.

### **Psalm 134**

Bless me Lord. Come, bless the Lord, all servants of the Lord, who stand by night in the house of the Lord.

Bless me Lord. Lift up your hands to the holy place, and bless the Lord.

May the lord, maker of heaven and earth, bless you from Zion.

Let my cry come before you, O Lord; give me understanding according to your word.

Let my supplication come before you; deliver me according to your promise.

My lips will pour forth your praise, because you teach me your statutes.

My tongue will sing of your promise, for all your commandments are right. Let your hand be ready to help me, for I have chosen your precepts.

May your prayer be with us blessed one, may our prayer be with us; may the Lord hear your prayers and have pity on us.

Go in peace, ship which carried the new life; peace be with you palace, in which the king descended and dwelt; go in peace garden in which was the branch of righteousness, peace be with you dwelling in which the mysteries were preserved.

Go in peace, maiden, fair and full of beauty, peace be with you, dove who nourished the king eagle; go in peace, virgin bride and unmarried, peace be with you harbour and place of rest of the whole world.

By the prayers of her who carried you for nine months, Son of God, make to pass from us the rods of wrath. Lord be gracious to us and help us.

## **Second Qaumo**

### **Ekbo**

There are twelve pillars which carry the earth and twelve months which crown the year; there are twelve springs which flowed in the desert and twelve apostle who preached the gospel in the heights and the depths and in the four quarters of the world; may their prayers be to us a stronghold and a refuge.

Kurielasion (3X) Lord have mercy upon us .....

### **Qolo**

Lord our God, like shining lamps the holy apostle went for you into the world and made disciples of the nations who were in captivity to the devil and opened to them the way of truth, they believed and were forgiven their sins in the name of the father, the son and the holy spirit.

Glory be to the Father..... From ages unto ages.....

Glory to the one who is three and the three who are one Father , Son and Holy Spirit, one true God, to whom be praise and to us mercy at all times. Amen.

Kurielasion (3X)

### **First Qaumo**

#### **Ekbo**

Your mother, daughter of David, as represented by the ark; prophecy represents your fair image and has placed it in the scripture for him who has understanding; it likens you to the new jar, and your, son is the salt which seasoned that which had lost its flavour; and by it lives all the world which had perished .

Kurielasion (3X) Lord have mercy upon us .....

#### **Qolo**

Lord our lord, when your divinity was moved to descend and to clothe itself in the flesh of mankind; Gabriel flew and brought the peace of his Lord and sowed it in the ear of Mary and said to her; "Peace be with you, the Lord is with you and shall come forth you, he who is the Saviour of all creatures, halleluiah, the king whose kingdom shall have no end for ever."

Glory be to the Father..... From ages unto ages.....

Mary said to Christ when she brought him forth: I do not know what to call you, my son, I will call you an infant, but you are older than the ages; I will call you old, but you are a bade, I will call you the splendour which shines forth from the Father and gives light to the whole creation, halleluiah. Blessed is your splendour, and glorious your manifestation and worship for Father who sent you for our salvation. Lord be gracious to us and help us.

### **B'outho of Mar Jacob**

at night let your light shine in the hearts of your worshippers.

Lord be gracious to us and help us .....

### **Supplication song of Mar Balai**

Renew, full of mercy, your creatures by the resurrection, your servants and your worshippers who have slept in your hope.

Give rest and pardon to the dead, Lord, who have slept in your hope, and await your coming.

In the bosom of Abraham, Issac, and Jacob make to rest, Lord, Your servants who have slept in your hope.

Glory to Christ who calls the dead and they rise without corruption and sing praise. Their bodies and their souls shall cry together, "Blessed is he who has come and will come and raise the dead."

Lord our God, I entered the arena of martyrs and I saw there how they are judged, the flesh is burnt, the body torn and cast down but the heart is glad and the spirit rejoices; and they cry and say; for your sake we die, come to our aid, Jesus, and save us. Lord be gracious to us and help us.

### **B'outho of Mar Ephraim**

Lord have mercy upon us by the prayers of your apostles. By their prayer and their petitions have mercy on our souls.

By the prayers of the twelve apostles whom you chose for your glory, bless by your grace the twelve months of the year.

Glory to him who at town festivals divided his gifts among his apostles, at one festival he gave his flesh and blood and at the another the spirit and power.

