**Akathist Hymn to Jesus Christ, Lover of Mankind**

**Kontakion 1**

Lord Jesus Christ, Son of God, have mercy upon me, a sinner. Forgive me seventy times seven for my sins and for my repetition of sins. Forgive me for returning to old sins, and for allowing new sins to enter my thoughts, feelings, and actions. Since I am in need of endless forbearance, I appeal to you every day and throughout the night, and I say:

Glory to You, Jesus, the only true Lover of Mankind.

**Ikos 1**

Help me, Lord Jesus, to forgive the trespasses of others, even as I want my own trespasses to be forgiven. I stand before You, in fear and trembling, and yet I hold myself accountable because I trust in Your unfathomable mercy. I know that You see the depth and breadth of my sins, and that I see my sins partially but nonetheless horribly. Hence, I can only ask for Your divine condescension as I unworthily come forth into Your light:

Glory to You, Jesus, forgiver of countless sins.

Glory to You, Jesus, for You never sinned even once.

Glory to You, Jesus, incarnation of sacred mercy.

Glory to You, Jesus, for You are with us always.

Glory to You, Jesus, gatherer of the multitude.

Glory to You, Jesus, for You overcome division.

Glory to You, Jesus, consolation of the downcast.

Glory to You, Jesus, for You mend all heartbreak.

Glory to You, Jesus, radiance of Divine unity.

Glory to You,  Jesus, for You exalted the Father.

Glory to You, Jesus, reconciler of the good thief.

Glory to You, Jesus, for You extend Your Kingdom.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 2**

My Lord and King, I implore You, given Your  sacrificial love for sinners, to accept my repentance. Let me begin in this very moment, at this very place,  to do the will of God. Certainly, the will of the God of Abraham, Isaac, and Jacob, and the only God of the whole universe. Let my anguish be transformed into gladness. There is no better reason to live, Lord Jesus, than to touch the hem of Your garment and to believe in Your words of everlasting life, and to say: Alleluia.

**Ikos 2**

Look upon my weaknesses with compassion, for I am fallen like Adam and Eve, whereas You, Lord Jesus, are the New Adam. Therefore, receive my repentance as only You can do, and strengthen my resolve and bless me with thanksgiving. May my heart and mind be replenished daily with Your love, so that I never lose my faith or forsake Your ministry of salvation. Let me learn to love as You love, and to live in praise of Your mercy:

Glory to You, Jesus,  physician to the blameworthy.

Glory to You, Jesus, for You cleanse the heart.

Glory to You, Jesus,  instructor to the negligent.

Glory to You, Jesus, for You renew the mind.

Glory to You, Jesus, receiver of the sorrowful.

Glory to You, Jesus, for You honor repentance.

Glory to You, Jesus, accepter of the wounded.

Glory to You, Jesus, for You transform emotions.

Glory to You, Jesus, upholder of the lowly.

Glory to You, Jesus, for You assemble Your people.

Glory to You, Jesus, defender of the humble.

Glory to You, Jesus, for You reward Your followers.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 3**

You are risen, Christ God, as Mary Magdalene announced to the apostles. You are risen, as Saint Seraphim exclaimed to everyone he met. You are risen, indeed, truly, as proclaimed in every language and in every church. You are risen because You love the sinner: granting eternal life to those who believe in You. Since I am the chief among sinners and because I have repented only at the eleventh  hour, for I am slow in spiritual progress, I am greatly humbled and feel privileged to say: Alleluia.

**Ikos 3**

Christ my Savior, there is no place where You are not. I could not hide my sins even if I tried, for there is no place dark enough. Only You, Christ Almighty, can cover my sins. Only Your glorious love can obliterate the trail of rubbish which I left behind me: the worldly influences, the fatigue of survival, the attacks of evil, and the fragility of my faith. Reach out to me, Lord and Master, as if to Saul, and let me see, and then I shall know You and offer praises:

Glory to You, Jesus, conqueror of evil.

Glory to You, Jesus, for Your tomb was empty.

Glory to You, Jesus, enricher of the penitent.

Glory to You, Jesus, for You trampled down death by death.

Glory to You, Jesus, uplifter of the contrite.

Glory to You, Jesus, for You are risen from the dead.

Glory to You, Jesus, vanquisher of infirmity.

Glory to You, Jesus, for Your disciples healed in Your Name.

Glory to You, Jesus, founder of the Church.

Glory to You, Jesus, for Your yoke is light.

Glory to You, Jesus, knower of Your own.

