

Great Lent

Daily Prayers for the Great Fast



Malankara Orthodox Syrian Church

2021 Draft Version

By the grace of God, this work was completed for the benefit of English-speaking faithful through Liturgical Resource Development of the Diocese of South-West America.

This work is adapted from prose translations of the original Syriac by Rev. Fr. Baby Varghese in *Prayers of the Great Lent* and by Bede Griffiths in *The Book of Common Prayer of the Syrian Church*.

***This booklet is a preliminary edition and is subject to future edits**

******In the Protection Prayers (*Sutoro*) of Monday, the hymn *Qum Paulos* has been arranged with extra syllables in certain phrases to facilitate singing the melody (Tone 7) in English. When *Qum Paulos* appears in Night Vigil prayers (*Lilyo*), however, the Syriac meter for *Qum Paulos* has been kept strictly, so that the hymn can be sung according to all eight tones.

PREFATORY PRAYER

† **In the name of the Father, / and of the Son, /and of the Holy Spirit, / one true God.**

Glory be to Him, / and may His mercy and compassion be upon us forever. / Amin.

Holy, Holy, Holy, / Lord God Almighty, / by whose glory / the heaven and earth are filled, Hosanna in the Highest!

Blessed is He who has come, / and is to come in the name of the Lord. / Glory be to Him in the Highest!

QAUMO

(Trisagion)

Holy art Thou, O God!

Holy art Thou, Almighty!

Holy art Thou, Immortal!

† Crucified for us, have mercy on us! *(Repeat three times)*

Lord, have mercy on us!

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

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 has compassion on His sinful servants...*Barekmor*

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 into temptation, / but deliver us from the evil one, / for † Thine is the kingdom, / the power, and the glory, / forever and ever. / Amin

FRIDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

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

May His mercy and compassion be upon us, / weak and sinful, / in both worlds forever and ever. / Amin.

(Introductory Prayer)

Psalms of Evening

[Psalm 141] Kurielaison / Lord, I have called upon You; / answer me, / hear and receive my words.

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

Let me not take salt with impious men; / let the just man teach me and reprove me; / let not the oil of the impious anoint my head, / because my prayer was against their evil-doing. / Their judges have been restrained by the side of the rock, / and they have heard how gentle are my words.

As when a plough cleaves the earth, / their bones have been scattered at the mouth of Sheol. I have lifted up my eyes to You, Lord, / and in You have I put my trust; / do not cast away my soul.

Keep me from the hand of the proud, / who have laid snares for me; / let the wicked fall into their nets / while I pass on.

[Psalm 142] With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction when my spirit was troubled, / but You know my path.

In the way of my walking, they have laid a snare for me; I look to the right / and see none that knows me; / the way of escape has gone from me, / and there is none who cares for my soul. I cried to You, Lord, and said, / "You are my hope and my portion / in the land of the living."

Hear my petition because I am brought very low; / deliver me from my persecutors / because they are too strong for me. / Lead me forth from prison, / that I may give thanks to Your name; / Your just ones shall have hope when You shall reward me.

[Psalm 119, 105-112] **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / Be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, / and I have not forgotten Your law; / sinners have laid snares for me / and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands / forever in truth.

[Psalm 117] **Praise the Lord, all you nations! / Praise Him, all you peoples, / for His grace is strong over us; / truly the Lord is forever.**

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(*Yaumono*)

On this day our Savior fasted for us in the desert
And instead of bread He gave us
The Word of Life, that Adam's race
May eat of it and live by it

God was pleased when Moses fasted a pure and holy fast
Elijah fasted and went up
Into heaven, so let us fast,
That all our sins may be pardoned

Fasting and pray`er are a treasure for one who believes
Its richness cannot be pillaged,
And by this treasure those who fast
Inherit the eternal life

Come men of discernment, let us observe the holy fast
For by it all our debts and faults
Are forgiven and our God will
Reconcile with us in mercy

By fasting the righteous became glo`ri`ous and pleased God:
Moses, David, Hanoch, Daniel,
And Elijah; so let us fast
And pray to escape from judgment...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

We beseech Your mercies, O God, the Lover of mankind
Absolve our sins as you wish and
With the thief and sinful woman
Make us worthy of the Kingdom

Staumen Kalos, Kurielaison

(Promion & Sedro)

QOLO

(Quqoyo – Reesh Qolo)

Our God dwells within a heart that has no deceit
 The Holy Spirit dwells in pure and sincere souls
 Fasting and prayer – are beautiful and
 A sincere heart – exceeds both of them
 With pure hearts, the just labored in our Lord's vineyard
 May their pray'rs protect us all from the evil one
 Halleluyah – by day and by night...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Where shall I flee from Your presence, O Son of God,
 For heaven and earth pass away at Your command
 Like that woman – who touched Your garment
 And who was healed – from the flow of blood,
 I take refuge in Your holy body and blood
 Absolve all my sins by Your abundant mercies
 Halleluyah – Have mercy on me

