

Service of Preparation for Holy Communion

PRIEST

Blessed is our God always, now and ever,
and to the ages of ages.

(Amen.)

Glory to You, our God. Glory to You.

Heavenly King, Comforter, Spirit of Truth,
present in all places and filling all things,
treasury of good things and giver of life: come;
take Your abode in us; cleanse us of every
stain, and save our souls, O Good one.

READER

Amen.

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal,
have mercy on us. (3)

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

All-holy Trinity, have mercy on us.
Lord, forgive our sins. Master, pardon our
transgressions. Holy One, visit and heal our
infirmities for your name's sake.

Lord, have mercy. Lord, have mercy.
Lord, have mercy.

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

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 those who trespass

against us. And lead us not into temptation,
but deliver us from evil.

PRIEST

For Thine is the Kingdom and the power
and the glory, of the Father and of the Son and
of the Holy Spirit, now and forever and to the
ages of ages. *(Amen.)*

READER

Lord, have mercy. (12)

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

Come, let us worship and bow down
before God our King.

Come, let us worship and bow down
before Christ God our King.

Come, let us worship and bow down
before Him, Christ our King and God.

Psalms 50 (51).

Have mercy on me, O God, according
to Your great mercy; and according to the
abundance of Your compassion, blot out my
transgression. Wash me thoroughly from my
lawlessness and cleanse me from my sin. For
I know my lawlessness, and my sin is always
before me. Against You only have I sinned
and done evil in Your sight; that You may be
justified in Your words, and overcome when
You are judged. For behold, I was conceived
in transgressions, and in sins my mother bore
me. Behold, You love truth; You showed
me the unknown and secret things of Your
wisdom. You shall sprinkle me with hyssop,
and I will be cleansed; You shall wash me, and
I will be made whiter than snow. You shall
make me hear joy and gladness; my bones

that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar.

**The Canon of Preparation
for Holy Communion**

Ode i. Mode 2. Peoples, now come.

Glory to You, our God, glory to You.

Merciful Lord, may Your holy body be for me the bread of everlasting life; and may Your precious blood, O compassionate Master, prevent me from succumbing to illness of any kind. (SD)

Glory to You, our God, glory to You.

I am defiled by my inappropriate deeds, for which I am unworthy of the most pure

body and divine blood of my Savior. O Christ, I entreat You, let me partake of them. (SD)

Most-holy Theotokos, save us.

Bride of God, you are the blessed good earth that produced the ear of grain, which no man sowed and which became the world's salvation. And now, as I eat it, grant that I be saved by it. (SD)

Ode iii. Mode 2. On the rock of faith.

Glory to You, our God, glory to You.

O Christ, grant me a faucet of cleansing teardrops to wash away the stain of my heart's defilement, that purified by them and with a good conscience, O Master, I may come to You with fear and faith, and with love partake of Your holy gifts, O Lord. (SD)

Glory to You, our God, glory to You.

For pardon of the multitude of transgressions be Your divine blood and Your pure body, O Lover of humanity, and for communion with the Holy Spirit and eternal life, and complete estrangement from passions troubling me. (SD)

Most-holy Theotokos, save us.

O Virgin Maid, you are the all-holy table of the Bread of life, the Son of God, who for mercy came down and gave new life to the world and saved it. Now I who am unworthy earnestly entreat that you count me worthy to eat it and to live. (SD)

Ode iv. Mode 2. You came from a Virgin.

Glory to You, our God, glory to You.

You willed to become incarnate for us, Lord most merciful, and as a Lamb be sacrificed for all the sins of humanity.

Therefore I implore You now, to blot out my offenses and to wash me from my lawlessness.

(SD)

Glory to You, our God, glory to You.

O Master, I pray You, heal the wounds of my sorry soul, and though I am wretched, sanctify me, body and soul alike. Make me worthy to partake of Your divine and most mystical supper, O gracious Lord. (SD)

Most-holy Theotokos, save us.

O Lady, implore your Son to be merciful unto me. I entreat you, keep me free of every sin and impurity, so that when I dare receive the holy pearl of communion, I may truly be sanctified. (SD)

Ode v. Mode 2. Lord, the provider of light.

