

# 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.

<b>PREFATORY PRAYER</b>
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† **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.

<b>MONDAY EVENING PRAYER</b>
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*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**  
(*Mshiho Ethiled*)

You humbled Yourself - for our sake, O Christ  
And allowed Yourself - to be tempted by Satan  
Through fasting and prayer, - You have taught Your Church  
To conquer Satan - who fights always against her

Come with peace, O pure - and holy fasting  
For you have conquered - the gluttony of Adam  
Come with peace, O Fast - which Christ has fasted  
For the sake of all - let us bow and worship Him!

Grant us, O Savior - to receive with love  
And welcome with joy - this time of the holy fast  
Make us worthy, Lord - to please You by it,  
And, Lord, by this fast - may our sins be purified

How sweet is the scent - which fasting brings forth!  
The great Elijah - bears witness to its sweetness (*1 Kings 19:4-8*)  
Therefore, our Savior - gave us this armor  
To raise us up to - our former inheritance

Lord, You are the door - and are the True Life  
By which we enter - toward Your glorious Father  
Lord, open Your door - and correct our paths  
And make straight our ways - that we may give thanks to You...*Barekmor*

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

Have mercy on us - Compassionate One,  
Because of Your grace, - and blot out our hatefulness  
Grant us peace, O Lord, - by Your great mercies  
and, Lord, have mercy - upon us all in both worlds

*Staumen Kalos, Kurielaison*

**(Promion & Sedro)**

**QOLO**

*(Qabeloy Moran – Reesh Qolo)*

May our fast and pray'r  
 Be a pure incense, Lord, that may be – accepted  
 Before Your great majesty...*Barekmor*

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

This great, holy fast  
 Is a sign of vict'o`ry, and is – an armor  
 Against the adversary

*Unto the ages of ages and forevermore*

O Lord, may our prayer  
 be pleasing to You, and may it be – accepted  
 before Your great Majesty

*Lord have mercy upon us and help us*

**(Etro)**

**QOLO**

*(Lo Ldino Lo Lathba`ato – Reesh Qolo)*

Moses, – by your fast of forty days and nights  
 You brought down from Mount Sinai the Law  
 Which God had inscribed on the tablets

For the House of Is`ra`el;  
 Halleluyah – Pray for us all...*Barekmor*

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

Our Lord – fasted forty days in the desert  
 He fought and conquered the evil one  
 And gave us an armor by which we

May conquer the enemy;  
 Halleluyah – Praise to the Lord

*Unto the ages of ages and forevermore*

O Lord – have mercy on us! Lord, have mercy!  
 Lord, receive our service and our pray'rs  
 May Your grace, which stood by the martyrs  
     And strengthened them in their *trials*  
 Halleluyah – rest upon 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

The evil one tried to fight but was put to shame  
 Christ ensnared him when He raised His hand in weakness

Our Lord hungered and opened the door for battle  
 Satan saw our Lord hungry and drew near to fight

Praise the Father who sent His Son to save our race;  
 Praise the Son who by His fasting conquered Satan;

Praise the Spirit who overwhelmed him in battle;  
 One True God, have mercy on us. Amin! Amin!

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*



<b>MONDAY PROTECTION PRAYER</b>
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*Compline/Sutoro*

*After a Qaumo is prayed, the following prayer is chanted three times  
with a prostration after each recitation.*

Glory be - to God in the Highest!

And on earth

Peace and good hope for the sons of u mankind!

**[Psalm 4] O God, the salvation of my righteousness, You have answered me when I called/ You have comforted me in my affliction. / Have mercy upon me and hear my prayer.**

O sons of men, how long will you hide my honor? / How long will you love vanity and seek after lies? / Know that the Lord has wondrously set apart the chosen one. / The Lord will hear when I call to Him.

**Be angry, but do not sin. / Meditate within your hearts and upon your beds / Offer sacrifices of righteousness and put your trust in the Lord.**

There are many who say: / "Who will show us any good and shed the light of His face upon us?"

**O Lord, You have placed Your joy in my heart, / more than the time when their grain, wine, and oil abounded.**

In peace I will lie down and sleep. / For You alone, O Lord, make me dwell in tranquility.

*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

*(Qum Paulos - Tone 7)*

Lord, open to me - Your door of mercy  
 As you did for - the sinful - woman.  
 Receive all my tears - which I offer You  
 and grant to me - forgiveness - of sins.

