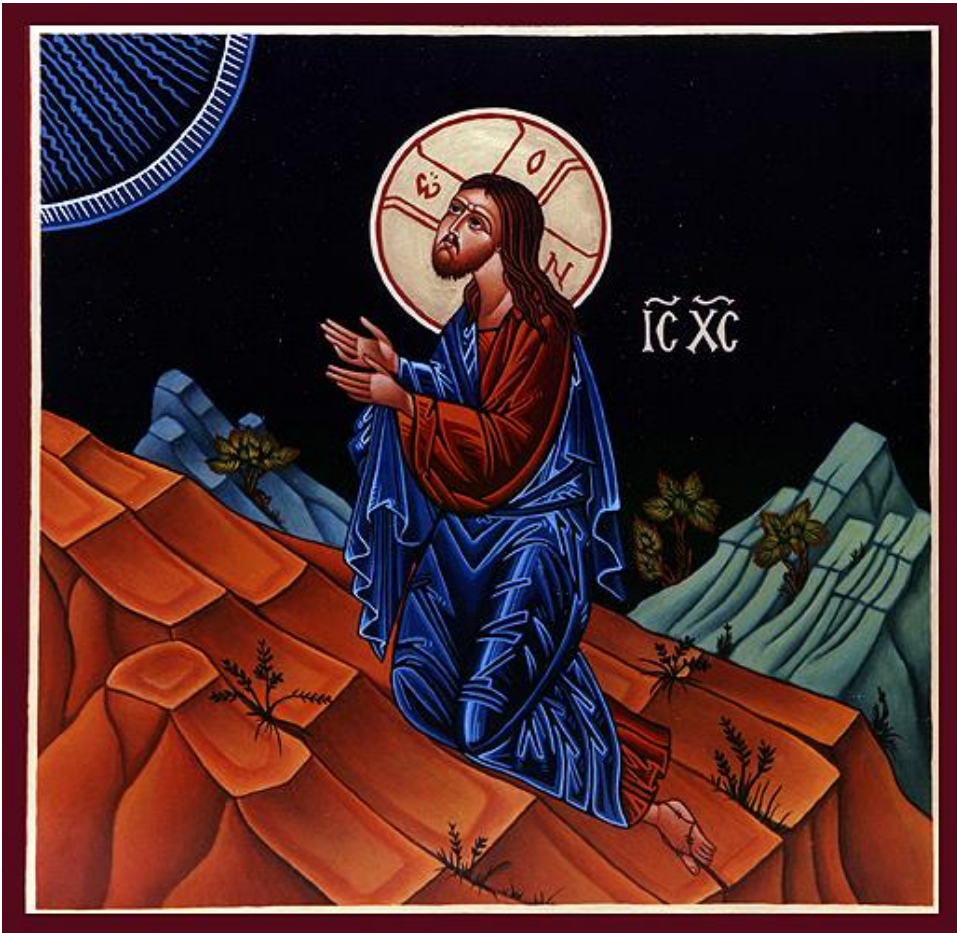


St.Mary's Malankara Syriac Orthodox Church, West Nyack, NY 10994

Holy Great Lent

Daily Evening Prayers for the Great Lent



English Edition of the Pampakuda Namaskaram Prayers
For Private Circulation

PREFATORY PRAYERS

† 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 the earth are filled Hosanna in the Highest.

Blessed is He, who has come and is to come, in the Name of the Lord God - Glory be to Him in the Highest

QAUMO

Holy Art Thou, O God!

Holy art Thou, O Almighty

Holy art Thou Immortal

† Crucified for us have mercy upon us (Repeat 3 times)

Lord, have mercy upon us

Lord, be kind and have mercy

Lord, accept Thou our prayers and entreaties. Have mercy upon us

Glory be to Thee, O God.

Glory be to Thee, O Creator

Glory be to Thee, O Christ our king, who does pity sinners, Thy servants – *Barekhome*

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 them, that trespass against us. And lead us not into temptation, but deliver us from the evil one. For Thine is the Kingdom, the Power, and the Glory, for ever and ever. Amen.

Peace be with you, Mary, full of grace, our Lord is with thee, Blessed art thou among women, and blessed is the fruit of thy womb, our Lord Jesus Christ, O Virgin Saint Mary, Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen.

EVENING PRAYER

PSALM 51 (OPTIONAL)

Barekhome. Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sins; for I acknowledge my transgressions, and my sin is ever before me.

