



MALANKARA SYRIAN CHRISTIANS

PRAYERS FOR GREAT LENT

**Including Prayers for : Evening
Morning
And
Noon**

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PRAYERS FOR THE GREAT LENT (THE FORTY DAY LENT)

EVENING WORSHIP

(+) Glory be to the Father and to the Son and to the Holy Spirit. (When a Priest is the leader he begins)

(Response) Both now and ever, and unto ages of ages, Amen.

(When a layperson is the leader he begins)

(+) In the name of the Father, and of the Son, and of the Holy Spirit, one true God:

(Response)

Glory be to him; and may grace and mercy be upon us for ever, Amen.

Holy, Holy, Holy, Lord God Almighty,

By whose glory, the heaven and the earth are filled , Hosanna in the highest, Blessed is he who has come and is to come in the name of the Lord God. Glory be to him in the highest.

Holy art thou, O God

Holy art thou Almighty

Holy art thou Immortal

Crucified (+) for us, have mercy on us. (Thrice)

Lord, have mercy upon us,

Lord, be kind and have mercy ,
Lord, accept Thou our office, and our entreaties
have mercy on us.

Glory be to Thee, O God,
Glory be to Thee, O Creator,
Glory be to Thee, O Christ the King who dost pity
sinners thy servants.

Barekmore (Bless me, my Lord)

THE LORD'S PRAYER

(+)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 debts and sins, as
we also have forgiven our debtors. Lead us not in to
temptation, but deliver us from the evil one.
For Thine is the kingdom, the power, and the glory, for
ever and ever. Amen. (+)

ANGELIC SALUTATION

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus
Christ. O! Virgin St. Mary, Mother of God, pray for
us sinners, now and at all times, and at the hour of our
death. Amen (+)
O Lord! give rest to our departed and enable them to
stand by right side, and give them good memory along

with the blessed martyrs who loved Thee and the saints who became pleasing to Thee by their virtuous deeds.

O Lord! Thy holy church sorrowfully cries aloud for her children. Let them, who wore Thee in baptism, not inherit burning hell; rather may they be propitiated.

PRAYER OF MAR BALAI

O Lord, who art full of mercy,
Renew Thy creature the day of resurrection. Comfort and sanctify. Lord, the departed who have slept in Thy hope await Thy coming. In the bosom of Abraham, Isaac and Jacob, make them to rest, O Lord. Their bodies and souls shall cry aloud: Blessed is he who has come and will come and who will raise the dead.
Amen.

[The qauma is repeated starting "Holy art O God etc....."]

O Lord, let our prayers and petitions be accepted before Thy presence as the smoke of frankincense, the pure incense. A Holy fast is the sign of victory, and an undefeatable weapon against the evil enemy. Lord, may our prayers and fast be pleasing to Thee, may our supplications enter before Thy Holy presence; may Thy be accepted as the fragrance of joy before Thy majesty. Lord, as we look upon and call upon Thee, come to our help and bless us. O Christ who didst

accept the fast of the just and the righteous, accept our fast and petitions and bless us.

OUR LORD JESUS CHRIST

Our Lord Jesus Christ, close not the door of Thy mercy upon our faces. Lord, we confess that we are sinners, have mercy on us. Thy love made Thee descend from Thy place to us, Lord, by whose death our death was ended: have mercy on us.

Glory to God in the heights,
peace and tranquility on earth,
and good hope to the children of man (+)

[This is to be said only for the evening prayer on Mondays during the lent – Sunday evening]

PSALM – 4

Answer me when I call, O God of my right! Thou hast given me room when I was in distress.
Be gracious to me, and hear my prayer.

O men, how long shall my honour suffer shame? How long will you love vain words, and seek after lies?
But know that the Lord has set apart the Godly for himself, the Lord hears when I call to him.

Be angry, but sin not; commune with your own hearts
on your beds, and be silent.

Offer right sacrifices, and put your trust in the Lord.
There are many who say, "O that we might see some
good! Lift up the light of thy countenance upon us, O
Lord!"

Thou hast put more joy in my heart than they have
when their grain and wine abound.

In peace I will both lie down and sleep; for Thou
alone, O Lord, make me dwell in safety.

And to Thee belongs the praise, O God, Barekmor (+)

PETITION OF MAR JACOB

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

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

Father, Son and Holy Spirit, enlighten our mind.
In faith I knock at Thy door, answer me in Thy mercy.

Open my eyes to behold Thy truth and worship Thy holy name.
Protect my youth as I have trusted in Thy mercy.

Give to me, Lord, a pure heart. Grant to my intellect the
wisdom of salvation from Thy absolute perfection.

Vest me with spiritual weapon against the evil one.
Seal me with Thy holly name and deliver my life from

destruction.

I have followed Thee with love for Thy goodness, May I not
ashamed. Hover Thy right hand over me, Lord, as usual

My Master and merciful Father I intend to belong entirely to
Thee, and I adore Thee.

I have obtained the mercy and grace that I prayed for.
Like a merchant let my intellect collect the good from Thy
treasures. May I not be ashamed.

Give me the true book for me to read. I am Thy servant, Lord,
and the son of Thy handmaid. Give me life because of Thy holy
name.

I received Thy sacred body and drunk Thy precious blood; let
me live by Thee. Let Thy holy cross (+) be a fortress protecting
me from deception.