Glory to You, our God, glory to You.

As You once said it, O Christ, so let it be to me Your worthless servant: Abide in me, even as you promised. For now I am about to eat Your holy body and drink Your most precious blood. (SD)

Glory to You, our God, glory to You.

O Word of God and God, may the live coal of Your divine body be illumination to me, bedarkened, and may Your holy blood be purification for my defiled soul. (SD)

Most-holy Theotokos, save us.

O Mary, Mother of God, the tabernacle of the fragrance of God, I pray you make me a chosen vessel, by your almighty prayers, that I may partake of your Son's holy Sacrament. (SD)

Ode vi. Mode 2. In the sea now surrounded.

Glory to You, our God, glory to You.

Savior, hallow my intellect, soul and heart, and my body, so that I may worthily approach Your awe-inspiring Mysteries, and not eat and drink judgment upon myself. (SD)

Glory to You, our God, glory to You.

Through communion of Your holy Mysteries, may I become a stranger to the sinful passions, may grace be added unto me, and may I have assurance of life, O Christ. (SD)

Most-holy Theotokos, save us.

Being holy, as God and the Word of God, through Your holy Mother's intercession, sanctify the whole of me as I approach Your divine and immaculate Mysteries. (SD)

Glory. Both now.

Kontakion.

Mode 2. In seeking the heights.

I pray you do not forbid me to receive the Bread, Your Body, O Christ, nor deny me Your holy Blood. May receiving Your awe-inspiring, immaculate Mysteries be to me, wretched sinner, not for judgment, O loving Lord; may it rather be to me for immortal and everlasting life. (SD)

Ode vii. Mode 2. The image of gold.

Glory to You, our God, glory to You.

Immortal, O Christ, are Your Mysteries, of which I am partaking. May this become for me the source of light and life, dispassion and every good; may it give me growth and advancement in divine virtue by Your grace, that I may glorify You, only good and merciful Lord. (SD)

Glory to You, our God, glory to You.

From passions and foes, from necessity and every tribulation, may I be rescued as I come to Your divine, immortal Mysteries reverently with trembling and longing, only Friend of humanity, to sing to You, "O God of our Fathers, glory to You." (SD)

Most-holy Theotokos, save us.

O Maid full of grace, you ineffably gave birth to Christ the Savior. Now I, your unclean servant pray to you who are most pure and immaculate: As I now prepare to go forward to receive the Holy Eucharist, completely cleanse me of impurities of body and soul. (SD)

Ode viii. Mode 2. When God went down.

Glory to You, our God, glory to You.

Your holy Mysteries, O Christ, are from heaven and are therefore awe-inspiring. And the mystical Supper that You prepared is divine. Now I who am desperate pray to You: Grant me to partake of it, O my God and Savior. (SD)

Glory to You, our God, glory to You.

To Your compassion I have run, and with fear I cry to You the only Good One: As You said, so abide in me and let me abide in You. For trusting in Your mercy, behold, I eat Your all-holy Body and drink Your Blood, O Savior. (SD)

Most-holy Theotokos, save us.

I am afraid as I partake of the fire, lest I burn like wax and hay do. Awesome Mystery! Wonderful is the mercy of God! How I, who am clay, can partake of God's Body and His Blood and can thus become immortal! (SD)

Ode ix. Mode 2. To us has appeared.

Glory to You, our God, glory to You.

Yes, Christ is the Lord; and therefore taste and see that He is good. For of old He came down and became like us for us. Only once He offered himself as a sacrifice to His God and Father, yet He is forever slain, sanctifying us communicants. (SD)

Glory to You, our God, glory to You.

O Lord, may my body with my soul alike be sanctified, and illumined and saved and become Your dwelling place, through participation in Your sacred and divine Mysteries, O Master. May You and the Father and the Holy Spirit also dwell in me. (SD)

Glory to You, our God, glory to You.

O Savior most merciful, I pray to You that Your divine precious Body and Blood be for me both light and fire, burning up the causes of sin and also the thorns of the sinful passions, and fully enlightening me to worship Your Divinity. (SD)

Most-holy Theotokos, save us.

