

<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

*Evening*

*Qaumo*

*Psalms of Evening*

*[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 a 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 the right and see none that knows me; the way of escape has gone from me, and there is none who cares 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 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 forever because it is dear to my heart; I have turned my heart to do Your commands forever in truth.

*[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! Bless me, O Lord.*

### **`Enyono**

O Messiah, though Your Holiness is unblemished, You observed the fast for us; have mercy on us so that we may observe the fast according to Your will.

O Lord, though You had been nourishing all of creation, You fasted in the wilderness on our behalf; make us worthy to observe this fast without longing for food.

O Lord, give us Your grace to observe the fast with purity and to receive it with joy. *Bless me, O Lord.*

O Lord, may our fast be pleasing to You so that You may forgive our iniquities. *Let us stand well, Kurielaison!*

### **Qolo**

O Fast, the primary weapon to wage war against Satan, come in peace. Moses fasted forty days and our Lord also fasted forty days. Praise to the Messiah who taught us to overcome Satan with fasting and prayer. *Bless me, O Lord.*

Through fasting, Moses received the tablets written by God. Elijah became beloved to God through his fast, and the sky and earth obeyed him. Blessed is he who pleases God in his deeds by observing fasting and prayer, and by abandoning envy and evil deeds.

*Lord, have mercy upon us and help us!*

### **Qolo**

Lord, absolve our transgressions and wipe away our misdeeds. Since we have sinned and angered You, we lament like the sinful woman; O God, who loves humankind, accept us and have mercy on us. Make us worthy to praise You with Your righteous ones at Your glorious Second Coming. *Bless me, O Lord.*

Lord, we cry out before You like the prodigal son; have mercy on us. We have sinned against You and against heaven; accept us as Your hired servants. Consider us as slaves in Your household. Forgive all our sins we have committed against You.

*Lord, have mercy upon us and help us!*

### **Bo`utho**

In order to observe the fast together with body and soul, let our body abstain from food and our soul abstain from wickedness. It is worthless to observe the fast by abstaining from food but without abstaining from evil thoughts. O Lord, let Your grace be a companion to us, so that we may observe the fast properly with our body and soul.

### **Concluding Prayer**

**O Lord, Jesus Christ, do not close the door of Your mercy in our faces.**

We confess that we are sinners, have mercy upon us. O Lord, Your love made you descend to us from Your place, that by Your death our death might be abolished. Have mercy upon us. Amen.

*Qaumo*

<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

***Sutoro/Protection Prayer***

*Qaumo*

† Glory be to God in the highest, and on earth, peace and tranquility and good hope to mankind.

*(Repeat three times and kneel down/prostrate)*

**[Psalm 4] O God, the salvation of my righteousness, You have answered me when I called; You have comforted me in my affliction. Have mercy upon me and hear my prayer.**

O sons of men, how long will you hide my honor? How long will you love vanity and seek after lies? Know that the Lord has wondrously set apart the chosen one. The Lord will hear when I call to Him!

**Be angry, but do not sin. Meditate within your hearts and upon your beds. Offer sacrifices of righteousness and put your trust in the Lord.**

There are many who say, "Who will show us any good and shed the light of His face upon us?"

**O Lord, You have placed Your joy in my heart, more than the time when their grain, wine, and oil abounded.**

In peace I will lie down and sleep. For You alone, O Lord, make me dwell in tranquility.

And to You belongs the praise, O God! *Bless me, O Lord.*

**Bo`utho of St. Jacob**

*(Karthu Karthave)*

We call upon You, Lord our Master, come to our help; hear our petition and have mercy on our souls.

Lord of angels and watchers, Lord our Master, hear our petition and have mercy on our souls.

Father, Son, and Holy Spirit, enlighten our minds.

In faith I knock at Your door, answer me in Your mercy.

Open my eyes to behold Your truth and worship Your Holy Name. Protect my youth, as I have trusted in Your mercy.

Give us life through your blessings. Your mercy and refuge is our fortress.

Give to me, Lord, a pure heart. Grant now to my intellect the wisdom of salvation: Your absolute perfection.

