

Daily Prayers



Foreword

This book contains services for different times and occasions for the faithful of the Antiochian Orthodox in Australia and New Zealand.

This service use here set forth conforms to the current Antiochian Orthodox Practice in this country. The English and Arabic texts of the services have been compared with the Arabic original.

The services and prayers were prepared by the V.Rev.Fr Dimitri Baroudi and the faithful of St Nicholas Church – East Melbourne.

This service Book is hereby approved and authorized for the use of all the faithful of the Orthodox Antiochian Archdiocese.

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2/6/2006

†Paul



Metropolitan Archbishop Paul Saliba
Primate of Australia and New Zealand

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Morning Prayers

(After rising from sleep, stand with reverence and fear of God, make the sign of the cross, and say :)

In the name of the Father and the Son and the Holy Spirit. Amen.

Glory to you, our God, glory to you.

O heavenly King, Comforter, and Spirit of truth, You that are in all places and fill all things; the treasury of blessings and the Giver of life: come to dwell in us, cleanse us from every stain, and save our souls, O gracious One.

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God 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, now and forever 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.

For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Having risen from sleep, we fall before You, O good One, and sing to You, O mighty One, the angelic hymn: Holy, holy, holy are You, O God. Through the prayers of the Theotokos, Mother of God have mercy on us.

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

Having aroused me from sleep and bed, O Lord, enlighten my mind and open my heart and lips that I may sing to You, Holy Trinity: Holy, holy, holy are You, O God. Through the Theotokos, Mother of God, have mercy on us.

Now and forever and to the ages of ages. Amen.

Suddenly the Judge will come and everyone's deeds will be revealed. But with awe we cry out in the middle of the night: Holy, holy, holy are You, O God. Through the prayers of the Theotokos, Mother of God, have mercy on us.

Lord, have mercy (12).

A Prayer of Thanksgiving

As I rise from sleep, I thank You, Holy Trinity, for because of Your great goodness and patience, You were not angry with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for me. And when I was prostrate in despair, You raised me to glorify with Your power. Enlighten now my mind's eye, open my mouth to study Your words and understand Your commandments, to do Your will and sing to You in heartfelt adoration, and praise Your most holy name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Another Prayer

Glory to You, King, God almighty, who through Your divine and loving providence have consented that I, an unworthy sinner, should rise from sleep and obtain entrance into Your holy house. Accept, Lord, the voice of my prayer as You accept those of Your holy and spiritual powers; and that not through my defiled lips, but from a pure heart and humble spirit, praise may be offered to You so that I also, with the bright lamp of my soul, may become a companion of the wise virgins and glorify You, God the Word, Who is glorified in the Father and the Spirit. Amen.



Matins Prayer

In the name of the Father, and of the Son and of the Holy Spirit
Amen

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God 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, now and forever 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.

For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

O Lord, save Your people, and bless Your inheritance, granting to Your People victory over all adversaries, and by Your Cross preserving Your Estate.

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

O Christ our God, who of Your own good will was lifted up upon the Cross, bestow Your bounties upon the new Nation which is called by Your Name; make glad in Your might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Your aid a weapon of peace and a trophy invincible.

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

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox, save those who have been called upon to govern us, leading us all to that victory which is from heaven, for you are she who gave birth to God, and you alone are blessed.

Glory to God in the highest, and on earth peace, good will toward men. (*Thrice*)

O Lord, open my lips, and my mouth shall show forth Your praise. (*Twice*)



The Six Psalms

Psalm 3

Lord, how numerous are my enemies: many they are that rise against me.

Many there are that talk of me and say: 'There is no help for him in his God.'

But You Lord are a shield for me: You are my glory and the lifter up of my head.

I cry to the Lord with a loud voice, and He answers me from His holy hill.

I lay myself down and sleep: I wake again because the Lord sustains me.

Therefore I will not be afraid of the multitudes of the nations who have set themselves against me on every side. Arise Lord and deliver me, O my God; for You will strike all my enemies upon the cheek, You have broken the teeth of the ungodly.

Deliverance belongs to the Lord: O let Your blessing be upon Your people.

I lay myself down and sleep: I wake again because the Lord sustains me.

Psalm 37

O Lord rebuke me not in Your anger: neither chasten me in Your fierce displeasure.

For Your arrows have been aimed against me, and Your hand has come down heavy upon me.

There is no health in my flesh because of Your indignation, nor soundness in my bones, by reason of my sin.

The tide of my iniquities has gone over my head: their weight is a burden too heavy for me to bear.

My wounds stink and fester because of my foolishness.

I am bowed down and brought so low that I go mourning all the daylong.

For my loins are filled with a burning pain, and there is no sound part in all my body.

I am numbed and stricken to the ground: I cry aloud in the yearning of my heart.

O Lord, all I long for is before You and my deep sighing is not hidden from You.

My heart is in tumult, my strength fails me, and even the light of my eyes has gone from me.

My friends and my companions hold aloof from my affliction and my kinsmen stand far off.

Those who seek my life strike at me, and those that desire my hurt spread evil tales and murmur slanders all the day.

But I am like a deaf man and hear nothing; like one that is dumb, who does not open his mouth.

So I have become as one who cannot hear, in whose mouth there is no retort.

For in You, Lord, have I put my trust: and You will answer me, O Lord my God.

For I prayed 'Let them never exult over me those who turn arrogant when my foot slips

Truly, I am ready to fall and my pain is with me continually.

But I acknowledge my wickedness and I am filled with sorrow at my sin.

Those that are my enemies without cause are great in number: and those who hate me wrongfully are many.

Those also who repay evil for good are against me because I seek after good.

