

Lenten Prayers



Malankara Orthodox Syrian Church

EVENING PRAYER

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 forever.
Amen.

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

Blessed is He, who has to come, and is to come, in the name of the Lord; Glory be to Him in the Highest.

TRISAGION (KAUMA)

Holy art thou, O God!
Holy art thou, Almighty,
Holy art thou, Immortal,
† Crucified for us, Have mercy on us. (*Repeat Thrice*)

Lord, have mercy upon us,
Lord be kind, and have mercy,
Lord accept Thou our office
And our entreaties, Have mercy on us.

Glory be to Thee, O God!
Glory be to Thee, O Creator,
Glory be to Thee, O King,
Christ who dost pity, on sinners thy servants. Barekmor

THE 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, - forever and ever. –Amen

HAIL MARY

Hail Mary, full of grace, - our Lord is with thee. Blessed are 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

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in your presence with tranquility at this time of evening and that 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.

Psalm 141

Kurielaison

Lord, I have called upon you, answer me: hear and receive my words.

Let my prayer be like incense in your sight, the offering of my hands like the evening offering. Set a guard, Lord, before my mouth, a guard before my lips, that my heart may not turn to evil words and I may not do deeds of wickedness.

Let me not take salt with impious men; let the just man teach me and reprove me: let not the oil of the impious anoint my head; because my prayer was against their evil-doing: their judges have been restrained by the side of the rock; and they have heard how gentle are my words.

As when the plough cleaves the earth their bones have been scattered at the mouth of Sheol. I have lifted up my eyes to you, Lord, and in you have I put my trust, do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; let the wicked fall into their nets, while I pass on.

Psalm 142

With my voice I cried to the Lord; with my voice I besought the Lord and poured out my prayer before him; I showed him my affliction, when my spirit was troubled, but you know my path.

In the way of my walking they have laid a snare for me; I look to my right and see none that knows me: the way of escape has gone from me and there is none who care for my soul. I cried to you, Lord, and said: you are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; deliver me from my persecutors because they are too strong for me. Lead me forth from prison that I may give thanks to your name: your just ones shall have hope when you shall reward me.

Psalm 119: 105-112

Your word is a lamp to my feet and a light to my path; I have sworn and am resolved to keep the judgments of your justice. I am greatly brought low, Lord, give me life according to your word; be pleased with the words of my mouth, Lord, and teach me your judgments.

My soul is ever in my hands, and I have not forgotten your law; sinners have laid snares for me and I have not strayed from your commands. I shall inherit your testimony for ever because it is dear to my heart. I have turned my heart to do your commands for ever in truth.

Psalm 117

Praise the Lord all you nations; praise him all you peoples; for his grace it strong over us, truly the Lord is forever.
And to you belongs the praise, O God. Barekmor.

KOLO

O Lord Jesus Christ who fasted for our sake even while you never lacked in your holiness, grant us your grace to fast according to your pleasure

Through lent the righteous pleased God becoming godly; Moses, Elijah and our Lord fasted for forty days. Glory be to you, O Lord Jesus Christ who has taught us to overcome Satan through fasting and prayers. O Lord may our fasting and prayers become fragrance, acceptable before you as sweet smelling incense

Holy lent is the symbol of victory and a weapon undefeatable before the enemy. O Lord may our prayers be pleasing to you. May our requests enter before you as sweet smelling incense.

O Lord Jesus Christ who received the fasting of the righteous and the saintly accept our fasting and prayers and have mercy upon us

O Lord we are the lost sheep that ran after the vanities and went away from the way of life O Good shepherd, come in search of us. Forsake us not, so that we may not be lost forever. Count us on the other hand, as the penitent publican, the woman who was a sinner and the wise virgins, and make us worthy to enter your bridal chamber.

O God, remit our debts and forgive our sins, for we have sinned and we cry unto you. O lover of mankind, make us worthy to glorify you, for your mercies along with your saints, when you come in glory. In the manner of the prodigal son, we cry in grief.

Our father, have pity and mercy on us. We have sinned against heaven and you. We are not worthy to be called your children. Accept us at least as hired servants. O merciful God, forgive us all the sins we have committed against you.

O Lord make us worthy to give up all evil, to get reconciled to your godliness. Help us to love one another and to receive mercy and forgiveness of sins. O Christ the king, on the great day of your appearance, all the generations will come, and give account of their deeds.

Then the good and the bad will get separated and each group will go to the allotted places. The fiery ocean will be roaring. O Lord have mercy on us on that day. O Lord open your great door full of mercy, hear our prayers and have mercy on us.