I have called upon Thee and prayed to Thee, Lord.
Hover Thy right hand over me.

O Good Shepherd! make me a lamb of Thy flock. Glory to Thy
name, Father of the world and kind of life; like oblation let my
prayers enter before Thy majesty.

Thou who hear all and accept the petitions, listen to our prayers
and have mercy on us.

At Thy door, O compassionate One knocks the voice
of our petition; withhold not from Thy worshippers the
answer to their needs.

O God, on Thee we call for help in our weakness;
hear, O good one, the voice of our prayer, and answer
our requests in Thy mercy.

SUPPLICATION OF St. EPHRAEM

1. Lord, Thy mercy on us cast,
Use our service, ev'ry piece;
Grant us from Thy treasure vast,
Mercy, blessing and release.
2. Let me, Lord before Thee stand
Wakefully my watch I'd keep
Should I fall to slumber's hand,
Guard thou me from sinful sleep
3. Waking, if to wrong I take.
Graciously absolve Thou me;
Sleeping, if a sin I make,
pardon grant in clemency.
4. By the cross of Thy disgrace,
Grant me, Lord a restful sleep;
Evil dreams do Thou efface,
Wicked thoughts far from me keep.
5. Through the night conduct me, Lord,
Peaceful sleep give Thou to me;
lest foul thoughts in me find hoard,
Phantoms lest a terror be.
6. Grant Thine angel's watchful view,
Guard my limbs without abate;
Hateful lusts in me subdue,
By Thy living flesh I ate.

7.
While I lie and sleep in calm,
May Thy blood my keeper be;
yet my soul dwell free from qualm
In Thine image mad'st Thou me.
8.
Overshadow with Thy hand,
Me a handiwork of Thine,
Let me in Thy fortress stand,
Mercy shielding round be mine.
9.
While my body silent lies,
May Thy power reign o'er me;
Let my breath like incense rise,
T'ward Thy greatness in my sleep
10.
Let not evil touch my bed,
By Thy mother's pleas for me;
By Thy blood atoning shed,
Satans harm remov-ed be.
11.
Since Thy word abides the same,
Guarded by Thy cross I'd be;
Waking, I shall praise Thy Name,
Who didst love me most feeble.
12.
Grant, O Lord, a list'ning ear,
With desire to do Thy will;
Let Thy peace at eve be near,
Night Thy righteousness fulfill.
- 13.

Savior Christ, our hearts inspire,
Thee to see effulgent bright;
Thee whose honour shines as fire,
Worshipped by all sons of light.

14.

Jesus, Savior of the world,
Thou who dwellest in the light;
Praise to Thee for love unfurled,
Mercy, now, till time untold.

15.

Lord, our God, we give Thee praise,
Praise a thousand thousand times;
Tens of thousands praises raise,
Mercy now, till time untold.

16

Praise to Thee whom angels serve
Watchers constantly adore;
Please accept our humble prayer,
Lord of angels and watchers.

17.

Praise to Thee who art our boast,
One true God, and one alone;
Father, Son and Spirit Pure,
One in three and three in one.

18.

Thank we Thee who us dost hear
Supplications of Thy weak;
And also who dost accept,
The tears of Thy repenting.

19.

Lord, whom watchers always serve,

- Angels constantly adore;
Earthly ones do give Thee praise,
Countless as the leaves of trees.
- 20.
- Setting minds above the sod,
Thank we God and exalt Him;
Who exists as one true God,
Father, Son and Spirit Pure
- 21.
- So that you may praise the Lord,
True precepts you strive after;
Flee from mortal poisons,
Such as silver, gold and wealth.
- 22.
- Do fasting for forty days,
Caring and feeding hungry:
Like David, son of Jesse
pray you seven times a day.
- 23.
- Prophets Moses, Elijah,
Fasted they for forty days;
Overcame the Lord His foe,
By His forty days of fast.
- 24.
- Open door of grace for us,
Now accept our humble prayers;
Like those offered long ago
from deep sea and cave and fire
- 25.
- Thou who hearest pray'rs to Thee,
Supplications who dost heed;

Hear us, reconciled be,
Show mercy and grant our need.

Kurie eleison, Kurie eleison, Kurie eleison

PSLAMS 91 and 121

You that sit in the shelter of the most high, and abide
in glory, in the shadow of God.

Say to the Lord: 'My trust and my refuge; the God in
whom I confide':

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

He shall keep you under His feathers, and by His
wings, you shall be covered; and His truth shall
emcompass you like an armour.

You shall not fear from the terror by night, and from
the arrow that flied by the day:

And from the voice that travels in the darkness, and
from the devastating wind in the noon.

Thousand shall fall at your side, and ten thousand at
your right side.

They shall not come near to you; but with your eyes
you shall see only: You shall see the revenge of the
wicked.

(Since you have said), 'Thou art the Lord, my trust,
who hast placed Thy abode in the heights';

There shall no evil come near to you; neither shall, any
plague draw near to your dwelling place.

For He shall give His angels command concerning you, who shall protect you in all your ways.
And they shall bear you up in their hands, lest your foot stumble.

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

(For the Lord has said): ‘Since he has wrought me, I will deliver him and strengthen him’;

‘Since He has known My Name, He shall call upon Me, and I will answer Him, and be with Him in affliction’.

I will strengthen him and honor him. With long life, will I satisfy him, and show my salvation.