Forsake me not O Lord, go not far from me, my God:

Hasten to my help, O Lord my salvation.

Forsake me not, O Lord, go not far from me, my God:

Hasten to my help, O Lord my salvation.

Psalm 62

O God, You are my God, eagerly will I seek You.
My soul thirsts for You, my flesh longs for You as a dry and thirsty land, where no water is.
So it was when I beheld You in the sanctuary and saw Your power and Your glory.
For Your unchanging goodness is better than life, therefore my lips shall praise You.
And so I will bless You as long as I live, and in Your name will I lift my hands on high.
My longing shall be satisfied as with marrow and fatness: my mouth shall praise You with exultant lips.
When I remember You upon my bed, and meditating upon You in the night watches, how You have been my helper: then I sing for joy in the shadow of Your wings:
Then my soul clings to You, and Your right hand upholds me.
Those that seek my life are marked for destruction: they shall go down to the deep places of the earth. They shall be delivered to the sword: they shall be a portion for jackals.
The king will rejoice in God and all who take oaths on his name shall glory, but the mouths of liars shall be stopped.
I meditate upon You in the night watches, because You have been my helper: Therefore I will sing for joy in the shadow of Your wings.
Then my soul clings to You and Your right hand upholds me.

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

Alleluia, Alleluia, Alleluia. Glory be to You, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

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

Psalm 87

O Lord my God, I call for help by day and by night also I cry out before You.

Let my prayer come into Your presence and turn Your ear to my loud crying.

For my soul is filled with trouble and my life has come even to the brink of the grave.

I am reckoned among those that go down to the Pit: I am a man that has no help. I lie among the dead,

Like the slain that sleep in the grave, whom You remember no more, who are cut off from Your power.

You have laid me in the lowest Pit: in darkness and in the watery depths.

Your wrath lies heavy upon me: and all Your waves are brought against me.

You have put my friends far from me and made me to be abhorred by them.

I am so fast in prison I cannot get free: my eyes fail because of my affliction.

Lord I call to You every day: I stretch out my hands toward You.

Will You work wonders for the dead, or will the shades rise up again to praise You?

Shall Your love be declared in the grave, or Your faithfulness in the place of destruction?

Will Your wonders be made known in the dark, or Your righteousness in the land where all things are forgotten?

But to You, Lord, will I cry: early in the morning my prayer shall come before You.

O Lord, why have You rejected me: why do You hide Your face from me?

I have been afflicted and wearied from my youth upward: I am tossed high and low, I cease to be.

Your fierce anger has overwhelmed me and Your terrors have put me to silence.

They surround me like a flood all the daylong: they close upon me from every side.

Friend and acquaintance You have put far from me and kept my companions from my sight.

O Lord my God, I call for help by day and by night also I cry out before You.

Let my prayer come into Your presence: and turn Your ear to my loud crying.

Psalm 102

Praise the Lord, O my soul: and all that is within me, praise His Holy name.

Praise the Lord, O my soul and forget not all His benefits. Who forgives all your sin and heals all your infirmities,

Who redeems your life from the Pit and crowns you with mercy and compassion;

Who satisfies your being with good things, so that your youth is renewed like an eagle's.

The Lord works righteousness and justice for all who are oppressed.

He made known His ways to Moses, and His works to the children of Israel.

The Lord is full of compassion and mercy, slow to anger and of great goodness. He will not always be chiding, nor will He keep His anger forever.

He has not dealt with us according to our sins, nor rewarded us according to our wickedness.

For as the heavens are high above the earth, so great is His mercy over those that fear Him.

As far as the east is from the west, so far has He set our sins from us.

As a father is tender towards his children, so is the Lord tender to those that fear Him. For He knows of what we are made: He remembers that we are but dust.

The days of man are but as grass: he flourishes like a flower of the field;

When the wind goes over it, it is gone and its place will know it no more.

But the merciful goodness of the Lord endures for ever and ever toward those that fear Him,

And His righteousness upon their children's children; upon those who keep His covenant and remember His commandments to do them.

The Lord has established His throne in heaven: and His kingdom rules over all.

Praise the Lord, all you His angels, you that excel in strength: you that fulfill His word, and obey the voice of His commandment.

Praise the Lord, all you His hosts, His servants who do His will.

Praise the Lord, all His works, in all places of His dominion, praise the Lord, O my soul!

In all places of His dominion, praise the Lord, O my soul.

Psalm 142

Hear my prayer, O Lord: in Your faithfulness consider my petition, and in Your righteousness give me answer.

Bring not Your servant into judgment, for in Your sight can no man living be justified.

For the enemy has pursued me, he has crushed my life to the ground.

He has made me dwell in darkness like those for ever dead. Therefore my spirit grows faint and my heart is appalled within me.

I remember the days of old, I think on all that You have done: I consider the works of Your hands.

I stretch out my hands toward You: my soul yearns for You like a thirsty land.

Be swift to hear me, O Lord, for my spirit fails: hide not Your face from me, lest I be like those who go down to the Pit.

O let me hear of Your merciful kindness in the morning, for my trust is in You.

Show me the way that I should go, for You are my hope.

Deliver me from my enemies, O Lord, for I run to You for shelter. Teach me to do Your will, for You are my God.

Let Your kindly spirit lead me in an even path. For Your name's sake, O Lord, preserve my life,

And for the sake of Your righteousness, bring me out of trouble. In Your merciful goodness slay my enemies, and destroy all those that come against me, for truly I am Your servant.

In Your faithfulness consider my petition, and in Your righteousness give me answer. (*Twice*)

Let Your kindly spirit lead me in an even path.

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

Alleluia, Alleluia, Alleluia. Glory to You, O God. (*Thrice*)
O Lord our Hope, glory to You.