O Living Water,  
 I will receive You  
 So that I will not

Seek water - from - Abraham,  
 For I have heard in - the Lord's parable  
 That the rich man - begged him for - water.

*Staumen Kalos. Kurielaison*

## QOLO

*(l'Thumo d'Haymonutho - Reesh Qolo)*

Lord, look upon my weakness\_\_  
 For I have sinned greatly and - have angered You  
 And find no refuge.

I approached the physicians\_\_  
 Who tried medicines on me - but the abscess  
 Remains infected.

Good Physician, I have heard\_\_  
 That he who approaches You - receives Your help  
 With Your medicine.

By the love of Your Father\_\_  
 And the pray'rs of Your mother - Halleluyah  
 Forgive all my sins...*Barekmor*

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

Let me not die in my sins\_\_

Now I offer you, Lord, the - tears of my eyes,  
A bribe which you love.

I do not offer oxen,\_\_

Or lambs, goats, pigeons or doves, - but I offer  
the tears from my eyes.

As You received the tears of\_\_

the sinful woman in the - house of Simon,  
Have mercy on me!

By the love of Your Father\_\_

And the pray'rs of Your mother - Halleluyah  
Forgive me my sins

*Lord have mercy upon us and help us*

### **BO'UTHO of MOR JACOB**

*(Special Tone)*

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

O Lord, our Lord, - Lord - of watchers - and of angels  
Hear our requests - and - have mercy - upon our souls

Father, Son, and - Ho-ly Spirit, - enlighten me  
Answer me, Lord; - I - have knocked at - Your door with faith

Open my eyes, - so - that, Lord, I - may see Your truth  
Protect me, for - I - take refuge - in Your kindness

Grant me, O Lord, - a - pure heart, for - I beseeched You  
Grant my mind the - wisdom of life - from Your fullness

May the weapon - of - the Spirit - come to my aid  
Seal me in Your - name - and save me - from destruction

I have loved Your - blessedness and - come after You  
O Lord, in Your - mercy, do not - put me to shame

My lone *desire* - O - my Lord is - to become Yours,  
 I worship You, - O - Father, O - Merciful One

From You, I have - received mercy - and compassion  
 May my mind carry - Your treasure - like a merchant

Grant me, O Lord, - to - read and learn - Your Books in truth  
 I am Your servant; - make me to - live before You

I have eaten - Your - Body, Lord, - and drunk Your blood  
 May I live by - You; - may Your cross - guard me from harm

In pray'r, I called - to - You; may Your - right hand guard me  
 Good Shepherd, make - me - to be a - lamb in Your flock

Praise You Father - of - the worlds and - the King of Life  
 May my request - enter before - Your majesty

O Lord, our Lord, - who - hears all things - and receives pray'rs  
 Hear our requests - and - have mercy - upon our souls

### **BO'UTHO of MOR EPHREM**

*(To be sung in the tone for the Fast)*

Lord, have mercy upon us  
 O Lord receive our service  
 Send us from Your treasure-house  
 Mercy, grace, and forgiveness

Help me to keep vigil and  
 Stand watchfully before You  
 But if I were to slumber  
 May my sleep be without sin

If I sin while keeping watch  
 Lord, forgive me by Your grace  
 And if I sin in my sleep,  
 Absolve me by Your mercy!

O Lord, grant me peaceful sleep  
 By the Cross of Your meekness  
 Save me from all evil dreams  
 And from obscene images

While I sleep throughout this night  
 Lord, protect me and prevent  
 Evil men and sinful thoughts  
 From taking control of me

Send me an angel of light  
 To protect my whole body  
 By Your flesh which I've consumed  
 Save me from hateful passions

Lord, when I lie down to sleep  
 May Your blood be my guardian  
 Granting freedom to my soul  
 Which is formed in Your image

Overshadow my body  
 With Your right hand, which formed it  
 May Your fortress of mercy  
 Be a shield surrounding me

May Your strength be my guardian  
 As my body sleeps in peace  
 May that sleep be like incense  
 Before Your great majesty

By the pray'rs of Your Mother  
 Let not Satan near my bed  
 By Your sacrifice for me  
 Forbid him from harming me

Lord, fulfill what You promised  
 Guard my life by Your Cross that  
 I may praise You when I wake  
 For you loved my feebleness

Grant, by Your compassion, Lord  
 That I may obey Your will  
 Grant us an evening of peace  
 And a night of righteousness