I will lift up my eyes to the mountain, from whence comes my helper.

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

He will not suffer your foot to tremble; you keeper shall not slumber:

For neither slumbers, nor sleeps the keeper of Israel; the Lord is your keeper.

The Lord shall overshadow you with His right hand.
The sun shall not smite you by day; nor the moon by night.

The Lord shall take care of you from all evil; the Lord shall take care of your life.

He shall watch over your exit and your entrance, henceforth for ever

Meet unto Thee, O God, is glory, Barekmor.

PRAYER OF St. SEVRUS

O Lord, who dost dwell the protection of the most High, protect us beneath the shadow of the wings of Thy loving kindness.

Thou who doest hear all, hear the prayer of Thy servants in Thy loving kindness, have mercy upon us.

Christ our Savior, grant us an evening full of peace and night of holiness, for Thou art the King of glory.

To Thee our eyes are turned, pardon our offenses and our sins; in this world and in the world to me; have mercy on us.

Lord, let Thy mercy protect us and Thy grace rest upon our faces, and let Thy cross (+) guard us from the evil one and his powers.

May Thy right hand rest upon us all the days of our life, and Thy peace reign among us and give hope and salvation to the souls of those who pray to Thee.

By the prayer of Mary who bore Thee and of all the saints, pardon me, Lord, and have mercy upon me, O God!

THE QAUMA OF CHERUBIM

Blessed be the glory of the Lord in His place forever(+)
Blessed be the glory of the Lord in His place forever (+)
Blessed be the glory of the Lord in His place forever (+)
and ever

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

Thou art holy and glorious for ever.
Thou art holy and glorious for ever.
Thou art holy and Thy name is blessed for ever.

Glory to thee, our Lord,
Glory to thee, our Lord,
Glory to thee, our hope. Barekmor.

(+)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 debts and sins, as
we also have forgiven our debtors. Lead us not in to
temptation, but deliver us from the evil one.
For Thine is the kingdom, the power, and the glory, for
ever and ever. Amen. (+)

(+) Hail Mary, full of grace,

Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus
Christ. O! Virgin St. Mary, Mother of God, pray for
us sinners, now and at all times, and at the hour of our
death. Amen (+)

THE NICENE CREED

We believe in one true God,
The Father Almighty, maker of heaven and earth, and
all things visible and invisible; Amen

And the one Lord Jesus Christ, the only begotten Son
of God, begotten of the Father before all words, light
of light, true God of very true God, begotten, not
made, being of the same substances with the Father,
and by whom all things were made; who for us men
and for our salvation came down from heaven, (+) and
was incarnate of the holy Virgin Mary, Mother of God,
by the holy spirit, and became man (+), and was crucifi
ed (+) for us in the days of Pontius Pilate, and suffered
and died, and was buried; and on the third day rose
again according to his will, and ascended into heaven,
and sat on the right hand of His Father, and shall come
again in His great glory to judge both the living and
the dead, whose kingdom shall have no end; Amen

And in the one living Holy Spirit, the life giving Lord
of all, who proceeds from the Father, and who with the

Father and the son is worshipped and glorified, who
spoke by the prophets and the apostles; and in the one,
holy, catholic and apostolic Church; Amen.

And we acknowledge one baptism for the remission of
sins; and look for the resurrection of the dead; and the
new life in the world to come. Amen.

LITANY

Leader God the heavenly Father,

Response. Have mercy on us.

Leader Son of God who redeemed the world,

Res. Have mercy on us.

Leader God the Holy Spirit,

Res. Have mercy on us.

Leader Holy Trinity the one God,

Res. Have mercy on us.

Leader From all sins, evils, unholy thoughts, tainted attractions, diabolical emotions, bad dreams, hidden snares, evil companionships, and from all temptations of this world;

Res. Deliver us, O merciful Lord.

Leader From all enemies, deceivers, deceitful comrades, trails of devils, and from the malice of the evil one;

Res. Deliver us, O merciful Lord.

Leader From rods of wrath, sudden death, anger, hatred, lighting, thunder, and plagues;

Res. Deliver us, O merciful Lord.

Leader From burning hell, severe pains, undying worms,

unquenchable fire, gnashing of teeth, mourning and terrible events,

Res. Deliver us, O merciful Lord.

Leader From vicious hours, torturing authorities, famines fears, panic, intolerable punishments everything that detaches us from Thee and from Thy word uttered to us, "go away, for I do not know you",

Res. Deliver us, O merciful Lord.

Leader By the intercession and communion of holy

Mary, mother of God, and our Father St.
Thomas, the apostle and of St. Gregorios of
Parumala, bless us, O Lord,

Res. Lord, accept our petitions.

Leader O Lord, bless and protect us. Turn Thy holy face
on us and shower forth Thy grace. Turn thy holy
face on us and grant us peace .

Res. Lord, accept our petitions.

Kurie eleison, Kurie eleison, Kurie eleison

Lord , have mercy upon us, Lord , have mercy upon
us, Lord answer and mercy upon us.

Glory to Thee, O Lord, Glory to Thee, Glory to Thee,
our hope for ever. Barekmor.

(+)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 debts and sins, as
we also have forgiven our debtors. Lead us not in to
temptation, but deliver us from the evil one.