God is the Lord, who has shown us light. Blessed is he that comes in the name of the Lord. (*Repeated after each stichera*)

- Give thanks unto the Lord, for He is good: for His mercy endures forever.
- All nations compassed me about: but in the name of the Lord will I destroy them.
- I shall not die, but live, and declare the works of the Lord.

Then the following Hymns and Theotokion.

Monday:

- You foremost of the heavenly hosts, we, though unworthy, beseech you that by your petitions you would encompass us with the shadow of your immaterial glory, preserving us who kneel and cry ceaselessly, deliver us from oppressions since you are the princes of the ranks of dominions on high.
- Verily Gabriel the archangel did offer his greeting and peace to her who was brought up in the Temple of holiness of the saints, who is wrapped in faith, wisdom, and blameless virginity, saying: “Rejoice, O blessed one! Rejoice, O Glorified one! The Lord is with you!”

Tuesday:

- The memory of the righteous is in praise. And for you, Forerunner, the testimony of the Lord sufficed: for in truth you have been revealed as nobler than all the Prophets. For having been considered worthy to baptise in running waters Him who was preached. Therefore, you strove for the truth happily. You proclaimed to those in Hades God appearing in the body, Who takes away the sin of the world, and Who grants us the Great Mercy.
- Through you O ever-Virgin Theotokos, we have become partakers of the divine nature, for you gave birth to the incarnate God for our sake. Therefore, we all devoutly exalt you!

Wednesday and Friday:

- O Lord, save Your people, and bless Your inheritance, granting to Your People victory over all adversaries, and by Your Cross preserving Your Estate.
- We have acquired your protection, O pure one. We have been redeemed by your supplications, and we have been guarded always by the cross of your Son. Therefore, we all rightly exalt you.



Thursday:

- O Holy Apostles, intercede with the merciful God, to grant our souls forgiveness of sins.
- The truth of your dealings, Our Father and Bishop Nicholas, showed you to your flock as the standard of faith, as the image of gentleness, and as a teacher of self-discipline. By lowliness you attained to the heights, by poverty to great riches. Therefore, we beseech you, pray to Christ our God for the salvation of our souls.
- The Word of the Father, Who is Christ our God, was truly born of you, O Virgin Theotokos, Mother of God, our all-holy and blessed one. Therefore, we ceaselessly exalt you in song!

Saturday:

- O all you Apostles, Martyrs, Prophets, hierarchs, saints and righteous, who have fought the good fight and kept the faith, we beseech you, since you have achieved favour with the Saviour, pleade with Him for our sake, for He is good, to save our souls.

For the departed

- Remember, Lord, Your servants, for You are good. Forgive them all wherein they have erred in this life: for there is none without sin except You, Who are able to grant rest to the departed.
- O saint, Mother of the ineffable Light, in angelic praise do we honour you, and in true worship do we magnify you.

Psalm 50

Have mercy on me, O God, in Your enduring goodness: according to the fullness of Your compassion blot out my offences.

Wash me thoroughly from my wickedness: and cleanse me from my sin.

For I acknowledge my rebellion: and my sin is ever before me. Against You only have I sinned and done what is evil in Your eyes: so You will be just in Your sentence and blameless in Your judging.

Surely in wickedness I was brought to birth: and in sin my mother conceived me.

You that desire truth in the inward parts: O teach me wisdom in the secret places of the heart.

Purge me with hyssop and I shall be clean: wash me and I shall be whiter than snow.

Make me hear of joy and gladness: let the bones which You have broken rejoice.

Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me.

Do not cast me out from Your presence: and do not take Your Holy Spirit from me.

O give me the gladness of Your help again: and support me with a willing spirit.

Then will I teach transgressors Your ways: and sinners shall turn to You again.

O Lord God of my salvation deliver me from bloodshed: and my tongue shall sing of Your righteousness.

O Lord open my lips: and my mouth shall proclaim Your praise. You take no pleasure in sacrifice or I would give it: burnt offerings You do not want.

The sacrifice of God is a broken spirit: a broken and contrite heart
O God You will not despise.

In Your graciousness do good to Zion: rebuild the walls of
Jerusalem.

Then will You delight in right sacrifices in burnt offerings and
oblations: then will they offer young bulls upon Your altar.

Magnificat (ode 9)

▪ My soul proclaims the greatness of the Lord, and my spirit
rejoices in God my Saviour.

More Honoured than the Cherubim, and more glorious beyond
compare than the Seraphim, in all purity you gave birth to God the
Word, true Theotokos, we exalt you. (*Repeat after each Stichera*)

- For He has looked with favour on His lowly servant; from this
day all generations will call me blessed.
- The Almighty has done great things for me, and holy is His
Name; He has mercy on those who fear Him, in every
generation.
- He has shown the strength of His arm; He has scattered the
proud in the imagination of their hearts.
- He has cast down the mighty from their thrones, and has lifted
up the lowly. He has filled the hungry with good things, and
the rich He has sent away empty.
- He has come to the help of His servant Israel; for He has
remembered His promise of mercy, the promise He made to
our fathers: to Abraham and his children for ever.

Psalm 148

Let everything that has breath praise the Lord!

Praise the Lord from heaven: O praise Him in the heights.

Praise Him, all His angels: O praise Him, all His host. To You O God is due our song.

Praise Him, sun and moon: praise Him, all you stars of light.

Praise Him, you highest heaven: and you waters that are above the heavens.

Let them praise the name of the Lord: for He commanded and they were made.

He established them for ever and ever: He made an ordinance which shall not pass away.