Vest me with spiritual weapons against the evil one. Seal me with Your Holy Name and deliver my life from destruction.

I have followed You with love for Your goodness, May I not be ashamed; Stretch forth Your right hand over me, O Lord.

My Master and merciful Father, I desire to belong entirely to You, and I adore You. I have obtained the mercy and grace that I prayed for. Like a merchant, let my intellect collect the good from Your treasury.

Give me the true Book for me to read; I am Your servant, Lord, and the child of Your handmaid. Grant me life on account of Your Holy name.

I received Your sacred body and drank Your precious blood; May I live by You.

May Your holy cross (†) be a fortress protecting me from deception. I have called upon You and prayed to You, O Lord.

Stretch forth Your right hand over me. O Good Shepherd, Make me a lamb of Your flock.

Glory to Your name, Father of the world and King of life; like offerings, let my prayers enter before Your majesty.

You who hear all and accept petitions, hear our prayers and have mercy upon us.

### **Bo`utho of St. Ephrem**

Lord, have mercy upon us!  
O Lord, receive our service;  
Send us from Your treasure-house  
Mercy, grace, and forgiveness.

Help me to keep vigil and  
Stand watchfully before You,  
But if I were to slumber  
May my sleep be without sin.

If I sin while keeping watch,  
Lord, forgive me by Your grace,  
And if I sin in my sleep,  
Absolve me by Your mercy!

O Lord, grant me peaceful sleep  
By the Cross of Your meekness;  
Save me from all evil dreams  
And from obscene images.

While I sleep throughout this night,  
Lord, protect me and prevent  
Evil men and sinful thoughts  
From taking control of me.

Send me an angel of light  
To protect my whole body;  
By Your flesh which I've consumed  
Save me from hateful passions.

Lord, when I lie down to sleep  
May Your blood be my guardian,  
Granting freedom to my soul  
Which is formed in Your image.

Overshadow my body  
With Your right hand, which formed it;  
May Your fortress of mercy  
Be a shield surrounding me!

May Your strength be my guardian  
As my body sleeps in peace;  
May that sleep be like incense  
Before Your great majesty.

By the pray'rs of Your Mother  
Let not Satan near my bed;  
By Your sacrifice for me  
Forbid him from harming me.

Lord, fulfill what You promised.  
Guard my life by Your Cross that  
I may praise You when I wake,  
For you have loved my weak self.

Grant by Your compassion, Lord,  
That I may obey Your will;  
Grant us an evening of peace  
And a night of righteousness.

Christ our Savior, O True Light  
Whose honor dwells in the light,  
You are indeed the True Light  
Whom the sons of light worship.

Jesus, Savior of the world,  
Who dwells truly in the light,  
Have mercy upon our souls  
In this world and that to come!

Glory to You! Praise to You!  
Thousands of praises to You;  
Glory, Lord, Glory to You!  
Have mercy upon us all!

Praise the One Watchers worship;  
Praise the One the angels serve!  
Lord of watchers and angels,  
Hear the pleas of Your faithful.

Praise Him Who is one essence;  
Praise Him Who is three persons:  
Father; Son; Holy Spirit,  
Who is the One and True God!

Glory to Him who accepts  
Like first-fruits and off'erings  
The tears of the penitent  
And the pray'rs of the feeble!

Countless as the leaves of trees  
Are those on earth who praise You  
Whom watchers in Heaven serve  
And whom angels glorify.

With wisdom and purity,  
Let us glorify our God:  
Father; Son; Holy Spirit,  
Who is the One and True God!

Do not keep gold and silver,  
Which contain deadly poison;  
Rather, obtain sound doctrine,  
That you are loved by the Lord.

Observe the forty-day fast  
And give bread to the hungry,  
And as you learned from David,  
Pray seven times every day. (Ps 119:164)

Both Moses and Elijah  
Fasted forty days and nights,  
As our Lord also fasted  
And conquered the evil one.

May the pray'r which ascended  
From the furnace, sea, and pit  
Open the door of mercy  
To our pray'r and petition.

Lord, who hears our petitions,  
Answer us in Your mercy;  
Lord, be reconciled with us;  
Have compassion upon us!