Christ our Savior, O True Light  
 Whose honor dwells in the light  
 You are indeed the True Light  
 Whom the sons of light worship

Jesus, Savior of the world  
 Who dwells truly in the light  
 Have mercy upon us in  
 This world and the world to come

Glory to You! Praise to You!  
 Thousands of praises to You  
 Glory Lord! Glory to You,  
 Lord, have mercy on us all

Praise the One Watchers worship  
 Praise the One the angels serve  
 Lord of Watchers and angels  
 Hear the pleas of Your faithful

Praise Him Who is one essence  
 Praise Him Who is three persons  
 Father, Son, Holy Spirit  
 Who is the One and True God

Glory to Him who accepts  
 Like first-fruits and off'èrings  
 The tears of the penitent  
 And the pray'rs of the feeble

Countless as the leaves of trees  
 Are those on earth who praise You  
 Whom Watchers in Heaven serve  
 And whom angels glorify

With wisdom and purity  
 Let us glorify our God  
 Father, Son, Holy Spirit  
 Who is the one and true God

Do not keep gold and silver  
 Which contain deadly poison  
 Rather, obtain sound doctrine  
 That you are loved by the Lord

Observe the forty-days' fast  
 And give bread to the hungry  
 And as you learned from David  
 Pray seven times every day (*Ps. 119:164*)

Both Moses and Elijah  
 Fasted forty days and nights  
 As our Lord also fasted  
 And conquered the evil one

May the pray'r which ascended  
 From the furnace, sea and pit  
 Open the door of mercy  
 For our pray'r and petition

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

*Lord have mercy, Lord have mercy, Lord have mercy*  
 (*Kurieieison, Kurieieison, Kurieieison*)

**PSALMS OF SUTORO & RESPONSORIAL HYMN**

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

I sat, – Tree of Life, beneath  
Your shadow and ate  
of eternal life – from Your fruit

*“My trust is in You, - Halleluyah  
God is my refuge in whom I trust.”*

You are – our high refuge and  
Mighty strength, O God,  
Our trust and our hope – forever

*For the Lord shall deliver you - Halleluyah  
from the snare which makes you stumble and from talk of vain things.*

O Lord – save us from the snares  
Of the evil one  
Who deceitfully - seeks our fall

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

O Lord – keep us by the pow’r  
Of Your Cross and guard  
Us beneath its wings – forever

*You shall not be afraid of the terror of the night – Halleluyah  
Nor of the arrow, which flies by day.*



Grant us – that we may not fear  
 The terr`or of night  
 Nor the arrows sent - by Satan

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

Keep us – from the obscene word  
 Of Satan; Save us  
 From the word that wastes – at midday

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

Conquer – Satan’s vast army  
 By Your pow’r and by  
 Your cross drive away – his thousands

*But with your eyes alone – Halleluyah  
 you shall see the reward of the wicked*

Lighten, - Lord, our hidden eyes;  
 Do not give Satan  
 Chance to approach us, - Your servants

*Because You have made the Lord your trust; - Halleluyah  
 You have made Your dwelling in the heights*

O Lord – avenge the evil  
 Of Satan’s armies  
 And save us all from – their torment

*Evil shall not come near you, - Halleluyah  
 affliction shall not come near your tent*

The One – on High who came down  
 To visit mankind,  
 Keep all evil from – Your servants

*Because He has commanded his angels concerning you, - Halleluyah  
 That they should keep you in all your ways*

May Your – angels be our guards,  
 For the assembly  
 Of Your servants seeks – Your refuge

*And receive you in their arms, – Halleluyah  
 that you may not stumble with your foot*

Show me – Your ways, O my Lord,  
 And by Your great might  
 Break the pow'r of the – enemy

*You shall tread upon the adder and the basilisk; - Halleluyah  
 You shall trample upon the lion and the dragon*

O Christ – we beseech You to  
 Uphold, by Your strength,  
 The steps of your fai-thful servants

*“Because he has cried to me,” says the Lord, - Halleluyah  
 “I will deliver him and strengthen him.”*

Strengthen – Your worshippers by  
 The pow'r of Your Cross  
 To tread upon the – enemy

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

O Christ – we know Your great name;  
 Have mercy on us  
 And answer us in – Your mercy

*I will strengthen him and honor him; - Halleluyah  
I will satisfy Him with length of days and show him my salvation."*

O Lord – do not give Satan  
The chance to tempt us  
With his deceit and – all his crafts