O praise the Lord from the earth: praise Him, you sea-monsters and all deeps;

Fire and hail, mist and snow: and storm-wind fulfilling His command;

Mountains and all hills: fruiting trees and all cedars; Beasts of the wild, and all cattle: creeping things and winged birds;

Kings of the earth, and all peoples: princes, and all rulers of the world;

Young men and maidens: old men and children together.

Let them praise the name of the Lord: for His name alone is exalted.

His glory is above earth and heaven: and He has lifted high the horn of his people.

Therefore He is the praise of all His servants: of the children of Israel, a people that is near Him. Praise the Lord.

Psalm 149

O praise the Lord, and sing to the Lord a new song: O praise Him in the assembly of the faithful.

Let Israel rejoice in Him that made him: let the children of Zion be joyful in their king.

Let them praise Him in the dance: let them sing His praise with timbrel and with harp.

For the Lord takes delight in His people: He adorns the meek with His salvation.

Let His faithful ones exult in His glory: let them sing for joy upon their beds.

Let the high praises of God be in their mouths: and a two-edged sword in their hands,

To execute vengeance on the nations: and chastisement upon the peoples,

To bind their kings in chains: and their nobles with fetters of iron,
To visit upon them the judgment that is decreed: such honour belongs to all His faithful servants.

Psalm 150

Praise the Lord. O praise God in his sanctuary: praise Him in the firmament of His power.

Praise Him for His mighty acts: praise Him according to His abundant goodness.

Praise Him in the blast of the ram's horn: praise Him upon the lute and harp.

Praise Him with the timbrel and dances: praise Him upon the strings and pipe.

Praise Him on the high-sounding cymbals: praise Him upon the loud cymbals.

Let everything that has breath praise the Lord!

Doxology

To You belongs all glory, O Lord our God, and to You we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

Glory to God in the highest, and on earth peace, goodwill to all mankind.

We praise You, we bless You, we worship You, we glorify You, we give You thanks for Your great glory.

Lord God, heavenly King, God the Father Almighty; Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.

Lord God, Lamb of God, Son of the Father, You take away the sin of the world, have mercy upon us; You that take away the sins of the world.

Receive our prayer, You that sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and praise Your Name, to the ages of ages.

O Lord You have been our refuge from generation to generation. I said: Lord, have mercy upon me; heal my soul, for I have sinned against You.

O Lord, unto You have I fled for refuge: teach me to do Your will, for You are my God.

For with You is the fountain of life, and in Your light shall we see light.

Continue Your mercy unto those that know You.

Grant, Lord, that this day we may be kept without sin.

Blessed are You, Lord God of our fathers, and praised and glorified is Your Name to the ages of ages.

May Your mercy, O Lord, be upon us, even as our hope is in You.

Blessed are You, O Lord, teach me Your statutes.

Blessed are You, O Lord, teach me Your precepts.

Blessed are You, O Lord, teach me Your commandments.

O Lord, Your mercy endures for ever: despise not the work of Your hands.

To You belongs praise, to You is due worship, to You is due glory, to the Father, and to the Son, and to the Holy Spirit: Now, and forever, and to the ages of ages. Amen.

It is a good thing to confess unto the Lord, and to sing praises to Your Name, O Most High, to proclaim Your loving kindness in the morning, and Your truth by night.

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

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

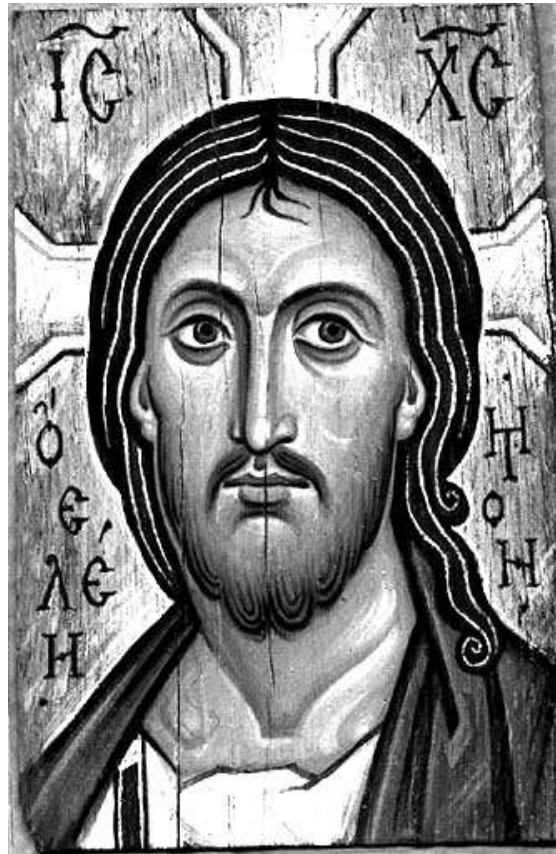
All Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One visit and heal our infirmities, for Your Name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit: Now and forever 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.

Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us.



Vespers

When a priest is present he starts the service:

Priest: Blessed is our God always; now and forever and to the ages of ages. Amen

In the absence of a priest The Reader:

In the name of the Father and the Son and the Holy Spirit. Amen.

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

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

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

Psalm 103

Bless the Lord O my soul: O Lord my God how great You are! Clothed with majesty and honour, wrapped in light as in a garment. You have stretched out the heavens like a tent-cloth: and laid the beams of Your dwelling upon their waters; You make the clouds Your chariot: and ride upon the wings of the wind; You make the winds Your messengers: and flames of fire Your ministers; You have set the earth on its foundations: so that it shall never be moved.

