

# Prayer Book

Palamites

October 5, 2022



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# Moleben

*When done alone all parts are read. Nothing is skipped. All parts may be read plainly.*

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**Senior Reader:** Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us.

**Reader:** Amen. Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
(*Thrice*)

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the Heavens, hallowed be Thy Name. Thy Kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*Senior Reader:* O Lord, Jesus Christ, Son of God, have mercy on us.

*Reader:* Amen.

Lord, have mercy. (*12 times*)

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

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

### **Psalm 142**

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God.

Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.*

*Choir: (In the tone of the troparion to be chanted) :* God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

*Reader:*

*Stichos 1:* O give thanks unto the Lord, for He is good, for His mercy endureth forever.

*Choir:* God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

*Stichos 2:* Surrounding me they compassed me, and by the name of the Lord I warded them off.

*Choir:* God is the Lord...

*Stichos 3:* I shall not die, but live, and I shall tell of the works of the Lord.

*Choir:* God is the Lord...

*Stichos 4:* The stone which the builders rejected, the same is become the head of the corner. This is the Lord's doing, and it is marvelous in our eyes.

*Choir:* God is the Lord...

*This Troparion, 4th Tone:*

To the Theotokos let us run now most earnestly, we sinners all and wretched ones, and fall down in repentance calling from the depths of our souls: O Lady, come unto our aid, have compassion

upon us; hasten thou for we are lost in a throng of transgressions. Turn not thy servants away with empty hands, for thee alone do we have as our only hope. *Twice.*

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

Never, O Theotokos, will we cease to speak of thy powers, unworthy as we are. For if thou didst not intercede in prayer, who would have delivered us from so many dangers? Who would have kept us free until now? Let us never forsake thee, O Lady, for thou dost ever save thy servants from all perils.

### **Psalm 50**

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and

humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

*Senior Reader:* O Lord, Jesus Christ, Son of God, have mercy on us.

*Choir:* Amen.

## Canon

¶ *Now the canon.*

**Then.**

It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless, and Mother of Our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify. (*Prostration to the floor*)

*Then the prayer for the canon to the Theotokos:*

O our most blessed Queen, O Theotokos our hope, guardian of orphans, intercessor for strangers, joy of the sorrowful, protectress of the wronged: thou seest our misfortune, thou seest our affliction; help us, for we are infirm; feed us, for we are strangers. Thou knowest our offence: absolve it as thou wilt, for we have no other help beside Thee, no other intercessor, nor good consoler, except thee, O Mother of God. Do thou preserve and protect us unto the ages of ages.

*Choir:* Amen.

*Then:*

Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
(*Thrice*)



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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the Heavens, hallowed be Thy Name. Thy Kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*Senior Reader:* O Lord, Jesus Christ, Son of God, have mercy on us.

*Reader:* Amen.

#### **Troparion to St Gregory Palamas Tone 8:**

O luminary of Orthodoxy, support and teacher of the Church, ideal of monks and invincible champion of theologians, O wonder-worker Gregory, boast of Thessalonika and herald of grace, always intercede for all of us that our souls may be saved.

Glory to the Father, and to the Son, and to the Holy Spirit:

#### **Kontakion Tone 8:**

(*Podoben: "O Victorious Leader..."*)

Holy and divine instrument of wisdom, radiant and harmonious trumpet of theology, we praise thee in song, O divinely-speaking Gregory. As a mind standing before the Primal Mind, guide our minds to Him, Father, so that we may cry aloud to thee: "Rejoice, herald of grace."

Now and ever, and to the ages of ages. Amen.

Rejoice! O Virgin Theotokos! Mary, full of Grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls!

*Choir:* Lord, have mercy. 40x.

*Senior Reader:* Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

*Choir:* More honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

Lord, have mercy. (Thrice)

O Lord, Bless.

*Senior Reader (Facing the East, rather than facing the people):*

O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, of our holy and God-bearing fathers, of Saint Gregory Palamas, Archbishop of Thessalonica, of \_\_\_\_\_ (saints of the day), and all the saints, have mercy on us and save us, for Thou art good and the Lover of mankind.

*Choir:* Amen.

### **Prayer for the Palamites:**

Lord Jesus Christ, save and protect those who have committed to praying this moleben with us daily. May this commitment bring us closer to Thee and by coming closer to Thee closer to one another and all of creation. Through the prayers of Our Lady, The Theotokos and Ever Virgin Mary and St Gregory Palamas and all the saints. Amen.