Since both the body and soul have to observe the lent, when the body denies food, the soul should deny evil. A lent which denies food and does not deny evil thoughts is worthless. O Lord help us to observe the lent diligently in body and soul.

Behold I knock at the door of your mercy, that I may receive forgiveness; for the evil one by his craft has kept me from the path of life, and has kept my mouth from praise and my feet from the holy temple; have pity you who are a lover of men

The sinner is loved when his face is bathed in tears and his mouth is closed by sorrowful morning full of pain; precious gems are not so much loved as the drops which flow from the eyes of him who repents

God who had pity on Nineveh have pity on us and do not turn your face from our generation which has sinned; if you close your door in our faces compassionate one at what door shall we go to knock if not at your door

If anyone gains all the world and loses his soul his gain is nothing; grant us Lord to hate the world and to gain our souls and to inherit life forever.

Lent is beneficial. But if one observes the lent without love, his abstinence has no value. Prayer is lovely, but if love does not raise its wings, they become weak. Such a person cannot behold the Most High.

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 oppressors, death and sin; physician of our souls, I beg you, have mercy on us.

From day to day I promise, Lord that tomorrow I will repent; my days have passed and gone and my sins remain; may your mercy be poured out upon me, and I will live by your grace
Moryo rahem `a lay noo `adarayn.

BOVOOSO

(From Friday Evening)

O Christ who accepted the fast of the just and the righteous accept our fast and prayers and have mercy on our souls

Because the rich man got burned by the flames of fire, with long sighs he cried out and said “Blessed is the man who has not seen wealth as I have seen. For I have acquired much wealth and have been suffering terrible pain”

It is blessed to live here in joy like Lazarus than to be pleased with the temporary life. Blessed is the man who ends his days in troubles and does not wish to get a drop of water that is unattainable

O Christ who accepted the fast of Moses and his humility, accept our prayers and have mercy on our souls.

PRAYER

(Moran Yeshu Meshiha)

O Jesus Christ, our Lord, close not the door of Thy mercy upon our faces. We confess, we are sinners; have mercy upon us. O Lord, Thy love for us didst make Thee to come down to us from Thy place. That by Thy, death, our death might be abolished; Have mercy upon us. Amen.

SOOTHARA PRAYER

(KAUMA)

INTRODUCTORY PRAYER

Protect us, Lord, beneath the wings of your loving kindness and turn our hard hearts to the knowledge of your truth; grant us to know and to consider that the evening which has called us to rest and refreshment from labor is a figure of the end of this present life; that we may be diligent in good actions which are pleasing to your will, and we will offer you praise and thanksgiving, Father, Son, and Holy Spirit; now and always and forever. Amen.

KOLO

Teach me, Lord, the way of your commandments, and I will keep them, and I will live in your grace; place guards over the doors of my limbs that lie open, lest the treasure of your gifts be stolen.

O holy God, Your Holiness is adored by all saints. O Lord, cleanse our thoughts and make us worthy to glorify Your name like the seraphim who proclaim and glorify Your Holiness. *Moryo rahem `a lay noo `adarayn.*

BOVOOSO

(From Wednesday Soothara)

Lord, have mercy upon us, Lord receive our service.

Send us from your treasure-house compassion and mercy and forgiveness.

We have angered you, Lord, by our deeds and you are not pleased to be angry; for you are full of great compassion and your serenity is not disturbed.

O Lord, you are an ocean of mercy. Consider our sins as a mere drop of mud in the sea of your mercy. For a drop of mud cannot make a vast ocean muddy.

You who hear prayers and respond to requests, hear our prayer and be reconciled with us and respond in your mercy to our requests.

Kurielaison, Kurielaison, Kurielaison

Psalm 91

Barekmor

You that sit in the shelter of the Most High and abide in glory; in the shadow of God.

Say to the Lord; ‘My trust and my refuge; the God in whom I confide’.

For He shall deliver you from the snare of stumbling, and from idle talk.

He shall keep you under His feathers, and by His wings, you shall be covered; and His truth shall encompass you like an armor.

You shall not fear from the terror by night, and from the arrow that flies by the day.

And from the Voice that travels in the darkness, and from the devastating wind in the noon.

Thousands shall fall at your side and ten thousands at your right side.

They shall not come near to you but with your eyes you shall see only; You shall see the revenge of the wicked

Since You have said ‘Thou art the Lord, my trust. Who has placed thy abode in the heights’.