For Thine is the kingdom, the power, and the glory, for
ever and ever. Amen. (+)

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus
Christ. O! Virgin St. Mary, Mother of God, pray for
us sinners, now and at all times, and at the hour of our
death. Amen (+)

A PRAYER TO THE HOLY TRINITY

(Sudhamulla Bhava)

Holy Father, protect us by Thy holy name. O Son, the redeemer, protect us beneath Thy victorious cross (+). Holy Spirit, make us abodes of Thy indwelling. Lord our God, shelter us beneath the shade of the wings of Thy divinity for ever; and have mercy upon us. Amen.

A PRAYER AT THE END OF EVERY PRAYER

O Father, Son and Holy Spirit, the one true God for ever and ever, we believe and confess that Thou art our God ever-lasting. We pray to Thee, accept our facts and our adorations, our offices and petitions and be merciful to us. Forgive us all our faults, and the evil which we have done against Thee, willingly and unwillingly, knowingly and unknowingly. Help us to live all the days of our lives, with thoughts, words and deeds, pleasing to Thee. O God, save us from the

temptations of the evil one, from the afflictions of evil spirits; from the bitterness of evil men; from all kinds of sickness that afflict us; from bitter occurrences; from all poverty that hinders our daily bread: and from all enemies both open and hidden. Forgive all our short comings and transgressions, and those of our departed ones. Forsake us not to inherit hell, prepared for the heathens and the rebellious. Make us all worthy to rejoice in heaven, with Thy friends, the just and the righteous. O Saint Mary, Mother of God, and all saints and Holy Angels, we seek refuge in you, and pray to you with hope. Intercede with the lord God, for our salvations. Amen.

CONCLUDING BENEDICTION FOR EVENING

The love of God the Father, the grace of the only begotten Son, and the fellowship and the indwelling of the Holy Spirit; and the intercessions and communion of Holy Mary, mother of God, our Father St. Thomas the Apostle and of St. Gregorios of Parumala, be with us for ever and ever. Amen



MORNING WORSHIP

(+) Glory be to the Father and to the Son and to the Holy Spirit. (When a Priest is the leader he begins)

(Response) Both now and ever, and unto ages of ages, Amen.

(When a layperson is the leader he begins)

(+) In the name of the Father, and of the Son, and of the Holy Spirit, one true God:

(Response)

Glory be to Him; and may grace and mercy be upon us for ever, Amen.

Holy, Holy, Holy, Lord God Almighty,

By whose glory, the heaven and the earth are filled , Hosanna in the highest, Blessed is he who has come and is to come in the name of the Lord God. Glory be to him in the highest.

Holy art Thou O God

Holy art Thou Almighty

Holy art Thou Immortal

Crucified (+) for us, have mercy on us. (Thrice)

Lord, have mercy upon us,
Lord, be kind and have mercy ,
Lord, accept Thou our office, and our entreaties
have mercy on us.

Glory be to Thee, O God,
Glory be to Thee, O Creator,
Glory be to Thee, O Christ the King who dost pity
sinners they servants.

Barekmore (Bless me, my Lord)

THE LORD'S PRAYER

(+)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 debts and sins, as
we also have forgiven our debtors. Lead us not in to
temptation, but deliver us from the evil one.
For Thine is the kingdom, the power, and the glory, for
ever and ever. Amen. (+)

ANGELIC SALUTATION

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus
Christ. O! Virgin St. Mary, Mother of God, pray for
us sinners, now and at all times, and at the hour of our
death. Amen (+)

Awaken us, Lord, from our sleep in the sloth of sin that we may praise Thy watchfulness, Thou who dost watch and dost not sleep; give life to our death in the sleep of death and corruption, that we may adore Thy compassion, thou who dost live and dost not die; grant us in the glorious company of the angels who praise Thee in heaven, to praise Thee and bless Thee in holiness, because Thou art praised and blessed in heaven and on earth, Father, Son and Holy Spirit now and always and for ever. Amen

O Christ our Lord, who humiliated Thyself and fasted for our sake, help us to adequately observe this fast and conquer the devil who is in battle with us. O savior, who taught us to observe the fast in true love, divine meditation and purity, enable us to be faithful to this fast according to Thy holy will, in order to receive absolution for our transgressions.

PETITIONS OF MAR JACOB

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

Give heed to me, O God, give heed to me and have mercy on me. Turn the hearts of the children of men to repentance.

QAUMA OF THE CHERUBIM

Blessed be the glory of the Lord in His place for ever(+)

Blessed be the glory of the Lord in His place for ever(+)
Blessed be the glory of the Lord in His place for ever and

ever(+)

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

Thou art holy and glorious for ever.
Thou art holy and glorious for ever.
Thou art holy and Thy name is blessed for ever and ever.

Glory to Thee, our Lord,
Glory to Thee, our Lord,
Glory to Thee, our hope. Barekmor .

(+)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 debts and sins, as
we also have forgiven our debtors. Lead us not in to
temptation, but deliver us from the evil one.
For Thine is the kingdom, the power, and the glory, for
ever and ever. Amen. (+)

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus
Christ. O! Virgin St. Mary, Mother of God, pray for
us sinners, now and at all times, and at the hour of our
death. Amen (+)

Lord have mercy on us and accept our service.

Let the one on earth raise praises along with the ones
in heaven. Let them offer voices of glory to Him who
never sleeps.

Brethren, do not sink in sin as you sink in sleep. Let us be vigilant to enter the chamber with the bridegroom.