*[Psalm 121] I have lifted up my eyes to the hills – Halleluyah  
From where will my help come?*

We raise – the eyes of our minds  
Toward You, Savior  
In Your compassion – answer us

*My help is from the Lord, - Halleluyah  
who made heaven and the earth*

May the – pow`er of the Cross  
Be a help for us;  
Destroy Satan's hold – upon us

*He will not suffer your foot to slip, - Halleluyah  
your guardian shall not sleep.*

The Lord – of the heavens and  
The Maker of earth  
Will not suffer our – feet to slip

*Indeed, He neither slumbers nor sleeps, - Halleluyah  
the guardian of Isr`a`el.*

O Lord – our guardian, as we  
Take refuge in You,  
Answer us in Your – compassion

*The Lord is your guardian. - Halleluyah  
The Lord shall shelter you with His right hand*

O Guar-dian of Is`ra`el,  
 In the wilderness,  
 Protect those redeemed – by Your Cross

*The sun shall not harm you by day, - Halleluyah  
 Nor shall the moon harm you by night,*

O Lord – stretch forth Your right hand,  
 And protect us all,  
 Lest the evil one – attack us

*The Lord shall guard you from all evil – Halleluyah  
 And the Lord shall guard your soul*

O Lord – protect Your servants  
 From ev'ry evil,  
 That they may praise You – night and day

*The Lord shall guard your going out - Halleluyah  
 The Lord shall guard your coming in,*

O Christ – guard our souls for we  
 Take refuge in You  
 Savior, by Your grace - have mercy!

*From henceforth and forevermore – Halleluyah  
 And to You belongs the praise, O God.*

To You – belongs glory, Lord,  
 Now and forever  
 From all creatures whom – You fashioned...*Barekmor.*

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

Praise Him – who said, “call and I  
 Will answer; knock and  
 I will open; ask, I will give.”

*Prayer of Mor 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; / You who hear all, /  
hear Your servants’ pray’r 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, Lord / Pardon our offences /  
Have mercy upon us in / this world and the world to come;

May Your mercy protect us. / May Your grace rest upon us. /  
May Your † Cross guard us from the evil one and his pow`ers.

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

By the pray’r of Your mother / and those of all Your saints, /  
forgive us our debts and sins / Have mercy on us, O God.”

*Praise of the Cherubim*  
(Ezekiel 3:12)

† Bless`ed is the glory of the Lord, from His place forever!  
 † Bless`ed is the glory of the Lord, from His place forever!  
 † Bless`ed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us all;  
 Holy and glorious Trinity, have mercy upon us all;  
 Holy and glorious Trinity, have compassion and have mercy on us all!

You are holy and glorious forever  
 You are holy and glorious forever  
 You are holy and bless`ed is Your name, forever and ever.

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

Our Father, who art in heaven...

We believe in One True God...

*Protection Prayer concludes with the Quqlions of the Theotokos & Saints*

<b>MONDAY NIGHT VIGIL</b>
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*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

*(Yoye w'Zodeq)*

Behold, the day has arrived  
For the labor of justice  
For those who work zealously  
To gain the *spiritual* life.

Glory to You, O Lord  
Praise to You; Praise to You  
Merciful One, have mercy!

Awake and work, slothful one!  
And do not be disheartened;  
Be diligent in fasting  
And receive eternal life

Glory to You, O Lord  
Praise to You; Praise to You  
Merciful One, have mercy!

Our Lord teaches us through His  
Parable of repentance:  
He gives to His laborers  
One dinar for one *hour's* work (Mt. 20:1-16)

Glory to You, O Lord  
Praise to You; Praise to You  
Merciful One, have mercy!...Barekmor

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

*Unto the ages of ages and forevermore*



O Great Ocean of Mercy  
 Whose streams pour forth on our race,  
 By the blood poured from Your side,  
 Absolve the debts of Your flock

Glory to You, O Lord  
Praise to You; Praise to You  
 Merciful One, have mercy!