There shall not evil come near to you; neither shall any plague draw near to your dwelling place.

For He shall give His angels command concerning you, who shall protect you in all your ways.

And they shall bear you up in their hands, lest your foot stumble.

You shall tread upon the adder and the basilisk; and you shall trample down the lion and the dragon.

For the Lord has said: ‘Since he has sought me, I will deliver him and strengthen him’.

‘Since he has known my name he shall call upon me and I will answer him, and be with him in affliction’.

I will strengthen him and honor him. With long life, will I satisfy him, and show him my salvation.

Psalm 121

I will lift up eyes to the mountain, from whence comes my helper.

My help is from the Lord who has made the heaven and the earth.

He will not suffer your foot to tremble; Your keeper shall not slumber.

For neither slumbers, nor sleeps the keeper of Israel;

The Lord is your keeper.

The Lord shall overshadow you with his right hand.

The sun shall not smite you by day nor the moon by night;

The Lord shall take care of you from all evil; the Lord shall take care of your life.

He shall watch over your exit and your entrance, henceforth forever.

And to You belongs the praise, O God –**Barekmor**

Priest: Glory be to the Father, Son and the Holy Ghost
Halleluiah – Halleluiah – Halleluiah

People: Unto to the ages of ages and forever more

PRAYER OF ST. SEVERIOS

O Lord, who sittest in the secret place of the Most High, shelter us beneath the shadow of the wings of thy mercy, and have compassion upon us.

Thou, who hearest all things, in Thy loving kindness, hearken to the supplication of thy servants.

Grant us O Messiah; our Savior! A peaceful evening and a sinless night, for Thou art a glorious king, and unto Thee, are our eyes lifted up.

Forgive our debts and our sins; have mercy upon us, both in this world and in that to come.

May thy loving kindness shelter us, O Lord and Thy grace be upon our faces. May Thy cross protect us, from the evil one and his hosts.

Let Thy right hand overshadow us all the days of our lives and Thy peace reign among us. Do Thou give hope and salvation to the souls that pray to Thee.

By the prayers of St. Mary, Thy Mother, and of all Thy Saints, O God, forgive us our debts, and have mercy upon us. —**Amen**

PRAISE OF THE CHERUBIM

(Ezekiel 3:12)

† Blessed is the glory of the Lord, from His Place forever;
 † Blessed is the glory of the Lord, from His Place forever;
 † Blessed is the glory of the Lord, from His Place forever and ever

Holy and glorious Trinity, have mercy upon us;
 Holy and glorious Trinity, have mercy upon us;
 Holy and glorious Trinity, have compassion and mercy upon us.

Holy art Thou and glorious for ever
 Holy art Thou and glorious for ever
 Holy art Thou and blessed is thy name, forever and ever.

Glory be to Thee, O Lord.
 Glory be to Thee, O Lord;
 Glory be to Thee, ever our hope. **-Barekmor**

Our Father who art in Heaven...
 Hail Mary, full of grace...
 We believe in One True God

Amen, Barekmor, Stoumen kalos, Kurielaison.

Prayer Before Retiring to Sleep
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(KAUMA)

PRAYER

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. Harken to the voice of our supplication and grant our petitions in thy mercy.

PETITION OF ST. EPHREM

1. Lord, Thy mercy on us cast,
 Use our service, ev'ry piece,
 Grant us from Thy treasure vast,
 Mercy, blessing and release.
2. 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
3. Waking, if to wrong I take,
 Mercifully absolve Thou me;
 Sleeping, if a sin I make,
 Pardon grant in clemency.

4. By the cross, of Thy disgrace
Grant me, Lord, a restful sleep,
Evil dreams do Thou efface,
Wicked thoughts far from me keep.
5. Through the night conduct me, Lord,
Peaceful sleep give Thou to me
Lest foul thoughts in me find hoard
Phantoms lest a terror be.
6. Grant Thy angel's watchful view,
Guard my limbs without abate,
Hateful lusts in me subdue,
By Thy living flesh I ate.
7. While I lie and sleep in calm,
May Thy blood my keeper be.
Let my soul dwell free from qualm
In Thine image mad'st Thou me.
8. Overshadow with Thy hand,
Me a handicraft of Thine,
Let me in Thy fortress stand,
Mercy shielding round be mine.
9. 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.
10. Let not evil touch my bed,
By Thy mother's pleas for me,
By Thy blood atoning shed,
Satan's harm remov-ed be.
11. Since Thy word abides the same,
Guarded by Thy cross I'd be;
Waking, I shall praise Thy Name,
Who didst love e'en feeble me.