Unto the ages of ages and forevermore

Our Lord has said, "Gird yourself; be watchful and pray
 And let the provisions for the way be prepared
 For you know not – the day nor the hour
 When the Lord shall – come in His glory"
 Take oil in your lamps and welcome Him when He comes
 That the Bridegroom may see you and you shall enter
 Halleluyah – His bridal chamber

Lord have mercy upon us and help us

(Etro)

QOLO

(Barubto Brishith – Reesh Qolo)

Everyone who fasts
 From bread alone is not truly fasting
 Our Lord hates such fasts,
 For it profits not if one does not fast
 Halleluyah w'Halleluyah – from iniquity...*Barekmor*

† Glory to the Father, Son and Holy Spirit

The Lord rejoices
 In fasting and pray'r, and one who keeps them
 Is the Lord's temple,
 For the Spirit dwells in him and he will
 Halleluyah w'Halleluyah – rejoice in Eden

Unto the ages of ages and forevermore

Lord, deliver us
 From the sea of fire and the dread crossing
 As You delivered
 Hananiah and his friends from the flames
 Halleluyah w'Halleluyah – and shamed Babylon

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just,
 Accept our fast and pray'rs and have mercy on us

In the fi`re, the rich man spoke amidst the flames
 He groaned and implored as he was burned by the fire:

"Bless'd is he who does not love riches as I did,
 For though I was rich, I am now burned by the flames."

Bless'd is he who does not spend life in luxury
 He will rejoice in the Kingdom like Lazarus

Bless'd is he who in weariness completes this life
 And does not thirst for water which is denied him

O Christ, who did accept the fasting of Moses,
 Hear our requests and have mercy upon our souls

(Gospel)*Concluding Prayer*

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

FRIDAY PROTECTION PRAYER

Compline/Sutoro

Qaumo

QOLO

(Sohdau Atun - Tone 1)

We know that our sins
 Are great Lord and we know that - great are Your mercies
And if Your mercy
 Should not persuade you, we shall - perish from our sins
Take not away - Lord Your hand from us, whom you have saved
 By Your precious blood...*Barekmor*

+ *Glory be to the Father, Son and Holy Spirit*
Unto the ages of ages and forevermore.

If a slave offends
 His master he takes refuge - in his master's friend
By that friend's pleading
 The master forgives the slave - of his offences
We take refuge - In Your Cross that Your mercy may come
 Quickly upon us

Lord have mercy upon us and help us!

BO'UTHO of MOR JACOB

O Lord, - our Lord, we - call to You - come to our - aid
 Hear our - requests and - have mercy - upon our - souls
 Adam - instructed - his children - of what rea-son
 He and - Eve were called - to depart - from Para-dise
 He spoke - to them of - his former - author-ity
 And of - his fall and - his exile - when he was - shamed:

"It is - not fitting - for the foot - that ran to - the
 Tree to - tread the ho-ly place when - it is not - clean
 It is - not right for - the hand that - plucked the fruit - in
 Eden - to wave o-ver the off-'ring of the Lord"

Christ, who - came and walked - on the earth - and uproot-ed
 Its thorns, - by You A-dam returned - to Paradise

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Psalms of Sutoro

[Psalm 91] Barekmor. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,

"My trust is in You, / God is my refuge in whom I trust".

For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.

Nor of the word, which walks in the darkness/ nor of the spirit that destroys at midday.

Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you

But with your eyes alone / you shall see the reward of the wicked

Because You have made the Lord your trust; / You have made Your dwelling in the heights

Evil shall not come near you, / affliction shall not come near your tent

Because He has commanded his angels concerning you; / that they should keep you in all your ways

And receive you in their arms; / that you may not stumble with your foot

You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon

"Because he has cried to me", says the Lord, / "I will deliver him and strengthen him."

Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

[Psalm 121] I have lifted up my eyes to the hills - from where will my help come?

My help is from the Lord, / who made heaven and earth

He will not suffer your foot to slip, / your guardian shall not sleep.

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

The Lord is your guardian. / The Lord shall shelter you with His right hand

By day the sun shall not harm you, / nor the moon by night,

The Lord shall guard you from all evil, / the Lord shall guard your soul

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

And to You belongs the praise, O God. Barekmor

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

Halleluyah, Halleluyah, Halleluyah. Unto the ages of ages and forevermore.

Prayer of St. Severus

He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.

May your right hand rest upon us / all the days of our lives, / and
Your peace reign among us /and give hope and salvation to the
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /
pardon me and have mercy on me, O God". Amin.**

Praise of the Cherubim

We make the sign of the Cross and kneel as we pray:

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from 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.

You are holy and glorious forever

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

Glory be to You, O Lord.

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

Nicene Creed, Quqlions of the Theotokos & Saints

FRIDAY NIGHT VIGIL

Lilyo

Qaumo

Introductory Prayer

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless you in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.

