

# 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>TUESDAY 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**  
(*Moriyo Qrithokh At*)

Lord, when we call upon You  
Hear our pray'r and have mercy

We beseech, Lord, Your mercies  
Hear our pray'r and have mercy

On account, Lord, of Your grace,  
Accept our fasting and prayer

O Lord, by Your compassion  
Hear our pray'r and have mercy

O Lord, by Your fast for us  
Hear our pray'r and have mercy...*Barekmor*

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

Come, let us praise the Father,  
the Son, and Holy Spirit!

*Staumen Kalos, Kurielaison*

**(*Promion & Sedro*)**

## QOLO

*(Lokh Moriyo Qorenan – Reesh Qolo)*

The prophet cries aloud, “This is the pure fast” *(Isaiah 58:6-7)*  
 He preaches to us as to how we - should keep it:  
 “Loose the knots of wickedness from all your minds;  
 Cut off the burdens of deceit from - all your hearts;  
     Divide your - bread for the needy  
     And welcome - strangers to your homes  
 Is this not the fast that I, the Lord, - have chosen?” ...*Barekmor*

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

The day of suff’ring draws near and frightens us  
 Come, brethren, and approach Him with pray’r - and fasting  
 The just and the righteous also approached Him  
 And received His help and were crowned with - victory  
     David wrote - that “the righteous ones  
     Inherit - the earth and they shall  
 Dwell in the imperishable world - forever” *(Psalm 37:29)*

*Unto the ages of ages and forevermore*

Come to our help, O Lord, we call upon you  
 For the evil one troubles the world - by his craft  
 He has stirred up war among judges and kings  
 He tries to deceive even those who - are righteous  
     What shall we - take our refuge in  
     If not in - Your loving-kindness?  
 Drive away the evil one by Your - Holy Cross

*Lord have mercy upon us and help us*

**(Etro)**

**QOLO**

*(Barubto Brishith – Reesh Qolo)*

Satan saw our Lord – hunger, for Christ became man  
 Willingly, - and as with Adam  
 Satan fought him with food, but bless'd is Christ,  
 Halleluyah w'Halleluyah, who crushed Satan's pow'r...*Barekmor*

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

“Depart, O Satan,” – said our Lord to the evil  
 Enemy, - “for it is written  
 You shall serve God and worship Him alone.”  
 Halleluyah w'Halleluyah, He has made all things

*Unto the ages of ages and forevermore*

Day after day I - promise that tomorrow I  
 Will repent, - yet my days have passed  
 And my sins remain, Lord, pour Your mercy  
 Halleluyah w'Halleluyah, and grace upon me

*Lord have mercy upon us and help us*



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

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

The fast is a great weapon for the diligent  
 Without it, one can neither fight nor win vic'try

O you who have discernment, put on the pure fast,  
 For it is a great weapon for those who wear it

Who can speak of the splendor of fasting, itself,  
 Or comprehend the beauty it helps us to gain?

It is a great treasure which cannot be pillaged  
 Praise Christ, who gave it that we might be glorified

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

*Qaumo*

**QOLO**

*(Qtilo D'aqta/Zodeq d'Nehwe - Tone 6)*

O You the slain - who by Your slaying slew both  
Death and Satan  
Slay the sin, which - dwells in me and makes me its  
Slave by my will

O Good Shepherd - who went in search of  
 Sheep that strayed from - the flock and were lost

O seek for me - who am lost like the one coin

Out of ten, which

The woman lost - and did seek

Because You are - He who finds those who are lost

Halleluyah praise - be to You...*Barekmor*

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

*Unto the ages of ages and forevermore*

Fear not sinner - to turn back and walk the way

Of repentance

For Your Lord has - gone out in search of you and

If He finds you

He will rejoice - and forgive your sins

Like He forgave - the sinful woman

He will stretch His - hand to you as to Peter

And grant to you

As to the thief - Paradise

He will rejoice - and bear you on His shoulders

Halleluyah and - embrace you

*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

The sinner is - loved when his face - is bathed in tears  
And his mouth is - closed by mourning - full of sorrow  
The tears, which flow - from the eyes of - him who repents  
Are cherished and- loved much more than-all precious gems

If you wish to - paint a picture - of repentance  
You must add - your sorrowful tears - to the colors  
Tears are a feast - of repentance, - come and bring them  
Come and enjoy - forgiveness for - your debts and sins

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

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

***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>TUESDAY 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)

Belov`ed, let us awake  
In this holy and pure fast  
And be diligent so that  
You may receive full reward  
Glory to You, O Lord  
Praise to You; Praise to You  
Merciful One, have mercy!