# Canon to the Most Holy Theotokos

**Canon, tone 8:**

**Song 1.**

**Eirmos:** When Israel passed through the water as dry land, and had escaped the malice of the Egyptians, they cried: Let us sing to our Redeemer and our God.

*Most Holy Theotokos, save us.*

Distressed by many temptations, I fly for refuge to thee, seeking salvation. O Mother of the Word, and Virgin, bring me safely through dangers and difficulties.

*Most Holy Theotokos, save us.*

Outbursts of passion trouble me and fill my soul with great despondency. Calm it, O Maiden, by the peace of thy Son and God, O all-innocent one.

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

I implore thee who gavest birth to our Saviour and God, O Virgin, to deliver me from perils. For to thee I now run, lifting up my mind and soul.

*Now and ever, and to the ages of ages. Amen.*

Sick in body and soul, make me worthy of the divine visitation, and of thy care, O only Mother of God, for thou art good and the bearer of the Good One.

### **Song 3.**

**Eirmos:** O Lord, Creator of the vault of Heaven and Builder of the Church, strengthen me in Thy love, O Summit of desire, O Support of the faithful, O only Lover of men.

*Most Holy Theotokos, save us.*

I have chosen thee to be the protection and intercession of my life, O Virgin, Mother of God. Guide me to thy haven, O cause of all blessings, O support of the faithful, O only praise of all.

*Most Holy Theotokos, save us.*

I pray thee, O Virgin, to dispel the tumult of my soul and the storm of my grief; for thou, O Bride of God, didst bear Christ, the Prince of Peace, O only immaculate one.

*Most Holy Theotokos, save us.*

O thou who didst bear the Benefactor and Author of good things, pour on all the riches of well-doing and good conduct; all is possible to thee, for thou gavest birth to Christ, mighty in power, O divinely blessed one.

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

Keep thy servants from conflicts, O Mother of God, for we all fly for refuge to thee after God, as an impregnable wall and protection.

*Now and ever, and to the ages of ages. Amen.*

I am tortured by grievous sicknesses and morbid passions: O Virgin, help me! For I know thee to be the inexhaustible, unfailing treasury of healings, O all-blameless one.

Lord, have mercy (*thrice*).

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

## **Sedalion, Tone 2:**

O fervent prayer and invincible wall, O fountain of mercy and refuge for mankind, we earnestly cry to thee: O Mother of God, O Sovereign Lady, forestall and deliver us from dangers, O only speedy intercessor.

### **Song 4.**

**Eirmos:** I have heard, O Lord, the mystery of Thy plan. I contemplate Thy works and glorify Thy divine nature.

*Most Holy Theotokos, save us.*

O thou who didst bear the Lord Jesus, still the storm of my sins, and the turmoil of my passions, O Bride of God.

*Most Holy Theotokos, save us.*

I call upon the abyss of thy compassion—grant it me, for thou didst bear the kind-hearted One and Saviour of all who sing to thee.

*Most Holy Theotokos, save us.*

Enjoying thy gifts, O all-pure one, we sing a song of thanksgiving to thee, knowing thee to be the Mother of God.

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

As I lie on the bed of my pain and sickness, help me, for thou art a lover of goodness and the only Ever-Virgin Mother of God.

*Now and ever, and to the ages of ages. Amen.*

Having thee, O all-hymned one, as our hope and support and unshakable wall of salvation, we are delivered from every difficulty.

### **Song 5.**

**Eirmos:** Enlighten us by Thy commandments, O Lord, and by Thy uplifted arm grant us Thy peace, O Lover of men.

*Most Holy Theotokos, save us.*

Fill my heart with gladness, O pure one, by giving me thy pure joy, O thou who didst bear the Cause of gladness.

*Most Holy Theotokos, save us.*

Deliver us from conflicts, O pure Mother of God, who didst bear our Eternal Redemption and the Peace that passes all understanding.

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

Dispel the darkness of my sins, O Bride of God, by the radiance of thy splendour, for thou hast borne the Divine and Eternal Light.

*Now and ever, and to the ages of ages. Amen.*

Heal, O pure one, the disease of my passions, when thou hast made me worthy of thy visitation, and grant me health by thine intercession.

### **Song 6.**

**Eirmos:** I will pour out my prayer to the Lord, and to Him I will confess my grief; for my soul is full of evil and my life has drawn near to hell, and like Jonah I will pray: Raise me up from corruption, O God.