*Lord, have mercy! Lord, have mercy! Lord, have mercy!*  
(Kurielaison! Kurielaison! Kurielaison!)

*Psalms of Compline*

*[Psalm 91] Bless me, O Lord. He who sits under the protection of the Most High and glories in the shelter of God will say to the Lord,*

*"My trust is in You; God is my refuge in whom I trust."*

**For the Lord shall deliver you from the snare, which makes you stumble, and from talk of vain things.**

He will keep you safe under his feathers, and you shall be protected beneath His wings. His truth shall enclose you as an armor.

**You shall not be afraid of the terror of the night nor of the arrow, which flies by day.**

Nor of the word, which walks in the darkness; nor of the spirit that destroys at midday.

**Thousands shall fall at your side and ten thousand at your right hand, but it shall not come near you.**

But with your eyes alone you shall see the reward of the wicked,

**Because you have made the Lord your trust; you have made your dwelling in the heights.**

Evil shall not come near you, affliction shall not come near your tent,

**Because He has commanded his angels concerning you, that they should keep you in all your ways**

And receive you in their arms, that you may not stumble with your foot.

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

*"Because he has cried to me," says the Lord, "I will deliver him and strengthen him.*

***"Because he has known My Name, He shall call upon me and I will answer him; I will be with him in distress.***

*"I will strengthen him and honor him; I will satisfy him with length of days and show him My salvation."*

*[Psalm 121] I have lifted up my eyes to the hills — from where will my help come?*

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

**He will not suffer your foot to slip, your guardian shall not sleep.**

Indeed, He neither slumbers nor sleeps, the guardian of Israel.

**The Lord is your guardian. The Lord shall shelter you with His right hand.**

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

**The Lord shall guard you from all evil, the Lord shall guard your soul.**

The Lord shall guard your going out and your coming in from henceforth and forevermore.

*And to You belongs the praise, O God! Bless me, O Lord.*

*Prayer of Mor Severus*

**He who sits under the protection of the Most High, beneath the shadow of the wings of Your loving kindness, will say,**

“Protect us, O Lord, and have mercy upon us; You who hear all, hear the prayer of Your servants in Your loving kindness.

**Grant us, O Christ our Savior, an evening full of peace and a night of holiness, for You are the King of Glory.**

Our eyes are turned to You. Pardon our offences and our sins; have mercy upon us both in this world and in the world to come.

**O Lord, may Your mercy protect us and Your grace rest upon our faces. May Your † Cross guard us from the evil one and his powers.**

May Your right hand rest upon us all the days of our lives, and Your peace reign among us. Give hope and salvation to the souls of those who pray to You.

**By the prayer of Mary, who bore You, and of all Your saints, pardon us and have mercy on us, O God.”  
Amin.**

*Praise of the Cherubim*

**† 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.

**You are holy and glorious forever;**

You are holy and glorious forever;

You are holy and blessed is Your name, forever and ever!

**Glory be to You, O Lord;**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Bless me, O Lord.*

*Our Father, Who art in heaven...*

*We believe in One, True God...*



<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

**Night Vigil**

*Qaumo*

**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, Father, Son, and Holy Spirit, now and always, forever and ever. Amen.

**Introductory Psalms of Night Vigil**

*[Psalm 134]* **Bless me, O Lord. Bless the Lord, all You servants of the Lord,**

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; for His grace is strong over us; truly the Lord is forever!

*And to You belongs the praise, O God! Bless me, O Lord.*

**`Enyono**

O Christ our Lord, who was humbled for us, who fasted, and who was tempted by Satan, grant Your help to observe the fast according to Your will and to overcome Satan, who fights against us.

O Savior, who taught us to observe the fast with true love, divine meditation, and purity, make us worthy to observe the fast according to Your will and, therefore, to receive absolution of our iniquities.

Our Lord, You are the Way, the Truth, and the Life (*Jn 14:6*); guide us in Your way, open the door, and make us worthy to enter into the eternal life, so that we may rejoice with Your saints. *Bless me, O Lord.*

O Compassionate One, have mercy on us; grant remission of our debts. By Your grace, grant us peace and tranquility and have mercy on us in both worlds.