12. Grant O Lord, a list'ning ear,
With desire to do Thy will;
Let Thy peace at eve be near,
Night Thy righteousness fulfill.
13. Savior Christ, our hearts inspire,
Thee to see effulgent bright—
Thee whose honor shines as fire,
Worshipped by all sons of light.
14. Jesus, Savior of the World,
Thou who dwellest in the light,
Praise we Thee for love unfurled—
Mercy, now with future bright.
15. Lord, our God, we give Thee praise.
Praise a thousand, thousand fold
Tens of Thousands praises raise,
Mercy now, till time untold.
16. Praise to Thee, to Thee be praise
Angels serve Thee and adore;
Lord of Angels, we too raise
Pray'rs and worship all the more.
17. 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.
18. Praise the Lord, who always hears
Prayers of feeble folk like us,
Who regards repentant tears,
As first-fruits, gifts offered thus.
19. Earthly ones to Thee give praise,
Countless as the leaves of trees,
Thee, whose glory angels raise,
Serving Thee as Thou dost please.

20. Setting minds above the sod.
Thank we God, exalt Him most,
Who exists as one true God
Father, Son and Holy Ghost.
21. Do fasting for forty days
Caring and feeding hungry
Like David, son of Jesse
Pray you seven times a day
22. Prophets Moses, Elijah
Fasted they for forty days
Overcame the Lord his foe
By his forty days of fast
23. Open door of grace for us
Now accept our humble prayers
Like those offered long ago
From deep sea and cave and fire
24. Thou who hearest pray'rs to Thee,
Supplications who dost heed,
Hear us: reconcil-ed be,
Mercy show, and grant our need.
Kurielaison, Kurielaison, Kurielaison
Psalm 4

Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer.

How long, O you sons of men, Will you turn my glory to shame?
How long will you love worthlessness, and seek falsehood?

But know that the Lord has set apart for Himself him who is godly;
the Lord will hear when I call to Him.

Be angry, and do not sin. Meditate within your heart on your bed,
and be still.

Offer the sacrifices of righteousness, and put your trust in the Lord.

There are many who say, "Who will show us any good?" Lord, lift up the light of Your countenance upon us.

You have put gladness in my heart, More than in the season that their grain and wine increased.

I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.
And to You belongs the praise O God **Barekmor**

O Holy Father, guard us by Thy Sacred Name,
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 for ever shelter us under Thy divine wings, at all times, forever.—Amen.

NIGHT PRAYER

(KAUMA)

INTRODUCTORY PRAYER

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 in the glorious company of the angels who praise you in heaven, to praise you and bless you in holiness, because you are praised and blessed in heaven and on earth, O Father, Son, and Holy Spirit, now and always and forever. Amen.

Psalm 134

Barekmor. Bless the Lord, all you servants of the Lord.

Barekmor. You who stand by night in the house of the Lord.

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

May the Lord bless you from Zion, he who made heaven and earth.

Psalm 119: 169-176

Let my praise enter before you, Lord, and give me life by your word; let my cry enter before you, Lord, and deliver me by your word.

My tongue shall pour forth your word, because all your commands are just.

My lips shall speak your praise when you have taught me your commands; let your hand help me because I have taken pleasure in your commands.

My soul has longed for your salvation and I have meditated on your law; let my soul live and I will praise you and your judgments shall help me.

I have gone astray like a lost sheep; seek for your servant, because I have not forgotten all your commands.

Psalm 117

Praise the Lord all you nations; praise him all you peoples; because his grace is strong over us, truly the Lord is forever.

And to you belongs the praise, O God. Barekmor.

FIRST WATCH

KOLO

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 and rise and sing praise: Lord of all, to you 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

O Lord there is no night in which I fail to remember you on my bed. In the night I was thinking how severe you are, to those who do not repent. I heard the voice of Daniel telling that fiery river flows from you. Woe unto me, as my sins are numerous. If your grace does not plead for me and you do not have mercy on me, how can I cross that river! O Lord, have mercy upon me, according to your kindness.

Moryo rahem `a lay noo `adarayn.

BOVOOSO

(From Monday lilio 1st Watch)

O Lord we call upon you, come to our aid, hear our petitions and have mercy on our souls

At midnight David rose up to sing praises of the wonders of God. Those who have discernment! Rise and with David's psalms with piety sing halleluiah

O Lord, Let me be illumined by you for you are light for those who love you. O full of light! Illumine my eyes so that I may see your mercy. The journey of the world is vain and full of impediments. Since you are light those who walk with you will not stumble.