The deep covered it as with a mantle: the waters stood above the hills. At Your rebuke they fled: at the voice of Your thunder they hurried away. They went up to the mountains, they went down by the valleys: to the place which You had appointed for them. You fixed a limit which they may not pass: they shall not return again to cover the earth: You send springs into the gullies: which run between the hills. They give drink to every beast of the field: the wild asses quench their thirst. Beside them the birds of the air build their nests: and sing among the branches. You water the mountains from Your dwelling on high: and the earth is filled by the fruits of Your work.

You cause grass to grow for the cattle: and all green things for the servants of mankind. You bring food out of the earth: and wine that makes glad the heart of man, Oil to give him a shining countenance: and bread to strengthen his heart. The trees of the Lord are well-watered: the cedars of Lebanon that He has planted, Where the birds build their nests: and the stork makes her home in the pine-tops.

The high hills are a refuge for the wild goats and the crags a cover for the conies. You created the moon to mark the seasons: and the sun knows the hour of its setting. You make darkness and it is night: in which all the beasts of the forest move by stealth. The lions roar for their prey: seeking their food from God. When the sun rises they retire: and lay themselves down in their dens. Man goes out to his work: and to his labour until the evening.

Lord how various are Your works: in wisdom You have made them all and the earth is full of Your creatures. There is the wide immeasurable sea: there move living things without number great and small; there go the ships to and fro: and there is that Leviathan whom You formed to sport in the deep. These all look to You: to give them their food in due season. When You give it to them they gather it:

When You open Your hand they are satisfied with good things. When You hide Your face they are troubled: when You take away their breath they die and return to their dust. When You send forth Your spirit they are created: and You renew the face of the earth. May the glory of the Lord endure for ever: may the Lord rejoice in His works? If He look upon the earth it shall tremble: if He but touch the mountains they shall smoke.

I will sing to the Lord as long as I live: I will praise my God while I have any being. May my meditation be pleasing to Him: for my joy shall be in the Lord? May sinners perish from the earth; let the wicked be no more.

Bless the Lord O my soul O praise the Lord.

Glory to the Father and to the Son and to the Holy Spirit: now and forever and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to You, O God.

Alleluia, alleluia, alleluia. Glory to You, O God.

Alleluia, alleluia, alleluia. Glory to You, O God, O Lord, our hope, glory to You.

Psalm 140

Lord, I call to You, hear me. Hear me, O Lord. O Lord I call to You, hear me: make haste to help me: and hear my voice when I cry. Hear me, O Lord.

Let my prayer be as incense before You: and the lifting up of my hands as the evening sacrifice. Hear me, O Lord.

Set a guard, O Lord, on my mouth: and keep the door of my lips.

Let not my heart incline to evil speech, to join in wickedness with wrongdoers: let me not taste the pleasures of their table.

But let the righteous man chastise me: and the faithful man rebuke me.

Let not the oil of the wicked anoint my head: for I pray to You still against their wickedness.

They shall be cast down by that Mighty One Who is their judge: and how pleasing shall my words be to them then!

As when a farmer breaks the ground: so shall their bones lie scattered at the mouth of Sheol.

But my eyes look to You, O Lord my God: to You I come for refuge, do not pour out my life.

Keep me from the snare that they have laid for me: and from the traps of the evildoers.

Let the wicked fall together into their own nets: whilst I pass safely by.

Psalm 141

I call to the Lord with a loud voice: with loud voice I entreat His favour.

I pour out my complaint before Him: and tell Him all my trouble.

When my spirit is faint within me, You know my path: in the way where I walk they have hidden a snare for me.

I look to my right hand and see: but no man will know me;

All escape is gone: and there is no one who cares for me.

I call to You, O Lord, I say: 'You are my refuge: You are my portion in the land of the living.'

Heed my loud crying, for I am brought very low:

O save me from my persecutors, for they are too strong for me.

Psalm 129

Out of the depths have I called to You, O Lord: Lord, hear my voice;

O let Your ears consider well: the voice of my supplication.

If You, Lord, should note what we do wrong: who then, O Lord, could stand?

But there is forgiveness with You: so that You shall be feared.

I wait for the Lord, my soul waits for Him: and in His word is my hope.

My soul looks for the Lord: more than watchmen for the morning, more, I say, than watchmen for the morning.

O Israel, trust in the Lord, for with the Lord there is mercy: and with Him is ample redemption.

He will redeem Israel: from the multitude of his sins.

Psalm 116

O praise the Lord, all you nations:

O praise Him, all you people.

For His mercy is great toward us: and the truth of the Lord endures for ever.

The following Hymn

O gladsome Light of the holy glory of the immortal Father, heavenly, holy, blessed, Jesus Christ! In that we now are come unto the setting of the sun and behold the light of evening, we hymn You Father, Son and Holy Spirit, God. For it is right that at all times You should be magnified by voices propitious, O Son of God, the bestower of life. For which cause all the world glorifies You.

Prokeimenon: The evening Hymn

- **Sunday:**

Behold now praise the Lord, all you servants of the Lord.

You, that stand in the temple of the Lord, even in the courts of the house of our God.

Behold now praise the Lord, all you servants of the Lord.

- **Monday:**

When I call upon the Lord, He will hear me.

Hear me when I call, O God of my righteousness.

When I call upon the Lord, He will hear me.

- **Tuesday:**

Your mercy, O Lord, shall follow me all the days of my life.

The Lord is my shepherd, therefore can I lack nothing: He has led me in a green pasture.

Your mercy, O Lord, shall follow me all the days of my life.

- **Wednesday:**

Save me, O God, for Your Name's sake, and judge me in Your strength.

Hear my prayer, O God, and listen to the words of my mouth.

Save me, O God, for Your Name's sake, and judge me in Your strength.

Thursday:

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

I will lift up my eyes unto the hills, from whence comes my help.

