

## Canon of St. Andrew of Crete – Thursday

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

**READER:** Amen, Glory to You, our God, glory to You.

O Heavenly King, the Comforter, the Spirit of Truth, You are everywhere and fill all things. Treasury of Blessings, and Giver of Life. Come and abide in us and cleanse us from every impurity and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have Mercy on us. (3x)

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

Most Holy Trinity: have mercy on us. Lord: cleanse us from our sins. Master: pardon our transgressions. Holy One: visit and heal our infirmities, for Your Name's sake.

Lord, have mercy. (3x)

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

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

**PRIEST:** For Thine is the Kingdom and the Power and the Glory: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

**READER:** Amen. Lord, have mercy. (12x)

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

Come, let us worship and fall down before Christ Himself, our King and our God!

### PSALM 70

Be pleased, O God, to deliver me! O Lord, make haste to help me! Let them be put to shame and confusion who seek my life! Let them be turned back and brought to dishonor who desire my hurt! Let them be appalled because of their shame who say, "Aha, Aha!" May those who love Your salvation say evermore, "God is Great!" But I am poor and needy; hasten to me, O God! You are my Help and my Deliverer; O Lord, do not tarry!

**Heirmos 1:** A helper and a protector, He has become my salvation. He is my God, I will glorify Him; my fathers' God, I will exalt Him, for greatly has He been glorified.

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

(Priest): O Lamb of God Who takes away the sins of all, take from me the heavy burden of sin, and in Your compassion forgive me.

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

I fall down before You, O Jesus, imploring Your mercy, for I have sinned against You. Take now from me the heavy burden of sin, and in Your mercy grant me tears of repentance.

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

Now is the time for repentance and I come to You, my Creator. Take from me the heavy burden of sin, and in Your compassion forgive me.

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

Having wasted my soul in evil habits, I am empty of the fruits of virtue and in great hunger. Therefore, I cry to You, my merciful Father, “Watch over me and have mercy on me.”

*O Venerable Mother Mary of Egypt, pray unto God for us.*

In submitting to the laws of Christ, you renounced all uncontrollable lust and came to Him, piously adopting every virtue.

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

O Trinity, above all essence and worshipped as One God, take from me the heavy burden of sin, and since You are compassionate grant me tears of repentance.

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

O Theotokos, Hope and Protection of those who sing to you, take from me the heavy burden of sin and as our pure Lady accept me as I repent.

**Heirmos 2:** See, now see that I alone am God, who for my people in the wilderness made manna fall like rain and water flow from a rock by my right hand and in my strength.

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

Lamech cried, “I have killed a man for wounding me, and a young man for hurting me!” How can you hear this, O my soul, and not tremble? For you too have polluted your flesh and defiled your inward being.

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

You, O my soul, desire to build a tower as a fortress for your lusts, as the people of Babel erected a tower to increase their strength. But, as He did with them, so will the Creator also overthrow your desires and shatter all your plans.

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

How well have I imitated those first murderers, Cain and Lamech! Through the desires of the flesh, I have killed my soul as did Lamech a man, and my mind as once he did a young man. I have also murdered my body as Cain murdered his brother.

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

Long ago, the Lord rained burning sulfur on the city of Sodom to consume its flagrant wickedness. But you, O my soul, have kindled within yourself the fires of hell, which are now about to consume you!

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

I am wounded; I am pierced. See how the Enemy’s arrows have sunk into my soul and body! See the bruises, the sores and the mutilations which cause me to cry out – the wounds resulting from my own passions.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

You overturned your life of sin, O Mary, and eagerly ran to Christ, following His path through a pathless wilderness. And in purity and love you fulfilled His commands.

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

O God of all, I sing to You as One yet Three in Persons, Father, Son, and Holy Spirit.

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

O Most Holy Theotokos, Virgin alone praised everywhere – pray fervently that we may be saved.

**Heirmos 3:** On the rock of your commandment, O Lord, strengthen my wavering heart, for you alone are Holy and the Lord.

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

Like Hagar the Egyptian long ago you, O my soul, are by your own choice a slave and have given birth to a new Ishmael – your own stubbornness.