Answer me O Lord, Answer me O Lord and bring the hearts of sons of men to repentance

Blessed is the Glory of the Lord...

SECOND WATCH

KOLO

Forgive me forgive me cried the sinful woman at the house of Simon, and our Lord answered and said to her; go woman your sins are forgiven your iniquity is blotted out; Lord of all, to you the praise

O Lord, where am I to go from your presence, where am I to go hide myself? If I go to the heights, you are there without beginning and end. If I go to Hades, your authority is there also. Therefore, O Lord, have mercy upon me and make me stand on your right hand side, in your kindness, because before you there is no one sinless.

The robber on the cross, the publican and the adulterous woman who repented of her sins with tears, all these bear witness to the truth that God's door is always full of mercy and that He will never refuse to open that door to anyone who knocks. O Savior of the world, grant us forgiveness of sins like unto them.

Moryo rahem `a lay noo `adarayn.

BOVOOSO

(From Tuesday 2nd watch lilio)

O Lord, have mercy upon us and accept our prayers

May those below at night sing praises with those above. May they offer loud voices to the one who watches and never sleeps.

My brothers, like sleep let us not slumber in our sins. Let us be watchful so that we may enter into the bridal chamber with the bride.

You who hear prayers and responds to requests, hear our prayer and be reconciled to us and respond in your mercy to our requests

Blessed is the Glory of the Lord...

THIRD WATCH

KOLO

Lord do not rebuke us in your anger, for we have not strength to bear it, and do not punish us in your wrath for we are not able to stand before you and do not reward us according to our iniquity; Lord of all, to you the praise

O Lord, as there is no leniency in you, we the sinful are sorry. Have mercy upon us in your kindness when the Book of Life is opened and your justice examines our wrong doings, let your mercy plead with your justice and we the guilty, receive forgiveness. O Lord, we confess that we have sinned against you. Have mercy upon us in your kindness.

Woe to us. We have not benefited by our fellowship with the righteous as we have not learned from their good works. We have alienated ourselves from their festivities. Our evil deeds cast us away from their ranks. *Moryo rahem `a lay noo `adarayn.*

BOVOOSO

(From Monday 3rd watch lilio)

O Lord who are merciful to sinners, have mercy upon us on the day of judgment

O Merciful Lord, the afflicted knocks at your door, respond to their requests by your mercy

O Heavenly Father, we pray to you, accept our prayers and have mercy upon us

Lord of those above and hope of those below accept our prayers and have mercy upon us.

+Halleluiah, Halleluiah, Halleluiah Glory to You, O God (3x)

Be compassionate towards us in your mercy, O God of compassion; in our 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.

Psalm 148

Awake, you that sleep, and rise and sing praise!

Praise the Lord from the heavens, praise him in the heights.

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

Praise him, sun and moon; praise him, all stars of light; praise him, heaven of heavens, and the waters above the heavens: let them praise the name of the Lord.

For he spoke and they were made, he commanded and they were created; he established them forever and ever, he gave them a law which shall not pass away.

Praise the Lord from the earth, sea-monsters and all ocean depths; fire and hail, snow and mist, stormy winds that fulfill his word.

Mountains and hills, fruit trees and all cedars; wild beast and all cattle, creeping things and birds that fly.

Kings of the earth and all peoples, princes and all judges of the earth; young men too and maidens, old men and boys: let them praise the name of the Lord.

For his name alone is exalted; his praise is on earth and heaven, and he has lifted up the horn of his people; praise for all the just, the children of Israel, the people who draw near to him.

Psalm 149

Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker, let the children of Zion be glad in their King.

Let them praise his name with the timbrel and the drum, let them sing to him with the harp; for the Lord takes pleasure in his people, and give salvation to the poor.

Let the just exalt in glory, let them praise him on their beds: let the high praise of God be in their throats, and two-edged swords in their hands.

To execute vengeance on the nations, and to rebuke the peoples; to bind their king with chains, their nobles with fetters of iron: to execute on them the judgment is written: that is glory of the just.

Psalm 150

Praise the Lord in his holy place, praise him in the firmament of his strength.

Praise him for his mighty deeds, praise him for his abounding greatness, praise him with the sound of the trumpet, praise him with lyre and harp.

Praise him with the timbrel and the drum, praise him with the soft strings, praise him with the loud cymbals; praise him with the sound of the voice; let everything that has breath praise the Lord.