With vigil, fasting and pray'r  
And the labor of justice,  
Let us receive the Kingdom  
Along with eternal life  
Glory to You, O Lord  
Praise to You; Praise to You  
Merciful One, have mercy!

Come, let us not grow weary  
By our labor with the Lord,  
For He will give good reward  
When He comes in His glory  
Glory to You, O Lord  
Praise to You; Praise to You  
Merciful One, have mercy!

Bless`ed are the diligent  
 Who gain the *spiritual* life  
 By the labor of justice  
 In the great vineyard of Christ  
     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*

Bless`ed are you, those who fast,  
 If you fast in purity,  
 Each and ev'ry one of you.  
 Let us fast with discernment  
     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**

*(Honaw Yarho – In the Tone of the Day)*

I know, my Lord – that You are kind – and merciful  
 At the hour of mercy, Jesus,  
 The Hope of those who beseech You,  
 Pour forth mercy – on the sinners – who seek mercy

*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***(Lokh Moriyo Qorenan - In the Tone of the Day)**The harp of the Holy Spirit, Halleluyah*

King David called me by his psalms and woke me

I awoke from sleep, which had fallen on my limbs

He said to me: "Rise up, why are you sleeping?"

For the bribe reaches the judge at the time of night

Stand and pray - and beg for pardon

For Your Lord - is pleased by our tears

His door is always open to those who repent" ...*Barekmor***† Glory to the Father, Son and Holy Spirit***Unto the ages of ages and forevermore*

At night I thought of You, Lover of mankind

And upon my bed I meditated on You

I see my stains and I fear to call on You

But I gain strength by the thief and the publican

Along with - the sinful woman.

They tell me - to be encouraged,

"To approach because our Lord is full of mercy"

*Lord have mercy upon us and help us***BO'UTHO of MOR JACOB***(In the Tone of the Day)*

O Lord, our Lord, we call to You, come to our aid

Hear our requests and have mercy upon our souls

The sick soul says in her pain: "Who will clothe me with

That beauty, which I was clothed in before I sinned?"

If God who is merciful will not accept me,

Who shall restore to me that beauty, which I lost?"

My soul, image of the king, you lost your beauty

But in your Lord's hands your beauty is kept for you

The moment you return He will give it to you

He has kept it for you that it may be restored

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***(Honaw Yarho - In the Tone of the Day)*

Woe be to me – for I have been – among the just  
 But I have profited nothing  
 Because I have not learned their ways  
 I am estranged – and now my sin – keeps me from them

*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***(Lokh Moriyo Qorenan - In the Tone of the Day)*

At night, before God, with the strings of his harp,  
 King David sang the songs of the Holy Spirit.  
 At night, I have risen up to praise Your name  
 On account of the wond'rous laws You gave to us  
     You fashioned – me in Your image  
     And gave me – reason and free will  
 You have made me a beautiful work of Your hands...*Barekmor*

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

At night awaken my mind, O Son of God  
 That I may sing praise and thanksgiving for Your grace  
 The evil one wishes to drown me in sin  
 He drowns me in sleep that I may not sing Your praise  
     Strengthen me – that I might rise up  
     And praise You – for Your compassion  
 And I will cry aloud, "Glory to You, O Lord!"

*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

At night, let those below watch  
 Along with the one above  
 And let them sing glory to  
 The Watcher who never sleeps

Let us not be drowned in sin,  
 My brethren, as if in sleep,  
 And let us all keep vigil  
 To prepare for the bridegroom

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***(Honaw Yarho - In the Tone of the Day)*

O Great Ocean, - full of mercy, - may I be saved  
 From drowning in this sinful world  
 As You saved Peter from the sea  
 For You are the - Harbor of peace - for those with faith

*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***(Lokh Moriyo Qorenan - In the Tone of the Day)*

Come to our help, O Lord, we call upon you  
 For the evil one troubles the world by his craft  
 He has stirred up war among judges and kings  
 He tries to deceive even those who are righteous  
 What shall we - take our refuge in  
 If not in - Your loving-kindness?  
 Drive away the evil one by Your Holy Cross...*Barekmor*

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

O, Lord, you favor no one in your judgement  
 Therefore, I grieve, for I know that I am guilty  
 At the ho`ur when the dread books are opened,  
 Lord, have mercy when Your justice reads out my sins  
 May Your grace - plead with Your justice;  
 May my guilt - receive forgiveness  
 I do not deny that I have sinned; Have mercy!