Thou who listen to our prayers and answer our petition be reconciled with us and graciously grant our prayers.

QAUMA OF THE CHERUBIM

Blessed be the glory of the Lord in His place for ever(+)

Blessed be the glory of the Lord in His place for ever(+)

Blessed be the glory of the Lord in His place for ever and
ever(+)

Holy and glorious Trinity, have mercy upon us.

Holy and glorious Trinity, have mercy upon us.

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

Thou art holy and glorious for ever.

Thou art holy and glorious for ever.

Thou art holy and Thy name is blessed for ever and ever.

Glory to Thee, our Lord,

Glory to Thee, our Lord,

Glory to Thee, our hope. Barekmor .

(+)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 debts and sins, as we also have forgiven our debtors. Lead us not in to temptation, but deliver us from the evil one. For Thine is the kingdom, the power, and the glory, forever and ever. Amen. (+)

(+) Hail Mary, full of grace,

Our Lord is with you, blessed are you among women, and blessed is the fruit of your womb, our Lord Jesus Christ. O! Virgin St. Mary, Mother of God, pray for

us sinners, now and at all times, and at the hour of our death. Amen (+)

O Thou who have compassion on sinners, have compassion on us on the day of Thy judgment. At Thy door, compassionate one, those who are afflicted knock; answer their requests in Thy mercy. Our Father in heaven, we beseech Thee, receive our service and have mercy on us. Lord of those above and hope of those below, receive our service and have mercy upon us.

Halleh, Halleluiah, Halleluiah glory to Thee, O God (three times)

Be compassionate towards us in Thy mercy, O God of compassion. Lord have mercy on us and help us.

Praise to the Holy Trinity; Praise to the Holy Trinity; we praise the glorious Trinity, eternal and everlasting; and to Thee belongs the praise, O God, at all times.

PETITION

O Christ, who accepted the fast of the just and the righteous, accept our fast and prayers and have mercy on us.

Let not the wealth of this mislead and confuse you so as to make an earning that does not benefit you. You are worried about increasing your saving! However, after you collect all of it, it will last only for an hour.

Multiply your earning. Bring your treasure and heap up your wealth! Let it be yours if it can deliver you from dangers. But if your wealth cannot cure your

fever what is the use of it? If useless, why do you gather it?

O Christ, who accepted that fast of Moses and his humility, listen to our prayers and have mercy on our souls.

THE ANGELIC HYMN

As the angels and archangels on high in heaven sing praise, so we poor children of earth sing praise and say:

At all times and at all seasons, glory to God in the heights and on earth, peace and tranquility and good hope for the sons of men.

We praise Thee, we bless Thee, we worship Thee, we raise a hymn of praise to Thee. We give thanks to Thee because of Thy great glory, Lord our creator, king of Heaven, God the Father almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit, Lord God, Lamb of God, Son and Word of the Father, who takes away or rather have taken away, the sin of the world, have mercy upon us.

Thou who take away, or rather have taken away, the sin of the world, incline Thine ear to us and receive our prayers; Thou who sit in glory at the right hand of the Father, have compassion on us.

Because Thou only art Holy, Thou only Lord Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

At all times all the days of our life, we will bless and praise Thy name, which is holy and blessed for ever and which remains for ever and ever and ever. Blessed art Thou, Lord Almighty, God of our Father,

and Thy name is blessed and glorified in praise for ever.

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

OUR LORD JESUS CHRIST

Our Lord Jesus Christ, close not the door of Thy mercy in our faces.

Lord, we confess that we are sinners, have mercy on us.

Thy love made Thee descend from Thy place to us, Lord, by whose death our death was ended: have mercy on us.

[Qauma]

PSALM 51

Have mercy on me, God, in Thy loving kindness; in the abundance of Thy mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin. For I acknowledge my fault and my sins are before me always. Against Thee only have I sinned and done evil in Thy sight, that Thou may be justified in Thy words and vindicated in Thy judgment. For I was born in guilt and in sin did my mother conceive me.

But Thou take pleasure in truth and Thou have made known to me the secrets of Thy wisdom. Sprinkle me

with Thy hyssop and I shall be clean; wash me and I shall be whiter than snow.

Give me the comfort of Thy joy and gladness, and the bones which have been humbled shall rejoice. Turn away Thy face from my sins and blot out all my faults.

Create in me a clean heart, O God, and renew Thy steadfast spirit within me. Cast not me from Thy presence and take not Thy Holy Spirit from me.

But restore to me Thy joy and Thy salvation, and let Thy glorious spirit sustain me; that I may teach the wicked Thy way and sinners may return to Thee.

Deliver me from blood, O God, God of my salvation, and my tongue shall praise Thy justice. Lord, open my lips, and my mouth shall sing Thy praise.

For Thou do not take pleasure in sacrifices; by burnt offerings Thou art not appeased. The sacrifice of God is a humble spirit, a heart that is contrite God will not despise.

Do good in Thy good pleasure to Zion and build up the walls of Jerusalem. Then shall Thou be satisfied with sacrifices of truth and with whole burnt offerings; then shall they offer bullocks upon Thine altar.

And to Thee belongs the praise, O God. Barekmor. (+)

PETITION

O Christ, who accepted the fast of the just and the righteous, accept our fast and prayers and have mercy on us.