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

### 1<sup>ST</sup> QAUMO

#### EQBO

*(Abo Kthab Hwo – In the Tone of the Day)*

He who loves teaching is loved – and is pleasing to the Lord  
 He will live with kings – and will raise princes  
 He will be chief of nobles – and a guide to all people

*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***(Quqoyo – In the Tone of the Day)*

O Lord, Your servants praise You, Halleluyah  
 May we awake at night and praise the Son of God  
 For on the night when He comes, there will be shouting,  
     And the righteous, – prophets, apostles,  
     And the martyrs – will go to meet Him  
 They will go with Him into His bridal chamber  
 And will inherit life and the Kingdom and sing,  
     Halleluyah, – praises to the Lord...*Barekmor*

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

No night passes in which I do not think of You  
 Upon my bed, I meditate on You, O Lord  
     And I fear You, – for Daniel told me  
     A stream of fire – flows forth before You     *(Daniel 7:10)*  
 Woe to me, for how can I cross it with my sins  
 If Your grace does not beseech Your mercies for me?  
     Halleluyah – Have mercy on me

*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  
     At midnight, David awoke to sing praise to God  
     And to praise the wonders of the divinity  
     Now, you who have discernment, arise at midnight  
     To praise spirit`ua`lly with the Psalms of David

May I be enlightened, Lord, By Your rad`i`ance  
 For You are as the day for the ones who love You  
 The way of the world is a great net full of snares  
 But the one who walks by Your light will not stumble

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 the 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

† **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...

**2<sup>ND</sup> QAUMO****EQBO***(Abo Kthab Hwo – In the Tone of the Day)*

Standing at the outer door – Peter bitterly shed tears:  
 “Lord, open Your door – to Your disciple  
 Heaven and earth weep for me – I lost the keys of heaven”

*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***(Quqoyo – In the Tone of the Day)*

Tell me, David, what is the hymn of praise you sing?

“It is the praise that the watchers and angels sing.

I learned it from – the Holy Spirit,

And I taught it – to the priests of God.”

Behold, the monasteries and churches on earth

Praise the Lord and sing together, “Halleluyah!”

Halleluyah – w’Halleluyah...*Barekmor*

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

*Unto the ages of ages and forevermore*

At midnight, David arose to praise the Godhead

Along with the judgments of the Exalted One

He looked up and – saw the firmament

He saw the stars’ – beautiful movements

He saw the calm and stillness upon creation

And he was filled with wonder and praised You, O Lord,

Halleluyah, – for Your wondr’ous works

*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

By our deeds, we angered You

But You do not long for wrath

For You are filled with mercy;

Your calm is never disturbed

The prophet said, "All nations

Are like a drop of water." (*Isaiah 40:15*)

How then can our offences

Disturb Your serenity?

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 1<sup>st</sup> and 2<sup>nd</sup> 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...

**3<sup>RD</sup> QAUMO****EQBO***(Abo Kthab Hwo – In the Tone of the Day)*

The evil world woke me up - I tell its story, with fear,  
 Of its great evil  
 And its viciousness;  
 I mourn its inhabitants – who drown in the love of it

*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***(Quqoyo – In the Tone of the Day)*

When I sin, I hide myself so that no one sees  
 Yet I cannot hide from God who sees all my deeds  
     Why am I shamed – if a man sees me  
     But have no fear – of my Lord and God?  
 Whether I die soon or live longer in this life  
 I will be delivered to the Judge of judges  
     Halleluyah – have mercy on me...*Barekmor*  
**† Glory to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

Our Father in heaven, answer us when we call  
 For we have no other father who can help us  
     For you were pleased – to raise us from dust  
     Now that we live – spare us from your wrath  
 Teach us, Lord, your commandments that we may keep them  
 And by deeds of justice let us please you, O Lord  
     Halleluyah – Have mercy on us

*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

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

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 be 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***(Quqoyo - Reesh Qolo)*

As is written, the Lord rejoices in fasting  
and He is pleased with love and with virt`u`ous deeds

See how these three, - Moses, Elijah,

And Daniel, have - borne witness to this

Bless`ed is the Lord who rejoices in fasting

And who reconciles with us by pray`r and fasting

Halleluyah - w`Halleluyah...*Barekmor*

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

*Unto the ages of ages and forevermore*

Let those with sins beseech God like the Ninevites,  
For Nineveh proclaimed a fast for forty days

Wearing sackcloth - and sitting in ash,

They waited at - the Physician`s door

Until it was heard that the Lord forgave their sins

And that the judgment of Nineveh was cast down

Halleluyah - w`Halleluyah

*Lord have mercy upon us and help us*

**BO`UTHO of MOR EPHREM***(Tone 5)*

Son, who freed us by Your fast

Have mercy upon us all

Christ, who saved us by Your fast

Have mercy upon us all

The Mighty One became man

And fasted like the prophets

By Your taste, O Lord and God,

May we reject the world`s tastes

O Christ, who fasted for us,

Glory to Him who sent You,

And have mercy upon us

In this world and that to come

Son, who freed us by Your fast  
 Have mercy upon us all  
 O Christ, who fasted for us  
 Accept our fasting and pray'r

*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. Amen.