My help comes even from the Lord, Who has made heaven and earth.

▪ Friday:

You are my defence, O God, and Your goodness precedes me.

Deliver me from my enemies, O God, and save me from those who rise up against me.

You are my defence, O God, and Your goodness precedes me.

Saturday:

The Lord is King and has put on glorious apparel.

The Lord has put on His apparel and has girded Himself with strength.

The Lord is King and has put on glorious apparel.

The Evening Prayer

Vouchsafe, O Lord to keep us this night without sin. Blessed are You, O Lord, the God of our Fathers and praised and glorified is Your Name forever. Amen. May Your mercy, O Lord, be upon us, even as our hope is in You. Blessed are You, O Lord, - teach me Your statutes. Blessed are You, O Master, - make me to understand Your commandments. Blessed are You, O Holy One, - enlighten me with Your precepts. Your mercy, O Lord, endures forever:

O despise not the works of Your hands.

To You belongs worship, to You belongs praise, to You belongs glory: to the Father and to the Son and to the Holy Spirit: now and forever, and to the ages of ages. Amen.

Stikeras

Unto You have I lifted my eyes, O You Who dwell in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaiden look unto the hands of her mistress, so do our eyes wait upon the Lord our God, until He take pity on us.

Have mercy on us, O Lord, have mercy on us; for; destitute of all defence, we sinners offer unto You, O Master, this supplication, Have mercy on us.

Glory be to the Father, and to the Son, and to the Holy Spirit. Have mercy on us, O Lord; for in You have we put our trust. Be not exceedingly wroth with us, nor remember our iniquities, but look upon us now again, for You are compassionate, and deliver us from our enemies; for You are our God and we are Your people; we are all the work of Your hands, and we have called upon Your Name.

Now, and forever, and to the ages of ages. Amen. Open unto us the door of compassion, O blessed Theotokos, that as we hope in you we may not fail in our petitions. May we be delivered through you from all adversities; for through you has come the salvation of the Christian race.

St Simeon's Prayer

Lord now You let Your servant go in peace; Your word has been fulfilled. My own eyes have seen the salvation: which You have prepared in the sight of every people; a light to reveal You to the nations: and the glory of your people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

Glory to the Father and to the Son and to the Holy Spirit.
Now and forever and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for your Name's sake. Lord, have mercy. (x3)

Glory to the Father and to the Son and to the Holy Spirit:
Now and forever 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.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us and save us.



Little Compline

In the name of the Father and the Son and the Holy Spirit. Amen.

Glory to You, our God, glory to You.

O heavenly King, Comforter, and Spirit of truth, You that are in all places and fill all things; the treasury of blessings and the Giver of life: come to dwell in us, cleanse us from every stain, and save our souls, O gracious One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (x3)

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

Now, and forever, 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.

Lord, have mercy. (x12)

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

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

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

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

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

Psalm 50

Have mercy on me, O God, in Your enduring goodness: according to the fullness of Your compassion blot out my offences.

Wash me thoroughly from my wickedness: and cleanse me from my sin.

For I acknowledge my rebellion: and my sin is ever before me. Against You only have I sinned and done what is evil in Your eyes: so You will be just in Your sentence and blameless in Your judging.

Surely in wickedness I was brought to birth: and in sin my mother conceived me.

You that desire truth in the inward parts: O teach me wisdom in the secret places of the heart.

Purge me with hyssop and I shall be clean: wash me and I shall be whiter than snow.

Make me hear of joy and gladness: let the bones which You have broken rejoice.

Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me.

Do not cast me out from Your presence: and do not take Your Holy Spirit from me.

O give me the gladness of Your help again: and support me with a willing spirit.

Then will I teach transgressors Your ways: and sinners shall turn to You again.

O Lord God of my salvation deliver me from bloodshed: and my tongue shall sing of Your righteousness.

O Lord open my lips: and my mouth shall proclaim Your praise. You take no pleasure in sacrifice or I would give it: burnt offerings You do not want.

The sacrifice of God is a broken spirit: a broken and contrite heart O God You will not despise.

In Your graciousness do good to Zion: rebuild the walls of Jerusalem.

Then will You delight in right sacrifices in burnt offerings and oblations: then will they offer young bulls upon Your altar.

Psalm 69

O God be pleased to deliver me: O Lord make haste to help me, Let them be put to shame and confounded who seek my life: let them be turned back and disgraced who wish me evil.

Let them turn away for shame: who say to me: 'Aha aha!'

Let all who seek You be joyful and glad because of You: let those who love Your salvation say always 'God is great'.

As for me I am poor and needy: O God be swift to save me. You are my helper and my deliverer: O Lord make no delay.

Psalm 142

Hear my prayer O Lord: in Your faithfulness consider my petition and in Your righteousness give me answer.

Bring not Your servant into judgment: for in Your sight can no man living be justified.

For the enemy has pursued me he has crushed my life to the ground: he has made me to dwell in darkness like those for ever dead.

Therefore my spirit grows faint: and my heart is appalled within me.

I remember the days of old I think on all that You have done: I consider the works of Your hands.

I stretch out my hands toward You: my soul yearns for You like a thirsty land.

Be swift to hear me O Lord for my spirit fails: hide not Your face from me lest I be like those who go down to the Pit.

O let me hear of Your merciful kindness in the morning for my trust is in You: show me the way that I should go for You are my hope.

Deliver me from my enemies O Lord: for I run to You for shelter. Teach me to do Your will for You are my God: let Your kindly spirit lead me in an even path.

For Your name's sake O Lord preserve my life: and for the sake of Your righteousness bring me out of trouble.