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

You know, O my soul, of Jacob's ladder which appeared from earth to heaven. Why then have you not held fast to the secure rung of piety?

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

Imitate Melchizedek – that image of the royal and priestly likeness of Christ.

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

Do not become a pillar of salt, O my soul, by turning back to what you have left behind; let the destruction of Sodom fill you with fear, and save yourself in the town of Zoar.

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

Turn, wretched soul and lament, even before the festivity of life makes an end, or before the Lord locks the door of the bridal chamber.

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

O Master, do not reject the prayers of those who praise You, but in Your love for mankind be merciful and grant forgiveness to all who ask in faith.

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

One simple and uncreated Nature without beginning, Whom we praise as God in Trinity – save us, who in faith worship Your power.

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

Without seed you gave birth in time to the timeless Son of the Father, O Theotokos, and – O strange wonder! – You nourished Him at your breast while remaining a virgin.

**Heirmos 4:** The prophet heard of your coming and was afraid, O Lord; how you were to be born of a Virgin and revealed to men; and he cried out: I have heard the report of you, and I was afraid. Glory to your strength, O Lord!

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

My fleeting life is full of pain and wickedness, but accept me, O Lord, in repentance and allow me to behold Your presence. May the Enemy never possess me; may I never fall prey to him. O Savior, have mercy on me.

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

Job, once crowned and regally-attired, abounding in both wealth and virtue, found himself suddenly a beggar, cut off from all his riches and the glory of his kingdom.

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

Job, whom God deemed more righteous and blameless than anyone else alive did not escape the traps of the Deceiver, so what will you do, O my sin-loving soul, if something unexpected befalls you?

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

Like the Pharisee I am boastful and my heart is cold; my life I have passed in vanity. O my merciful and righteous Judge, do not condemn me with him, but grant me the tax-collector's humility and accept me.

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

I know, O merciful Lord, that I have sinned and corrupted the temple of my soul, but accept me in repentance and allow me to behold Your presence. May the Enemy never possess me; may I never fall prey to him. O Savior, have mercy on me.

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

I have become an idol to myself, and in passions have I injured my soul. But accept me now in repentance, O merciful Lord and allow me to behold Your presence. May the Enemy never possess me; may I never fall prey to him. O Savior, have mercy on me.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

The depths of sin to which you were dragged were unable to hold you captive. After careful reasoning, you returned to safety in God through repentance, and in deeds you attained the height of virtue beyond all expectation of the angels.

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

I confess You as One God in Trinity, a single essence unconfused in Persons, co-enthroned and co-ruling. And I

sing to You: “Holy! Holy! Holy!” – Father, Son, and Holy Spirit.

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

As a virgin you gave birth, and a virgin you remained by nature, your womb giving birth painlessly for He who was born of you renewed the laws of nature, since when God wills, the order of nature is overthrown.

**Heirmos 5:** Keeping vigil through the night, O Lover of mankind, I pray you: enlighten me, and guide me in Your commandments, and teach me, O Savior, always to do Your will.

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

Imitate the desire of the crippled woman, O my powerless soul; come and fall down at Jesus’ feet and allow Him to heal you that your path may lead toward God.

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

As a deep well of Living Water, O Lord, pour upon me the rivers of life which flow from Your wounds. Let me like the Samaritan woman drink of them that I may thirst no more.

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

Let my tears, O Lord and Master, be for me a pool of Siloam in which to wash my spiritual senses that I may see You, the Light Which existed before time began.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

Blessed Mary, with unmatched fervor you longed to venerate the Tree of Life until your desire was granted. Help us now to be made worthy of attaining the heavenly glory.

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

We glorify You, O Trinity, One in Essence, and we praise and adore You forever, singing: “Holy! Holy! Holy!” – Father, Son, and Holy Spirit.

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

God, the Creator of all things, became incarnate through you, a Pure Virgin Mother, uniting our human nature to Himself.

**Heirmos 6:** From the depths of hell I cried with all my heart to the merciful God, and He heard me, and He raised up my life from corruption.