Glory to You, Jesus, for You walk the earth.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 4**

Guide me, Lord Jesus, in the ways of righteousness. I beseech You to direct my steps every day: throughout every hour and within every minute. Let me not depart from Your mercy, not only in my activities but also in my  attitude. I am grossly imperfect, but Your divine love is absolutely perfect and wondrously transformational. Therefore, lead me, call me forth, prepare a mansion in Heaven for me, or else I perish in futility. However, trusting in Your sacrificial love, I continue to say: Alleluia.

**Ikos 4**

To follow You is to accept Your authority as King of kings, as Ruler of All, and as Lord of lords. You are the King Who rules with love and not with tyranny. You are the Lord Who forgives debts and shares His riches.You have rightful authority,Jesus Christ, because God the Father gave it to You. Hence, I wish to follow You, to be guided by You, to tear down my idols, to renounce my impurities, and to appreciate the God of the Christians, the God Who is Love:

Glory to You, Jesus, guide of the lost.

Glory to You, Jesus, for You are the Way.

Glory to You, Jesus, liberator of captives.

Glory to You, Jesus, for You are the Truth.

Glory to You, Jesus, perfector of disciples.

Glory to You, Jesus, for You are the Life.

Glory to You, Jesus, deliverer of the oppressed.

Glory to You, Jesus, for You are the generous King.

Glory to You, Jesus, courage of the dehumanized.

Glory to You, Jesus, for You are the compassionate Lord.

Glory to You, Jesus, hope of the forlorn.

Glory to You, Jesus, for You do the will of the Father.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 5**

Christ Almighty, You were born of the Virgin Mary, and You loved Your Mother as her Son and her God. Because You are True  God of True God, the Virgin Mary is therefore the Mother of God. You also loved the Baptist and Forerunner John who baptized You even though You never sinned. Herein, I see the spiritual qualities that You love so much: purity of heart, virtuous conduct, a sober demeanor, an interior of prayer, and pleasing the Heavenly Father in all things and saying: Alleluia.

**Ikos 5**

Teach me, Son of God, to be a child of God, always walking on the straight path and entering through the narrow gate. Crooked is the way of wrongdoing and wide is the opening to temptation. Pray for me, most holy Mother of God, that I will hear and cooperate with the calling of God in my life. Pray for me, Saint John the Baptist, that I will say and do only that which is life-affirming, Kingdom-building, true-believing and right-worshipping. Throughout the years that remain to me, may I never  neglect anyone but  only encourage everyone to sing praises:

Glory to You, Jesus, mightier than all kings.

Glory to You, Jesus, for You are Very God of Very God.

Glory to You, Jesus, humbler than the prodigal.

Glory to You, Jesus, for You are God in human flesh.

Glory to You, Jesus, richer than all tycoons.

Glory to You, Jesus, for You were loved by the Theotokos.

Glory to You, Jesus, poorer than the disadvantaged.

Glory to You, Jesus, for You were sold by a traitor.

Glory to You, Jesus, braver than all militaries.

Glory to You, Jesus, for You took on the sins of mankind.

Glory to You, Jesus, lower than the criminal.

Glory to You, Jesus, for You were crucified though not a wrongdoer.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 6**

All my hope is in You and not in the false promises of the world, for  the world gravitates to its own kind and all is vanity. I shall follow no other god, because the First Commandment tells me not to worship any other god. Lord Jesus, since You are God, I follow You in obedience to the Commandment and yet I follow You out of love. Rather, I obey out of love, because You first loved me. I know that whatever is commanded is to my benefit, and so I can confidently say: Alleluia.

**Ikos 6**

All my trust is in You, and not in princes of men, for the sheep know the Shepherd and the Shepherd knows His sheep. All else is treachery. Dear Jesus, forgive me if I betrayed You even for a moment, or if I was filled with idol-worship or self-flattery, or if I was lured into the resentment and hostility which permeated my surroundings. Even so, I place myself at fault, because all that I am is known to You anyway. Your judgment is pure and Your mercy is boundless. Thus, until You indicate otherwise, I shall complete my time on earth in this manner:

Glory to You, Jesus, brighter than all stars combined.

Glory to You, Jesus, for You light my path with knowledge.

Glory to You, Jesus, softer than a springtime breeze.

Glory to You, Jesus, for You hear my confession of sin.

Glory to You, Jesus, greater than the highest mountain.

Glory to You, Jesus, for You feed me in the green pastures.

Glory to You, Jesus, louder than a clap of thunder.

Glory to You, Jesus, for You call me to serve You.

Glory to You, Jesus, cleaner than the rain upon the desert.

Glory to You, Jesus, for You pour forth salvation upon me.