In Your merciful goodness slay my enemies and destroy all those that come against me: for truly I am Your servant.

Doxology

Glory to God in the highest, and on earth peace, goodwill among men.

We praise You, we bless You, we worship You, we glorify You, we give You thanks for your great glory,

Lord God, heavenly King, God the Father almighty; Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.

Lord God, Lamb of God, Son of the Father, You take away the sin of the world, have mercy on us; You take away the sin of the world.

Receive our prayer, You that sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and praise Your Name, throughout all ages.

Lord, You have been our refuge, from one generation to another. I said, Lord, have mercy upon me, heal my soul, for I have sinned against You.

Lord, I have run to You for refuge; teach me to do Your will, for You are my God. For with You is the source of life, and in Your light we shall see light.

Continue Your mercy to those that know You.

Grant, Lord, this night that we may be kept without sin.

Blessed are You, Lord God of our fathers, and praised and glorified is Your Name, to the ages of ages. Amen.

May Your mercy, O Lord, be upon us, even as our hope is in You.

Blessed are You, O Lord - teach me Your statutes.
Blessed are You, O Lord - teach me Your precepts.
Blessed are You, O Lord - teach me Your commandments.
Your mercy, O Lord, is forever; do not turn away from the works
of Your hands.
Praise belongs to You; laudation becomes You; glory is due to
You; O Father, Son and Holy Spirit: now, and forever, and to the
ages of ages. Amen.

The Nicene Creed

I believe in one God, the Father, the Almighty, Maker of heaven
and earth, and of all things visible and invisible.
And in one Lord, Jesus Christ, the Son of God, the Only-begotten,
begotten of the Father before all ages, Light from Light, true God
from true, God, begotten not made, of one Being with the Father.
Through Him all things were made.
For us men and for our salvation He came down from heaven and
was incarnate of the Holy Spirit and the Virgin Mary, and became
man.
For our sake He was crucified under Pontius Pilate; He suffered,
and was buried. On the third day He rose again in accordance with
the Scriptures; He ascended into heaven and is seated at the right
hand of the Father;
And He will come again in glory to judge the living and the dead,
and His kingdom will have no end.

And I believe in the Holy Spirit, the Lord, the Giver of life, Who proceeds from the Father, Who with the Father and the Son is worshipped and glorified, Who has spoken through the prophets. And I believe in one holy, catholic, and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

How right it is to bless you, O Theotokos, ever-blessed, most blameless, and Mother of our God; more honoured than the cherubim, more glorious beyond compare than the seraphim, in all purity you gave birth to God the Word; true Theotokos, we exalt you.

O God of our fathers, You ever deal with us according to Your meekness, do not remove Your mercy from us; but by their intercessions direct our lives into the way of peace. Have mercy on us, O Lord, have mercy on us; for; destitute of all defence, we sinners offer unto You, O Master, this supplication, Have mercy on us.

Glory be to the Father, and to the Son, and to the Holy Spirit. Have mercy on us, O Lord; for in You have we put our trust. Be not exceedingly wroth with us, nor remember our iniquities, but look upon us now again, for You are compassionate, and deliver us from our enemies; for You are our God and we are Your people; we are all the work of Your hands, and we have called upon Your Name. Now, and forever, and to the ages of ages. Amen.

Open unto us the door of compassion, O blessed Theotokos, that as we hope in you we may not fail in our petitions. May we be delivered through you from all adversities; for through you has come the salvation of the Christian race.

Lord, have mercy. (*40 times*).

O Christ our God, You who at all times and at every hour, in heaven and on earth, are worshiped and glorified, You who are long-suffering, merciful and compassionate, You who love the just and show mercy upon the sinners, You who call all to salvation through the promise of blessings to come; Receive, O Lord, our prayers at this hour, and direct our lives according to Your commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Compass us about with Your holy Angels, that, guided and guarded by Your hosts, we may attain unto the unity of the faith and to the knowledge of Your unapproachable glory; for You are blessed to the ages of ages. Amen.

Lord, have mercy. (*3 times*).

Glory be to the Father, and to the Son, and to the Holy Spirit.
Now and forever, and to the ages of ages. Amen.

More honoured than the cherubim, more glorious beyond compare than the seraphim, in all purity you gave birth to God the Word; true Theotokos, we exalt you.



Prayer to the Theotokos.

O spotless, undefiled, unstained, all-chaste and pure Lady, blameless bride of God, you who by your glorious birth-giving have united the Word of God with man and linked our fallen nature with heavenly beings, you who are alone the hope of the hopeless, the helper of those attacked, the ready protection of those who hasten unto you, and the refuge of all Christians; do not despise me a sinner, wholly defiled by evil thoughts, words and deeds, I who have become by slothful will a servant of life's pleasures. But being Mother of God, the lover of mankind, have mercy, in compassion, upon me, your sinful and prodigal servant. Accept this prayer which is offered to you from my impure lips and, putting forth your maternal favour with your Son, our Lord and Master, beseech Him to open unto me the wings of His love of mankind, His loving kindness and bounty. Beseech Him to pass over my numberless transgressions, to lead me back to true repentance, and to make me a keeper of His commandments and a tried doer thereof. And as you are gracious, compassionate and tender-hearted, do you be ever present with me in this life as my advocate and helper, to turn aside the evil assaults of my adversaries, to guide me unto salvation, and at the departure of my wretched soul, encompass me, and drive from it all the dark forms of the evil ones; and in the dreadful Judgment Day deliver me from everlasting punishments and torments, revealing me as an inheritor of the unspeakable glory and an honour to your Son, our God, all which I may obtain, O holy Theotokos my Lady, through your mediation and help.