*Have mercy on me, O God, have mercy on me,*

I am the lost coin bearing Your royal likeness, O Word. Therefore, light the lamp (which is John, Your Forerunner and Baptizer) to find and renew that which was created in Your image.

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

As Joshua subdued Amalek and the lying Gibeonites, arise, O my soul, and subdue the weakness of your flesh, subduing everything which leads your mind astray.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

O Mary, a constant stream of tears fell from your eyes, extinguishing the flames of lust while setting your soul aflame with love of God. Grant me, your servant, this grace of tears.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

Because you lived a heavenly life on earth, you were able to ignore the temptations of this world. Therefore, help those who praise you, that we may also be freed from temptations.

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

“I AM the Trinity, simple and undivided in Essence, yet distinct in Persons. I AM also the Unity, united in Nature,” says God, the Father, the Son, and the Holy Spirit.

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

Your womb, O Theotokos, held God Who for our sakes took human form. Implore Him, the Creator of all, that through your prayers we may be justified.

**Kontakion in Tone 6:**

My soul, my soul arise! Why are you sleeping? The end is approaching and you will be confounded. Awake then, and be watchful, that you may be spared by Christ God, Who is everywhere present and fills all things.

**Heirmos 7:** We have sinned, we have transgressed, we have done evil in your sight. We have not kept or followed Your commandments. But do not reject us utterly, O God of our fathers.

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

My life is vanishing like a dream on waking. Therefore, like Hezekiah I cry upon my bed, asking that years may be added to my life. But what Isaiah will help me – except the Lord of all?

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

I fall down before You, O Lord, offering my words as if they were tears, for no less than the prostitute have I sinned; I have transgressed as no one else on earth. But take pity on Your creature and restore to me Your mercy.

*Have mercy on me, O God, have mercy on me*

I have distorted Your image, O Savior, and broken Your commands. The beauty of my soul has been spoiled and its light extinguished by my sins. But have pity on me and in David’s words, “Give me again the joy that comes from Your salvation.”

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

Return! Repent! Uncover what is hidden! Say to God Who knows all things, “You are my only Savior and know my terrible secrets.” Yet, in David’s words, “be merciful to me according to Your constant love.”

*O Venerable Mother Mary of Egypt, pray unto God for us.*

You cried to the Pure Theotokos and were freed from the deadly grip of sin, putting Satan your tempter to shame. Grant also to me, your servant, aid in times of trouble.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

God Whom you loved and for Whom you longed, Whose path you followed, O Mother, found you and granted you repentance in His compassion. Pray, therefore, that we may be freed from sin and adversity.

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

Simple and undivided, One in Essence and Nature, Light and Lights, One Holy and Three Holies – God is praised as Trinity. So sing praises to Him, O my soul, and glorify the Life and Lives, the God of all.

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

We praise you, we bless and venerate you, O Theotokos, for from the undivided Trinity you brought forth the Only Son of God and restored to us on earth the heavenly realms.

**Heirmos 8:** The hosts of heaven to Him give glory. The cherubim and seraphim before Him stand in awe. Let every breath and creature praise Him, bless Him, and exalt Him throughout all ages.

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

As the prostitute broke her priceless jar of myrrh to anoint Your head, O Savior, so do I weep before You with a broken and contrite heart. Hear my prayer; forgive and have mercy on me.

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

I am the first and greatest of sinners, O patient Savior, but I cry to You in fear and love: “Though I have sinned against You alone, and done evil in Your sight, nevertheless, have mercy on me!”

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

Spare me, O my Savior, for I am the work of Your own hands. Seek me, Your lost sheep, O Good Shepherd, and deliver me from the jaws of the wolf, including me as a lamb in Your Royal Fold.

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

O most-merciful Christ, when You ascend Your dread tribunal as Judge, all of creation will be overcome with fear and tremble, for on that day, Your glory will be revealed as a blazing fire.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

The Mother of the never-setting Sun enlightened you and freed you from the darkness of your passions. Since now you rejoice in the grace of the Spirit, O Mary, illumine all who praise you in faith.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

Zosimas the Elder marveled meeting you, O Mother, for in you he saw an earthly angel. Filled with awe he praises Christ forever.