Psalm 117

Praise the Lord all you nations; praise him all you peoples.

For his grace is strong over us, truly the Lord is forever.

And to you belongs the praise, O God. **Barekmor.**

Shubaho...Men' Olam...

Praise to the Holy Trinity; praise to the Holy Trinity; we praise the glorious Trinity, eternal and everlasting; and to you belongs the praise O God, at all times.

O Christ who accepted the fast of the just and the righteous accept our fast and prayers and have mercy on our souls

Why do you fast if you do not pity on your neighbor? The fast that the Lord selected was that of mercy. O wealthy one, select the fast of mercy in this world. O poor one, do not grumble over alms-giving

It is a duty for anyone to show mercy to his fellow-creature; otherwise he will be punished by justice. Let the rich man understand that he is entrusted with wealth by the Lord to use for his fellow-man.

HYMN OF THE ANGELS

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

At all times and at 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.

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, 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 glory at the right hand of the Father, have compassion on us.

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

At all times all the days of my life, I will bless and praise your name, which is holy and blessed for ever, and which remains for ever and ever.

Blessed are you, Lord Almighty, God of our fathers, and your name is blessed and glorified in praise for ever.

To you belongs glory, to you belongs praise, to you belongs honor, God of all, Father of truth, with the only Son and the living Holy Spirit, now and always and for ever, Amen.

(KAUMA)

MORNING PRAYER

(KAUMA)

INTRODUCTORY PRAYER

Creator of the morning, who drive out the darkness and bring light and joy to the creation; create in us habits of virtue and drive from us all the darkness of sin; give us light and joy by the glorious rays of your grace, Lord our God, forever. Amen.

PSALM 51

Have mercy on me, O God, in your loving kindness; in the abundance of your mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin. For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in your sight, that you may be justified in your words and vindicated in your judgment. For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and you have made known to me the secrets of your wisdom. Sprinkle me with your hyssop and I shall be clean; wash me and I shall be whiter than snow.

Give me the comfort of your joy and gladness, and the bones which have been humbled shall rejoice. Turn away your face from my sins and blot out all my faults.

Create in me a clean heart, O God, and renew your steadfast spirit within me. Do not cast me from your presence and take not your Holy Spirit from me.

But restore to me your joy and your salvation and let your glorious spirit sustain me; that I may teach the wicked your way and sinners may return to you.

Deliver me from blood, O God, God of my salvation, and my tongue shall praise your justice. Lord, open my lips and my mouth shall sing your praise.

For you do not take pleasure in sacrifices; by burnt offerings you are not appeased. The sacrifice of God is a humble spirit, a heart that is contrite God will not despise.

Do good in your good pleasure to Zion and build up the walls of Jerusalem. Then shall you be satisfied with sacrifices of truth and with whole burnt-offerings; then shall they offer bullocks upon your altar.

And to you belongs the praise O God. Barekmor

Glory be to the Father, Son and Holy Spirit
Unto the ages of ages and for ever more.

O Merciful Lord, have mercy upon us by your grace.
Moriyo rahem melain oo aa darein

PSALM 63

Kurielaison. My God, you are my God, I will seek you.

My soul thirsts for you and my flesh seeks for you like the thirsty earth which is parched and begging for water.

So have I looked to you in truth, that I may see your power and your glory.

Because your loving-kindness is better than life and my lips shall praise you.

So I will bless you while I live and will lift up my hands in your name.

My soul shall be enriched with marrow and fat and my mouth shall praise you with lips of praise.

I have remembered you upon my bed and in the night-time I have meditated on you.

For you have been my helper and in the shadow of your wings is my protection.

My soul follows after you and your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; but the king shall rejoice in God.

Everyone who swears by him shall glory, but the mouth of those who speak lies shall be stopped.

And to you belongs the praise, O God. Barekmo.

KOLO

God who accepted the lamb of Abel the innocent and the offering of Noah the just, and the sacrifice of Abraham, accept our fasting and our prayers and answer in your mercy our petitions

The glorious prophet Isaiah prophesized “Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high”

Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? will you call this a fast, and an acceptable day to the LORD? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rearguard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

Psalm 113

Praise the Creator of Light, Praise, you servants of the Lord, praise the name of the Lord.

May the Lord's name be blessed for ever and for ever.

From the rising of the sun to its setting great is the name of the Lord.

The Lord is high above all peoples and his glory is above the heavens.

Who is like the Lord, our God, who sits on high and looks upon the deaths in heaven and on earth?