When God formed a body for himself, He did it in your womb. Therefore all generations, O Lady, sing your praise. Multitudes of Angels give glory, for now through you they can clearly see Him, the Lord of the universe, one in essence with humanity. (SD)

Come, let us worship and bow down before God our King.

Come, let us worship and bow down before Christ God our King.

Come, let us worship and bow down before Him, Christ our King and God.

Psalm 22 (23).

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord to the end of my days. (SAAS)

Psalm 23 (24).

The earth is the Lord's, and its fullness, the world and all who dwell therein. For He founded it upon the seas and prepared it upon the rivers. Who shall ascend to the mountain of the Lord? Who shall stand in His holy place? He who has innocent hands and a pure heart; He who does not lift up his soul to vanity; He who does not swear deceitfully to his neighbor. He shall receive blessing from the Lord and mercy from the God of his salvation. This is the generation of those who seek Him, who seek the face of the God of Jacob. Lift up the gates, O you rulers, and be lifted up, you everlasting doors, and the King of glory shall enter. Who is this King of glory? The Lord strong and mighty, the Lord powerful in battle. Lift up the gates, O you rulers, and be lifted up, you everlasting doors, and the King of glory shall enter. Who

is this King of Glory? The Lord of hosts, He is the King of glory. (SAAS)

Psalm 115 (116).

I believed; therefore, I spoke; I was greatly humbled. I said in my ecstasy, "Every man is a liar." What shall I give back to the Lord for all He rendered to me? I will take up the cup of salvation, and call upon the name of the Lord. Precious in the sight of the Lord Is the death of His holy ones. O Lord, I am Your servant; I am Your servant and the son of Your handmaid. You broke apart my bonds; I will offer a sacrifice of praise; I shall pay my vows to the Lord in the presence of all His people, in the courts of the Lord's house, in your midst, O Jerusalem. (SAAS)

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

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

Lord, have mercy. Lord, have mercy.
Lord, have mercy.

Overlook my transgressions, O Lord born of a Virgin, and purify my heart, and make it temple of Your Holy Spirit. I implore You whose mercy is immense, that You do not reject me from Your presence. (SD)

Glory.

How shall I, who am unworthy, shamelessly commune Your holy Mysteries? If I dare to approach You with those who are worthy, my clothing will accuse me, since it is not fit for the banquet, and I shall bring condemnation upon my very sinful soul. O

Lord, cleanse the filth of my soul and save me, in Your love for humanity. (SD)

Both now. **Theotokion.**

O Theotokos, my offences are indeed very many. * To you I run, O Maiden pure, and I pray for salvation. * Visit my infirm and ailing soul, * and pray for me to your Son and our God, * to grant to me forgiveness for the evils I have done, O only blessed Lady. (SD)

On Holy and Great Thursday, the following:

While the glorious Disciples were being illumined at the washing of the feet during the Supper, then, too, did Judas the ungodly one, succumb to darkness, being sick with avarice. And he delivered You, the righteous Judge, to lawless judges. Look here, O lover of money, and see the one who for money's sake hanged himself. Flee from the greed that made him dare commit such a deed against the Teacher. O Lord benevolent to all, glory be to You. (SD)

Lord, have mercy. (40)

Instructive Verses

(How one should approach the immaculate Mysteries).

As you are about to eat the body of the Master, * approach with fear lest you be burned, for it is fire. * And before you drink in communion the blood, * be first reconciled with all those you have offended; * then you may take courage to eat the mystic Food.

Before you take part in the awesome sacrifice * of the life-giving body of the Master, * take care and pray with fear of God.