I have sinned against You, against You truly. I have done what is evil in Your sight. Your judgments are right. Your sentence is just. For behold, I was formed in iniquity; and in sin did my mother conceive me.

But You take delight in the truth. 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.

Satisfy me with Your joy and gladness, that my bones which are crushed shall rejoice. Turn Your face away from my sins, and blot out all my iniquities.

Create in me a pure heart, O God, and renew a right spirit within me. Cast me not away from Your presence; and take not Your holy Spirit from me.

Restore to me the joy of Your salvation; and uphold me with Your glorious Spirit; then I will teach the wicked Your way, and sinners shall turn to You.

Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall praise Your righteousness. O Lord, open my lips, and my mouth shall sing Your praises.

For You desire not sacrifices, You are not appeased by burnt offerings. The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, which You will not despise.

By Your loving-kindness do good to Zion; build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offerings and whole burnt offerings; then they shall offer bullocks upon Your altar.

To you belongs praise, O God. *Barekhome.*

PSALMS 141, 142, 119, 117

Kyrielaïson. I call upon you, Lord; hear me! Give heed to my words and answer me.

Let my prayer be like incense in your sight, my uplifted hands be like an evening sacrifice. Lord, set a guard at my mouth, a sentry at the door of my lips, that my heart may not turn to evil and indulge in the deeds of wickedness.

Let me not sit at the table of the wicked. Let the righteous man teach me, let him reprove me, but the oil of the wicked shall not anoint my head, my prayer is against their evil deeds. When their judges are thrown down in stony places, they shall hear my words; for they are sweet.

Their bones are scattered at the mouth of the grave like the plow that breaks the earth. I lift up my eyes to you, Lord. I put my trust in you, do not leave my soul destitute.

Keep me away from the hands of the proud who have laid snares for me. Let the wicked fall into their own traps, while I go unharmed.

While my soul was in agony, I cried unto the Lord with my voice; with all my voice I made supplication. I poured out my affliction before Him, I told Him all my troubles. When my spirit was overwhelmed within me, then You know my path.

They have hidden snares for me in the way I have to walk. I looked to the right, but there was no one who knew me; no one cared for my soul. I cried unto You, O Lord! I said, You are my refuge and my portion in the land of the living.

Attend to my supplication; for I am in distress. Deliver me from my persecutors, for they are stronger than me. Lead me forth from prison that I may praise your name. The righteous shall wait for me because You will answer me.

Your word is a lamp to my feet and a light for my path. I have sworn and have determined to keep Your holy decrees. I am made to be low, Lord. Give me life according to Your word. Lord, be pleased with the words of my lips and teach me Your decrees.

My life is always in Your hands, I do not forget Your laws. The wicked have

set traps for me, but I have not strayed from your commands. I treasure up Your testimonies. Truly they are the joy of my heart. Incline my heart to keep Your commands, in truth, for ever.

Praise the Lord, all you nations. Praise Him, all you people. Great is His goodness for us. Truly, the Lord's goodness is for ever.

All: To you belongs praise, O God. *Barekhome*.

ENIYONO

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. *Barekhome*.

O Lord, may our fast be pleasing to You so that You may forgive our iniquities. *Stboumenkalos, 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. *Barekhome*.

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. *Morio Rahem.....*

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.
Barekhome.

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.

Morio.....

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

Our Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. 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)

BEDTIME PRAYER

(Qaumo)

(The following proclamation and Psalm are only said during bedtime prayer on Sunday evening)

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. *Barekbmore.*

QOLO

O Creator of the Evening, receive our prayers and offerings as sweet fragrance in your midst. By Your mercy, answer our petitions and shower your mercies upon us from Your holy treasury.

Blessed is he who is steadfast in prayers. His prayers will be a source of refuge and strength. On the great Day of Judgement, his prayers will lead him to stand with a shining face before the throne of the Messiah.

BO'UTHO OF ST. JACOB

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.

MIMRO OF MOR APHREM

**Lord have mercy upon us
Kindly accept our service
Sending from Thy treasury
Kindness, mercy - and pardon.**

**Grant me oh Lord, while I stand,
keeping vigil before Thee
Should I fall to slumber's hand,
Guard Thou me from - sinful sleep.**

**If I trespass while awake
by thy grace absolve me Lord
If I transgress - in my sleep
Pardon with Thy - compassion**

**By the Cross (+) of Thy meekness
Grant me, Lord, a restful sleep
Deliver me from - evil dreams
And from sinful thoughts, oh Lord!**

Through the night govern me,
Lord grant to me a - peaceful sleep;
Let not Evil - and his thoughts,
Should have domain - over me.