Why do you fast if you don't pity on your neighbor? The fast that the Lord selected was that of mercy. O wealthy one, select the fast of mercy in this world. O poor one, do not grumble over alms-giving.

It is a duty for anyone to show mercy to his fellow-creature ; otherwise he will be punished by justice. Let the rich man understand that he is entrusted with wealth by the Lord to use it for his fellow-men.

O Christ, who accepted the fast of Moses and his humility, listen to our prayers and have mercy on our souls.

MORNING PRAISES FOR LENT

O Lord, owner of all, make us worthy today to be free from sin. Keep us in righteousness.

Lord, God of our fathers, Thou art blessed. Thy name is blessed and glorified for ever.

Lord, as we put our trust in Thee, shower forth Thy grace and mercy on us.

Thou art blessed; teach us the way of Thy precepts.

Thou art blessed; enable us to recognize the way of Thy laws.

Thou art blessed, O Holy Lord, enlighten us by all Thy light. Have mercy on us for ever. O Lord, do not abandon Thy handicraft.

O Father, Son and Holy Spirit; to Thee belongs praise, to Thee glory is fitting, and to Thee belongs splendor. Amen.

MORNING PRAISE

It is good to give thanks to the Lord and to sing praise

to Thy name, Most High, to proclaim Thy grace in the morning and Thy faithfulness in the night (+)(+)(+)

[Three times]

Lord, in the morning Thou shall hear my voice and in the morning I have prepared myself to appear before Thee. Lord, have compassion on Thy people; Lord, pardon and forgive the sins of all of us. Holy one, let Thy right hand rest upon us, pardon our infirmity, because Thy name is for ever.

THE NICENE CREED

We believe in one true God, The Father Almighty, maker of heaven and earth, and all things visible and invisible; Amen

And the one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all worlds, light of light, true God of very true God, begotten, not made, being of the same substances with the Father, and by whom all things were made; who for us men

and for our salvation came down from heaven, (+) and was incarnate of the holy Virgin Mary, Mother of God, by the holy spirit, and became man (+), and was crucified (+) for us in the days of Pontius Pilate, and suffered and died, and was buried; and on the third day rose again according to his will, and ascended into heaven, and sat on the right hand of His Father, and shall come again in His great glory to judge both the living and the dead, whose kingdom shall have no end; Amen

And in the one living Holy Spirit, the life giving Lord of all, who proceeds from the Father, and who with the Father and the son is worshipped and glorified, who spoke by the prophets and the apostles; and in the one, holy, catholic and apostolic Church. Amen.

And we acknowledge one baptism for the remission of sins; and look for the resurrection of the dead; and the new life in the world to come. Amen.

[Qauma]

CONCLUDING BENEDICTION FOR MORNING

The love of God the Father, the grace of the only begotten Son, and the fellowship and the indwelling of the Holy Spirit; and the intercessions and communion of Holy Mary Mother of God, our Father St. Thomas the Apostle, and our the only saint St. Gregorios of Parumala be with us for ever and ever. Amen.

NOON PRAYERS



(+) Glory be to the Father and to the Son and to the Holy Spirit. (When a Priest is the leader he begins)

(Response) Both now and ever, and unto ages of ages,
Amen.

(When a layperson is the leader he begins)

(+) In the name of the Father, and of the Son, and of
the Holy Spirit, one true God:

(Response)

Glory be to Him; and may grace and mercy be upon us
for ever, Amen.

Holy, Holy, Holy, Lord God Almighty,

By whose glory, the heaven and the earth are filled ,
Hosanna in the highest, Blessed is He who has come
and is to come in the name of the Lord God. Glory be
to Him in the highest.

Holy art thou, O God

Holy art thou, Almighty

Holy art thou, Immortal

Crucified (+) for us, have mercy on us. (Thrice)

Lord, have mercy upon us,

Lord, be kind and have mercy ,

Lord, accept Thou our office, and our entreaties
have mercy on us.

Glory be to Thee ,O God,

Glory be to Thee, Creator,

Glory be to Thee, O Christ the King who dost pity
sinners they servants.

Barekmore (Bless me, my Lord)

THE LORD'S PRAYER

(+) 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 debts and sins, as
we also have forgiven our debtors. Lead us not in to
temptation, but deliver us from the evil one.
For Thine is the kingdom, the power, and the glory, for
ever and ever. Amen. (+)

ANGELIC SALUTATION

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus
Christ. O! Virgin St. Mary, Mother of God, pray for
us sinners, now and at all times, and at the hour of our
death. Amen (+)

(PRAYERS FOR THE THIRD HOUR)

O Lord, give us an alert heart to receive Thee with our
lighted lamps, as the end of the world and the day of
judgment are fast approaching. Lord, make us worthy

to sing Thy praise on Thy right side when all the
children of Adam will rise, and when the righteous and
the sinners will be separated.

Woe to the one who hides wealth without giving to the
beggars and the poor! Woe to the one who makes
heavy interest on wealth which is destroyed by live-
coal. Blessed are they who clothed the cloth less; they

will be clothed with unvanishing glory in the chamber of light. Blessed also are they who fed the starving from their table; they will rejoice in the kingdom of heaven. Let us not be made unworthy of Thy mercy because we have abandoned Thee and taken refuge in material wealth.