Introductory Psalms of Night Vigil

[Psalm 134] Barekmor. Bless the Lord, all you servants of the Lord, / you who stand by night in the house of the Lord.

Barekmor. Lift up your hands to the holy place / and bless the Lord.

May the Lord bless you from Zion, / He who made heaven and earth.

[Psalm 119, 169-176] Let my praise enter before You, Lord, / and give me life by Your Word; / let my cry enter before You, Lord, / and deliver me by Your Word.

My tongue shall pour forth Your word, / because all Your commands are just.

My lips shall speak Your praise when You have taught me Your commands; / let Your hand help me / because I have taken pleasure in Your commands.

My soul has longed for Your salvation, /and I have meditated on Your law;/ let my soul live and I will praise You /and Your judgments shall help me.

I have gone astray like a lost sheep; / seek for Your servant / because I have not forgotten all Your commands.

[Psalm 117] Praise the Lord, all you nations; praise Him, all you peoples, for His grace is strong over us; truly the Lord is forever.

And to You belongs the praise, O God. Barekmor.

† Glory to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

ENIYONO
(Al Mono Rehmath)

The Only-Begotten came
 To the earth and - He fasted
 By it, He battled Satan,
 He raised up our - fallen state,
 And He restored Adam to
 Eden, his inhe-ritance

By fasting, debts are pardoned
 And our sins are - blotted out;
 By it, blemishes are cleansed
 And the soul is - made glor`ious
 By it, spi`ri`tual wings grow;
 Bless'd is He who taught - fasting

Both blessing and misery
 Are prepared in - the fasting -
 Misery to those who fast
 With lies and hate in their hearts,
 And blessings for those who fast
 With sincerity - and love

Greatly bless'd are those who fast
 Having cleansed their - heart from hate
 The Lord has promised, say`ing,
 "The one who keeps - fast from bread
 And from evil will receive
 Joy in the chamber - of light" ...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Praise to You, whom watchers praise
 And the earthly - be`ings serve
 You whom angels minister,
 Receive, O Lord, - our service
 And be reconciled with us,
 For we have angered - You, Lord

Lord have mercy, Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

1ST QAUMO

EQBO

(Qum Paulos - In the Tone of the Day)

See the mountains, valleys, and rocks
 Lament if I do not repent
 See the hills lament and shed tears;
 They will mourn and repent for me
 They will bring the friends
 And the belov`ed
 Together to mourn
 And cry with sighs for my soul;
 They will beg the Lord for mercy,
 That the Lord may forgive my sins

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(I'Maryam Yodath Aloho – In the Tone of the Day)*

Jesus has placed upon us the sign of life
 When Satan sees it on us, he flees from it
 Christ gave His Body for our absolution,
 And His blood that we may give thanks to His grace...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

David sang, "Rebuke me not in Your anger;
 Lord, do not punish me in Your displeasure" (*Psalm 38:1*)
 For God is full of mercy at all times and
 He does not wish His creation to perish

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(In the Tone of the Day)*

O Lord, our Lord, we call to You come to our aid
 Hear our requests and have mercy upon our souls

The diligent are made to be glor`ious by pray'r,
 And in combat, the glor`ious seek this weapon
 Therefore, the Son of God has forged and polished it,
 So that the King's servants may be equipped with it

Have courage, you who pray; do not be negligent,
 For the whole pray'r of the Son of God is for you
 Add your pray'r to it, for there is pow`er in it,
 And because of His pray'r, your pray'r will be received

Answer O Lord, answer O Lord, and have mercy
 Turn the hearts of the sons of men to repentance

Praise of the Cherubim*Prayed at the conclusion of 1st and 2nd Watches of Lilyo*

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

2ND QAUMO**EQBO***(Qum Paulos – In the Tone of the Day)*

I am killed by anxiety,
 And my thoughts overwhelm my mind
 Woe to me, for what shall I do,
 For the tribunal awaits me
 Who will not shed tears
 With grief and worry
 And not weep for me
 On account of all my sins?
 Repentance is not received there
 Woe be to me, for I have sinned!

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy

Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(l'Maryam Yoldath Aloho – In the Tone of the Day)*

Come, let us beseech the Lord God with sorrow
 And offer pray'rs and entreaties before Him
 The Lord is near to those who call upon Him,
 And because of His mercies, He answers them...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Let us wash our clothes with the tears of our eyes,
 For the Coming of the Son of God is near
 The world's end is at the door, as St. Paul said
 Bless'd is He whose judgment shall be with mercy

Lord have mercy upon us and help us

BO'UTHO of MOR EPHREM*(In the Tone of the Day)*

Lord, have mercy upon us
 O Lord receive our service

Let not your body stand there
 While your heart is distracted
 May your body be a church
 Your mind, a sanct'uary

Your glory surpasses that
 Of those who glorify You
 Lord, You have loved our nature
 Glory to You who saved us

Lord, who hears our petitions
 Answer us in Your mercy
 Lord, be reconciled with us
 Have compassion upon us

Praise of the Cherubim*Prayed at the conclusion of 1st and 2nd Watches of Lilyo*

† Blessed is the glory of the Lord...
 Holy and glorious Trinity, have mercy upon us...
 You are holy and glorious forever...
 Glory be to You, O Lord...
 Our Father who art in Heaven...