He raises up the poor from the dunghill, and makes him sit with the princes of the people.

He makes the barren women keep house and be a joyful mother of children.

And to you belongs the praise, O God. **Barekmor.**

KOLO

Woe to those who hid their money, by not giving to the poor and the beggars. Woe to those who took undue interest, putting their trust in the riches which will be destroyed by fire. Blessed are those who clothed the naked; they will receive imperishable glory in the chamber of light. Blessed are those who fed the hungry; they will rejoice in the kingdom of heaven. Grant O Lord, that we may not put our trust in riches, forfeiting your mercies.

Joel the prophet prophesized “Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.”

Judge of Judges do not make me bow my head at the seat of judgment because of my offences by which I have sinned and angered you, and if I am not worthy of forgiveness have pity on me because of your body and blood which is buried within me; I have loved you and worshipped your cross and I have been absolved by your body and blood; be appeased by them and forgive me, Jesus, full of mercy

Christ the king, at the door of your compassion I knock at every hour, and from your rich treasure house I ask compassion and mercy; in you, Lord, I have taken refuge, help me, I have confessed you, do not put me to shame, you are my hope and my strong protection

Who will give me a fountain of tears and a heart of repentance, and I will sit and mourn over myself with bitter sighs? The years of my life have passed in vain labors which profit nothing, and I have been base in my behavior

O Lord, owner of all, make us worthy today to be free from sin. Keep us in righteousness. Lord God of our fathers thou art blessed. Thy name is blessed and glorified for ever

Lord we put our trust in You, shower forth your grace and mercy on us. You are blessed teach us the way of your precepts

You are blessed O Holy lord enlighten us by all Your light. Have mercy on us forever. O Lord do not abandon thy handicraft

O Father son and Holy Spirit; to Thee belongs praise, to Thee glory is fitting and to Thee belongs splendor. Amen.

Moryo rahem `a lay noo `adarayn.

BOVOOSO*(From Friday Sapro)*

O Lord who accepted the fast of the just and the righteous, accept our fast and prayers and have mercy upon us

Wealth becomes shackles, bondage and weight for those who accumulate it. The wealth of those who have united their souls with God is truthful. All the wealth of all kings of the earth is worthless compared to the wealth of a person whose hope is in God

O Christ who accepted the fast of Moses and his humility, accept our prayers and have mercy on our souls.

CONCLUDING PRAYER

It is good to give thanks to the Lord and to sing praise to your name, Most High; to proclaim your grace in the morning and your faithfulness in the night. Lord, in the morning you shall hear my voice and in the morning I have prepared myself to appear before you. Lord, have compassion on your people; Lord, pardon and forgive the sins of all of us. Holy one, let your right hand rest upon us and pardon our infirmity, because your name is forever.

(KAUMA)

THIRD HOUR

(KAUMA)

INTRODUCTORY PRAYER

Cleanse us, Lord, by repentance and by tears of compunction from every passion and stain and defilement of sin, and grant us the grace of victory in our lives at all times and for all the days of our life, Father, Son and Holy Spirit, now and always and forever. Amen.

KOLO

(From Tuesday 3rd hour)

My Brothers, The commandment you must love one another is the fulfillment of all the commandments. However there are those who abstain from food but are filled with revenge and malice. There are those who abstain from drinking and secretly kill his own brother.

Daniel closed the mouth of the lions by fasting and Hananiah and his children quenched the flaming fire. Let us also fast with cleanliness so that we may be pleased with the heavenly ones.

Moryo rahem `a lay noo `adarayn.

BOVOOSO

(From Tuesday 3rd hour)

O Lord who freed us by your fast, have mercy upon us

Come with pure hearts and clean holy bodies to dedicate offerings to the king of kings

O You who fast! By your labors give praise and by your good works offer fruitful thanksgiving to the Lord. Sanctify your bodies and souls that he may abide in you.

O Lord who freed us by your fast have mercy upon us. O Lord who fasted for us receive our fast and prayers.

(KAUMA)

SIXTH HOUR

(KAUMA)

INTRODUCTORY PRAYER

Enlighten, Lord, the eyes of our minds by the light of your glory, that while we walk in it we may turn aside from the paths and snares of the enemy. Strengthen our hearts in your commandments and our hands in the doing of good. Direct, Lord God, our walking according to your word and our thoughts to meditation on you; keep our lips and our tongues by your help for the voice of your praise; establish the truth of your teaching in us and deliver us from every kind of sin, for in you is our hope and on you we call, our Lord and our God, for ever. Amen.