FIRST PRAYER

of Saint Basil the Great

Master Lord Jesus Christ our God, the Source of life and immortality, Who are

the Maker of all creation, both visible and invisible, the co-eternal and co-beginningless Son of the eternal Father, Who in the abundance of Your goodness were in the last days clothed in flesh, were crucified and buried for us, the ungrateful and thankless ones, and by Your own Blood refashioned our nature which had been corrupted by sin: O immortal King, accept the repentance even of me the sinner, and incline Your ear to me and hear my words. For I have sinned, O Lord, I have sinned against heaven and before You, and I am not worthy to gaze on the height of Your glory; for I have provoked Your goodness by transgressing Your commandments and not obeying Your ordinances. But in Your forbearance, patience, and great mercy, You, O Lord, have not given me up to be destroyed with my sins, but You await my complete conversion. For You Who love mankind have said through Your Prophet that You desire not the death of the sinner, but that he should return to You and live. For You do not will, O Lord, that the work of Your hands should be destroyed, neither do You delight in the destruction of men, but You desire that all should be saved and come to a knowledge of the Truth. Therefore, though I am unworthy both of heaven and earth, and even of this transient life – since I have completely succumbed to sin and am a slave to pleasure and have defaced Your image, yet being Your work and creation, wretch that I am, – even I do not despair of my salvation and dare to draw near to Your boundless compassion. Therefore receive even me, O Christ Who Loves mankind, as the harlot, as the thief, as the publican, and

as the prodigal; and take from me the heavy burden of my sins: You Who take away the sin of the world, Who heal men's sicknesses, Who call the weary and heavy laden to Yourself and give them rest; for You came not to call the righteous but sinners to repentance. And cleanse me from all defilement of flesh and spirit. Teach me to attain perfect holiness in the fear of You, that with the clear witness of my conscience I may receive a portion of Your holy Things and be united with Your holy Body and Blood, and have You dwelling and remaining in me with the Father and Your Holy Spirit. And, O Lord Jesus Christ, my God, do not let the communion of Your immaculate and life-giving Mysteries be to me for condemnation, nor let it make me sick in body or soul through my partaking of them unworthily; but rather grant that until my last breath I may receive a portion of Your holy Things without condemnation, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Your dread tribunal, so that I, too, with all Your elect may become a partaker of Your pure joys which You have prepared for those who love You, O Lord, in whom You are glorified throughout the ages. Amen. ^(nk)

SECOND PRAYER

^{of Saint Basil the Great}

I know, O Lord, that I partake of Your immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of You, my Christ and God. But, trusting in Your compassion, I take courage and approach You, for You have said: "He who eats My Flesh and

drinks My Blood abides in Me and I in him." Therefore have compassion, O Lord, and do not make an example of me, the sinner, but deal with me according to Your mercy; and let these Holy Things be for my healing, and purification, and enlightenment, and protection, and salvation, and sanctification of body and soul; for the turning away of every fantasy, and all evil practice, and diabolical activity working subconsciously in my members; for confidence and love towards You; for reformation of life and stability; for an increase of virtue and perfection; for fulfillment of the commandments; for communion with the Holy Spirit; as a provision for eternal life; and as an acceptable defense at Your dread Tribunal, not unto judgment nor unto condemnation. ^(nk)

THIRD PRAYER

^{of Saint John Chrysostom}

Lord my God, I know that I am not worthy or sufficient that You should come under the roof of the house of my soul, for all is desolate and fallen, and You do not have within me a place fit to lay Your head. But even as from on high You humbled Yourself for our sake, so now conform Yourself to my humility. And as You consented to lie in a cave and in a manger of irrational beasts, so also consent to lie in the manger of my irrational soul and to enter my defiled body. And as You did not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as You did not reject the woman who was a harlot and a sinner like me, when she approached and touched You, so also

be compassionate with me, the sinner, as I approach and touch You, and let the live coal of Your most-holy Body and precious Blood be for the sanctification, and enlightenment, and strengthening of my humble soul and body; for a relief from the burden of my many sins; for a protection from all diabolical practices; for a restraint and a check on my evil and wicked way of life; for the mortification of passions; for the keeping of Your commandments; for an increase of Your divine grace; and for the advancement of Your Kingdom. For it is not as one insolent and presumptuous that I draw near to You, O Christ my God, but as one taking courage from Your ineffable goodness, so that having long abstained from Your communion I may not become a prey to the noetic wolf. Therefore, I pray to You, O Lord, Who alone are holy: sanctify my soul and body, my mind and heart, my emotions and affections, and wholly renew me. Root in my members the fear of You, and make Your sanctification indelible within me. Be also my Helper and Defender, guide my life in peace, and make me worthy to stand on Your right hand with Your Saints; through the prayers and intercessions of Your all-pure Mother, of Your ministering Angels, of the immaculate Powers, and of all the Saints who have been well-pleasing to You. Amen. (nk)