*Let us bless the Father, Son and Holy Spirit, the Lord.*

O Eternal Father, Co-Eternal Son, and Gracious Comforter, the Spirit of Truth; O Father of the Divine Word, Word of the Eternal Father, and Life-Creating Spirit –Trinity in unity – have mercy on us.

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

O Pure Virgin, the flesh of Emmanuel was formed within your womb as a robe of royal crimson is spun from scarlet silk. We proclaim you to be the Theotokos.

**Heirmos 9:** Conception without seed; birth past understanding, from a mother who never knew a man; childbearing undefiled. For nature is renewed by the birth of God. Therefore with true worship all generations magnify you as Mother and Bride of God.

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

Have pity on me, O Son of David, Who by Your word cured a man possessed by a demon. Let me also hear Your compassionate promise to the thief: “You will be with Me in paradise when I return in My Glory!”

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

Two thieves were crucified beside You, O Christ. The one abused You, while the other confessed You to be God. O most merciful Lord, open to me the doors of Your glorious Kingdom as You did to the believing thief.

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

Creation shook beholding Your crucifixion, O Jesus. The mountains and rocks split in fear; the earth quaked and hell surrendered its prisoners. The sky grew dark at mid-day – seeing You nailed in the flesh to a Cross.

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

O Only Savior, do not require of me in my weakness fruits which will show that I have changed my ways. Grant rather that finding contrition of heart and poverty in spirit, I may offer these to You as a pleasing sacrifice.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

O Mary, you overcame the flesh and lived as though bodiless, crossing the River Jordan unhampered by your body. Your wondrous life is an amazement to the ranks both of angels and men.

*O Venerable Mother Mary of Egypt, pray unto God for us.*

O Venerable Mother, intercede with the Creator that we who sing your praises may be delivered from the afflictions and sorrows which surround us. That being delivered from temptations we may unceasingly glorify the Lord Who has glorified you.

*O Venerable Father Andrew, pray unto God for us.*



O Honorable Andrew, thrice-blessed Father and Pastor of Crete, never cease praying to God for those who sing your praises, that He may deliver from anger, sorrow, corruption and countless sins all of us who faithfully honor your memory.

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

We glorify the Father, we exalt the Son, and we worship the Holy Spirit – the indivisible Trinity Who exists as One – the Light and Lights, the Life and Lives, Who grants light and life to the ends of world.

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

Purest Theotokos, preserve your people, for through you are we kept faithful, strengthened and made able to overcome every temptation, trial and tribulation.

**Heirmos 9:** Conception without seed; birth past understanding, from a mother who never knew a man; childbearing undefiled. For nature is renewed by the birth of God. Therefore with true worship all generations magnify you as Mother and Bride of God.

## **Compline**

### **Psalm 4**

**READER:** Answer me when I call, O God of my right! You gave me room when I was in distress. Be gracious to me, and hear my prayer. O people, how long will you be slow of heart? How long will you love vain words, and seek lies? You know that the Lord has magnified his holy one. The Lord hears me 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, “Who will show us some good? The light of your countenance has been marked on us, O Lord!” You have put more joy in my heart than they have when their grain and wine and oil abound. In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Alleluia! Alleluia! Alleluia! Glory to You, O God! (3x)

**PRIEST:** God is with us! Understand, O nations, and submit yourselves, for God is with us!

**CHOIR:** God is with us! Understand, O nations, and submit yourselves, for God is with us!

**PRIEST:** Hear this, all you ends of the earth!

Submit yourselves, you mighty ones!

Even if your strength returns, you shall be overthrown once more.

If you take counsel together, the Lord will scatter you.

If you speak a word, it will never stand, even among yourselves.

We do not fear your threats, nor are we troubled. For the Lord our God is holy, and him will we fear.

If I trust in him, he will be my sanctification. I will wait for him; he will save me.

Behold, I and the children God has given me.

The people who walked in darkness have seen a great light.

Those who dwell in the land of the shadow of death, on them has a light shined.

For unto us a Child is born; unto us a Son is given.

And the government shall be upon his shoulder.

And of his peace, there shall be no end.

And his name shall be called the Angel of Great Counsel. Wonderful, Counselor.