*Lord, have mercy! Lord, have mercy! Lord, have mercy!*  
(*Kurielaison! Kurielaison! Kurielaison!*)

## First Watch

### `Eqbo

O Lord, who opens Your door for the repentant, may Your door of mercies open to us. O compassionate One, absolve us, the great sinners, and purify us.

*Lord, have mercy! Lord, have mercy! Lord, have mercy!*  
(Kurielaison! Kurielaison! Kurielaison!)

Lord, have mercy upon us;  
Lord, be kind and have mercy;  
Answer, Lord, and have mercy.  
Glory be to You, O Lord;  
Glory be to You, O Lord;  
Glory be to You, our hope forever. *Bless me, O Lord.*

### Qolo

O Lord, we are afraid that our sins will be a barrier that prevents us from entering into the joyful garden which is kept for Your saints. Lord, save us from the fiery hell and make us dwell in Your presence. *Bless me, O Lord.*

Praise to You, O Jesus Christ, for You have opened Your gate before the repentant. Grant our petitions and gladden us with Your blessings. The One who gives all blessings, may we be a harp that sings praise to You always.

*Lord, have mercy upon us and help us!*

### Bo`utho

O Father, Son, and Holy Spirit, One true God, may You guard us always. Hear our petitions and have mercy on our souls.

### *Praise of the Cherubim*

† **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.

**You are holy and glorious forever;**  
You are holy and glorious forever;  
You are holy and blessed is Your name, forever and ever!

**Glory be to You, O Lord;**  
Glory be to You, O Lord;  
Glory be to You, our hope forever. *Bless me, O Lord.*

*Our Father, Who art in heaven...*

## Second Watch

### `Eqbo

Woe to us! Though we lived among the righteous people, we were not chastised. We were withheld from their feasts because we did not learn from their good deeds. Because of our wicked deeds, we were driven away from among their ranks.

*Lord, have mercy! Lord, have mercy! Lord, have mercy!*  
(Kurielaison! Kurielaison! Kurielaison!)

Lord, have mercy upon us;  
Lord, be kind and have mercy;  
Answer, Lord, and have mercy.  
Glory be to You, O Lord;  
Glory be to You, O Lord;  
Glory be to You, our hope forever. *Bless me, O Lord.*

### Qolo

The thief and the sinful woman, who were vindicated through their tears, confess that God's door is always merciful and He will open that door for those who knock upon it. O Savior of the world, as you did for them, grant us the absolution of our sins. *Bless me, O Lord*

Those who sinned should not sin again, and those who did not sin should be watchful not to sin; for justice records the deeds of every person with a feather (pen). O Lord, who knows our secrets, have mercy on us.

*Lord, have mercy upon us and help us!*

### Bo`utho

You who have compassion on sinners, have compassion on us on the day of Your judgment.

### *Praise of the Cherubim*

† **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.

**You are holy and glorious forever;**  
You are holy and glorious forever;  
You are holy and blessed is Your name, forever and ever!

**Glory be to You, O Lord;**  
Glory be to You, O Lord;  
Glory be to You, our hope forever. *Bless me, O Lord.*

*Our Father, Who art in heaven...*

### **Third Watch**

#### **`Eqbo**

O Jesus, be a helper to us. Jesus, be a refuge for us. Jesus, strengthen us. Jesus, protect us. Jesus, remove the wicked from us. Jesus, redeem our debts and sins. Jesus, have mercy on us when the verdict is declared.

*Lord, have mercy! Lord, have mercy! Lord, have mercy!*  
(*Kurielaison! Kurielaison! Kurielaison!*)

Lord, have mercy upon us;  
Lord, be kind and have mercy;  
Answer, Lord, and have mercy.  
Glory be to You, O Lord;  
Glory be to You, O Lord;  
Glory be to You, our hope forever. *Bless me, O Lord.*

#### **Qolo**

Lord, we knock at Your door. We beseech mercies from Your treasure house. We indulged in sin and strayed from Your path. May we confess our sins and withdraw from evil and live in Your grace. *Bless me, O Lord.*

O One True God, the Father, Son, and Holy Spirit, may You be our fortress and refuge. Under the wings of Your mercy, protect us from the army of the wicked who fight against us.