FOURTH PRAYER

of Saint John Chrysostom

I am not worthy, Sovereign Lord, for you to come under the roof of my soul. Yet because of your love for all people, you wish to dwell in me. I boldly come. Command that the gates open which you alone made and you

will come in with love toward all people, as is your nature. You will come in and enlighten my darkened reasoning. I believe that you will do this, for you did not send away the harlot who came to you with tears, nor cast out the repenting publican, nor reject the thief who acknowledged your kingdom, nor forsake the repentant persecutor for what he was. But you counted as your friends all of those who came to you in repentance. You alone are blessed, always, now and to the endless ages. Amen. (nk)

FIFTH PRAYER

of Saint John Chrysostom

Lord Jesus Christ my God, loose, remit, forgive, absolve, and pardon the sins, offenses and transgressions which I, Your sinful, useless and unworthy servant have committed from my youth, up to the present day and hour, whether in knowledge or in ignorance, whether by words or in deeds, whether in my intentions or in my thoughts, and whether by habit or through any of my senses. And through the intercession of her who conceived You without seed, the all-pure and ever-virgin Mary Your Mother, my only sure hope and protection and salvation, make me worthy to receive without condemnation Your pure, immortal, life-giving and fearful Mysteries, unto forgiveness of sins and for eternal life; for sanctification, and enlightenment, and strength, and healing, and health of soul and body; and for the blotting out and complete destruction of my evil reasonings, and intentions, and prejudices, and the nocturnal fantasies of dark evil spirits. For Yours is the Kingdom, and the power, and the glory, and the honor, and the worship, with the Father

and the Holy Spirit, now and ever, and to the ages of ages. Amen. (nk)

SIXTH PRAYER

of Saint John of Damascus

Master, Lord Jesus Christ our God, Who alone have authority to forgive men their sins, in Your goodness and love for men overlook all my offenses whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification, and as a pledge of the life and Kingdom to come, as a protection and help, for the destruction of enemies, and for the blotting out of my many transgressions. For You are a God of mercy and compassion and love for men, and to You we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

(nk)

SEVENTH PRAYER

of Saint Symeon the New Theologian

From lips tainted and defiled, from a heart unclean and loathsome, from an unclean tongue, and out of a polluted soul: receive my prayer, O my Christ. Do not reject me, nor my words, nor my ways, nor even my shamelessness, but give me courage to say what I desire, O my Christ; and even more, teach me what to do and what to say. I have sinned more than the harlot who, on learning where You were lodging, bought myrrh and dared to come and anoint Your feet, my Christ, my Lord and my God. As You did not repulse her when she drew near in her

heart, neither, O word, reject me, but grant that I may clasp and kiss Your feet, and dare to anoint them with a flood of tears as with most-precious myrrh. Wash me with my tears and purify me with them, O Word. Forgive my sins and grant me pardon. You know the multitude of my evil-doings, You also know my wounds, and You see my bruises. But You also know my faith, and You behold my willingness, and You hear my sighs. Nothing escapes You, my God, my Maker, my Redeemer, not even a tear-drop, nor part of a drop. Your eyes know what I have not achieved, and in Your book things not yet done are written by You. See my depression, and see how great is my trouble: take from me all my sins, O God of all, that with a clean heart, a trembling mind, and a contrite spirit I may partake of Your pure and all-holy Mysteries by which all, who with sincerity of heart eat and drink You, are quickened and deified. For You, my Lord, have said: "Whoever eats My Flesh and drinks My Blood abides in Me and I in Him"; wholly true is the word of my Lord and God. For whoever partakes of Your divine and deifying Gifts certainly is not alone, but is with You, my Christ, the Light of the Triune Sun Which illumines the world. That I may not remain alone without You, the Giver of Life, my Breath, my Life, my Joy, the Salvation of the world, I have therefore drawn near to You, as You see, with tears and with a contrite spirit. Ransom of my offenses, I beseech You to receive me, that I may partake without condemnation of Your life-giving and perfect Mysteries, and that You may remain as You have said with me, thrice-wretched as I am,