**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. Amen.**

*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.

<b>MONDAY MORNING PRAYER</b>
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*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 be 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 d'Uhdono*)

Christ our God who by - His great mercies  
Fasted and shamed the devil  
And defeated his pow`er,  
I come to You; Lord, have mercy!

Christ our God who for - our salvation  
Kept the fast like one in need  
And gave us its pleasant yoke,  
I come to You; Lord, have mercy!

Christ who taught the fast - to His athletes  
In order to fight Satan  
with fasting and intense pray`r  
I come to You; Lord, have mercy!

O Redeemer who - by Your fasting  
Cast down the adversary,  
Strengthen us to fight his crafts  
I come to You; Lord, have mercy!

Make us worthy, Lord, - Lover of Man  
To keep fast with discernment  
And to be absolved of sins  
I come to You; Lord, have mercy!

Lord, You have spoken - through the prophets:  
"This is the fast I desire:  
Brother shall love his brother" (Isaiah 58:7)  
I come to You; Lord, have mercy!...*Barekmor*

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

O God, by Your grace - You have granted  
The fast's richness to us all  
May we fast with purity  
I come to You; Lord, have mercy!



*[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

*(Lhaw Daf`ino Markabtho)*

Brethren, - let us take refuge  
 In pure - and holy fasting  
 Like all - the righteous who pleased  
 God by - their holy fasting  
     Halleluyah - w'Halleluyah

Moses - by his fast brought down  
 The Law - for the Israelites  
 Let us - also fast to be  
 Worthy - of the Lord's Kingdom  
     Halleluyah - w'Halleluyah

Moses - fasted on Sinai  
 And his - face shone with brightness  
 The youths - fasted inside the  
 Furnace - and it quenched the flames  
     Halleluyah - w'Halleluyah

The Church - is glorified by  
 The fast - and by righteous works  
 It drives - greed away from her  
 And she - puts on abstinence  
     Halleluyah - w'Halleluyah...*Barekmor*

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

Moses - and Elijah fasted for  
     Forty days and nights  
 Our Lord - fasted forty days  
 And He - overcame Satan  
     Halleluyah - w'Halleluyah

*[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

*(I'Aloho d'Batuno/Mawrbo Tone 2 – b'Dukhrono Demo)*

Christ, the Lord and God of all  
Fasted for us as a man  
And He prepared\_  
A way for us that we should walk in it and - not stumble  
And be saved  
Glorify Him, all His works! Magnify - and exalt  
His Holy name forever!

Come, let us fast from evil  
As our Savior has taught to  
His disciples  
Let us not fast like the Jewish people who - angered God  
My brethren,  
Glorify Him, all His works! Magnify - and exalt  
His Holy name forever!

Fasting is right; pray'r is great  
 But love is nobler than them  
     Come, my brethren  
 Let us be armed with it and reconcile with - each other  
     Let us all  
 Glorify Him, all His works! Magnify - and exalt  
     His Holy name forever!...*Barekmor*

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

By fasting the just of old  
 Gained virtues and received crowns  
     They were glori'ous  
 And they have been made worthy in the Lord's bridal chamber  
     To delight  
 Glorify Him, all His works! Magnify - and exalt  
     His Holy name forever!

*[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***(Qolo d' Shubho)*

Lord, awaken me to the hymns of the angels  
 That I may sing Your praises  
 In the morning, I open my mouth to praise You  
 My Lord and God have mercy.