*Lord, have mercy upon us and help us!*

#### **Bo`utho**

The One who hears all things and accepts prayers, hear our prayers and have mercy on our souls.

† Halleluyah, Halleluyah, Halleluyah!  
Glory to You, O God! *(Repeat three times)*

O Merciful Lord, have mercy upon us in Your loving-kindness.

*Lord, have mercy upon us and help us!*

### *Psalms of Night Vigil*

*Awake, you that sleep, and rise and sing praise! [Psalm 148]* **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 depths; fire and hail; snow and mist; stormy winds that fulfill His word;**

Mountains and all hills; fruit trees and all cedars; wild beasts 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 in 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 rejoice 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 gives salvation to the poor.

**Let the just exult in glory; let them praise Him on their beds; let the high praises 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 kings with chains; their nobles with fetters of iron; to execute on them the judgment which is written; that is the 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! Bless me, O Lord.*

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

## **Qolo**

Have compassion on us, O Lord. Have compassion on us, O Lord. According to the abundance of your mercies, do not remember our sins. *Bless me, O Lord.*

O God, may You punish us with mercy. May You not use the rods of wrath against us. Open Your door to our prayers. Grant our petitions according to Your mercies.

*Lord, have mercy upon us and help us!*

## **Bo`utho**

O Lord, have mercy on us. O Lord, Accept our service.

The One who does not prevent His mercies from us, open Your doors to our prayers. Hear our petitions and grant our requests.

O good and merciful Lord, who is there like You? When we commit sins, You patiently wait for us; You rejoice, when we turn to You.

The One who hears our petitions and grants our requests, hear our prayers, reconcile with us, and mercifully grant our petitions.

## ***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 up 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 only are holy, You only, Lord Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

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

Blessed are You, Lord Almighty, God of our fathers, and Your name is blessed and glorified in praise forever.

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

## ***Concluding Prayer***

**O Lord, Jesus Christ, do not close the door of Your mercy in our faces.**

We confess that we are sinners, have mercy upon us. O Lord, Your love made you descend to us from Your place, that by Your death our death might be abolished. Have mercy upon us. Amin.

*Qaumo*

<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

*Morning*

*Qaumo*

*Psalms of Morning*

**[Psalm 51] Have mercy upon 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. O 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! Bless me, O Lord.*

**O Merciful God! Have mercy upon us in your mercy!**

*Lord, have mercy upon us and help us!*

**[Psalm 63] 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 for You in truth, that I may see Your power and Your glory.**

Because your loving-kindness is better than life, 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 as with marrow and fat and my mouth shall praise You with lips of praise.

**I have remembered You upon my bed and in the nighttime 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! Bless me, O Lord.*

### **`Enyono**

Lord, by Your mercy, make us into good and fertile land that You may sow, sprout and grow the seeds (Your commandments) in us.

O Savior, by Your mercy, wash and purify us from our iniquities and worldly passions. O Lord, graciously help us to become good stewards in Your vineyard. *Bless me, O Lord.*

Lord, the heavenly Gardener, protect us, so that the wicked may not sow weeds in us.

*[Psalm 19] Kurielaison! The heavens declare the glory of God; the firmament proclaims His handiwork. Day to day brings forth speech; night to night declares knowledge;*

There is no speech, nor are there words; their voice is not heard. Yet their good tidings go out through all the earth and their words to the end of the world.

**In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber; it will rejoice like a strong man to run his course.**

Its departure is from the end of the heavens while its repose is at the end of the heavens, and there is nothing hidden from its heat.

**The law of the Lord is flawless and it turns the soul. The testimony of the Lord is trustworthy and makes infants wise. The commandments of the Lord are right and they make the heart rejoice. The precepts of the Lord are chosen and they illumine the eyes.**

The fear of the Lord is pure and it endures forever. The judgments of the Lord are true and are more righteous than all. They are more desirable than gold and even than precious stones. They are sweeter than honey and the drippings of the honeycomb.