lest the tempter find me without Your grace and craftily seize me and, having deceived me, seduce me from Your deifying words. Therefore I fall at Your feet and fervently cry to You: as You received the prodigal and the harlot who drew near to You, so also have compassion and receive me, the profligate and the prodigal, as I now draw near to You with a contrite spirit. I know, O Savior, that no other has sinned against You as I have, nor has done the deeds that I have committed. But I also know this: that neither the greatness of my offenses, nor the multitude of my sins, surpasses the great patience of my God, and His extreme love for men. Despite our offenses, You purify and enlighten with the oil of compassion those who fervently repent, and You make them children of the light and sharers of Your divine nature. And You act most generously, for what is strange to Angels and to the minds of men You often tell to the repentant as to Your true friends. These things make me bold, my Christ, these things give me wings, and I take courage from the wealth of Your goodness to us. With rejoicing, yet with trembling, I who am but straw partake of Fire and, strange wonder, I am ineffably bedewed, like the bush of old which burnt without being consumed. Therefore with thankful mind and with thankful heart and with thankfulness in all the members of my soul and body, I worship and magnify and glorify You, my God, for You are blessed, now and ever, to all ages. ^(nk)

EIGHTH PRAYER

of Saint Symeon Metaphrastes

Lord, Who alone are pure and incorrupt, Who through the ineffable compassion of

Your love for mankind assumed our whole nature through the pure and virgin blood of her who supernaturally conceived You by the coming of the Divine Spirit and by the will of the Eternal Father; O Christ Jesus, Wisdom and Peace and Power of God, Who in assuming our nature suffered Your life-giving and saving Passion – the Cross, the Nails, the Spear, and Death – mortify all the deadly passions of my body. You Who in Your burial spoiled the dominions of hell, bury with good thoughts my evil schemes and scatter the spirits of wickedness. You Who by Your life-giving Resurrection on the third day raised up our fallen first Parent, raise me up who am sunk in sin and suggest to me ways of repentance. You Who by Your glorious Ascension deified our nature which You had assumed and honored it by Your sitting at the right hand of the Father, make me worthy by partaking of Your holy Mysteries of a place at Your right hand among those who are saved. You Who by the descent of the Spirit, the Paraclete, made Your holy Disciples worthy vessels, make me also a recipient of His coming. You Who are to come again to judge the World with justice, grant me also to meet You on the clouds, my Maker and Creator, with all Your Saints, that I may unendingly glorify and praise You with Your Eternal Father and Your all-holy and good and life-creating Spirit, now and ever, and to the ages of ages. Amen. ^(nk)

NINTH PRAYER

of Saint John Damascene

I stand before the doors of Your sanctuary, yet I do not put away my terrible thoughts. But, O Christ our God, Who justified the

Publican, and Who had mercy on the Canaanite woman, and opened the gates of Paradise to the Thief, open to me the depths of Your love for mankind, and as I approach and touch You, receive me like the Harlot and the woman with an issue of blood. For the one easily received healing by touching the hem of Your garment, and the other obtained release from her sins by clasping Your sacred feet. And I, deplorable as I am, dare to receive Your whole Body; may I not be burnt, but receive me even as You did these. And enlighten the senses of my soul, and burn up the indictments of my sins, by the intercessions of her who bore You without seed, and of the Heavenly Hosts, for You are blessed to the ages of ages. Amen. (nk)

TENTH PRAYER

of Saint John Chrysostom

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, in knowledge or in ignorance. And make me worthy, without condemnation, to partake of Your pure Mysteries for the remission of sins and for eternal life. Amen.

(GOA)

When coming forward to receive communion, say these verses of Symeon Metaphrastes.

Behold, I approach for Divine Communion. * O Maker, burn me not as I

partake, * for You are fire consuming the unworthy. * But cleanse me from every stain.