Mighty God, Everlasting Father, Prince of Peace.

The Father of the world to come.  
Submit yourselves, you mighty ones!  
Even if your strength returns, you shall be overthrown once more.  
If you take counsel together, the Lord will scatter you.  
If you speak a word, it will never stand, even among yourselves.  
We do not fear your threats, nor are we troubled. For the Lord our God is holy, and him will we fear.  
Glory to the Father, and to the Son, and to the Holy Spirit.  
Now and ever and unto ages of ages. Amen.  
God is with us! Understand, O nations, and submit yourselves, for God is with us!

**CHOIR:** God is with us! Understand, O nations, and submit yourselves, for God is with us!

### **The Troparia of Thanksgiving**

**READER:** Now that the day is over, I thank you, O Lord, and I pray that I may pass the evening and the night without sin. Grant this, O Savior and save me. Glory to the Father, and to the Son, and to the Holy Spirit. Now that the day is over, I glorify you, O Master, and I pray that I may pass the evening and the night without giving offense. Grant this, O Savior, and save me. Now and ever, and unto ages of ages. Amen. Now that the day is over, I praise you, O Holy One, and I pray that I may pass the evening and the night without temptation. Grant this, O Savior, and save me.

### **The Creed**

**PEOPLE:** I believe in one God, the Father Almighty, maker of heaven and earth and of all things visible and invisible. And in the Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from Heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets. In one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. Amen.

### **The Intercessions**

[The following invocations are sung antiphonally between priest and choir.]

**PRIEST:** O All-Holy Sovereign Lady, Theotokos, pray for us sinners.  
O heavenly hosts of angels and archangels, pray for us sinners.  
O holy John, Prophet and Forerunner and Baptist of our Lord, Jesus Christ, pray for us sinners.  
O holy, glorious apostles, prophets and martyrs, and all you saints, pray for us sinners.  
O our holy God-bearing fathers, mothers, pastors, and teachers of the universe, pray for us sinners.  
O Holy Apostle Paul, pray for us sinners.  
O Blessed Father Herman, pray for us sinners.  
O Holy Hierarch Innocent, pray for us sinners.  
O Invincible, Ineffable, and Divine power of the Honorable and Life-Giving Cross, forsake not us sinners.  
O God, cleanse us sinners. (2x)  
O God, cleanse us sinners and have mercy on us.

**CHOIR:** Thou knowest, O Lord my Creator, the sleepless vigilance of my invisible enemies, and the weakness of my wretched flesh. Into Thy hands, therefore, will I commit my spirit. Cover me with the wings of Thy goodness, that I sleep not unto death; and enlighten the eyes of my spiritual understanding, that I may delight in

Thy divine words. And enable me, at an acceptable time to glorify Thee in praise, Who alone art good and lovest mankind.

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

**CHOIR:** Grant unto me tears, O God, as Thou didst grant unto the sinful woman of old, and graciously permit me to wash Thy feet, which delivered me from the path that leads astray. And grant that I may offer Thee a sweet-smelling incense, even a pure life. Fashioned by repentance. Then shall I also hear the voice which I long for saying “Thy faith hast saved thee, go in peace.”

**READER:** Now and ever, and unto ages of ages. Amen.

**CHOIR:** Having in you that hope which will never put me to shame, I shall be saved, O Theotokos. Possessing your intercession, I shall not fear, O All-Pure one. I shall pursue my enemy and put them to flight. Armed only with your protection and all-powerful aid, and with fervent entreaties, I cry out to you: Save me by your prayers, O Lady; raise me up again from gloomy sleep to glorify you in song, by the might of the Son of God, who through you was made flesh.

### **Psalm 143**

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

### **The Lesser Doxology**

**READER:** Glory to God in the highest; peace and goodwill among people on earth. We praise you, we bless you, we worship you, we glorify you, we give thanks to you because of your great glory: O Lord and King, heavenly God and Father Almighty; O Lord and only-begotten Son, Jesus Christ; and you, O Holy Spirit. O Lord God, Lamb of God, Son of the Father, you take away the sin of the world; have mercy on us. You take away the sins of the world; receive our prayer. You sit at the right hand of the Father; have mercy on us. For you alone are holy; you alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless you, and praise your name for ever and ever. O Lord, you have been our refuge from generation to generation. I said, Lord, have mercy on me; heal my soul, for I have sinned against you. O Lord, I have fled to you for refuge. Teach me to do your will, for you are my God. For with you is the fountain of life; in your light will we see light. Continue your mercy unto those who know you.

