

# Great Lent

## Daily Prayers for the Great Fast



Malankara Orthodox Syrian Church

2020 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>
-------------------------

† **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>THURSDAY EVENING PRAYER</b>
--------------------------------

*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**  
*(Sli Moriyō b'Rahme)*

By fasting, Moses shone bright  
 And saw the presence of God  
 He received the commandments  
 For the house of Is`ra`el

The mouth which abstains from bread  
 Should fast also from deceit  
 The door the King enters through  
 Should not open for malice

While your mouth abstains from food  
 Abstain, also, from all sin  
 Subdue your tongue with fasting,  
 Lest your fast becomes shameful

How beautiful was the fast  
 Daniel fasted in the pit –  
 And he taught the beasts to fast!  
 The just saw this and fasted...*Barekmor*

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

See the king of Nineveh  
 Clothed in sackcloth and fasting  
 To reconcile with his Lord  
 Who was angered by his sin

*Staumen Kalos, Kurielaison*

*(Promion & Sedro)*

**QOLO***(Quqoyo – Reesh Qolo)*

As I was passing by the tribunal, I saw  
 An oppressed and an oppressor stand face to face  
     The oppressed stood – on the right-hand side  
     The oppressor – stood on the left side  
 My Lord, make me worthy to be like the oppressed  
 And save me from the judgment kept for oppressors;  
     Halleluyah – count me with the just...*Barekmor*

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

Sinner, tremble at the judgment which is coming  
 And come for repentance with tears while there is time  
     While you are here – offer petition  
     Lest death should come – and remove your soul  
 For after this life, the supplication will cease,  
 And the tears which you will shed will become worthless  
     Halleluyah – O Lord, have mercy

*Unto the ages of ages and forevermore*

The door of God is opened always, night and day  
 For sinners, the repentant, the good, and wicked:  
     From the sinners, – the sinful woman  
     Bears witness to – His door of mercy,  
 With Simon Peter from among the repentant,  
 Martyrs from the good, and from the wicked, that thief  
     Halleluyah – who was granted life

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

## QOLO

*(Lokh Moriyo Qorenan – Reesh Qolo)*

See how the world is troubled more than the sea  
 And its inhabitants stir up more – than the waves  
 The earth is seated upon their wickedness  
 You are the peace of creation that – calms all things  
     O Lord God, - You alone are good  
     The Church and – her children call you  
 May creation find peace by the peace – from You, Lord...*Barekmor*

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

The time during which we are fallen is brief;  
 The storm that rushes into our minds – is intense.  
 It may be that not even a day passes  
 Without attracting our mind to the – temp'ral life  
     Righteous thoughts – have left from us and  
     Evil thoughts – reign inside our minds  
 O Christ who set us free by Your blood, - have mercy!

*Unto the ages of ages and forevermore*

O Lord, You are not partial in Your judgment  
 Therefore, I am sad, for I know I – am guilty  
 O Lord, when the terrible books are opened  
 And Your justice reads aloud all my – offenses,  
     May Your grace – have pity on me;  
     May Your grace – beseech Your justice  
 My Lord, I confess that I have sinned; have 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

All *hours* with their changes persuade me to sing praise  
 To the One who established and set their limits

The morning knocked and I rose up to see the Lord,  
 But the day with its distractions took me from Him

The rich plunder, the princes seize, the poor grow weak;  
 The oppressor is boasting; the oppressed lament;

The humble are tread on; the wicked are obeyed  
 The world is chaos and stands in hypocrisy

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>THURSDAY PROTECTION PRAYER</b>
-----------------------------------

*Compline/Sutoro*

*Qaumo*

**QOLO**

*(I'Maryam Yoldath Aloho – Tone 5)*

Let him who comes to the holy place to pray  
 Cleanse his body and his soul from in`i`quity  
 Then the Lord will hear his pray`rs and petitions  
 And have mercy on him on the day of judgment...*Barekmor*

**+ *Glory be 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 nearing  
 The world`s end is at the door, as St. Paul spoke  
 Bless`ed is he whose judgment shall be with mercy  
*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

How lovely is the pray`r, which the Son of God taught  
Bless`d is he who meditates on it and keeps it  
All the beauty of justice and perfection is  
Found there for him who takes pains to make it his pray`r

He taught you to pray `Forgive me my debts and sins`  
He desires to forgive and so He taught this pray`r  
If the face of God were not turned t`wards forgiveness  
He would not have taught us to say, "Forgive us, Lord"

O Lord, who hears all and who accepts earnest pray`rs  
Hear our petition and have mercy on our souls

*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*

<b>THURSDAY NIGHT VIGIL</b>
-----------------------------

*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**  
*(Etheer l'Hathoyo)*

Awake, O sinner – while there is still time  
 For repentance  
 Cleanse and purify your stains – with mournful tears and sighing

When the fi`re roars – at the Last Judgment  
 Against sinners  
 O Christ, my King, at that time – may I behold Your mercy

O Jesus, my God – I call upon You  
 And beseech You:  
 Do not punish me, O Lord – according to all my sins

The timely pray`r which – the thief prayed to Christ  
 Is of great wealth  
 For sinners who were made old – by their sins and by their deeds...*Barekmor*

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

My sins are many – my deeds are evil  
 They have drowned me  
 In the raging sea of sin. – Captain of Peace, draw me out!