*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 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

*(Lokh Moriyo Qorenan – Reesh Qolo)*

By fasting, Daniel won vic'try over beasts,

Hananiah and his companions – quenched the flames,

Elijah rose in a chariot of fi`re

Joshua held back the sun and moon – in the sky

Bless'd is he – who with great gladness

Engages – with fasting and pray'r

The Kingdom and Bridal Chamber are – kept for him...*Barekmor*

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

*Unto the ages of ages and forevermore*

This is the pure fast, for it obtains for us

The wings of the Spirit which lift us – to heaven

When you fast, be chaste and pure and full of love

Let your mouth and your heart be free from – all deceit

Be filled with – love for your brother

And love those – who hate and hurt you

Then the Lord will hear your pray'r and show – you mercy

*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 Moses observed,  
The skin of his face shone bright  
He shone brighter than the sun  
By his fast of forty days

Praise the merciful Father  
Who saved us by His Son's fast,  
The Son who fasted for us,  
And the Spirit pleased in fasts

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. Amin.

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

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

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

*Concluding Prayer*

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

*Qaumo*

- OR -

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

*As the angels and archangels on high in heaven sing praise, / so we poor children of earth sing praise and say, at all times and all seasons:*

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

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

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

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

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

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

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

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

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

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

**Concluding Prayer**

*O Lord Jesus Christ,*

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

*(Trisagion)*

**Holy art Thou, O God!**

Holy art Thou, Almighty!

Holy art Thou, Immortal!

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

**Lord, have mercy on us!**

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

Have mercy on us!

**Glory to Thee, O God!**

Glory to Thee, Creator!

Glory to Thee, Christ the King

Who has mercy upon us sinners...Barekmor

**The Lord's Prayer**

**Our Father, Who art in heaven,** / hallowed be Thy name, / Thy kingdom come; / Thy will be done on earth / as it is in heaven. / Give us this day our daily bread, / and forgive us our debts and sins, / as we also have forgiven our debtors. / Lead us not into temptation, / but deliver us from the evil one, / for † Thine is the kingdom, / the power, and the glory, / forever and ever. / Amin.

<b>TUESDAY 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 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 God who taught us - to win vic'try  
Over the adversary  
With holy fasting and pray'r  
I come to You; Lord have mercy!

Christ God, You redeemed - the Ninevites  
Through their fasting and their pray'rs  
And their tears of repentance  
I come to You; Lord have mercy!

Christ our God who by - Your holy fast  
delivered us from Satan  
and from the err'or of sin,  
I come to You; Lord have mercy!

Christ our God who for - our salvation  
Has fought war against Satan  
And banished his pow'r from us  
I come to You; Lord have mercy!

God who through fasting - strengthened us all  
To spirit`ua`lly nourish  
Us with the divine teachings,  
I come to You; Lord have mercy!...*Barekmor*

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

You, who do not wish - for sinners' deaths,  
But rather that they repent  
And be redeemed from evil,  
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

(*'Erbo No' Mor Abeedo*)

My Lord, I am the lost sheep  
 Which has left the way of life  
 I ran after vanity;  
 Good Shepherd, go and seek me  
     Do not - leave me to be lost,  
     But count - me among Your flock  
 And that with those wise virgins  
 I may be made worthy to  
 Enter Your Bridal - Chamber

Pardon all my debts, O God  
 And forgive my transgressions,  
 Because I have greatly sinned  
 And have angered You, O Lord  
     Like the - sinful woman, I  
     Beg You, - Lord, to absolve me  
 So that when You come again  
 I may sing praise to Your grace  
 Among the ranks of - Your saints

Just like the prodigal son,  
 I call upon You, with sighs:  
 "I have sinned against heaven  
 And before You, my Father;  
     Receive - me as a servant  
     And I - shall serve in Your house  
 Pardon all my transgressions  
 Which I have sinned against You  
 For You are full of - mercy

O Lord, I am terrified,  
 For I have heard that in death  
 There is no mem'ry of You.  
 In She`ol, who will praise You?  
     Therefore, - I beg earnestly  
     O Lord, - and with all my heart!  
 In my life, I will praise You  
 And sing to You while I breathe  
 For You are the One - who saves...*Barekmor*

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

Hear the pray'r of Your servants,  
Lord, for we knock at Your door  
See the repentance with sighs  
That we offer before You  
    Do not – turn your gaze from us  
    For the – godless oppose us  
But, Lord, with Your mighty hand,  
Redeem us and have mercy  
For we have called upon You!

*[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**  
(*Yaumo Dethfalag*)

Let us purify with tears of repentance  
 The soul tainted by the multitude of sins  
     And the defilements of sins and of e-vil  
 Let us implore the Lord with sorrow:  
 Have pity, Merciful One  
 For You, alone, are glorious!