*Most Holy Theotokos, save us.*

O Virgin, implore thy Son and Lord Who from death and corruption has saved my nature, captured by corruption and death, by giving Himself to death, to deliver me from my enemies' evil actions.

*Most Holy Theotokos, save us.*

I know thee as the intercessor and safest guardian of my life, O Virgin, who puttest a stop to the swarm of temptations and drivest off the insolent onsets of devils; and I pray continually: Deliver me from the corruption of my passions.

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

We have thee as a wall of refuge and the perfect salvation of our souls and release from our afflictions, O Maiden, and we ever rejoice in thy light. O Sovereign Lady keep us safe now from passions and conflicts.

*Now and ever, and to the ages of ages. Amen.*

Now I lie on a bed of infirmities, and there is no healing for my flesh; but I pray to thee, O gracious Lady, who didst bear God and the Saviour of the world and the Healer of sicknesses: Raise me up from the corruption of disease.

Lord, have mercy (*thrice*).

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

**Kontakion, tone 6:**

O unfailing intercessor of Christians, O constant mediatrix before the Creator, despise not the cry of prayer of us sinners; but, of thy goodness, come speedily to the help of us who in faith call upon thee. Hasten to offer swift intercession and prayer (for us), O Mother of God, who ever intercedes for those who honour thee.

**Another kontakion, tone 6:**

We have no other help, we have no other hope, but thee, O pure Mother of God— help us! In thee we hope, and of thee we boast, for we are thy slaves. Let us not be put to shame.

**Song 7.**

**Eirmos:** Having arrived in Babylon from, Judea, the Children of old by their faith in the Trinity trod down the flame of the furnace, singing: O God of our fathers, blessed art Thou.

*Most Holy Theotokos, save us.*

Wishing to accomplish our salvation, Thou didst dwell in the womb of the Virgin, O Saviour, and didst reveal her to the world as the mediatrix: O God of our fathers, blessed art Thou.

*Most Holy Theotokos, save us.*

O pure mother who didst bear the Lover of Mercy, implore Him to deliver from sins and from defilements of the soul those who with faith cry: O God of our fathers, blessed art Thou.

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

Thou hast shown her who gave birth to Thee to be a treasury of salvation, fountain of incorruption, tower of safety, and door of repentance to those who cry: O God of our fathers, blessed art Thou.

*Now and ever, and to the ages of ages. Amen.*

O Mother of God, grant healing for the weakness of our bodies and for the sickness of our souls to those who with love appeal to Thy divine protection, O Virgin, who for us didst bear Christ the Saviour.

### **Song 8.**

**Eirmos:** The King of Heaven Whom hosts of Angels praise, let us praise and exalt throughout all ages.

*Most Holy Theotokos, save us.*

Disregard not, O Virgin, those who need thy help and who sing and exalt thee, O Maiden, throughout the ages.

*Most Holy Theotokos, save us.*

Thou healest the pains of my body and the infirmities of my soul, O Virgin, that I may praise thee, O pure one, for ever.

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

Thou pourest a wealth of healing, O Virgin, on those who with faith sing to thee and extol thine ineffable childbearing.

*Now and ever, and to the ages of ages. Amen.*

Thou drivest away the assaults of temptations and the attacks of passions, O Virgin; therefore we sing to thee in all ages.

### **Song 9.**

**Eirmos:** Saved by thee, O pure Virgin, we confess thee to be supremely the Mother of God, and with the bodiless Choirs we magnify thee.



*Most Holy Theotokos, save us.*

Turn not away from the torrent of my tears, O Virgin, who didst bear Christ Who dried all tears from every face.

*Most Holy Theotokos, save us.*

Fill my heart with joy, O Virgin, who didst receive the Fulness of Joy and banish the grief of sin.

*Most Holy Theotokos, save us.*

Be the haven and mediation and the unshakable wall, the refuge and the protection and the gladness, O Virgin, of all who fly to thee for refuge.

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

With the rays of thy light, O Virgin, enlighten those who with true faith confess thee to be the Mother of God, and banish the darkness of ignorance.

*Now and ever, and to the ages of ages. Amen.*

In the place of suffering, O Virgin, heal me, humbled by infirmity, and transform me from sickness to health.

# Canon of Repentance to our Lord Jesus Christ

## Song 1. Tone 6.

**Eirmos:** When Israel walked on foot in the sea as on dry land, on seeing their pursuer Pharaoh drowned, they cried: Let us sing to God a song of victory. Have mercy on me, O God, have mercy on me.