Lord have mercy upon us by the prayers of your apostles, Lord be gracious to us and help us.

### **Third Qaumo.**

#### **Eqbo**

Jesus, son of the father, be our help; son of Mary, be our protection; Jesus strengthen us, Jesus guard us, Jesus have compassion on us, when you judge us.

Kurielasion (3X) Lord have mercy upon us .....

#### **Qolo**

At night, Simon Peter went forth from prison and at night the chains fell from the hands of Paul, and at night do you cut off from us the fetters and bonds of sin.

Glory be to the Father..... From ages unto ages.....

At night, a star of light appeared to Jacob in the open country, and at night a pillar of light stood over Israel, and

It is like the precious oil on the head, running down upon the bread, on the bread Aaron, running down over the collar of his robes. It is like the dew of hermon, which falls on the mountains of Zion.

For there the Lord ordained his blessing for life forever and ever more.

And to you belongs the praise O God. Barekmor .

### **ANTHEM**

Let us make memory of Mary and may she help us her prayers.

Let us make memory of the just and may they help us by their prayers.

Prophets, apostles and martyrs, may you prayers be a stronghold to us.

Make us worthy, Lord of the harbor of your martyrs and of the dwellings of your friends.

Compassionate and full of mercy, on the day of your judgement, have mercy on us.

Blessed is he who does not keep his mercy from the sinner who calls upon him.

Make a good memory, Lord of the children of the faithful church.

And let them stand at your right hand on the day when your majesty appears.

### **OR**

At all times and at all seasons virgin mother of god, may your prayer be a stronghold for us

## FOURTH WATCH

L: Halleluiah (3X), Glory to you O God

A: Halleluiah (3X), glory to you, O God (2X)

L: Be compassionate towards us in your mercy. O God of compassion.

A: In sacrifices and our prayers we make memory of our fathers who taught us, while they were alive to be children of God, Son of God, raise them up in the heavenly kingdom with the just and the righteous in the world which does not pass away.

### **Magnificate (St. Luke 1: 46 –55)**

Mary said “my soul magnifies the Lord and my spirit rejoices in god my savior for he has looked with favour, on the lowliness of his servant. Surely, from now on all generations will call me blessed.

For the mighty one has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation.

He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from thrones, and lifted up the lowly.

He has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise, he made to our ancestors to Abraham and to his descendants forever. Amen.

### **Psalm 133**

How very good and pleasant it is when kins live together in unity!

Praise the Lord from the earth, you sea monsters and all deeps, fire and hail snow and forest, stormy wind fulfilling his command!

Mountains and all hills, fruits, trees and all cedars! Wild animals and all cattle, creeping things and flying birds!.

King of the earth and all people princes and all rulers of the earth!

Young men and women alike, old and young together!

Let them praise the name of the Lord, for his name alone is exalted; his glory is above earth and heaven. He has raised up a horn for his people; praise for all his faithful, for the people of Israel who are close to him.

### **Psalm 149**

Sing to the Lord a new song, his praise in the assembly of the faithful. Let Israel be glad in its marker; let the children of Zion rejoice in their king.

Let them praise his name with dancing, making melody to him with tambourine and lyre.

For the Lord takes pleasure in his people; he adorns the humble with victory.

Let the faithful exalt in glory; let them sing for joy on their couches. Let the high praises of God be in their throats and two-edged swords in their hands.

To execute vengeance on the nations and punishment on the people, to bind their kings with fetters and their nobles with chains of iron, to execute on them the judgement decreed. This is glory for all his faithful ones.

### **Psalm 150**

Praise god in his sanctuary. Praise him in his mighty

By the prayers of your saints, keep from us the evil one who at times lays snares for us.

Jesus, our Lord and our God, may your cross be a stronghold for us and may we be protected beneath it.

Jesus, word of God, guard the living by your cross and pardon the dead in your mercy.

On all the days of our life let us thank and worship and praise the Father, the Son, and the Holy Spirit.

Our God full of mercy, on the great day when you come, raise us up at your right hand.

You who have made us worthy to sing praise to you at this time, make us worthy to inherit your kingdom.

May your mercy be upon us, Lord, Lord of our death and of our life, have mercy on our souls.

Lord have mercy on us and help us.

Awake, you that are asleep, and praise and sing praises.

#### PSALM 148

Praise the Lord! Praise the Lord for the heavens; praise him in the heights!