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

**1<sup>ST</sup> QAUMO****EQBO***(Paradaiso – In the Tone of the Day)*

I believe in You, Son of the Father  
 I have not renounced that Mary bore You  
 Since I have received Your body and blood,  
     May I be enriched by You 'till the end  
 When kings stand before You without their crowns,  
 Have mercy on me, for I confessed You

*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***(Moriyo Moran - In the Tone of the Day)*

O Lord, our Lord, - can I flee from your Spirit  
     Or try to hide - from Your majesty?  
 Your pow'r is there - whether I rise to the heights  
     Or descend to - the depths of She`ol  
 In Your mercy, - make me stand at Your right hand  
     Because no man - is just in Your sight...*Barekmor*

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



When I was young – I worked for you as a slave,  
 King of error, – and you struck me down  
 Now I am old – and you are not satisfied  
 You seek from me – the ways of my youth  
 God will see me – and rescue me from your hands  
 In His mercy, – and save me from you

*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

I long for Your pardon, that it may come to me  
 Give me tears to beg for mercy while I have time;

I thirst for Your mercies, without which, I would cease  
 Sea of mercy, pour Your abundant love on me

My end has come while I have labored at vain things  
 At the end of my life, grant that I may be Yours

The king of deceit shot his arrows to kill me  
 Lord, anoint me with Your medicine and heal me

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 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...

**2<sup>ND</sup> QAUMO****EQBO***(Paradiso - In the Tone of the Day)*

Jesus, Son of the Father, be our help  
 O Jesus, Son of Mary, protect us  
 O Jesus, give strength to us and guard us  
     Jesus, drive out the evil one from us  
 Jesus, forgive our offenses and sins  
 O Jesus, have mercy when you judge us

*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***(Moriyo Moran - In the Tone of the Day)*

O Lord, our Lord, - the ones who gain a good name  
     Rather than wealth - are greatly bless`ed *(Proverbs 22:1)*  
 Work to gain it, - for this world passes away,  
     But bless`d is he - who has obtained it,  
 Halleluyah, - For that one will be honored  
     In this world and - that which is to come...*Barekmor*

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

Woe be to him - whose soul is bound to this world,  
     Because that bond - cannot be broken  
 The world deceives; - he who loves it cannot be  
     Diligent, for - it is seductive  
 Bless`d is he who - like a diligent merchant,  
     Has acquir`ed - life which shall not end

*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  
 Send us from Your treasure-house  
 Mercy, grace, and forgiveness

Let not your body stand there  
 While your heart is distracted  
 May your body be a church  
 Your mind, a sanct`u`ary

May your mouth be a censer,  
 Your lips like smoke of incense,  
 And your tongue a minister,  
 Which pleases the Trinity

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***(Paradiso - In the Tone of the Day)*

Though I have aged, Satan has not grown old,  
 And he seeks from me the ways of my youth  
 My life nears its end but I long to sin

All these things have happened of my own will  
 His weapon is stretched out; his bow is drawn  
 Save me, Lord, from his arrows aimed at me

*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***(Akfirmo - In the Tone of the Day)**The Lord shall free the captives, Halleluyah*

At night, Simon Peter was freed from prison *(Acts 12:5-17)*

At night, the shackles fell from the hands of Paul *(Acts 16:25)*

And at night, the bonds of sin have been cut off from our hands

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

At night, a star of light came forth from Jacob *(Numbers 24:17/Mt 2:2)*

At night, a pillar of light led Israel *(Exodus 13:21)*

Lord, at night, make Your light shine in the hearts of your faithful

*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***(Quqoyo - Reesh Qolo)*

Do not boast, you who have been fashioned from the dust,  
 For you are dust and shall soon return to the earth  
     Come and enter - and see the haughty  
     Who were fearsome - but now lie in tombs  
 Come down from boastfulness, for the proud are humbled,  
 And put on humility which leads to the heights  
     Halleluyah - It will exalt you...*Barekmor*

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

If gold and silver had mouths, they would have spoken:  
 "Do not draw near, for you plundered me from orphans,  
     The destitute - and from the widows,  
     And from the fields - where the poor labored.  
 Woe to you when death comes and leads your soul away  
 I shall stay here, but judgment and *fire* await you!"  
     Halleluyah - w'Halleluyah

*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  
     Why do riches of this world lead you to err`or,  
     That you strive each day for gain that does not profit?  
 You are active in increasing your possessions,  
 Yet when gathered, they remain but for a moment  
     Call out to your possessions; gather your riches  
     If they deliver you from death, let them be yours  
 If your riches cannot prevent fever and plague,  
 Why do you so long for that which is of no use?  
     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. 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. Amen.