3RD QAUMO**EQBO***(Qum Paulos – In the Tone of the Day)*

Lord, open Your door of mercy
 Accept the tears that I offer
 Lord, as with the sinful woman,
 Grant me forgiveness of my sins
 O Living Water,
 I have taken You
 As my companion;
 May I not seek water there,
 For I heard that the rich man begged
 For water there from Abraham

Lord have mercy; Lord have mercy, Lord have mercy
(Kurieleison, Kurieleison, Kurieleison)

Lord, have mercy upon us
 Lord, be kind and have mercy
 Answer, Lord, and have mercy
 Glory be to You, O Lord
 Glory be to You, O Lord
 Glory be to You, our hope forever. *Barekmor*

QOLO*(l'Maryam Yoldath Aloho – In the Tone of the Day)*

Adam cried out, "Stand up, help me, and save me,
 For the serpent conquered me among the trees
 I transgressed, for I ate the fruit from Eve's hand,
 And I stripped off the glory I had put on" ...*Barekmor*

† Glory to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

Your Church stands at Your door and beseeches You
 Because of the Passion You endured for us
 Have mercy on her and her faithful children,
 Lord, by the great sign of Your life-giving Cross

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI*(In the Tone of the Day)*

Lord, who has mercy even on sinners
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock
 Answer their requests in Your compassion

Jesus, Your door is a door of mercy!
 He who enters with sins departs with grace

Father in heaven, we do beseech You!
 Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;
 Knock, I will open; Ask and I will give."

Lord of those above! Hope of those below!
 Accept this service; have mercy on us

† Halleluyah, Halleluyah, Halleluyah!
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

Lord, have mercy upon us and help us

Psalms of Night Vigil

Awake, you that sleep, and rise and sing praise! [Psalm 148] Praise the Lord from the heavens, / praise Him in the heights.

Praise Him, all His angels; / praise Him, all His hosts.

Praise Him, sun and moon; / praise Him, all stars of light; / praise Him, heaven of heavens, / and the waters above the heavens; / let them praise the name of the Lord.

For He spoke and they were made; / He commanded and they were created; / He established them forever and ever; / He gave them a law, which shall not pass away.

Praise the Lord from the earth; / sea-monsters and all depths; / fire and hail; snow and mist; / stormy winds that fulfill His word;

Mountains and all hills; / fruit trees and all cedars; / wild beasts and all cattle; / creeping things and birds that fly;

Kings of the earth and all peoples; / princes and all judges of the earth; / young men, too, and maidens; / old men and boys; / let them praise the name of the Lord.

For His name alone is exalted; / His praise is on earth and in heaven, / and He has lifted up the horn of His people; / praise for all the just, / the children of Israel, / the people who draw near to Him.

[Psalm 149] Praise the Lord with a new praise in the assembly of the just; / let Israel be glad in her Maker; / let the children of Zion rejoice in their King.

Let them praise His name with the timbrel and the drum; / let them sing to Him with the harp, / for the Lord takes pleasure in His people / and gives salvation to the poor.

Let the just exult in glory; / let them praise Him on their beds; / let the high praises of God be in their throats / and two-edged swords in their hands;

To execute vengeance on the nations, / and to rebuke the peoples; / to bind their kings with chains; / their nobles with fetters of iron; / to execute on them the judgment which is written; / that is the glory of the just.

[Psalm 150] Praise the Lord in His holy place; / praise Him in the firmament of His strength.

Praise Him for His mighty deeds; / praise Him for His abounding greatness; / praise Him with the sound of the trumpet; / praise Him with lyre and harp.

Praise Him with the timbrel and the drum; / praise Him with the soft strings; / praise Him with the loud cymbals; / praise Him with the sound of the voice; / let everything that has breath praise the Lord.

[Psalm 117] Praise the Lord, all you nations; / praise Him, all you peoples, / for His grace is strong over us; truly the Lord is forever.

And to you belongs the praise, O God. Barekmor

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

QAUMO of PRAISE**QOLO***(Enono Nuhro Shareero – Reesh Qolo)*

Adam ate – the fruit in Eden
 Because of his gluttony – and he was – expelled from Eden
 But our Savior descended
 And defeated gluttony
 By His holy fast for us
 Bless`ed is the Good One who
 Defeated the evil one,
 Who had deceived God's servant...*Barekmor*

† Glory to the Father, Son and Holy Spirit*Unto the ages of ages and forevermore*

This is the – holy fast by which
 Those who have discernment grow
 My brethren, - take refuge in it
 By it, let us win vict'ry
 Over the adversary
 Let us cry with discernment

Bless`ed is He who made us
 To put on this great weapon
 To conquer the evil one

*Lord have mercy upon us and help us***BO'UTHO of MOR JACOB***(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

Where is my table full of all kinds of fine things?
 I beg for water, but it is not given me
 Where is the gold which I have gathered together?
 If it can be exchanged for water, let it go

O Dew of Mercy which was sprinkled on the fire,
 Do not reject us from Your presence when You come
 Spread joy and put the garment of glory on us
 That we may conquer the darkness with Your brightness

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

Hymn of the Angels

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 You, we bless You, we worship You, / we raise up a hymn of praise to You.