Grant, O Lord, that we may be kept this night without sin. Blessed are you, O Lord God of our Fathers, and praised and glorified is your name for ever. Amen.

Let your mercy be upon us, O Lord, for we have put our hope in you. Blessed are you, O Lord, teach me your statutes. Blessed are you, O Master, make me understand your statutes. Blessed are you, O Holy One, enlighten me with your statutes. Your mercy, O Lord, endures for ever; do not despise the work of your hands. To You belongs praise, to you belongs honor, to you belongs glory, to the Father and to the Son and to the Holy Spirit,

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

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

Most holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. (3x)

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

**PEOPLE:** Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

**CHOIR:** Amen.

### **The Praises**

**CHOIR:** Remain with us, O Lord of Hosts. In affliction we have no other helper but Thee. O Lord of Hosts, have mercy on us. Praise God in His Sanctuary, praise Him in His mighty firmament. Remain with us, O Lord of Host. In affliction we have no helper but Thee. O Lord of Hosts, have mercy on us. Praise Him for His mighty deeds, praise Him according to His exceeding greatness. Remain with us, O Lord of Hosts. In affliction we have no other helper but Thee. O Lord of Hosts, have mercy on us. Praise Him with trumpet sound, praise Him with lute and harp. Remain with us, O Lord of Hosts. In affliction we have no other helper but Thee. O Lord of hosts, have mercy on us. Praise Him with timbrel and dance, praise Him with string and pipe. Remain with us, O Lord of Hosts. In affliction we have no helper but Thee. O Lord of Hosts, have mercy on us. Praise Him with sounding cymbals, praise Him with loud clashing cymbals. Remain with us, O Lord of Hosts. In affliction we have no other helper but Thee. O Lord of Hosts, have mercy on us. Praise God in His Sanctuary, praise Him in His mighty firmament. Remain with us, O Lord of Hosts. In affliction we have no other helper but Thee. O Lord of Hosts, have mercy on us. Glory to the Father, and to the Son, and to the Holy Spirit. O Lord, if we did not have Thy saints as intercessors and Thy merciful loving-kindness; how could we dare to praise Thee, O Savior, whom angels glorify ceaselessly; O Seer of hearts, have pity on our souls. Now and ever, and unto ages of ages. Amen. Great is the multitude of my transgressions, O Theotokos. I run to you, O Pure One, seeking salvation. Visit my ailing soul, and entreat your Son and our God, to grant me remission of the awful things I have done, O Only Blessed One. Do not forsake me throughout all the days of my life, O All-Holy Theotokos. Do not turn me over to the protection of men, but help me and have mercy on me. All my hope have I placed in you, O Holy Theotokos. Protect me beneath your veil.

**READER:** Lord, have mercy. (12x)

### **The Prayer of the Hours**

In every season and at every hour, in heaven and on earth, You are worshipped and glorified, O Christ God, long-suffering, great in mercy and compassion. You love the righteous and show mercy on sinners. You call everyone to salvation through the promise of blessings to come. Do You Yourself, O Lord, accept also our prayer at this hour and direct our lives according to Your commandments.

Sanctify our souls, purify our bodies, correct our thoughts, cleanse our minds, and deliver us from all affliction, evil and distress. Surround us with Your holy angels, that guarded and guided by them we may attain to the unity of the faith and to the knowledge of Your unapproachable glory; for You are blessed unto ages of ages. Amen.

Lord, have mercy. (3x)

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

More honorable than the cherubim and beyond compare more glorious than the seraphim, without corruption

you gave birth to God the Word. We magnify you, the true Theotokos.  
In the name of the Lord, bless Father.