By the grace and exceeding compassion of your only begotten Son, our Lord God and Saviour Jesus Christ, to Whom is due, with the eternal Father, and the all-holy, good, and life-giving Spirit, all honour, glory and worship, now and forever and to the ages of ages. Amen.

Prayer to our Lord Jesus Christ

And now as we lay us down to sleep, O Master, grant us repose both of body and of soul, and keep us from the dark sleep of sin and from the sensuous pleasure of the dark passions of the night. Still for us the assaults of passions; quench the fiery darts of the evil one which are thrown insidiously at us; calm the commotions of our flesh and put away all earthly and material thoughts as we sleep. And grant us, O God, a watchful mind, chaste thoughts, a sober heart, and a gentle sleep, free from all the fantasies of Satan. And raise us up again at the hour of prayer, established in Your commandments and holding steadfast within ourselves the remembrance of Your judgments. Give us the words of Your glorification, all night long, that we may praise, bless, and glorify Your most honourable and magnificent Name, O Father, Son and Holy Spirit, now and always and to the ages of ages. Amen.

O most glorious one, O ever-virgin, O blessed Theotokos, Mother of God, commend our prayer to your Son, our God, and entreat Him that through you He may save our souls.

The Father is my hope; the Son is my refuge; the Holy Spirit is my shelter: O Holy Trinity, glory to You.

All my hope I place in you, O Theotokos, Mother of God; keep me under the wing of your care.

Prayer to the Guardian Angel

O holy angel, you who accompany my wretched soul and lowly life, forsake me not, and depart not from me because of my extravagance and wickedness. Do not give access to evil Satan to rule with his might this mortal body of mine, but hold me by my wretched, feeble hand; lead me in the path of salvation. Yes, O holy Guardian Angel of God, protector of my wretched soul and body, forgive me all wherewith I have up until now saddened you all the days of my life. And though this day I have sinned, may you be my shelter this night. Keep me from all the wiles of the obstinate, that I may not anger God with any sin. Intercede with the Lord for me, that He may confirm me in His fear, and reveal me a worthy servant of His goodness. Amen.

Kontakion to the Theotokos

To you, our Champion Leader, we your flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as you are one with might which is invincible, from all dangers that may be do you deliver us that we may cry to you: Rejoice O Bride unwedded!

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



Occasional Prayers

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

(This prayer can be used anywhere. It can be repeated while walking or traveling; in home, factory or office. Jesus fills us, empowers us with His Light and Love).

Prayers at the Table

Prayers before meals

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.

- The poor shall eat and be satisfied, and they who seek the Lord shall praise Him; their hearts shall live to the ages of ages.
- Christ our God, bless the food and drink of Your servants, for You are holy always, to the ages of ages. Amen.

Thanksgiving after meals

- We thank You O Christ our God, for filling us with Your earthly gifts. Do not deprive us of Your heavenly kingdom.

Prayer before confession

- O Father, Lord of heaven and earth, I confess to You, all my sins, which I have committed until this present day: Those which are hidden and those which are visible, both in my heart and in my mind.

Therefore I ask You to forgive me, O merciful and righteous Judge and to grant me a grace not to sin again.

O God forgive me a sinner and have mercy on me. (*Thrice*)

Prayer of Repentance

- O Lord and Master of my life, give me not a spirit of idleness, of discouragement, of lust for power and of vain speaking.
- But bestow upon me Your servant the spirit of soberness, of meekness, of patience and of love.
- Yea, O Lord and King, grant that I may perceive my own faults and not judge my brother, for You are blessed throughout all ages. Amen.

For the departed

- Remember, Lord, Your servants, for You are good. Forgive them all wherein they have erred in this life: for there is none without sin except You, Who are able to grant rest to the departed.



PRAYER OF ST. JOHN CHRYSOSTOM

- Lord, deprive me not of Your heavenly and eternal blessings.
- Lord, deliver me from everlasting torments.
- Lord, if I have sinned in word or deed, in mind or spirit, forgive me.
- Lord, deliver me from all distress, ignorance, forgetfulness, laziness and stony hardness of heart.
- Lord, deliver me from all temptations and spiritual abandonment.
- Lord, enlighten my heart which has been darkened by evil desire.
- Lord, being human, I sin; but You, being God, have mercy on me.
- Lord, take heed of the weakness of my soul, and help me with Your grace that Your holy name may be glorified in me.
- Lord Jesus Christ, inscribe the name of Your servant in the book of life, granting me a blessed end.
- Lord my God, I have done nothing good; yet by Your compassion help me to make a new beginning.
- Lord, refresh my heart with the dew of Your grace.

- Lord, God of heaven and earth, remember me, who am sinful, wretched, evil and impure, in Your kingdom, according to Your steadfast love.
- Lord, receive me in repentance and do not forsake me.
- Lord, put me not to the test.
- Lord, grant me good thoughts.
- Lord, grant me tears of repentance, remembrance of death and contrition.
- Lord, grant me sincere confession of my thought.
- Lord, grant me humility, deliverance from my own will and obedience.
- Lord, grant me patience, forbearance and meekness.
- Lord, implant in me Your holy fear, the source of all blessings.
- Lord, enable me to love You with all my soul, my mind and my heart; and my neighbor as myself.
- Lord, protect me from evil people and demons, from impure passions and all unseemly things.
- Lord, as you commanded; Lord, as You know all things; Lord as You desire I desire Your goodness; let Your will be done in me.
- Lord, let Your will, not mine, be done through the intercessions of the all-holy Theotokos Mother of God and of all the Saints, for You are blessed forever. Amen.

**Antiochian Orthodox Archdiocese
Of Australia and New Zealand and Dependencies
Pentecost 2006**