## **Troparia:**

Now I, a burdened sinner, approach Thee, my Lord and God. But I dare not raise my eyes to Heaven. I only pray, saying: Give me, O Lord, the sense to weep bitterly over my deeds.

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

O woe is me, a sinner! Wretched am I above all men. There is no penitence in me. Give me, O Lord, tears to weep bitterly over my deeds.

Glory to the Father, and to the Son, and to the Holy Spirit:

Foolish, wretched man, you are wasting your time in idleness! Think of your life and turn to the Lord God, and weep bitterly over your deeds.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Most pure Mother of God, look upon me, a sinner, and deliver me from the snares of the devil, and guide me to the way of repentance, that I may weep bitterly over my deeds.

**Song 3.**

**Eirmos:** There is none holy as Thou, O Lord my God, Who hast exalted the power of Thy faithful, O Good One, and strengthened us on the rock of Thy confession.

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

**Troparia:**

When the thrones are set at the dread judgment, then the deeds of all men will be exposed. Then alas for the sinners sent to torment! And knowing that, my soul, repent of your evil deeds.

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

The righteous will rejoice, but the sinners will weep. Then no one will be able to help us, but our deeds will condemn us. Therefore, before the end dawns, repent of your evil deeds.

Glory to the Father, and to the Son, and to the Holy Spirit:

Woe is me, a great sinner, who have defiled myself by my deeds and thoughts. Not a tear-drop do I have, because of my hard-heartedness. Now raise yourself from the earth, my soul, and repent of your evil deeds.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Lo, thy Son calls, O Lady, and teaches us what is good. But, sinful as I am, I always flee from the good. But do thou, O merciful one, have mercy on me, that I may repent of my evil deeds.

Lord, have mercy. (Thrice)

**Sedalion, tone 6:**

I think of the awful day and weep over my evil deeds. How shall I answer the Immortal King? How shall I, a prodigal, dare to look

at the Judge? O gracious Father, Only-Begotten Son, and Holy Spirit, have mercy on me.

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

**Theotokion:** Bound now with many chains of sins, and inhibited by cruel passions, I have recourse to thee, my salvation, and cry: Help me, O Virgin, Mother of God.

#### **Song 4.**

**Eirmos:** Christ is my power, my God and my Lord, the holy Church divinely sings, crying with a pure mind, keeping festival in the Lord.

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

#### **Troparia:**

Broad is the way here and conducive to indulging in pleasures, but how bitter it will be on the last day when the soul is separated from the body! Beware of pleasures, man, for the sake of the Kingdom of God.

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

Why do you wrong the poor? Why do you withhold the wage of the hired servant? Why do you not love your brother? Why do you run after pride and lust? And so, stop these things, my soul, and repent for the sake of the Kingdom of God.

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

O thoughtless man! How long will you busy yourself like a bee, accumulating your fortune? For it will perish like dust and ashes soon. But seek rather the Kingdom of God.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** O Lady, Mother of God, have mercy on me, a sinner. Strengthen me in the virtues and keep me safe, lest sudden death take me by surprise. And bring me, O Virgin, to the Kingdom of God.

### **Song 5.**

**Eirmos:** Illumine with Thy divine light, I pray, O Good One, the souls of those who with love rise early to pray to Thee, that they may know Thee, O Word of God, as the true God, Who recalls us from the darkness of sin.

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

### **Troparia:**

Remember, wretched man, how you are enslaved to lies, calumnies, theft, infirmities, wild beasts and fears, on account of your sins. O my sinful soul, is that what you have desired?

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

My members tremble, for with all of them I have sinned: with my eyes in looking, with my ears in hearing, with my tongue in speaking evil, and by surrendering the whole of myself to hell. O my sinful soul, is that what you have desired?

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

Thou didst receive the prodigal and the robber who repented, O Saviour, and I alone have succumbed to sinful sloth and have become enslaved to evil deeds. O my sinful soul, is this what you have desired?

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Wonderful and speedy helper of all men, help me. Mother of God, unworthy as I am, for my sinful soul desires that.

### **Song 6.**

**Eirmos:** Beholding the sea of life surging the flood of temptations, I run to calm haven, and cry to Thee: Raise up my life from corruption, O Most Merciful One.

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

### **Troparia:**

I have lived my life wantonly on earth and have delivered my soul to darkness. But now I implore Thee, O merciful Lord, free me from this work of the enemy and give me the knowledge to do Thy will.