*Stoumen Kalos, Kurieleison****(Promion & Sedro)*****QOLO***(Btar'okh Moran)*

Those who fast, behold how the Great Holy Fast  
 Magnifies all things  
 May body and soul be covered from evil  
 And our fast please God and be for the pardon  
 Of our debts and sins...*Barekmor*

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

How swift are the wings of the fast which make us  
 Ascend to the heights!  
 Those who fast and do not mix falsehood with it  
 Are mingled with the *spirituals* and enjoy  
 The bliss of heaven

*Unto the ages of ages and forevermore*

I knock at Your door and I beg for mercy  
 From Your treasure-house  
 I am a sinner who has strayed from Your way  
 Grant that I confess and be free from my sins  
 And live in Your grace

*Lord have mercy upon us and help us****(Etro)***

**QOLO***(I'Maryam Yoldath Aloho – Tone 5)*

Our Lord fasted and prepared the way of life  
 That we might walk in it to`ward His Father  
 And we shall rejoice in spirit and in calm  
 Before our God like the watchers in heaven...*Barekmor*

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

The Ninevites fasted and were saved from wrath  
 They humbled themselves with tears of great sorrow  
 And by this, the Lord removed their punishment  
 The Lord reconciled with them and answered them

*Unto the ages of ages and forevermore*

The treasure of the soul is now being filled up  
 Let us not be negligent or be slothful  
 For the adversary is ever-watchful  
 And lays in wait to capture us by his craft

*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 day for the work of justice has come  
 O Sinner, hasten now your course in repentance  
 Accompany the workers the Lord has hi`red  
 Receive the Dinar and be a guest at the feast

The fast is good, but for those who fast without love  
 Their mouth fills with stench and their fast profits nothing  
 Pray'r is much loved, but if love does not raise it up  
 It will be weak and will not enter His presence

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*



<b>MONDAY 3<sup>RD</sup> HOUR PRAYERS</b>
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*Qaumo*

**QOLO**

*(Lokh Moriyo Qorenan – Reesh Qolo)*

With grief and pure fasting, let us beseech Christ,  
Who is the victorious King and who - loves mankind

He is accustomed to reconcile with us  
Just as He had reconciled with the - Ninevites

Bless`ed is – the Lord, our Savior

Who does not – turn His face away

From supplications which are full of - repentance...*Barekmor*

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

*Unto the ages of ages and forevermore*

Bless`ed are those who abstain from all vices  
And keep a fast of discernment with – a pure heart

They have been made an ever-holy temple  
Which ministers God secretly and - openly

O Lord, may – our supplication

To You be – for Your persuasion

Reconcile with us, O Lord, by Your - compassion

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Christ who by His fast redeemed us from sin

Accept our fast and have mercy on us

Bless`ed are those who fast in perfection  
and fast from all passions which pass away,

For the Bridal Chamber and the Kingdom

Are preserved for those faithful in Eden

Elijah fasted and was taken up,  
For those who fast are always in heaven

Lord of those above, Hope of those below,

Accept our fast and have mercy on us

*Qaumo*

<b>MONDAY 6<sup>TH</sup> HOUR PRAYERS</b>
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*Qaumo*

**QOLO**

*(Shlomo d'Abo – Reesh Qolo)*

Brethren, the powerful fast  
 Has come with its benefits  
     Receive it in purity  
 For in the Resurrection  
 It gains confidence for us  
 In the court of God's judgment...*Barekmor*

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

In the furnace, the three youths  
 Wrote a letter to Daniel:  
     "O come and join us in pra'yr,"  
 And Daniel wrote in reply:  
 "Fear not this fire kindled  
     By the Chaldeans for you"

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Son, who freed us by Your fast  
 Have mercy upon us all  
     By the fast which Moses kept  
     His face became luminous;  
     When he fasted forty days,  
     He shone brighter than the sun

Fasting is a great weapon  
 Which cannot be defeated  
 Go forth! Wage war with the fast  
 Which exalts the true warriors

Son, who freed us by Your fast  
 Have mercy upon us all

**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...*

<b>MONDAY 9<sup>TH</sup> HOUR PRAYERS</b>
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*Qaumo*

**QOLO**

*(Hwilo l'Nafesho – Reesh Qolo)*

Bless`ed is he who keeps the fast with all – purity  
 And shares his bread with the needy from a – gentle heart  
     He will receive – reward from the Lord and will  
 Inherit – the Kingdom of God...*Barekmor*

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

*Unto the ages of ages and forevermore*

The great Moses kept the pure fast and shone – like the sun  
 Elijah was raised up by the fast of – the Spirit  
     May we please You – with a pure fast, O Lord God  
 And enter – the Kingdom of God

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Christ who by His fast redeemed us from sin  
 Accept our fast and have mercy on us

He who keeps the fast of Christ our Savior  
 Shall turn his thoughts from passions to the Lord

Let us fast, pray, keep vigil, and worship,  
 For by these, one gains the eternal life

Lord of those above, Hope of those below,  
 Accept our fast and have mercy on us

*Qaumo*