Then this Troparion:

O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom. (GOA)

Then again the following verses:

Tremble, O man, as you behold the divine Blood. * It is a burning coal that sears the unworthy. * The Body of God both deifies and nourishes me: * It deifies the spirit and wondrously nourishes the mind.

And these Troparia:

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up with spiritual fire my sins, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings. (GOA)

How shall I, who am unworthy, enter into the splendor of Your saints? If I should dare to enter into the bridal chamber, my vesture will condemn me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. Cleanse, O Lord, the filth of my soul, and save me, as You are the one Who loves mankind. In Your love, Lord, cleanse my soul, and save me. (GOA)

Master Who loves mankind, Lord Jesus Christ, my God, let not these Holy Gifts be to my judgment because I am unworthy, but rather for the purification and sanctification of both soul and body and the pledge of the

life and Kingdom to come. It is good for me to cleave unto God and to place in Him the hope of my salvation. (GOA)

And again:

O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom. (GOA)

Thanksgiving after Holy Communion

READER

The Admonitory Verses

And when you obtain the blessed Communion, * of the life-creating mystical Gifts, * straightway give praise and great thanks, * and fervently from your soul say to God, * Glory to You, O God; glory to You, O God; glory to You, O God.

And immediately, the following prayers of thanksgiving:

Anonymous

I thank You, O Lord my God, for You have not rejected me, a sinner, but have deemed me worthy to be a partaker of Your Holy Gifts. I thank You that You deemed me worthy, unworthy as I am, to partake of Your pure and heavenly Gifts. O Master, Who loves mankind, Who for us both died and arose and Who granted us these, Your dread and life-creating Mysteries, for the benefit and sanctification of our souls and bodies: Grant that these may be to me for the healing of both soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for faith unashamed, for love unfeigned, for the fullness of wisdom, for the observance of Your commandments, for an increase of Your divine grace, and for abiding in Your Kingdom; that being kept by them in Your holiness I may ever be mindful of Your grace, and no longer live for myself but for You, our Master and benefactor. And thus, when from this life I have passed in the hope of life eternal, may I attain to everlasting rest, where the sound of those who celebrate

is unceasing, and unending is the delight of those who behold the ineffable beauty of Your Countenance. For You are, indeed, the true object of our desire and the inexpressible gladness of those who love You, O Christ our God, and all creation praises You unto the ages. Amen. (GOA)

Prayer of St. Basil the Great

O Master Christ, our God, King of the ages and creator of all, I thank You for all the good things You have granted me and for the Communion of Your pure and life-giving Mysteries. I beseech You, therefore, O Good One Who loves mankind, keep me under Your protection and in the shadow of Your wings; and grant that, with a clear conscience and until my final breath, I may worthily partake of Your Holy Gifts for the remission of my sins and for life eternal. For You are the bread of life, the well-spring of holiness, and the giver of all that is good, and to You we ascribe the glory, with the Father and the Holy Spirit, now and forever and to the ages of ages. Amen. (GOA)

Prayer of St. Symeon Metaphrastes

O You Who willingly grant me Your Flesh for food, You are a fire, and You consume the unworthy! Burn me not, O my Maker, but rather pass through my composite members into all my joints, my innermost core, and my heart. Burn up the thorns of all my transgressions; purify my soul; sanctify my thoughts; make firm my legs, as well as my bones; illumine the clarity of my five senses; nail down the whole of me by Your fear. Ever overshadow, watch, and guard me from every soul-destroying act and word. Purify,

cleanse, and train me; adorn, elucidate, and illuminate me; show me to be the dwelling of Your Spirit alone, and no longer the dwelling of sin; so that, as Your house, by the entrance of Communion as fire, every evildoer and passion may flee. I bring to You intercessors, all the sanctified, the captains of the bodiless angels, Your Forerunner, the wise apostles, and to them I add Your pure, immaculate Mother. Receive, O my compassionate Christ, their petitions, and make of your hired servant a child of light! For You are alone our sanctification, O Good One, and the brightness of our souls; and to You, as is fitting, as our God and Master, do we all ascribe glory from day to day.