MANISA OF St. SEVERUS

By the prayers of Thy Mother who brought Thee forth and by those of all Thy saints:

My Lord and King! I will magnify Thee, only begotten Son, The Word of the heavenly Father, immortal by nature; who, by Thy grace, came down for the life and redemption of all mankind, who became incarnate of the holy and glorious pure Virgin Mary, Mother of God, and who became man without changing Thy divinity, and were crucified for us.

O Christ our Lord, who by Thy death trampled down our death and destroyed it, being one among the Holy Trinity, Thou art worshipped and glorified in the unity

of Thy Father and Thy living Holy Spirit; have mercy on us.

[Qauma]

THE NICENE CREED

We believe in one true God,

The Father Almighty, maker of heaven and earth, and all things visible and invisible; Amen

And the one lord Jesus Christ, the only begotten Son of God, begotten of the Father before all worlds, light of light, true God of very true God, begotten, not made, being of the same substances with the Father, and by whom all things were made; who for us men and for our salvation came down from heaven, (+) and was incarnate of the holy Virgin Mary, Mother of God, by the holy spirit, and became man (+), and was crucified (+) for us in the days of Pontius Pilate, and suffered and died, and was buried; and on the third day rose again according to His will, and ascended into heaven, and sat on the right hand of his Father, and shall come again in His great glory to judge both the living and the dead, whose kingdom shall have no end; Amen

And in the one living Holy Spirit, the life giving Lord of all, who proceeds from the Father, and who with the Father and the son is worshipped and glorified, who spoke by the prophets and the apostles; and in the one, holy, catholic and apostolic Church. Amen.

And we acknowledge one baptism for the remission of sins; and look for the resurrection of the dead; and the new life in the world to come. Amen.

[Forty Prostrations]

Kurie eleison [Say it ten times with ten prostrations].

Our Lord, have pity on us and have mercy on us [Say it ten times with ten prostrations].

Our Lord, give heed to us and have mercy on us

[Say it ten times with ten prostrations]

Glory to Thee our Lord; glory to Thee our Lord, glory to Thee, our hope. Barekmor (+)

(+) 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 debts and sins, as we also have forgiven our debtors. Lead us not in to temptation, but deliver us from the evil one.
For Thine is the kingdom, the power, and the glory, for ever and ever. Amen. (+)

ANGELIC SALUTATION

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women, and blessed is the fruit of your womb, our Lord Jesus Christ. O! Virgin St. Mary, Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen (+)

LITANY

Leader. God the Heavenly Father,
Response. Have mercy on us.

Leader. Son of God, who redeemed the world,
Response. Have mercy on us.

Leader. God the Holy Spirit,
Response. Have mercy on us

Leader. Holy Trinity the one God
Response. Have mercy on us.

Leader. Lord, Who protected us last night without danger, and brought us to this morning, be pleased to keep our life today away from sins and imperfections.
Response. Lord, accept our petitions.

Leader. Protect us from all falls knowing or unknowing, voluntary or involuntary; by our thoughts, or words, or deeds. Strengthen us to perform our Christian duties in accordance with our call.
Response. Lord, accept our petitions.
Leader. Strengthen us to combat the attractions of the world, flesh and the devil and the influences destroying the love of God.

Response. Help us to death ourselves from all heretical fellowships.
Response. Lord, accept our petitions.

Leader. Help us to oppose oppression and injustice, and un-hold the truth revealed to us. Help us to observe Thy holy will in everything for the rest of our life; and make us and our departed ones worthy to

experience the eternal beatitudes of heaven.

Response. Lord, accept our petitions.

Leader. Help us to keep our love and unity with Thee and between ourselves and to lead a peaceful and tranquil life. Help us to mortify our enmity, antagonism and jealousy.

Response. Lord, accept our petitions.

Leader. Lord, deliver us from intolerable trials, sickness and punishments due to our sins.

Response. Lord, accept our petitions.

Leader. Bless us by the intercession and communion of the Holy Virgin Mary, Mother of God; our Father, St. Thomas the apostle, and of the St. Gregorios of Parumala and all the saints.

Response. Lord, accept our petitions.

Leader. Lord, bless and protect us. Turn Thy holy face on us and shower forth Thy grace. Turn Thy holy face on us and grant us

peace.

Response. Lord, accept our petitions.

Kurie eleison, Kurie eleison, Kurie eleison

Lord have mercy upon us, Lord have mercy upon us, Lord answer and have mercy upon us. Glory to Thee, O Lord; Glory to Thee, O Lord; Glory to Thee, our hope for ever. Barekmor.

(+)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 debts and sins, as we also have forgiven our debtors. Lead us not in to temptation, but deliver us from the evil one.

For thine is the kingdom, the power, and the glory, for ever and ever. Amen. (+)

(+) Hail Mary, full of grace,
Our Lord is with you, blessed are you among women,
and blessed is the fruit of your womb, our Lord Jesus Christ. O! Virgin St. Mary, Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen (+)

CONCLUDING BENEDICTION

The love of God the Father, the grace of the only begotten Son, and the fellowship and the indwelling of the Holy Spirit; and the intercessions and communion of Holy Mary Mother of God, our Father St. Thomas the apostle, and of St. Gregorios of Parumala be with us for ever and ever. Amen.

OCCASIONAL PRAYERS

PRAYER IN PREPARATION FOR HOLY CONFESSION

O God, the most merciful Father, I thank You for all Your mercies and kindness, showered upon me, Your unworthy servant. Especially I thank You for this moment for drawing me to You. Grant me repentance for all my sins, great and small.