We give thanks to You because of Your 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 take away, or rather have taken away, the sin of the world;/ have mercy upon us.

You who take away, or rather have taken away the sin of the world, / incline Your ear to us and receive our prayers;

You who sit in glory at the right hand of the Father, / have compassion on us.

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amin.

At all times and all the days of my life, / I will bless and praise Your name, which is holy and blessed forever, / and which remains forever and ever.

Blessed are You, Lord Almighty, God of our fathers, / and Your name is blessed and glorified in praise forever.

To You belongs glory, to You belongs praise, to You belongs honor, / God of all, Father of truth, / with the only Son and living Holy Spirit, now and always, forever and ever. Amin.

Concluding Prayer

O Lord Jesus Christ, do not close the door of Your mercy in our faces. We confess that we are sinners, have mercy upon us. / O Lord, Your love made you descend to us from Your place, /that by Your death our death might be abolished. / Have mercy upon us. Amin.

Qaumo

- OR -

Hymn of the Angels & Concluding Prayers*(In Chant)*

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 all seasons:

Glory be - to God in the highest, / and on earth / peace, good-will and good hope for the sons of mankind!

Lord, we praise You, / Lord, we bless You; we worship You, / we raise up a hymn of praise to You.

We give You thanks /because of Your great glory, / Lord our - Creator, / O King of Heaven, / God the Father Almighty.

Lord God, - only Son/ Only-Begotten, / O Lord - Jesus Christ, / with the Holy Spirit;

Lord God, - Lamb of God, / Word of the Father, / who take away, / or rather have taken away, the sin of the world; / have mercy on us.

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

For You alone - are holy, / You alone, O Lord, / Our Lord Jesus Christ, / with the Holy Spirit, / in the glory of God the Father. Amin.

At all times and all the days of my life, / I will bless and praise Your name, which is holy and blessed forever, / and which remains forever and ever.

Bless`ed - are You, / Lord Almighty, / God of - our fathers, / and Your name is bless`ed and glorified in praise forever.

Glory - to You, / worship to You, / honor - to You / God of all, Father of truth, / with the only Son and the living Holy Spirit, / now and forever. A-min.

Concluding Prayer

O Lord Jesus Christ,

Close - not Your door - of mercy - upon us
We confess we are sinners; / have mercy on us!
Lord, - your love made - You descend - for our sake
That by Your death our death might - be destroyed
Have mercy on us!

(Trisagion)

Holy art Thou, O God!

Holy art Thou, Almighty!

Holy art Thou, Immortal!

† Crucified for us, have mercy on us! *(Repeat three times)*

Lord, have mercy on us!

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

Have mercy on us!

Glory to Thee, O God!

Glory to Thee, Creator!

Glory to Thee, Christ the King

Who has mercy upon us sinners...Barekmor

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 into temptation, / but deliver us from the evil one, / for † Thine is the kingdom, / the power, and the glory, / forever and ever. / Amin.

FRIDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] Have mercy on me, O God, in Your loving kindness; / in the abundance of Your 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 You only have I sinned and done evil in Your sight, / that You may be justified in Your words / and vindicated in Your judgment, / for I was born in guilt and in sin did my mother conceive me.

But You take pleasure in truth and You have made known to me the secrets of Your wisdom. / Sprinkle me with Your hyssop and I shall be clean; / wash me and I shall be whiter than snow.

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

Create in me a clean heart, O God, / and renew Your steadfast spirit within me. / Do not cast me from Your presence / and take not Your Holy Spirit from me.

But restore to me Your joy and Your salvation / and let Your glorious spirit sustain me, / that I may teach the wicked Your way / and sinners may return to You.

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

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

Do good in Your good pleasure to Zion / and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth / and with whole burnt-offerings; / then shall they offer bullocks upon

Your altar. *And to You belongs the praise, O God. Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Merciful God, have mercy upon us in Your mercy.

Lord have mercy upon us and help us.

[Psalm 63] *Kurielaison.* **My God, You are my God; / I will seek You.**

My soul thirsts for You / and my flesh seeks for You / like the thirsty earth, which is parched and begging for water.

So have I looked for You in truth, / that I may see Your power and Your glory,

Because Your loving-kindness is better than life, / and my lips shall praise You.

So I will bless You while I live / and will lift up my hands in Your name.