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

Who does such things as I do? For just like a swine lying in the mud, so I serve sin. But do Thou, O Lord, pull me out of this vileness and give me the heart to do Thy commandments.

Glory to the Father, and to the Son, and to the Holy Spirit:

Rise, wretched man, to God and, remembering your sins, fall down before your Creator, weeping and groaning, for He is merciful and will grant you to know His will.

Now and ever, and to the ages of ages. Amen.

Virgin Mother of God, protect me from evil visible and invisible, O immaculate one, and accept my prayers and convey them to thy Son, that He may grant me the sense to do His will.

Lord, have mercy. (Thrice).

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

**Kontakion:** O my soul, why do you become rich in sins? Why do you do the will of the devil? On what do you set your hope? Stop these things and turn to God with tears, and cry: O Merciful Lord, have mercy on me, a sinner.

**Oekos:** Think, my soul, of the bitter hour of death and the awful judgment of your God and Creator. For terrible Angels will seize you, my soul, and will lead you into the eternal fire. And so, before your death, repent and cry: O Lord, have mercy on me, a sinner.

### **Song 7.**

**Eirmos:** An Angel made the furnace throw dew on the holy Children. But the command of God consumed the Chaldeans and

prevailed upon the tyrant to cry: Blessed art Thou, O God of our fathers.

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

**Troparia:**

Do not hope, my soul, for corruptible wealth, and for what is unjustly collected. For you do not know to whom you will leave it all. But cry: O Christ our God, have mercy on me, who am unworthy.

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

Do not trust, my soul, in your physical health, and in your quickly-passing beauty. For you see that the strong and the young die. But say: O Christ our God, have mercy on me, who am unworthy.

Glory to the Father, and to the Son, and to the Holy Spirit:

Remember, my soul, eternal life and the Heavenly Kingdom prepared for the saints, and the outer darkness and the wrath of God for the evil, and cry: O Christ our God, have mercy on me, who am unworthy.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Fall down, my soul, before the Mother of God, and pray to her; for she is quick to help those who repent. She prays to Christ, her Son and our God, and has mercy on me who am unworthy.

**Song 8.**

**Eirmos:** Thou didst make flame sprinkle the Saints with dew, and didst burn the sacrifice of a righteous man with water. For Thou alone, O Christ, dost do all as Thou willest. Thee we exalt throughout all ages.

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

**Troparia:**

How can I not weep when I think of death? For I have seen my brother lying in his coffin, inglorious and hideous. What, then, do I expect? And what do I hope for? Only grant me, O Lord, repentance before my end. (2)

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

I believe that Thou wilt come to judge the living and the dead, and all will stand in order, old and young, lords and princes, priests and virgins. Where shall I find myself? Therefore I cry: grant me, O Lord, repentance before my end.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Most pure Mother of God, accept my unworthy prayer and preserve me from sudden death; and grant me repentance before my end.

### **Song 9.**

**Eirmos:** It is impossible for men to see God, upon Whom the orders of Angels dare not gaze. But through thee, O all-pure one, did the Word incarnate appear to men, and with the Heavenly Hosts we magnify Him, and thee we call blessed.

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

### **Troparia:**

I now have recourse to you, holy Angels, Archangels, and all the Heavenly Hosts who stand at the throne of God: pray to your Creator that He may save my soul from eternal torment.

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

Now I turn to you with tears, holy patriarchs, kings and prophets, apostles and holy prelates, and all Christ's elect: help me at the judgment, that He may save my soul from the power of the enemy.

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

Now I lift my hands to you, holy martyrs, hermits, virgins, righteous and all the saints, who pray to the Lord for the whole world, that He may have mercy on me at the hour of my death.



Now and ever, and to the ages of ages. Amen.

**Theotokion:** O Mother of God, help me who have strong hope in thee; implore thy Son that He may place me on His right hand, unworthy as I am, when He sits to judge the living and the dead. Amen.

### **Prayer after the Canon**

Lord Christ our God, Who hast healed my passions through Thy Passion, and hast cured my wounds through Thy wounds, grant me who have sinned greatly against Thee tears of compunction. Transform my body with the fragrance of Thy life-giving Body, and sweeten my soul with Thy Holy Blood from the bitterness with which the foe has fed me. Lift up my downward looking mind to Thee, and take it out of the pit of perdition, for I have no repentance, I have no compunction, I have no consoling tears, which uplift children to their heritage. My mind has been darkened through earthly passions, I cannot look up to Thee in pain. I cannot warm myself with tears of love for Thee. But, O Lord Jesus Christ, Treasury of good gifts, give me thorough repentance and a diligent heart to seek Thee; grant me Thy grace, and renew in me the lineaments of Thy image. I have forsaken Thee – do not forsake me! Come out to seek me; lead me up to Thy pasturage and number me among the lambs of Thy chosen flock. Nourish me with them on the grass of Thy Holy Mysteries, by the prayers of Thy Most Pure Mother and all Thy saints. Amen.