O Holy Spirit, convince me of sin, righteousness and judgment. Help me to find out all the hidden sins in me, and to realize that I have sinned against You only, as David confessed. O Lord the Holy Spirit who intercedes for us with groaning which cannot be uttered, grant me real repentance.

O Lord Jesus Christ, the Good One, who died for our sins, cast me not away on account of my transgressions and ingratitude. Rebuke me not in Your wrath. In You only have I put my trust for my salvation. Where am I to go for the remission of sins except to You? O most merciful one, have mercy upon me. Reject not my humble and contrite heart. Sustain me in faithfulness and loyalty. Give me complete repentance of all my sins. I know that since You love me whole heartedly, even the smallest of my sins is most painful to You. Help me to hate and give up my sins, with the deepest sorrow. Help me to confess my sins before the priest Your representative in utter humility and with a contrite heart. O Lord, who instituted the new covenant in Your blood, help me to crucify the old man in me and to start a new life, renewing my baptismal covenant. Just as I renounced satan in the Holy Baptism, let me now renounce all my sins in this Holy Confession. Just as I declared my faith in You as master and savior in Holy Baptism, let me surrender myself to You wholeheartedly to lead a godly life by this Holy Confession. Grant that I may glorify Your Holy name, now and always and for ever and ever. Amen.

PRAYER BEFORE CONFESSING SINS

I, a sinner, confess my sins before God Almighty, in the name of the Father, Son and Holy Spirit, I confess also to the ever virgin St. Mary, Mother of God, to Mar Michael and Mar Gabriel, the chief among the angels, to St. Peter and St. Paul, the chiefs among the apostles, to the 72 evangelists, to the Holy Fathers of the ecumenical synods held at Nicea, Constabtinople

and Ephesus. My reverend spiritual father, I believe that whatever You bind on earth, will be bound in heaven, and whatever You loose on earth, will be loosed in heaven. I am a sinner in thought, word and deed. I am a great sinner. My sins are great and many. Therefore I confess before You. You are a mediator for me before God and I seek mercy and forgiveness through You. Amen.

PRAYER AFTER HOLY CONFESSION

Almighty God, the judge of the living and the departed, I thank You for Your forgiving love. I praise You and adore You, for having relieved me of the crushing yoke and burdensome sins. You touched my heart and I pondered over my past life. You loosed my tongue and I confessed my sins to You through the priest and You have granted me forgiveness of sins.

O merciful God, accept my thanksgiving prayer, full of gratitude. Grant that I may die to the world and to myself and live for You only. Perfect the work of penitence and repentance You have started in me. Let not the world, the flesh and the devil, have domination over me. Grant that You alone reign in me. May all the thoughts, words and deeds and all the activities of my mind, be according to Your will only. Fill me with longings and inspirations which raise my souls to Your presence. May I worship and serve You, in humility and

faithfulness all the days of my life and for ever and ever. Amen.

PRAYER BEFORE RECEIVING HOLY QURBANA

O Lord Jesus Christ, You are the lamb of God which takes away the sin of the world. You spoke of Your body and blood as follows, “I am the bread of life. I am the bread of life that came down from heaven. He who eats this bread shall live for ever. The bread that I give, is my flesh. Unless you eat the flesh of the Son of man and drink His blood, you have no life in You. He who eats my flesh and drinks my blood, abides in me and I in him. I will raise him up at the last day.” O Lord, You ate the Passover with Your disciples saying “with desire have I desired to eat this Passover with you.” Then You took bread and blessed it. You gave it to the disciples saying “Take this and eat. This is My body.” So also you took the cup of wine, blessed it and gave it to the disciples saying “Drink all of you from this. This is My blood in the new covenant, shed for the forgiveness of many.” The following day all these words were fulfilled in Your crucifixion. My Lord and My God, I draw near to receive the live coal which is Your body and blood, according to Your command. Lord, I am not worthy that You enter into my abode. But you became man while remaining God. You mingled with the publicans and sinners. You humbled Yourself even to the death on the cross. Therefore kindly enter into my heart. I dedicated myself to receive the grace I have forfeited and to live as Your own son/daughter, O savior, full of mercy, accept me and make me worthy to receive Your precious body and blood. Amen.

PRAYER WHEN RECEIVING THE HOLY QURBANA

I receive the body and blood of our God Jesus Christ, which is the propitiating live coal, for the remission of debts and the forgiveness of sins, in both worlds. Amen.

PRAYER AFTER RECEIVING HOLY QURBANA

O Jesus Christ, Our Lord, who by Thy will and that of Thy Father, and Thy Holy Spirit, didst offer Thyself as a sacrifice for our sake, and make us eat Thy sacred body and drink Thy sanctifying blood; confirm me in Thy love, and fill me with reverence for Thee. Establish me in Thy faith, and adorn me with an unblamable life. Forgive my sins and those of my departed ones that I may continuously praise Thee, God the Father who begat Thee, and Thy Holy Spirit now and for ever and ever. Amen.

WHEN WAKING UP IN THE MORNING

(+) In the name of the Father and of the Son and of the Holy Spirit. Amen.

Lord, thanks be to Thee for letting me wake up comfortably. I dedicate myself to Thee so that I may be able to live for Thee and in Thy love.

O Lord, Jesus Christ, please come to my help.