Grant to me Thy bright Angel,
that he may guard - all my limbs;
Save me from unholy lust
By Thy Body - that I ate.

While I lie and sleep in calm,
may Thy blood be - my guardian;
Granting freedom - to my soul
which is but Thy - own image.

Thy hand shaped me, oh my Lord
Shadow me with - Thy right hand,
Let Thy mercy - a for-tress
Shielding me Lord - all around.

While my body rests and sleeps,
May Thy power - keep vigil;
Let my sleep in - Thy presence
May become like - sweet incense.

Let not evil touch my bed,
By Thy mother's prayer for me;
By Thy pleasing sacrifice,
Keep Satan from - hurting me.

Fulfill Thy word with me, Lord,
And guard my life by Thy Cross (+);
Waking I shall - praise Thy name,
For Thou loved me - in weakness.

Grant oh Lord, by Thy mercy,
That I hear and - do Thy will;
Grant me an eve - full of peace,
And a night of righteousness

Oh our Savior, Jesus Christ,
who is indeed the true light
Thy honor stays - in the light,
Worshiped by all - sons of light.

Jesus, Savior of the world,
Who stays and lives - in the light;
to Thee praise, on - us mercy
In this world and - that to come.

Praise to Thee Lord, praise to Thee,
Praise a thousand thousand fold;
Tens of thousands - we praise Thee,
To Thee praise on - us mercy.

Praise to whom Watchers adore;
and heavenly Angels serve
Lord of Watchers and Angels;
accept our supplications

Praise to the One who is three;
and to the three who are One.
Father, Son and Holy Ghost;
who is the One and true God.

Glory to Him who receives;
prayers of the feeble and
Accepts penitent tears;
like the first-fruit offerings

Lord, for whom angels above;
praise and adore all the time
We the earthly ones also;
shall sing glory unto you.

Let us glorify our God;
with wisdom and purity
Father, Son, and Comforter;
who is the One and true God

Gold and silver do not earn;
for they are poisons that kill
Rather obtain sound teachings;
that may Lord be pleased in you

Observe fasting forty days;
and give bread to the hungry
As you learned from Jesse's son;
pray you seven times a day

Moses fasted forty days;
and Elijah forty days
Fasted our Lord forty days;
and conquered the evil foe

May the pra-yer of Jonah;
that ascended from the sea,
Open the door of your mercy;
for your servants' petitions.

May the prayer of Da-ni-el,
that arose from Lions' den
Open the door of your mercy;
for your servants' petitions.

May the pra-yer of children;
rose from the blazing furnace,
Open the door of your mercy;
for your servants' petitions.

Thou who Does Receive our Prayers
Thou who grants supplications
Heed Thy servant's prayers
Kindly grant our petitions

PSALMS 91, 121

Barekhome, Those who dwell in the secret place of the most high, whoever abides under the shadow of the Almighty.

Barekhome, I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.

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

He shall cover you with His feathers, and under His wings you will be safe: His truth shall be your armor.

You shall not be afraid of the terror by night; nor of the arrow that flies by the day; nor for the plague that travels in the darkness; nor for the destruction of the wind in the noon.

A thousand shall fall at your side and ten thousand at your right hand.

But they shall not come near you, only with your eyes you shall behold and see the reward of the wicked.

Because You are my Lord, my refuge, who has made His habitation in the most high.

No evil shall come near you; no plague shall come near your dwelling.

For He shall give His angels charge over you, to keep you in all your ways.

For they shall bear you up in their hands so that your foot shall not dash against a stone.

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

Because he has sought Me, I will deliver him and strengthen him; he shall call upon Me because he has known My name.

I will answer him and I will be with him in trouble will strengthen him and honor him.

I will satisfy him with long life and show him my salvation.

I will lift up my eyes to the mountains, from where comes my helper.

My help comes from the Lord, who made heaven and earth.

He will not let your foot to tremble; he who keeps you will not slumber.

Behold, he that keeps Israel shall neither slumber nor sleep.

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 preserve you from all evil; he shall preserve your soul.