Praise him, all his angels, praise him all his host!

Praise him sun and moon; praise him all you shining stars! Praise him you highest heavens and you waters above the heavens.

Let them praise the name of the Lord who commanded and they were created. He established them forever and ever; he fixed their bounds that cannot be passed.

it is like April, which is adorned with flowers: April gladdens the earth with its flowers and your remembrance gives joy to all of us, may your prayer be with us.

Glory be to the Father..... From ages.....

Exult and be exalted noble Mar Thoma, because you are glorious in the creation and among the watches and behold in the church your remembrance is honoured and you have a garment of glory and a crown in the kingdom. Lord be gracious to us and help us.

### **B'outho of Mar Jacob**

**May your prayers be with us, bishops and fathers, may the Lord hear your prayers and have pity on us.**

The bishops who preached the faith taught according to the words of Simon without dispute; they trod in the footsteps of their master and walked in the way of the apostles without stumbling.

Behold, I am persecuted on all sides, cries the church; apostles of the Son, help me by yours prayers: when Son of God was taken up to him, he left you to me as strong fortress which cannot be subdued. Lord be gracious to us and help us.

### **Hymn of Angels**

As the angles and archangels in heaven sing praise on high, so we poor children of earth sing praise and say:

At all times and all seasons glory to God in the heights and on earth, peace and tranquility and good hope for the sons of men.

We praise you, we bless you, we worship you, we raise a hymn of praise to you.

firmament! Praise him for his mighty deeds; praise him according to his surpassing greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him tambourine and dance; praise him with strings and pipe!

Praise him with clanging cymbals; praise him with loud clashing cymbals! Let everything that breathes, praise the Lord!

### **Psalm 117**

Praise the Lord all ye nations, extol him all you people.

For great is his steadfast love towards us and all faithfulness of the Lord endures forever.

L: Praise to the Holy Trinity

A: Praise to the Holy Trinity. We praise the glorious Trinity eternal and everlasting.

### **Commemoration of the Saints (Psalm 92: 12 –15)**

The just man shall spring up like a palm tree, halleluiah, and like a cedar of Lebanon he shall grow.

They that are planted in the house of the Lord, halleluiah, they shall be faithful and fragrant.

They shall declare how just is the Lord, halleluiah, the strong one in whom there is no wrong.

Glory be to the Father.....From ages.....

### **Common Response**

Lord give good remembrance to great Mar Thoma, who planted thy church on our nation. May his prayer be to us a refuge.

### **Qolo**

How lovely is the day of your remembrance, O Mar Thoma,

# FOR EVENING MEDITATION

## EVENING PRAYERS

O My God, I thank You for all Your goodness towards me during this day. I thank You for all Your good gifts, for Your help and protection, for food and shelter, for joys and sorrow, hopes and disappointments, success and failure.

O my God, I offer You all the action of this day: thoughts, words, and deeds; I beseech You to save the good and destroy evil. You know that I am weak and never succeed in doing things as well as I desire. Enlighten me and let me know in what I have sinned.

(Here pass in review the day's activities).

Did I put the law of God above all things?

Did I respect God, trust in Him, and accept what He sent me?

Did I work conscientiously or was I lazy?

Did I obey my parents and superiors? Did I respect every man as a child of God? Was I straight in my talks, honest in my dealings, fair to all? Did I give the good example to all around me? Have I been helpful and kind at home and at work?

Did I sin against temperance, patience, moral purity in thoughts, conversations or deeds? Did I sin through anger, jealousy, vanity and pride?

### **A SHORT EVENING PRAYER**

Almighty God, my loving Father, I am heartily sorry for having offended You, because You are infinitely good, and sin displeases You. I firmly resolve with Your help to avoid every occasion of sin.

We give thanks to you because of your great glory, Lord our creator, king of heaven. God the Father Almighty, Lord God only son Jesus Christ with the Holy Spirit.

Lord God, lamb of God, Son and word of the Father, you who take away, or rather have taken away, the sin of the world, have mercy upon us.

You who take away or rather have taken away the sin of the world, incline your ear to us and receive our prayers; you who sit in the glory at the right hand of the Father, have compassion on us.

Because you only are holy, you only Lord Jesus Christ, with the Holy Spirit in the glory of God the Father.

At all times and all the days of my life, I will bless and praise you, your name is blessed and glorified in praise forever.