**Moreover, Your servant will be warned by them; If he keeps them, he will be greatly rewarded, but who can discern his errors? Clear me from hidden faults.**

Keep Your servant away from iniquity, lest the evil doers have dominion over me. And I shall be purified from my sins. O Lord, my helper and Savior, let the words of my mouth be according to Your will and the meditation of my heart be acceptable before You.

*And to You belongs the praise, O God! Bless me, O Lord.*



### **`Enyono**

O Savior, we have fallen into the pit of sin; by Your great mercy, raise us up from it.

Lord, help us to observe this fast with a right spirit. Mercifully wash and cleanse our impurities.

O Lord, the Great Physician of our souls, give medicine to us who are sick through impure passions. *Bless me, O Lord.*

O Messiah, who showed the way to the heavenly kingdom, make us worthy to walk the right path.

*[Isaiah 42:10-13, 45:8] Kurielaison! Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands, and their inhabitants praise the Lord!*

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

**The Lord will go forth like a mighty man, and like a warrior He stirs up His fury; He will cry out and become mighty and will triumph over His enemies.**

Let the clouds rain down righteousness, let the earth open and salvation increase, and let righteousness sprout forth altogether. I am the Lord who created them. *Bless me, O Lord.*

### **`Enyono**

O Lord, who, for our salvation, fought the battle against Satan and overcame him, save us from his deception and deceitfulness.

O God, who spoke through the prophets that, "I desire not the death of the wicked but rather that they turn from their ways and live" (Ezk. 33:11), have mercy on us, that we may once again become Your flock and live for You.

As Daniel fasted and shut the mouth of the lions, save us, O Lord, from the demons who try to catch us. *Bless me, O Lord.*

As Hananiah and his companions fasted and were saved from the blazing furnace, O Lord, by our fast, save us from the hell-fire.

*[Psalm 113] Amin. Praise the Creator of Light! Praise you servants of the Lord; praise the name of the Lord!*

May the Lord's name be blessed forever and 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 depths in heaven and on earth?**

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

**He gives the barren woman a home and makes her a joyful mother of children.**

*And to You belongs the praise, O God! Bless me, O Lord.*

### **`Eqbo**

O Savior, You who took flesh of the Virgin Mary, became man, and lived among sinners, and the One who gave us the holy fast as an invincible weapon; make us worthy to live according to Your divinity so that we may become Your beloved friends. *Let us stand well. Kurielaison!*

### **Qolo**

Through the fast, the doors of Paradise open; those who truly observe it will receive the countenance of angels and the wings to fly up. O compassionate God, in this fast, grant us Your abundant gifts and help us. *Bless me, O Lord.*

Those who sow the seed of generosity will reap much on the day of resurrection. Blessed are the righteous who give alms. When the Messiah comes and recounts the deeds of every person, those who give alms will receive eternal life. Praise to the Judge who shows no partiality.

*Lord, have mercy upon us and help us!*

### **Qolo**

O Compassionate God, grant us Your gifts abundantly. O merciful Lord, receive our petitions. As You are the source of all gifts, which always flow from You, answer the sinners who call upon You, and make Your gifts flow upon them. O Lord, open Your doors to those who beseech You. *Bless me, O Lord.*

Lord, accept our petition; grant us mercy, absolution of sins, and new life in the Kingdom of Heaven. At that great day, when all secrets will be revealed, do not condemn us, but make us worthy to inherit the Kingdom of Heaven. May our fasting and services be pleasing You.

*Lord, have mercy upon us and help us!*

### **Bo`utho**

Lord, open the door of Your mercy. Remove the days of affliction from us. If You close Your door against us, where shall we knock? Have compassion upon us, who are fashioned in Your image; do not forsake us; and do not drive us away because of the foul odors which arise from us due to our iniquities.

### ***Morning Praise for the Fast***

Lord of all, by your mercies, make us worthy to be preserved today in justice, without the scars of sin. Blessed are You, O God of our fathers, and your name is magnified and glorified forever and ever. Amen. O Lord, may Your grace and mercies be upon us, for our trust is in you. Blessed are You, O Lord. Teach us and show us the way of Your commandments. Blessed are You, O Lord. By Your grace, make us to understand the way of Your laws. Blessed are You, O Holy One. Enlighten us all with your rays. Lord, may Your mercies be upon us forever. Lord, do not neglect the work of your hands. There befits you glory, there befits you praise, O Father, Son, and Holy Spirit, forever and ever. Amen.