- 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>THURSDAY MORNING PRAYER</b>
--------------------------------

*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

(Lo Te'ul Ldino/Ninmeyrakthangal...)

Bless'd are those who fast, - for at Resurrection  
they shall be clothed in - splendor and glory

By the fast of Christ - He has taught His Church  
To conquer Satan - and all his power

Those who strive for pray'r - and holy fasting  
Are the temples of - the Holy Spirit

The Ninevites kept - a fast with sackcloth;  
They repented and - reconciled with God

Upon Mount Sinai, - Moses kept a fast  
And in the darkness - his face shone brightly

Praise to the Father - who sent His own Son,  
Who fasted for us - and taught us to fast...*Barekmor*

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

Praise to the Good One - who promised reward  
For the righteous ones - and for those who fast

*[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

*(Haw Dat'in Kul Beryotho)*

By fasting, the face of the  
 Prophet Moses - shone brightly  
 When he brought down the tablets  
 Of the laws for - Is`ra`el

He was - made bright like the sun  
 Therefore, - come, all my brethren,

Let us fast and pray that we  
 Might inherit the - Kingdom

You who fast, be diligent  
 In these days of - the pure fast  
 With vigils, sighs, tears, and pray'rs,  
 Let us beseech - Christ our God  
 That He - may forgive our sins  
 By His - abundant mercy  
 For, brethren, the time is short,  
 And the end stands at - the door

By the fast Daniel observed  
 In the land of - Babylon,  
 He obtained strength to conquer  
 The fearsome beasts - in the pit  
 O Lord - we take our refuge  
 In pray'r - and holy fasting  
 May Your mercy come to us,  
 For You love those who - repent

This is the fasting by which  
 The just became - virt`u`ous  
 Those on earth fasted and were  
 Mingled with those - in heaven  
 Fasting - is a weapon and  
 Fortress - that will never fail  
 Fasting is a strong rampart  
 That thieves cannot overcome...*Barekmor*

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



Our Lord completed His course  
 With fasting and – suff'ring  
 By His fast, He raised us up  
 From our fallen – condition  
     He made – straight our crookedness  
     Bless'd is – His humility  
 Glory to Him who suffered  
 And endured these things – for us

*[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**  
*(Mshiho Damlakh)*

By the fast God commanded,  
Let us beseech with one voice  
That His peace may reign in us  
And with joy we might praise Him!

Let us fast with purity,  
And extend hands to the poor,  
That our Lord may forgive us  
And His peace reign among us

Let our tongues fast from evil,  
So that we may not rip off  
The sores of all our brethren,  
And become sinners ourselves

Your mouths should keep fast from food  
And from all iniquities  
Subdue your tongue with fasting,  
Or your fast will condemn you...*Barekmor*

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

Rejoice, servants of the King,  
And exult in the pure fast,  
The invincible weapon,  
Which our Lord has taught to us

*[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

*(Aloho Adarain/Udayone Thunacheyka...)*

God, save me - for the storms  
 And tempests - of the sins  
 Which I have - committed - surround me  
     Be a harbor of peace, Lord  
     That I may - not be drowned in sin  
 I seek to repent, stretch out Your hand  
     As You did to Peter- and have mercy  
     Upon me, O Lord!

*Stoumen Kalos, Kurieleison*

*(Promion & Sedro)*

**QOLO**

*(Bhaw Saphrokh Rabo)*

The times are harsh and my sins are many  
 Justice looms and the punishment is hard  
 My brethren, let us please God with good works  
 That by His great love He may have mercy – Halleluyah  
 Lord, by Your abundant grace, have mercy...*Barekmor*

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

“Repent, O sinner,” Justice cries aloud  
 The strict judge has prepared the rods of wrath  
 Let us forgive each other and repent  
 That we may not perish by the Lord’s sword – Halleluyah  
 O Just Judge, have mercy upon us all

*Unto the ages of ages and forevermore*

Your judgment is harsh and our sins are great  
 Justice threatens and I cannot escape  
 When You come, Lord, to the place of judgment  
 Do not enter into judgment with us – Halleluyah  
 Do not remember our faults, O Just Judge