Glory to You, Jesus, deeper than the bottomless ocean.

Glory to You, Jesus, for You fill my emptiness with love.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 7**

Another day and another night pass by, but prayer never ceases. May my whole life be a living prayer, with prayer infusing all my activities. Let my conduct be prayer in action: joined with prayer, the consequence of prayer, the reality of prayer in my daily endeavors and interactions. Lord Jesus, You prayed to the Father, and so it is right to pray. You also fed the multitude, and so it is right to connect with others in fellowship and in service. Moreover, You suffered, and so I must suffer if I am to be a true Christian, and say: Alleluia.

**Ikos 7**

To imitate You is to put forth holy effort in this mortal life, to be a diligent image of God, to work out my salvation and fulfill my vocation, while also participating in the Sacraments and receiving the gift of Heavenly grace. Lord Jesus, help me to reflect Your divinity in everyday life even as I am being perfected and deified by the Spirit. May I never misuse my free will, or fail in my responsibilities, or miss my opportunities, but witness of You:

Glory to You, Jesus, Only-Begotten of the Father.

Glory to You, Jesus, for You prayed “Our Father.”

Glory to You, Jesus, maker of disciples.

Glory to You, Jesus, for Your disciples also prayed “Our Father.”

Glory to You, Jesus, nurturer of the crowds.

Glory to You, Jesus, for You are the Bread of Life.

Glory to You, Jesus, collector of the remnant.

Glory to You, Jesus, for You multiplied loaves and fish.

Glory to You, Jesus, exemplar of desert ascetics.

Glory to You, Jesus, for You prayed in solitude.

Glory to You, Jesus, unifier of the congregation.

Glory to You, Jesus, for Your Church is indestructible.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 8**

Christ God, in my weakness I compare myself to others and feel slighted, but in my heart I know that You can never cheat anyone because Your love pours out in the ways that are fitting to each individual. Therefore, my cup overflows. You suffered on the Cross for me, and no greater love has any man or woman. You died for my sins, and then You rose from the dead in victory over death and evil. And not just for me, although including me, but for the whole world. May everyone be restored into full beauty as images of God, as all humans were created to be. Lord Jesus, implant perpetual gratitude within me, for though I am not worthy of Your love, I am the recipient of Your love and I am rejuvenated to say: Alleluia.

**Ikos 8**

Truly, Christ my Savior, You have honored and vindicated me. Such bold words from the mouth of a sinner who only yesterday complained and distrusted. But today is a new day, the day which God has made. And tonight will be a new night opening to the firmament and prayer, to all things possible, including the dawn of another day of life. Grant me a capacity to love whether or not I am worthy of that capacity. Only You, my Redeemer, are worthy even beyond all definition of worthiness:

Glory to You, Jesus, sufferer on the Holy Cross.

Glory to You, Jesus, for You came to give life more abundantly.

Glory to You, Jesus, remover of the stain of sin.

Glory to You, Jesus, for You washed mankind in Your Blood.

Glory to You, Jesus, transfigurer of the unworthy.

Glory to You, Jesus, for You bore the thorns of disfigurement.

Glory to You, Jesus, forgiver of Your persecutors.

Glory to You, Jesus, for Your love is amazingly accessible.

Glory to You, Jesus, cherisher of all human life.

Glory to You, Jesus, for You rescue the last and least.

Glory to You, Jesus, reviver of all on the roadside.

Glory to You, Jesus, for You attend to the hungry and thirsty.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 9**

Heal me, Christ Almighty, that I might worship You unconstrained by painful decline and debilitating complications. Yet, not my will, but the will of the Father be done. It is more than sufficient, rather it is abundantly profitable, to sit at Your feet and hear You speak the precious words of everlasting life and of the Kingdom where there is no suffering. May I understand what it means to be truly alive in spirit and dead to sin, and always respond wholeheartedly to Your summoning forth to holiness, saying: Alleluia.

**Ikos 9**

Lord Jesus, You loved the Apostle John who leaned on You. The Apostle John concentrated  on You and on You only, for he was not distracted by the events around him or preoccupied with his own requirements. Herein I see the way of love: to be with the beloved. Pray for me, Apostle John, that I may love Christ as you loved Him, or rather as He loves me. Pray for me, that I may love the Virgin Mary as you loved her and as the two of you loved each other, for you were entrusted to each other when Christ was on the Cross. Pray for me, that I myself might pray unceasingly:

Glory to You, Jesus, tranquility on the sea of troubles.

Glory to You, Jesus, for You manage all the details.

Glory to You, Jesus, serenity within chaotic settings.

Glory to You, Jesus, for Your blessings overtake obstacles.