### ***Morning Praise***

**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. *(Repeat three times and kneel/prostrate)*

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. Amen.

### ***Qaumo***

<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

**Third Hour**

*Qaumo*

**Qolo**

O sinners, remember the eternal hell-fire and tremble. Purify your hearts from iniquities. Wash away the stains of your sins with your tears. Appease the heavenly King; He will grant you eternal bliss on the Last Day. Praise is due unto Him forever. *Bless me, O Lord.*

Brethren, this is the time of repentance. Let us repent and beseech the Lord for mercy; otherwise, He will come on the Last Day like a thief in the night, and may find us sinners and punish us. Blessed is the Lord who desires the repentance of sinners.

*Lord, have mercy upon us and help us!*

**Bo`utho**

Lord, as the end of the world and the day of retribution are at hand, give us a vigilant heart, so that we may ready ourselves by lighting the lamps for Your reception. At the time when the children of Adam will rise again, and at the time when the wicked will be separated from the good, O Lord, make us worthy to sing praises unceasingly and stand at Your right side.

*Qaumo*

<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

**Sixth Hour**

*Qaumo*

**Qolo**

Lord, accept the fast and prayer of Your Church and grant peace to her. Remove all troubles, schisms, heresies, and controversies from her and appoint shepherds who lead the Church according to Your will. May they rejoice at the right side of Your Father in Your Kingdom. *Bless me, O Lord.*

O World, we committed many sins by living in you. You are an ocean of sins. Our wicked minds lead us through troubled paths. We are afraid of the Day of Judgment and the river of fire. O Lord, may the sign of Your cross may be an aid for us. With it, may we cross the fiery river and live forever.

*Lord, have mercy upon us and help us!*

**Bo`utho**

Woe to those who hid their wealth in the earth without giving to the poor and needy. Woe to those who collected interest and depended on wealth which can be destroyed by fire. Blessed is the one who clothed the one who had no clothes; they will dress with eternal robes in the bridal chamber of light. Blessed is the one who satisfied the hungry; together, they will rejoice in the Heavenly Kingdom. Lord, may we not be unworthy of Your mercies by being far away from You because of our greed.

## **Manitho of St. Severus**

By the prayers of Your mother who brought You forth and of all Your saints: *I will exalt You, O King, my Lord (Ps. 145:1)*, the Only-Begotten Son, the Word of the Heavenly Father, Who is immortal in Your nature; Who by Your grace, came for the life and salvation of all mankind, and did become incarnate of the holy and glorious pure virgin, Mother of God, Mary; Who did become man, being God without change, and was crucified for us. O Christ our Lord, Who by Your death did trample our death and destroy it; Who is One of the Holy Trinity and is worshipped and glorified in the unity of Your Father and Your Holy Spirit, have mercy upon us.

*Qaumo*

<b>Great Lent</b>
-------------------

*"The Forty-Day Fast"*

### ***Ninth Hour***

*Qaumo*

### **Qolo**

O Merciful Lord, on that day when everyone desires to sit on the right side, do not drive us away from Your presence. As Your body and blood are abiding in us, do not say to us, "I do not know you." May the baptism we received be a ship for us, so that through it, we may cross the fiery ocean and live in Your mercy. *Bless me, O Lord.*

Lord, our sins overwhelm us; they are always against us. How do we look up to heaven and pray for absolution? Like the sinful woman, we knock at Your merciful door; answer us and absolve our sins.

*Lord, have mercy upon us and help us!*

### **Bo`utho**

O Compassionate Lord, do not turn Your face from us. Do not reject our petitions; do not forsake us; we find refuge in You alone; may Your mercy help us. Lord, we have drowned in the clay of sins; sprinkle us with Your sanctifying Hyssop. Wash away our filth. Make us worthy to be Yours and to walk according to Your will, and in the Day of Judgment, by standing at Your right side, may we sing praises to You.

*Qaumo*