*Lord have mercy upon us and help us*

*(Etro)*

## QOLO

(*Quqoyo – Reesh Qolo*)

Haughtiness has pulled down the proud from their places,  
 And greatness has been bestowed upon the humble  
     The arrogance – and pride of Pharaoh  
     Caused his armies – to drown in the sea  
 Moses, who became humble, divided the sea  
 The people crossed it shouting, “Glory to You, Lord!”  
     Halleluyah - w’Halleluyah...*Barekmor*

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

O Christ, on the day of Your manifestation  
 When all generations give account of their deeds;  
     When You divide – the good from evil,  
     And each goes to – where they’re worthy of;  
 When the sea of fi`re roars against the wicked,  
 May Your grace uphold us, and have mercy on us  
     Halleluyah - w’Halleluyah

*Unto the ages of ages and forevermore*

O Sinner, why do you leave the sanct`u`a`ry  
 When your Lord is *being* offered upon the altar?  
     Why do you not – ask for forgiveness,  
     But, instead, you – leave for no reason?  
 O Sinner, remain and beg for mercy from God  
 Cry out: “Holy, holy, holy are You, O God!”  
     Halleluyah - w’Halleluyah

*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 Judge vested with authority and pow`er:  
 His rank is glor`i`ous and His honor is great;

His word is exalted and His armies obey;  
 He is celebrated as One who has no end

O daytime, how luminous and glor'ious are you!  
 How beautiful and rich and diligent are you!

But woe to you, for the dark evening will arrive  
 Its darkness obscures you, covers you, and blinds you

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>THURSDAY 3<sup>RD</sup> HOUR PRAYERS</b>
---

*Qaumo*

**QOLO**

*(Sohde Aphisunuy – Reesh Qolo)*

Bless'd is he who from this world  
 Gathers provisions for the journey  
 And prepares glor`ious garments for that Day  
 When the True Bridegroom enters  
 To see the guests He has invited,  
 He will go to the banquet and rejoice...*Barekmor*

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

*Unto the ages of ages and forevermore*

Our Lord said in His Gospel  
 To those who were placed at His right hand,  
 "When I was hungry, you gave food to Me;  
 You gave me drink in My thirst,  
 And you visited Me in prison;  
 You have loved Me and have hated this world."

*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

O Rich One, do not deny  
 The pleas of the diligent,  
 For You love the repentant  
 And Your grace longs for the poor

Praise the Merciful Father,  
 The Son who is the Savior  
 And praise the Holy Spirit;  
 May He have mercy on us

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

*Qaumo*

<b>THURSDAY 6<sup>TH</sup> HOUR PRAYERS</b>
---

*Qaumo*

**QOLO**

*(Sohdau Atun – Tone 5)*

A holy fast – is beautiful; vigil is right,

And pray'r is pleasant

These three things stand – against wrath, and they sanctify

The soul and body

Glory to You – my Lord, who reconciles with mankind

Through pray'r and fasting...*Barekmor*

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

*Unto the ages of ages and forevermore*

Grant us, O Lord – Your mercy and Your compassion

And forgive our sins

Grant us new life – in the Kingdom and mercy at

The coming judgment

Lord, on that day – when all that is hidden is revealed

Grant us the kingdom

*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 righteousness of many is very much loved

It has the pow'r always to grant ev'ry request

Though drops of rain are *separate* from one another,

Together they are a flood which cannot be crossed

So, like the drops with gather into a torrent,

Which cannot be crossed on account of its greatness,...

...One petition from many weak mouths will be heard,

And the Great and Just Judge will never reject it

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...*

<b>THURSDAY 9<sup>TH</sup> HOUR PRAYERS</b>
---

*Qaumo*

**QOLO**

*(l'Malkuth Rawmo – Reesh Qolo)*

Gracious Holy One, – by Your great kindness  
 Absolve my sins and – pardon my iniquities;  
 Make me worthy with the just  
 And with the saints who pleased You  
 To sing glory to You, Lord,  
 And enter – Your bridal chamber ...*Barekmor*

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

*Unto the ages of ages and forevermore*

How narrow the door – and straight the path, which  
 Leads to the Kingdom! - He who wants to follow it  
 Needs restraint and discipline  
 He who relaxes his guard  
 Is drawn to the path of sin  
 By his will – he will lose his soul

*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 You who fast, call to the poor and give them bread,  
 And not when they come to you, but go after them,  
 For the fields do not go after the ones who sow  
 But those who sow carry seeds and go to the fields

When the poor knock, do not tell them, "The Lord will give."  
 Those words are vain and they bring no reward to you  
 Instead, give and then you may say, "The Lord provides,"  
 For the poor know better than you that God provides

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

*Qaumo*