My soul shall be enriched as with marrow and fat, / and my mouth shall praise You with lips of praise.

I have remembered You upon my bed, / and in the nighttime I have meditated on You.

For You have been my helper, / and in the shadow of Your wings is my protection.

My soul follows after You, / and Your right hand upholds me.

Those who seek to destroy my soul / shall enter into the lower parts of the earth.

They shall be delivered over to the sword / and shall be food for foxes, / but the king shall rejoice in God.

Everyone who swears by Him shall glory, / but the mouth of those who speak lies shall be stopped.

And to You belongs the praise, O God. Barekmor

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO

(Haw Dat'in Kul Beryotho)

When one sees his evil acts,
 That one despises himself
 And he will condemn himself
 When he sees how - he has sinned
 When the - hidden things will be
 Revealed, - it will be fearful
 At judgment, we will receive
 According to our - actions
 Woe to us, who did not act
 Despite our Lord's - example
 Woe to us! Our negligence
 Has made us lose - Paradise
 Brethren, - behold how fear has
 Fallen - over creation;
 The Sun has turned to darkness
 And the moon's brightness - has gone
 The just wear the glor'ious light
 That shall never - fade away
 Their light shines more than the sun
 They surpass all - in glory
 While the - wicked have put on
 The thick - darkness of their sins
 My tongue is incapable
 Of narrating their - torments
 The watchers of spirit fly,
 And in the blink - of an eye,
 They will catch the wicked men
 And throw them in - the fi`re
 There will - be gnashing of teeth
 And they - will be tormented
 At the fearful, dread judgment
 They will burn in Gehenna

The wicked cry from the midst
 Of the *fire* like – the rich man
 They ask for a drop of water but none gives – what they ask
 Your com-passion is greater
 Than our – in`i`quity, Lord
 Forbid that eternal *fire*
 From consuming Your – image...*Barekmor*

† *Glory to the Father, Son, and Holy Spirit*
Unto the ages of ages and forevermore

Lord, open the doors of Your
 Kingdom that we – might enter,
 For You saved us from bondage
 And brought us in-to Your flock
 May our – hearts sing and rejoice
 For we – have beseeched Your name
 Make us drunk at Your table
 By the richness of – Your spring

[Psalm 19] Kurielaison. The heavens declare the glory of God;/ the firmament proclaims His handiwork. / Day to day brings forth speech;/ night to night declares knowledge.

There is no speech, nor are there words; their voice is not heard. /
 Yet their good tidings go out through all the earth / and their words
 to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens, / while its repose is at the end of the heavens, and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right, and they make the heart rejoice. / The precepts of the Lord are chosen, and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If he keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me, / and I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

And to You belongs the praise, O God. Barekmor

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

ENIYONO
(Mshihō Damlakh)

Lord, we beseech Your mercies
In the times of affliction
My Lord, You are the Rich One
Who does not deny the poor

Do not disregard Your Church
Nor Your covenant with her,
For she calls on You always;
In mercy, come to her aid

Lord, receive our petition
Do not deny our request
Incline Your ear to our pray'rs,
You who are full of mercy

O God, the Merciful One
Who guides all of creation,
You answer our petitions
And You protect all our souls

Unite Your will with us all
 And be our Mediator
 We have raised our eyes to You
 O Lord, have mercy on us...*Barekmor*

† *Glory to the Father, Son, and Holy Spirit*
Unto the ages of ages and forevermore

O Lord, we beseech Your name
 To receive Your forgiveness
 With sighs, we supplicate You
 To absolve our debts and sins

*[Isaiah 42:10-13, 45:8] Kurielaison. Sing to the Lord a new song, / His
 praise from the ends of the earth! / Let those who go down to the
 sea in its fullness, / the islands and their inhabitants, / praise the
 Lord!*

Let the desert and its villages rejoice! / Let Kedar be meadows; / let
 the inhabitants of steep rocks praise Him! / Let them shout from the
 top of the mountains. / Let them give glory to the Lord / and
 declare His glory in the islands!

**The Lord will go forth like a mighty man / and like a warrior, He
 stirs up fury; / He will cry out and become mighty / and will
 triumph over His enemies.**

Let the clouds rain down righteousness; / let the earth open and
 salvation increase, / and let righteousness spout forth altogether. / I
 am the Lord who created them...*Barekmor*

† *Glory to the Father, Son, and Holy Spirit*
Unto the ages of ages and forevermore

ENIYONO*(Yaumono)*

How fair is - the fasting - which is free from hate and slander
 The love free from deceit is rich
 Come, let us love one another
 That our fasting may be received

My brethren, - let us fast - from iniquity and envy,
 And let us supplicate the Lord
 With mourning and tears of sorrow
 That we might rejoice with the King

I have been - defiled by - the multitude of all my sins
 Lover of Man, I do not dare
 To look up to the heights above
 By Your grace, Savior, - have mercy!