# Supplicatory Canon to our Sweetest Lord Jesus Christ

A poem by Theoctistus, a Monk of Stoudion

Second Tone

ODE ONE Heirmos

In the deep of old, the Power supreme to all weaponry overwhelmed Pharaoh's whole army. And when the Word became incarnate, He destroyed exceedingly pernicious sin; for the glorified Lord has gloriously been glorified.

O Sweetest Jesus, save me.

Sweetest Jesus Christ, long-suffering Jesus, heal the wounds of my soul, O Jesus, and make sweet my heart, O most Merciful One, I pray to You, O Jesus my Saviour, that, as one saved, I may magnify You.

O Sweetest Jesus, save me.

Sweetest Jesus Christ, O Jesus, open to me the portals of repentance, O Jesus, You the Friend of man, and accept me, O Jesus my Saviour, as I fall down before You and fervently implore the forgiveness of my sins.

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

Sweetest Jesus Christ, O Jesus, snatch me from the hand of deceitful Belial, O Jesus, and make me stand at the right of You glory, O Jesus my Saviour, delivering me from the lot of those on the left.

Both now and forever and to the ages of ages. Amen.

Theotokion

O Lady, who has given birth to Jesus our God, pray for us worthless slaves, that by your intercessions, O immaculate one, we who are defiled may be delivered from torment, O spotless one, and enjoy everlasting glory.

### ODE THREE

Heirmos

Establishing me on the rock of faith, You have enlarged my mouth over my enemies; for my spirit rejoices in chanting: There is none holy as our God, and none righteous save You, O Lord.

O Sweetest Jesus, save me.

Hearken, O my man-befriending Jesus, unto You servant calling with compunction; and deliver me, O Jesus, from condemnation and punishment, O only long-suffering, sweetest and most merciful Jesus.

O Sweetest Jesus, save me.

Receive You servant, O my Jesus, who falls prostrate with tears, my Jesus, and save me as one repentant, O my Jesus, delivering me from Gehenna, O Master, sweetest and most merciful Jesus.

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

The time which You gave me, O my Jesus, have I squandered in passions, my Jesus. Cast me not away, O my Jesus, but call me back again, I pray, O Master, O sweetest Jesus, and save me.

Both now and forever and to the ages of ages. Amen.

Theotokion

O Virgin, who has given birth to my Jesus, implore Him to 'rescue me from Gehenna. You alone are the protectress of the afflicted, O you who are full of divine grace. And make me worthy of the life that ages not. O all-blameless one.

#### SESSIONAL HYMN

First Tone. Thy tomb, O Saviour

O Jesus my Saviour, Who has saved the prodigal, O Jesus my Saviour, Who has accepted the harlot: Have mercy on me also, O most Merciful Jesus; have compassion and save me, O Jesus my Benefactor, even as You had compassion on Manasses, O my Jesus, the only Friend of man.

#### ODE FOUR

Heirmos

From a Virgin did You come, not as an ambassador, nor as an angel, but the very Lord Himself incarnate, and saved me, the whole man. Therefore, I cry to You: Glory to Your power, O Lord.

O Sweetest Jesus, save me.

Heal. O my Jesus, the wounds of my soul, my Jesus, I pray, and snatch me from the hand of soul-corrupting Belial, O my compassionate Jesus, and save me.

O Sweetest Jesus, save me.

I have sinned, O my sweetest Jesus; my compassionate Jesus, save me who flee to Your protection. O long-suffering Jesus, and make me worthy of Your Kingdom.

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

No one, O my Jesus, has sinned as have I, the wretched one; but now I fall prostrate and pray: Save me, O my Jesus, and bequeath me life, O my Jesus.

Both now and forever and to the ages of ages. Amen.  
Theotokion

O all-hymned one, who has given birth to the Lord Jesus, implore Him to deliver from torment all who hymn you and rightly call you the Mother of God.