KOLO

He who has sinned should see that he never sins again. He who has not sinned has to be cautious not to sin. Because justice is sitting at the door and writing down all the deeds of everyone without favoritism. O Lord, who knows our secrets, have mercy upon us.

O Jesus be a helper to us, O Jesus be our refuge. O Jesus strengthen us. O Jesus protect us. O Jesus cast away Satan from us. O Jesus forgive us our debts and sins. O Jesus have mercy upon us on the day of judgment.

BOVOOSO

(From Wednesday 6th Hour)

O Lord who freed us by your fast, have mercy upon us

Our savior! Give us life by the very mercies you created us. May not your judgment punish us and by your grace make us steadfast

It is by healing the wounds of the diseased that a physician becomes great. Mercy is not known until the debts of sinners are remitted.

O Lord who freed us by your fast have mercy upon us. O Lord who fasted for us receive our fast and prayers.

MOR SEVERIOS MANEESO

By Thy Mother's Earnest Prayers
 By Thy Saints' Entreaties
 I adore Thee Lord and King!
 Sole begotten, Heavenly One
Word and Father's Son
 Though immortal Thou dost be
 In Thy Nature true
 Thou descendest – by Thy grace
 Bringing life salvation free
 For our fallen human race
 Thou incarnate – wast of her
 Holy Virgin blest
 Mary, glorious, chaste, and pure
Mother of our God
 Man becoming – nor with change
 Thou wast crucified for us,
 Christ who art our Lord and God
 Thou didst trample – death by death
 Ending this our death
 Thou art One of Persons Three
 Holy Trinity
 Worshipped equal – Praised the same
 With the Father and the Holy Ghost
 Have Thou mercy on us all

(KAUMA)
Nicene Creed

Prostrations- 10x each

- | | |
|----------------------------------|---------------------------|
| 1. Kurielaison! | |
| 2. Lord have mercy upon us! | Moran esraham melain |
| 3. Lord be kind and have mercy!- | Moran hoos raham melain |
| 4. Answer Lord and have mercy!- | Moran annino raham melain |

Glory be to Thee, O Lord.
 Glory be to Thee, O Lord;
 Glory be to Thee, ever our hope. **-Barekmor**

Our Father who art in Heaven...
 Hail Mary, full of grace...

NINTH HOUR

(KAUMA)

KOLO

O sinners, tremble seeing the endless fire of hell. Purify your hearts from evil. Wash the stains of sins with your tears. Placate the heavenly king. He will give your eternal joy on the last day. Meet unto Him is praise.

As the end of the world and the Day of Judgment are nearby, Lord grant us a well prepared heart and burning torches. When the whole children of Adam get resurrected and the righteous and the wicked get separated from each other, grant that we may stand at your right hand side and glorify you continuously.

Moryo rahem `a lay noo `adarayn.

BOVOOSO

(From Tuesday 9th Hour)

O Lord who freed us by your fast, have mercy upon us

Nineveh, The land of the ruthless, was saved by fasting. Through petitions and requests grief passed away.

My brothers, Come! Let us put our hope in the laborious fast. Elijah put his hope on it and was taken into the skies in a chariot.

O Lord who freed us by your fast have mercy upon us. O Lord who fasted for us receive our fast and prayers.

(KAUMA)
Nicene Creed

Prayer of St. Ephrem (<i>Byzantine Tradition</i>)
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The prayer is said two times, one time in parts, and the last time in full. After each part, or the entire prayer, a prostration is made. In between the two "O God cleanse me a sinner" is said twelve times, with a bow each time. This is easy to remember after doing it a few times. Two prayers, four prostrations, twelve bows.

"O Lord and Master of my life, take away from me the spirit of sloth, meddling, lust for power and idle talk."

Prostration

"But give rather the spirit of chastity, humility, patience and love to Thy servant."

Prostration.

"O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen."

Prostration.

Then, twelve repetitions of:

"O God, cleanse me a sinner."

Bow.

And then repeat the entire prayer all at once:

"O Lord and Master of my life, take away from me the spirit of sloth, meddling, lust for power and idle talk.

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

O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen."

Prostration.

***A Prostration** is a full bow to the ground with the knees touching the ground, and the head touching or near the ground, then immediately standing back up. After coming back up, the sign of the cross is made.*

***A Bow** is when the sign of the cross is made, while simultaneously bowing the head by bending at the waist. Some bow deeply and touch the ground with their right hand, and other make very shallow bows. It really does not matter as long as the movement is done with attention.*