Woe to the - evil one - for he was jealous of Adam
 Satan stripped him of his glory
 But Gehenna awaits Satan
 And Paradise awaits Adam...*Barekmor*

† Glory to the Father, Son, and Holy Spirit
Unto the ages of ages and forevermore

Glory to - the Father, - the Son and the Holy Spirit
 Glory to the Threefold Myst'ry:
 Three Persons, Three Names, but One God
 To Him belongs glory from all

[Psalm 113] Amin. Praise you servants of the Lord;/ praise the name of the Lord.

May the Lord's name be blessed / forever and forever.

From the rising of the sun to its setting, / great is the name of the Lord.

The Lord is high above all peoples, / and His glory is above the heavens.

Who is like the Lord our God, / Who sits on high / and looks upon the depths in heaven and on earth?

He raises up the poor from the dunghill / and makes him sit with the princes of the people. / He gives the barren woman a home / and makes her a joyful mother of children.

And to You belongs the praise, O God. Barekmor.

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

Unto the ages of ages and forevermore.

EQBO

(Abun d'Bashmayo/Mor Balai – Tone 5)

Father in Heaven, we do beseech You
Accept our service; have mercy on us!

Stoumen Kalos, Kurieleison

(Promion & Sedro)

QOLO

(Ptah Li Tar'e Dahmonokh – Reesh Qolo)

We are the temples of God
 The Spirit of God dwells in us
 Do not destroy this dwelling
 Where the King has made His home
 Let us wipe out from our souls
 All defilements – and all sins
 To please Him who has – humbled Himself for our sake...*Barekmor*

† Glory to the Father, Son and Holy Spirit

When we are in pain, we weep
 But, then, when our pains are relieved
 We forget the Physician
 For no one thinks that the end
 Is standing near at the door
 O God, do not – forsake us
 For we have eaten – Your holy body and blood

Unto the ages of ages and forevermore

Rich One, who never grows poor
 Behold those in need at Your door
 Open Your rich treasure-house
 And satisfy all their needs
 As Your holy mouth promised:
 “Call me and I – will answer
 Knock upon the door – and I will open for you.”

Lord have mercy upon us and help us

(Etro)

QOLO

(*Lokh Moriyo Qorenan – Reesh Qolo*)

O Lover of Man, we know that we have sinned
 So we do not have courage to look – at heaven
 We are ashamed to call upon You, O Lord
 May Your compassion intercede to – Your justice
 Hear, O Lord, - the sound as we weep
 And accept – our pleas for mercy
 O Compassionate Lord, have pity and mercy!...*Barekmor*

† Glory to the Father, Son and Holy Spirit

My Lord, I remembered the Day of Judgment
 And when I recalled my sins, my tears – flowed freely
 I have labored with many in Your vineyard
 Jealous Satan saw me and robbed me – of my wealth
 O my Lord – do not reject me
 And place me – on the left-hand side
 May Your body and blood be with me – at Judgment

Unto the ages of ages and forevermore

O Judge, who does not take bribes from any man,
 What can I offer You as a bribe – for Your love?
 O Lord, I have heard that You greatly love tears
 And that You have no use for gold or – precious stones
 Lord, receive – my tears of sorrow
 And forgive – all my debts and sins
 By Your grace, have pity and mercy – upon me

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

Gold burdens and shackles the ones who possess it
 Those who unite their souls with God possess true wealth

All the treasures of all the Kings upon the earth
 Are lesser in worth than the one who trusts in God

All possessions of the world are but deadly fruit
 One who possesses nothing will never taste it

Even if one takes pains ev'ry day for his wealth,
 It is nothing but evil and not worth his toil

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

(Scripture Readings)

Morning Praise for the Fast

Lord of all, - by Your great mercy,
 Make us all worthy
 To be preserved today in justice, without the scars of sin.
 Bless`ed are You, - O God of - our fathers,
 And Your Holy name is magnified
 And glorified forever. Amin.

Lord, may Your - grace and mercy
 Be upon us, for our trust is in You.
 Bless`ed are You! - Teach us and - show us all
 The way of Your commandments, Lord;
 Bless`ed are You! - By Your grace make us
 Understand the way of Your laws;

Bless`ed are You! - Holy One, - enlighten us
 With Your luminous rays;
 Lord, may Your mercy be upon us;
 Lord, do not neglect nor leave - the work of Your hands!

Glory befits You,
Honor befits You,
And praise befits You,
 Father, Son, Holy Spirit,
 Now and forever. Amin!

Morning Praise

It is good to give You thanks – O Lord God,
 And to sing praise to Your name
 And to proclaim Your grace in – the morning
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

(Repeat the stanza above three times and kneel/prostrate)

At morning, you shall hear my voice;
 I have prepared myself to appear before You

Holy are You, O God

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy – on us (*Repeat three times*)

Lord, have compassion on us;

Forgive the sins of all of us, O Lord;

O Holy One, let Your right hand rest upon us;

Forgive our weakness, for Your name is forever!