#### ODE FIVE

Heirmos

O Christ my Saviour, You are the Light of those that lie in darkness and Salvation of the despairing, unto You do I rise early, O King of peace. Enlighten me with Your illumination, for besides You I know none other God.

O Sweetest Jesus, save me.

You are the Light of my mind, O my Jesus; You are the Salvation of my despairing soul, O Saviour. O my Jesus, deliver me from torment and Gehenna, as I cry: Save me, the wretched one, O Christ my Jesus.

O Sweetest Jesus, save me.

Utterly cast down to shameful passions, O my Jesus, I now cry: Stretch down to me a helping hand, O my Jesus, and pluck me out as I cry: Save me, the wretched one, O Christ my Jesus.

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

Carrying about a mind defiled, I call to You, O Jesus: Cleanse me of the defilement of sin, and redeem me who have slipped down into the depths of evil through ignorance, and save me, O Saviour, my Jesus, I pray.

Both now and forever and to the ages of ages. Amen.  
Theotokion

O Maiden Mother of God, who has given birth to Jesus, implore Him to save all Orthodox monastics and laity, and to deliver from Gehenna those who cry: We know no certain protection save yours.

#### ODE SIX

Heirmos

Encompassed round about by an abyss of offences, I appeal to the unfathomable abyss of Your compassion: Raise me up from corruption, O God.

O Sweetest Jesus, save me.

O most merciful Christ, my Jesus, accept me who confess my sins, O Master, and save me, O Jesus, and snatch me from corruption, O Jesus.

O Sweetest Jesus, save me.

O my Jesus, no one else has been so prodigal as I, the wretched one, O man-befriending Jesus; but do save me, O Jesus.

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

O my Jesus, with my passions I have surpassed the harlot and the prodigal, Manasses and the publican, O my Jesus, and the thief and the Ninevites, O Jesus.

Both now and forever and to the ages of ages. Amen.  
Theotokion

O you who did conceive my Jesus Christ, O only undefiled and immaculate Virgin: even now, by the hyssop of your intercessions, cleanse me, the defiled one.

## KONTAKION

### Fourth Tone

O Sweetest Jesus, Light of the world, enlighten the eyes of my soul, O Son of God, with Your divinely radiant splendour, that I may praise You, the unwaning Light.

When the golden image was adored in the plain of Deira, Your three Children trampled underfoot the ungodly decree; and though cast into the midst of the fire, as ones refreshed they chanted: Blessed are You, the God of our Fathers.

O Sweetest Jesus, save me.

O Christ Jesus, no one on earth has ever sinned, O my Jesus, as have I, the wretched one and prodigal. Therefore, I cry to You, my Jesus, have compassion on me as I sing: Blessed are You, the God of our Fathers.

O Sweetest Jesus, save me.

O Christ Jesus, I cry: Nail me down with the fear of You, O my Jesus, and guide me to Your calm haven now, O my compassionate Jesus, that as one saved I may sing to You: Blessed art You, the God of our Fathers.

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

O Christ Jesus, ten thousand times have I, the hapless one, promised You repentance, O my Jesus, but, wretch that I am, I lied to You. Therefore, I cry to You, my Jesus: Enlighten my soul which yet remains unfeeling, O Christ, the God of our Fathers.

Both now and forever and to the ages of ages. Amen.

Theotokion

O you who gave birth to Jesus Christ awesomely and supernaturally, O all-blameless one, implore Him, O Maiden, to forgive me all my sins which I have committed against my human nature, that as one saved I may cry: Blessed are you who conceived God in the flesh.

O you works, praise you the Lord God Who descended into the fiery furnace with the Hebrew Children and changed the flame into dew; and supremely exalt Him unto all the ages.

O Sweetest Jesus, save me.

I implore You, O my Jesus: As You redeemed the harlot from many sins, O my Jesus, likewise redeem me, O Christ my Jesus, and cleanse my foul soul, O my Jesus.

O Sweetest Jesus, save me.

O Jesus, having yielded to irrational pleasures. I have become irrational, O my Jesus; and wretch that I am, I have truly and pitifully

become like the beasts, O Saviour. Therefore, O Jesus, deliver me from irrationality.

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

Having fallen, O Jesus, into the hands of soul-corrupting thieves, I have been stripped now of my divinely-woven garment, O Jesus, and prostrate I lie all bruised with wounds, O my Christ, do pour on me oil and wine.

Both now and forever and to the ages of ages. Amen.