Glory to You, Jesus, stillness among frantic people.

Glory to You, Jesus, for You hear the ones who pray.

Glory to You, Jesus, composure in the flurry of events.

Glory to You, Jesus, for Your mercy covers the earth.

Glory to You, Jesus, Savior of the chief of sinners.

Glory to You, Jesus, for You were baptized and crucified though innocent.

Glory to You, Jesus, watchman of the Virgin Mary and the Apostle John.

Glory to You, Jesus, for Your unity is beyond death.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 10**

There is no alternative to the life in Christ, for all else is fleeting and prone to the whims of an unstable world. At best, all else is an approximation, and at worst a deviation. I may lose my youth and my health, my money and my things, my job and my status, and even my family and my loved ones: but may I never lose You, my Lord and King, for there is no true fulfillment outside Your love and the calling of God upon my life. It is only through Your mercy that, over the years and despite my defects, I am still allowed to say: Alleluia.

**Ikos 10**

To abide in You is to live in You, as the branch to the vine: forever in truth for You are that truth, and eternally in love for You are that love. Lord Jesus, I wish to abide in You, for You and the Father are one. Strengthen  me to keep Your word in this turbulent world. All my confidence is in You, and all meaning and purpose is found in Your sacrifice and triumph. May I keep Your Cross before me, for Your Cross is life-giving, and I am in need of that redemption and replenishment:

Glory to You, Jesus, illuminator of truth.

Glory to You, Jesus, for You offer Yourself.

Glory to You, Jesus, giver of love.

Glory to You, Jesus, for You sacrifice Yourself.

Glory to You, Jesus, provider of stability.

Glory to You, Jesus, for You never betray.

Glory to You, Jesus, reliever of burdens.

Glory to You, Jesus, for You never victimize.

Glory to You, Jesus, bringer of hope.

Glory to You, Jesus, for You know righteousness.

Glory to You, Jesus, achiever of triumph.

Glory to You, Jesus, for You know suffering.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 11**

Thank you, Christ my Savior, for not only providing me with the necessities and enjoyments of this earthly life, not only equipping me with perceptive and expressive faculties, but for endowing me with a foretaste of the Kingdom of Heaven as I partake in Your divine consolation. You have not forsaken me, though I believe You granted me a foretaste also of the grief of outer darkness: a state of separation from Your love. But even this was a loving lesson regarding the way of mercy and the consequence of treason, for I have lived to say: Alleluia.

**Ikos 11**

Thank you, Christ my Shepherd, for gathering me into Your flock, for involving me in proper knowledge and committed love, for increasing my trust and faith in Your goodness, for sending me helpers who reflected that goodness whether or not they knew it but I knew it, for patiently and constantly infusing me with that goodness despite my inborn defects and my frustrating failure to thrive, for leading me to the hour of death as I acquire a  vigorous fear and yet a peaceful conviction in Your merciful love and Your ministry of salvation:

Glory to You, Jesus, source of nourishment.

Glory to You, Jesus,  for You are the Body and the Blood.

Glory to You, Jesus, foundation of enlightenment.

Glory to You, Jesus, for You are the glad tidings.

Glory to You, Jesus, guardian of the flock.

Glory to You, Jesus, for You know the sheep by name.

Glory to You, Jesus, firm preacher of the Kingdom first.

Glory to You, Jesus, for You add all things to those who seek.

Glory to You, Jesus, longsuffering helper of the slow.

Glory to You, Jesus, for You overcome all the ways of sin.

Glory to You, Jesus, quick dispatcher of other helpers.

Glory to You, Jesus, for You connect Your sheep with one another.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 12**

Since You have purchased me and redeemed me with Your Blood, I do not belong to myself but I am subject to Your Kingship in every way. You are my Redeemer and my only authority. Moreover, there is no basis for any authority on earth except for that which comes from God. You were born on earth not to be served but to love and to serve mankind. May I never betray You, Christ my King, for I fear that I betray you daily and I also betray myself and my calling, and I can only live in a state of constant repentance and say: Alleluia.

**Ikos 12**

May my destination be eternity, and may the Kingdom of Heaven be my true abode, for You, Lord Jesus, sacrificed Yourself for this very cause: for the cause of salvation and everlasting life, and for fulfillment of the Father’s plan. It is for this cause that You became man: to make me a new creature. Yet, I am happy to be a leper if it means that I can turn back and say thank-you, and perhaps gratitude itself is the mark of a new creature. Therefore, let me say “forgive me” and “thank you” in the same breath, as I bow before Your sceptre of righteousness:

Glory to You, Jesus, rightful authority over mankind.