Glory to You, O God

Glory to You, O God

Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

(In Prose)

Morning Praise

It is good to give thanks to the Lord and to sing praise to Your name,
Most High, to proclaim Your grace in the morning and Your
 faithfulness in the night.

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

Qaumo

FRIDAY 3RD HOUR PRAYERS

Qaumo

QOLO

(Quqoyo – Reesh Qolo)

My Lord, let not Satan mock me in Gehenna,
Say`ing, "I have deceived you and brought you with me"

Merciful One – save me from his hands;

According to – Your will, Lord, lead me

May Your cross be a weapon at the dread crossing

And with it may I conquer Satan and his pow`r

Halleluyah – w`Halleluyah... *Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O world, ocean of debts, I sinned greatly in you,

And my evil de`si`re has led me astray

I am afraid – of the Judgment Day

And frightened by – the river of fire

May the Sign of the Cross be my companion there,

And by it, may I cross the ocean of fi`re,

Halleluyah – Lord, by Your mercy

Lord have mercy upon us and help us

BO`UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just

Accept our fast and pray`rs and have mercy on us

O rich man, you are proud and your sight is pleasant

You have borrowed splendor and put on fair garments

How much honor and lux`u`ry is given you,

And how people shower you with ly`ing praises!

O handsome one, look at the great beauty of day

It has put on splendor, glory, and is radiant,

But the evening approaches and obscures the day,

and when the night arrives, it strips off its beauty

O Christ, who did accept the fasting of Moses

Hear our requests and have mercy upon our souls

Qaumo

FRIDAY 6TH HOUR PRAYERS

Qaumo

QOLO

(Ptah Li Tar'e Dahmonokh – Reesh Qolo)

I spent the days of my life
 In vanity with the devil
 And the evil one made me
 A captive by his deceit
 O my Savior, have mercy
 On Your image – corrupted
 By sin and evil; - Do not leave it to decay...*Barekmor*
† Glory to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore
 The high mountains cannot be
 Compared to all my offenses
 Set me free and cleanse my sin,
 O my Lord, by a drop from
 The ocean of Your mercies
 Merciful One, - grant us life
 By the compassion – with which You created us
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(To be sung in one of the tones for the Fast)

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us
 Behold, the love for eternal life is despised
 But see how the love for the world burns like a flame!
 No one seeks to listen to the word of teaching,
 But they run around to gather the world's riches
 Let all gentiles offer glory, Lord, to Your might
 How patient You are toward the rebellious ones!
 In all times, by all means, You long that they repent
 Praise to You on account of Your abundant love
 O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

MANITHO of MOR SEVERUS

By the prayers of Your Mother

And those of all Your Saints:

I exalt You, Lord and King! (Psalm 145:1)

The Only-Begotten Son, - Word of the Father,

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - Of the pure Virgin,

The holy and glor`i`ous The`o`tokos;

He became man - without change

And was crucified for us, Christ, who is our Lord and God;

He trampled death - by His death

And destroyed our death,

And He is one of the Holy Trinity;

Worshipped and praised - equally

With His Father and Spirit;

Have mercy upon us all!

Qaumo, Nicene Creed

Forty Prostrations

Kurielaison (x10)

Lord, have mercy upon us (x10)

Lord, be kind and have mercy (x10)

Answer, Lord, and have mercy (x10)

Glory be to You, O Lord

Glory be to You, O Lord

Glory be to You, our hope forever. Barekmor

Our Father, who art in heaven...

FRIDAY 9TH HOUR PRAYERS

Qaumo

QOLO

(Tubayk 'Idto - Tone 5)

How lovely is_ the day of Resurrection
 In which_ the bodies of men
 Rise up - in wond'rous manner_
 How beautiful and glorious
 Are those_ who are chaste and those
 Who keep - vigil and fasting_
 In the Kingdom they will all
 Rejoice_ at the table of
 Blessings - as God has promised_...*Barekmor*

† Glory to the Father, Son and Holy Spirit
Unto the ages of ages and forevermore

Up in the heights_, tens of thousands of watchers
 Serve You_ and tens of thousands
 Of Your - angels praise Your name_
 Because of Your love, O Lord
 You hu-mbled Yourself before
 Mankind - and received glory_
 Those above cry out: "Holy
 Are You_, Lord," and those on earth
 Receive - Your body and blood_
Lord have mercy upon us and help us

BO'UTHO of MOR JACOB*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just
 Accept our fast and pray'rs and have mercy on us

Who does not know that the end of our life is death,
 And the moment of death hovers above our heads?
 Who does not know that this world is a passing dream,
 A shadow that cannot be possessed forever?

Who does not know, even if you give all your wealth,
 It will be rejected as a bribe by the Judge?
 Who does not know, even if you have great riches,
 Your riches remain here at the time of your death?

O Christ, who did accept the fasting of Moses
 Hear our requests and have mercy upon our souls

Qaumo