Theotokion

O Theotokos Mary, who inexplicably held the Christ, my Jesus and God: Implore Him to save from perils your servants and them that praise you, O Virgin who knew no wedlock.

With one accord, let us the faithful magnify with hymns God the Word, Who came forth from God, and Who was inexpressibly incarnate of the holy Virgin for our sakes, and Who in His ineffable wisdom came to renew Adam who fell grievously when he partook of corruption.

O Sweetest Jesus, save me.

I have surpassed, O my Jesus, Manasses and the publican, the harlot and the prodigal, O compassionate Jesus, and the thief, O my Jesus, through all my shameful and unbecoming deeds, O Jesus; but do forestall me, O my Jesus, and save me.

O Sweetest Jesus, save me.

By my passions, O my Jesus, pitifully have I, the wretched one, surpassed all those from Adam who have sinned, both those before the Law and in the Law, O Jesus, and after the Law and Grace, O my Jesus; but by Your judgments save me, O my Jesus.

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

May I not be parted from Your ineffable glory, my Jesus, nor may the portion on the left, O Jesus, fall to me, O sweetest Jesus;



but set me on the right hand with Your sheep and give me rest, O Christ my Jesus, since You are compassionate.

Both now and forever and to the ages of ages. Amen.

Theotokion

O Theotokos, who alone held Jesus, O Virgin Mary who knew not wedlock: O pure one, implore Him, your Son and Creator, to be gracious to us, that we who have recourse to you may be delivered from temptations and perils, and from the fire that is to come.

Stichera (a poem of Theoctistus): Plagal of Second Tone. Having placed their every hope

O my sweetest Jesus, You the joy and Gladness of my soul, Jesus, You the cleansing of my mind, O my Master and Lord most merciful: Jesus, save me, O Jesus my Saviour; O my Jesus, You Almighty One, do not abandon me; O my Saviour Jesus, have mercy and deliver me from punishment, O my Jesus, and deem me worthy of the lot of the saved, O my Jesus, and number me with the choir of all Your blessed and chosen ones, O Jesus, Friend of man.

O my sweetest Jesus, You the glory of the Apostles, O my Jesus, You the boast of the Martyrs, Master Who are omnipotent: Jesus, do save me, O Jesus my Saviour; my Jesus, You the most beautiful One, have mercy on me, O Saviour Jesus, who runs to You, by the entreaties of her that carried You and, O Jesus, of all Your Saints, and of all the Prophets, O Saviour Jesus, and give the Paradise of delight to me, O Jesus, Friend of man.

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

O my sweetest Jesus, You the glory of the monastics, O long-suffering Jesus, You the ascetics' blest adornment and great delight: Jesus, save me, O Jesus my Saviour; my Jesus You are supremely good, snatch me out of the hand of the dragon, O Saviour Jesus Christ, and free me from his snares, O my Saviour Jesus, and now lead me up, my Saviour, out of the lowest pit, O Jesus, and number me, O Jesus, with Your sheep at Your holy, blessed right hand.

Both now and forever and to the ages of ages. Amen.

Theotokion

O entrust me not, I pray, to any human protection, O our Lady, holy one, but accept the prayer of your suppliant. Sorrow has fettered me, and I am unable to endure and bear the demons' darts; a shelter have I not, neither place to run, I, the wretched one; embattled from all sides am I, and no consolation have I but you, Mistress of creation, protection and hope of faithful ones: Turn not away when I pray to you; do that which will profit me.

A prayer to our Lord Jesus Christ

O Master Christ God, Who by Your Passion has healed my passions, and by You wounds has healed my wounds: grant tears of compunction unto me who have greatly offended; temper my body with the fragrance of Your life-creating Body, and sweeten my soul with Your precious Blood, taking away the bitterness which the contending adversary has made me drink. Lift my mind up to You, since it has been drawn down below, and lead me up from the pit of destruction; for I have no repentance, I have no compunction, I have not a tear of supplication as children which shall lead me up unto my inheritance. I have been darkened in mind by the passions of life and I am not able to look up to You in my travail; I cannot rouse myself to fervour with tears of love for You. But, O Master, Lord Jesus Christ, Treasury of good things, grant me complete repentance, and a suffering heart that shall seek You out. Grant Your grace to me and renew in me the likeness of Your image. I have abandoned You; do not abandon me. Come forth and seek me out, lead me into Your pasture, number me together with the sheep of Your elect flock, and nourish me together with them on the verdure of Your divine Mysteries, by the intercessions of Your all-pure Mother and of all Your Saints. Amen.