Glory to You, Jesus, for You were sent by the Father.

Glory to You, Jesus, merciful King having all dominion.

Glory to You, Jesus, for You came to serve the fallen.

Glory to You, Jesus, only purchaser of the human race.

Glory to You, Jesus, for Your Church shall prevail.

Glory to You, Jesus, Eternal God on the Cross.

Glory to You, Jesus, for Your love is sacrificial.

Glory to You, Jesus, upholder of the unity of love.

Glory to You, Jesus, for the Church continues to grow.

Glory to You, Jesus, Second Person of the Holy Trinity.

Glory to You Jesus, for You are coming again with glory.

Glory to You, Jesus, the only true Lover of Mankind.

**Kontakion 13**

Lord Jesus, I so easily and quickly slip into sins or thoughts of sins. Life in the present is often discolored by the dysfunction of the past, but it was also those very states of falleness that propelled me to listen to You and to seek Your Kingdom. No matter how much I suffered, I know that I also caused suffering to others. No matter why I suffered, nobody ever suffered like the Son of God Who became human in order to save me from the total condition and impact of sin, and to offer eternal life in which there will no longer be sadness. Therefore, let me live each day in holy dependence upon Your incomprehensible love. Alleluia. Alleluia. Alleluia.

(Repeat Kontakion 13 three times.)

**Kontakion 1 (repeated)**

Lord Jesus Christ, Son of God, have mercy upon me, a sinner. Forgive me seventy times seven for my sins and for my repetition of sins. Forgive me for returning to old sins, and for allowing new sins to enter my thoughts, feelings, and actions. Since I am in need of endless forbearance, I appeal to you every day and throughout the night, and I say:

Glory to You, Jesus, the only true Lover of Mankind.

**Ikos 1 (repeated)**

Help me, Lord Jesus, to forgive the trespasses of others, even as I want my own trespasses to be forgiven. I stand before You, in fear and trembling, and yet I hold myself accountable because I trust in Your unfathomable mercy. I know that You see the depth and breadth of my sins, and that I see my sins partially but nonetheless horribly. Hence, I can only ask for Your divine condescension as I unworthily come forth into Your light:

Glory to You, Jesus, forgiver of countless sins.

Glory to You, Jesus, for You never sinned even once.

Glory to You, Jesus, incarnation of sacred mercy.

Glory to You, Jesus, for You are with us always.

Glory to You, Jesus, gatherer of the multitude.

Glory to You, Jesus, for You overcome division.

Glory to You, Jesus, consolation of the downcast.

Glory to You, Jesus, for You  mend all heartbreak.

Glory to You, Jesus, radiance of Divine unity.

Glory to You,  Jesus, for You exalted the Father.

Glory to You, Jesus, reconciler of the good thief.

Glory to You, Jesus, for You extend Your Kingdom.

Glory to You, Jesus, the only true Lover of Mankind.

**A Prayer**

Christ Almighty, let my prayer arise for myself and for the world, and let it be to Your glory and for the forgiveness and healing of all iniquity and infirmity. Let me follow You, and only You, as the righteous King and the rightful authority, and never idolize any person. Let me imitate Your holiness in my daily endeavors and interactions, and never be negligent. Let me abide in You, living in Your love now and eternally, in suffering and in triumph, as a new creature, and never turn back to old sins or succumb to the temptations of my present environment.

Thank You for letting me partake of the True and Holy Church, of worship and knowledge, of unity with the saints and with the brethren, of the Commandments and of plentiful loaves and fish. Thank You for the fulfillment of my spiritual journey, as well as for ongoing purification and the opening of new doors to life and love.

Jesus Christ, You are my Redeemer and Shepherd. No matter how much any person is loved by another, life is often marred by separations and misunderstandings which serve to weaken the bonds of love over time. I pray that all people may know Your love, for Your love is always with us and always complete. I pray that all people may love as You love, only wanting the salvation of the other and living in total fidelity which time cannot erode.

May I not be a hypocrite in the ways of salvation or an impediment to the spiritual growth of others. I pray that Your love will shine through me, not because I am special or worthy, but because You love all mankind and therefore I seek and depend upon Your forgiveness and mercy.

Let me love both those who are loved and those who are unloved, and let everybody be unified in Your Name. Let me point the way to Your love, Christ God, so that nobody will have to exist in turmoil and isolation, but will have access to Your eternal words of life and everlasting love. Let me witness of You, so that those who are already loved on this earth might have divine and eternal love. For this I pray, in humility and yet with holy confidence, for You are the only true Lover of Mankind. Amen.