Anonymous

May Your holy Body, O Lord Jesus Christ, our God, be to me for life eternal, and Your precious Blood for remission of sins. And may this Eucharist be to me for joy, health, and gladness. And at Your awesome Second Coming, deem me, the sinner, worthy to stand at the right hand of Your glory, through the intercessions of Your all-pure Mother and all Your saints. Amen. (GOA)

Anonymous

All-holy Lady, Theotokos, the light of my darkened soul, my hope and protection, my refuge and consolation, and my joy, I thank you that you have made me worthy, though I am unworthy, to partake of the pure Body and precious Blood of your Son. But as the one who gave birth to the true Light: enlighten the noetic eyes of my heart. You who conceived the source of immortality, give life to me, dead in sin. You who are the compassionately

loving Mother of the merciful God, have mercy on me and give my heart compunction and contrition, humility in my thoughts, and release from my captive thoughts. And make me worthy until my final breath to receive without condemnation the sanctification of the pure Mysteries for the healing of both soul and body. And grant me tears of repentance and confession, that I may praise and glorify you all the days of my life. For you are blessed and glorified unto the ages. Amen. (GOA)

PRIEST

Song of Simeon.

Lord, now You are letting Your servant depart in peace, according to Your word; for my eyes have seen Your salvation which You have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory of Your people Israel. (NKJV)

READER

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

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 those who trespass against us. And lead us not into temptation, but deliver us from evil.

PRIEST

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages. *(Amen.)*

READER

After the Liturgy of St. John Chrysostom:

Apolytikion.

The grace that from your mouth shone forth like a torch illumined the universe. It deposited in the world the treasures of the absence of avarice. It showed us the height that is attained by humility. Now you instruct us by your words, Father John Chrysostom. Intercede with Christ God, the Word himself, entreating Him to save our souls. *(SD)*

Glory. **Kontakion.**

You received the grace of God coming down from heaven; now by means of your own lips you instruct all people how to worship in Trinity the one and only God, O devout Saint John Chrysostom, the all-blessed and golden-mouthed. It is right that we should honor you. For elucidating things divine, you are our teacher and guide. *(SD)*

Both now. **Theotokion.**

By the intercessions of all Your Saints and the Theotokos, grant us Your peace and have mercy on us, O only compassionate Lord. *(SD)*

After the Liturgy of St. Basil:

Apolytikion.

Your proclamation went forth into all the earth, for it accepted your word, through which you taught the dogmas befitting God, you expounded on the nature of all that is, and you arranged the morals of society. A royal priesthood! Devout father Basil, intercede with Christ our God, to grant us His great mercy. *(SD)*

Glory. **Kontakion.**

As a base unshakable * you were presented * to the Church, attributing * the full dominion to mankind, * and by your dogmas confirming this, O devout Basil, Revealer of heaven to all. *(SD)*

Both now. **Theotokion.**

By the intercessions of all Your Saints and the Theotokos, grant us Your peace and have mercy on us, O only compassionate Lord. *(SD)*

After the Presanctified Liturgy:

Apolytikion.

You were shown to be a great dispenser * of the word of God, having been given * a most capable mouth that was rich in grace. * You radiated the luster of righteousness, * teaching the virtues, O hierarch Gregory. * O devout father, pray now to Christ our God, * entreating Him to grant us His great mercy. *(SD)*

Glory. **Kontakion.**

The Church is illumined by the rays of your words, O all-wise, God-bearing hierarch Gregory. Now, as you stand near the divine throne, earnestly intercede with Christ our God on behalf of us all. *(SD)*

Both now. **Theotokion.**

By the intercessions of all Your Saints and the Theotokos, grant us Your peace and have mercy on us, O only compassionate Lord. (SD)

PRIEST

Through the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us [and save us].

(Amen.)

READER

Lord, have mercy. (12)

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

In the name of the Lord, Father, bless!

PRIEST

May God have compassion on us and bless us; may his face shine upon us and have mercy on us.

READER

Amen.

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

Lord, have mercy. Lord, have mercy.
Lord, have mercy.

Father, bless!

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, (local patron saint); of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.