The Lord shall preserve your going and coming from henceforth and forever more. To you belongs praise, O God. *Barekhemore.*

PRAYER OF PATRIARCH MOR SEVERIOS

P: Shubo...

Halleluia, Halleluia, Halleluia, Men `olam wadamo l-`olam `olmeen Amen.

Lord, who sits in the shadow of the most high, protect us under the wings of your mercy, and have compassion upon us.

O Lord who hearkens to all, by Your grace listen to the supplication of your servants.

O glorious King, our savior, give us peaceful evenings and sinless nights.

We set our eyes unto you; forgive our debts and sins, and be merciful to us in this world and in the world to come.

O Lord, may Your loving kindness shelter us and let your mercy guard us. May Your cross protect us from the evil one and his legion.

Let Your right hand enveil us all through the days of our lives.

Let your peace reign among us. Grant hope and salvation to all the souls who make supplication unto you.

By the prayers of St. Mary, who gave birth to you, and of all your saints; O God, forgive our debts and have mercy upon us.

PRAISE OF THE CHERUBIM

Blessed is the glory of the Lord from His place for ever (+)

Holy and glorious Trinity, have mercy upon us.

Blessed is the glory of the Lord from His place for ever (+)

Holy and glorious Trinity, have mercy upon us.

Blessed is the honor of the Lord from His place evermore (+)

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

Holy and glorious art thou forever.

Holy and glorious art thou forever.

Holy and glorious art thou forevermore.

Glory to be to thee our Lord,

Glory to be to thee our Lord,

Glory be to thee our Hope forever. Barekmor.

Our Father who art in Heaven...Amen.

THE NICENE CREED

Optional: Barekmor, Attend we to divine wisdom. Let us all respond well to the prayer of this reverend priest (or holy father/ most reverend holy father)

We believe in one true God.

The Father Almighty; maker of heaven and earth, and of all things visible and invisible: And in one Lord, Jesus Christ, the only-begotten Son of God; begotten of the Father before all worlds; Light of Light, very God of very God; begotten, not made; being of the same substance with the Father; and 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 OF THE HOLY VIRGIN MARY, MOTHER OF GOD AND BECAME MAN;

✦ AND WAS CRUCIFIED FOR US IN THE DAYS OF PONTIUS PILATE, AND SUFFERED, AND DIED, AND WAS BURIED:

And the third day He rose again according to His will; and ascended into Heaven, and sat on the right hand of His Father; and shall come again in His great glory, to judge both the living and the dead; whose Kingdom shall have no end.

And in the one living Holy Spirit, the life-giving Lord of all, who proceeds from the Father; and who with the Father and the Son is worshipped and glorified; who spoke through the Prophets and Apostles.

And in the One, Holy, Catholic and Apostolic Church; and we confess one Baptism for the remission of sins; and look for the resurrection of the dead, and the new life in the world to come. Amen, Barekhmore.

Sthoumenkalos. Kyrieleison, Kyrieleison, Kyrieleison.

Lord have mercy upon us,

Lord be kind and have mercy,

Lord answer us and have mercy upon us.

Glory be to You, our Lord;

Glory be to You, our Lord;

Glory to You, our hope for ever Barekhmore.

THE LORD'S PRAYER...

PEACE BE WITH YOU, MARY, FULL OF GRACE.

*Midnight Prayer**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 and forever. Amin.

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

Eniyono

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

Prayed at the conclusion of 1st and 2nd Watches of Midnight Prayer

† Blessed is the glory of the Lord...

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

You are holy and glorious forever...

Glory be to You, 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

Prayed at the conclusion of 1st and 2nd Watches of Lilyo

† Blessed is the glory of the Lord...

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

You are holy and glorious forever...

Glory be to You, 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'utho²⁹

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

²⁹ No Bo'utho is given in the Malayalam text. This stanza has been adapted from the Bo'utho of the Third Watch as found in *Prayers of the Great Lent*, Malankara Orthodox Church Publications (2012).

† 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. Amin.

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. Amin.

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

*Morning**Qaumo**Psalms of Morning*

[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. / 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] 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 for 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 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

Eniyono

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

Eniyono

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 the 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 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 spout forth altogether. / I am the Lord who created them...*Bless me, O Lord*

Eniyono

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 you servants of the Lord; / praise the name of the Lord.

May the Lord’s name be blessed / forever and forever.

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.*

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. Amin. 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. Amin.

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. Amin.

Qaumo

*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

*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

*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