**PRIEST:** O God, be gracious to us and bless us. Make Your face shine upon us and have mercy on us.

**READER:** Amen.

### **The Prayer of St. Ephrem the Syrian**

**PRIEST and PEOPLE:**

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

*(Prostration)*

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

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

Thou, unto ages of ages. *(Prostration)*

O God, cleanse me, a sinner. (12x)

[Then the entire prayer of St. Ephrem is read and a single prostration is made at the end.]

### **The Prayer of Supplication to Our Lord Jesus Christ by the Monk Antiochus of the Pandect Monastery**

**PRIEST:** Grant unto us, O Master, as we lay down to sleep, rest of both soul and body, and preserve us from the gloomy slumber of sin and from every dark and nocturnal passion. Calm the impulses of carnal desire, and quench the fiery darts of the Evil One which are craftily directed against us. Still our every earthly and material desire, and grant unto us, O God, a watchful mind, chaste reason, a sober heart, and gentle sleep, free from every vision of the Devil. Raise us up again at the hour of prayer, strengthened in Your precepts, and holding steadfastly to Your commandments. Grant that all night long we may sing praises unto You, and may sing, bless and glorify Your all-honorable and majestic Name: of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

**READER:** Amen.

**PRIEST:** O exceedingly glorious, ever-Virgin Theotokos, carry our prayers unto your Son and our God, and implore Him that, through you, He will save our souls.

### **A Prayer of St. Ioannikius**

**PRIEST:** The Father is my Hope; the Son is my Refuge; the Holy Spirit is my Protector. O Holy Trinity, Glory to You.

**CHOIR:** Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Lord, have mercy, Lord, have mercy, Lord, have mercy. Father, Bless.

**PRIEST:** (while kneeling, faces the people saying:)

O Master, great in mercy, Lord Jesus Christ our God; through the prayers of our all-pure Lady, the Theotokos and ever-virgin Mary; through the might of the precious and Life-Giving Cross; through the prayers of the honorable Bodiless Powers of Heaven; of the honorable, glorious Prophet, Forerunner and Baptist, John; of the holy, glorious and all-laudable Apostles; of the holy, glorious and gloriously triumphant Martyrs; of our venerable and God-Bearing Fathers; of the holy, righteous Ancestors of God, Joachim and Anna; of our venerable Father Herman, Elder and Wonderworker of Alaska; and the Saints who have shone forth in North America; and of all the Saints: Make our prayer acceptable. Grant unto us remission of our iniquities. Hide us under the shadow of Your wings. Drive far from us every foe and adversary. Give peace to our life. Have mercy upon us and upon Your world, O Lord, and save our souls, forasmuch as You are merciful and love mankind.

**CHOIR:** Amen.

**PREIST:** Pray for me, Brothers and Sisters. Forgive me, a sinner. (*Prostration*)

**PEOPLE:** May God forgive you, Father (*Name*), and forgive us, also. For He is a forgiving God.

**PRIEST:** Let us pray for His Beatitude, our Metropolitan (*Name*); for His (Eminence) Grace, our (Arch)Bishop(*Name*); for the whole episcopate of the Orthodox Church in America; for the honorable priesthood, those in monastic orders, the diaconate in Christ, and for all the clergy and the people:

**PEOPLE:** Lord, have mercy. (*Repeat softly throughout all petitions*)

**PRIEST:** For the President of our country, for all civil authorities, and for our armed forces:

For those who hate us and those who love us:

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

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

For the release of prisoners:

For those who are absent for worthy cause:

For those who are traveling by land, by sea or in the air:

For those who lie in sickness:

For the abundance of the fruits of the earth and for seasonable weather:

For those who are persecuted for the Faith:

For every soul of Orthodox Christians:

For the Orthodox bishops and for the founders and benefactors of our seminaries, monasteries, and chapels of prayer of our holy Church and for the staff, the teachers, servers and the confessors who labor therein:

For the founders and benefactors of this holy temple (or house, or habitation) and for those who labor, serve, and sing herein:

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

And let us say also for ourselves:

**PEOPLE:** Lord, have mercy, Lord, have mercy, Lord, have mercy.

**PRIEST:** Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy upon us.

**PEOPLE:** Amen, Amen.