To you belongs glory, to you belongs praise, to you belongs honour, God of all, father of truth, with the only son and the living Holy Spirit, now and always forever. Amen.

### **Concluding prayer**

Lord Jesus Christ, do not shut the door of your mercy on our faces.

### **Trisagion & Lord's Prayer**

O Lord, may I never think, nor desire, nor do anything displeasing to You, or injurious to my neighbour, never act contrary to Your commandments. If I transgress Your orders, correct me in Your displeasure. Because You are my God, and I Your servant, ever poor, ever weak, ever in need of Your help and mercy.

### **FOR STRENGTH**

This is my prayer to You, my Lord – strike, strike at the root of penury in my heart.

Give me the strength, lightly to bear my joys and sorrows.

Give me the strength, to make my love fruitful in service.

Give me the strength, never to disown the poor or bend my knees before insolent might.

Give me the strength, to raise my mind high above daily trifles.

And give me the strength, to surrender my strength to Your will with love.

### **FOR DIVINE GUIDANCE**

Grant me, I beseech You, almighty and most merciful God, fervently to desire, wisely to search out, and perfectly to fulfill all that is well pleasing unto You. Order my worldly condition to the glory of Your name; grant me the knowledge, desire and ability to do that which You require of me, so that I may walk with You unto my perfect end.

*Give me, O Lord, a steadfast heart which no unworthy affection may debase; give me an enduring heart which no tribulation can wear out; give me an upright heart which no unworthy purpose may tempt aside. Bestow upon me, O Lord my God, under standing to know You, diligence to seek You, wisdom to find You, and a faithfulness that may finally possess You.*

I thank You for Your good gifts during this day and I ask You to watch over me during the night.

### **FOR GOD'S PROTECTION**

May the strength of God pilot us! May the power of God preserve us! May the wisdom of God instruct us! May the hand of God protect us! May the way of God direct us! May the shield of God defend us! May the might of God guard us against the snares of evil and the temptations of the world! May Your salvation, O God, be always ours this day and for evermore!

### **FOR GOD'S HELP**

O God, my strength, my hope and my salvation, listen to my humble request! Keep me from all falsehood, by a clear understanding;

From all impurity, by a clean heart;

From all distrust, by a steadfast confidence;

From all negligence, by an ardent devotion;

From all disquiet, by an invincible patience;

From unclean thoughts, by holy meditation;

From temptation, by frequent prayer;

From laziness, by useful occupation.

Deliver me, O God, from pride, rebellion and willfulness, from passion and stubbornness, from sloth and carelessness. Make me diligent in my duties and studies, and patient in trials.

Remember not, O Lord, my sins and iniquities, take away from me the spirit of pride and arrogance. Fill me with the fear of offending You, make me contrite and humble, that with a purified mind and heart, I may offer You my prayer and my actions.

## **JUST FOR TODAY**

Lord, for tomorrow and its needs

I do not pray;

Keep me, my God, from stain of sin,

Just for today!

Let me both diligently work,

And duly pray;

Let me be kind in word and deed,

Just for today.

Let me no wrong or idle word

Unthinking say;

Set Thou a seal upon my lips,

Just for today!

Let me in season, Lord, be grave,

In season gay;

Let me be faithful to Thy grace,

Just for today.

And if today, my tide of life

Should ebb away,

O bid me, if today I die,

Come home today.

So, for tomorrow and its needs,

I do not pray;

But keep me guide and love me, Lord

Just for today!

## **FOR THE LOVE OF GOD**

O God, let me know myself and let me know You  
And desire nothing else but only You.  
Let me forget myself, and remember You,  
And do all things for the sake of You  
Let me humble myself, and exalt You,  
And think of nothing else but You.  
Let me die to myself, and live in You,  
And take whatever happens as coming from You.  
Let me forsake myself, and walk after You,  
And ever desire to follow You.  
Let me flee from myself, and turn to You,  
That so I may merit to be defended by you.  
Let me fear to be separated from You,  
And be among those chosen by You.  
Let me distrust my own strength and trust in You,  
And ever obey for the love of You.  
Let me cling to nothing but only to You,  
Let me crave nothing but only You.  
Look upon me, that I may love You;  
Strengthen my mind, that I may know You;  
Direct my will that I may seek You;  
Call me that I may come to You,  
And forever delight in being loved by You.

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