May our fast please You, O Lover of Mankind,  
 And may our pray'rs be accepted in Your sight  
     Lord, as You reconciled with the Nine-vites  
     Who had beseeched You in repentance,  
 Reconcile with us, O God  
 And accept our fast and prayers!

In fasting's meadows, may the lamb of Your flock  
 Be fattened spi`ri`tu`ally in holiness  
     May it be led and preserved in puri-ty  
     By the fast, the King gave priesthood to  
 The house of Levi and to  
 Simon's house, apostleship...*Barekmor*

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

By the fasting which he kept in Babylon,  
 Daniel shut the mouths of the fearsome lions  
     And by the fast, the three youths put out the flames  
     By the fast, the Ninevites were saved  
 Through their fast of repentance  
 Offered with loud cries and tears

*[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**

*(Bhaw Nuhro Gayo)*

All the angels serve - Your God-head

In - the - joyous light

And at morning all - creation

Hastens to worship - You, Lord.

*Stoumen Kalos, Kurieleison*

*(Promion & Sedro)*

**QOLO**

*(Quqoyo – Reesh Qolo)*

Let us be diligent in fasting, my brethren  
 Those who fast gain vict'ry and perfection in Christ  
     By it our Lord – fought against Satan  
     By it Moses – shone on Mount Sinai  
 By it Elijah was lifted up to heaven  
 And by it the martyrs were crowned; Bless`ed is He  
     Halleluyah – who gave it to us...*Barekmor*

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

Fasting from bread and water is a minor fast,  
 But if there is almsgiving in it, it is great  
     And great will be – the reward for those  
     Who fast and give – alms to the needy  
 Those with nothing to give should mix love with fasting,  
 And they will be mingled with spi`ri`tual be`ings  
     Halleluyah – at Resurrection

*Unto the ages of ages and forevermore*

Moses fasted forty days upon Mount Sinai,  
 And his face shone brightly by the splendor of God  
     And he received – the Ten Commandments  
     Inscribed in stone – from the Lord our God  
 Bless`ed are you, faithful Church, for by your fasting,  
 You partake truly of the living sacrifice  
     Halleluyah – w'Halleluyah

*Lord have mercy upon us and help us*

**(Etro)**

## QOLO

(Dahto lo Nehte – Reesh Qolo)

Bless`ed is He who – by His fasting won  
 Vict`o`ry over the adversary  
 And opened for us – the path to Heaven  
 With this weapon which leads to lasting life  
     Halleluyah w'Halleluyah  
 Lord, bless`d is Your fast which conquered Satan...*Barekmor*

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

The bread and water – our Lord has given  
 For the body does not save or cause sin  
 But you must abstain – from sin and do good  
 This is the fasting that pleases the Lord  
     Halleluyah w'Halleluyah  
 O Lord, grant us that our fast may please You

*Unto the ages of ages and forevermore*

By my will I sin – and by it, repent  
 I know the reason Satan has caught me  
 Woe to me for I – have sinned against You  
 Woe to me for I am not repentant  
     Halleluyah w'Halleluyah  
 Woe to me when you judge; Lord 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

At this time, when the stomach is deprived of food  
 O Mouth, speak and speak and gain the One who hears You

At this time, the Spirit's riches are *being* gathered  
 All shall awake and fill their baskets with virtues

Praise God who gave to us the unchanging riches,  
 Namely, the fast full of wealth for those who love it

Bless'd is He who gave it to the Church and her flock,  
 And she praises Him, His Father, and His Spirit

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

*Qaumo*

**QOLO**

*(Shlomo d'Abo – Reesh Qolo)*

Let us love one another  
 Love completes the commandments  
     There are those who fast from bread  
 And yet are filled with hatred,  
 Like those who fast from wine yet  
     Kill their brethren secretly...*Barekmor*

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

*Unto the ages of ages and forevermore*

Through the fasting of Daniel,  
 He shut the mouths of lions;  
     Hananiah and his friends  
 Quenched the flames in the furnace,  
 So let us fast, that we may,  
     Rejoice with the spi`ri`tuals

*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

Come, let us offer to Him  
 The off'rings of discernment  
 That we may be worthy of  
 His vision at His Coming

You who fast, offer to God  
 Glory by all your labors;  
 Offer Him good fruits of praise  
 By the beauty of your life

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

*Qaumo*

**QOLO**

*(B'Safro Hazawuy/Shlomo d'Abo – Tone 1, Variation 3)*

On that morning when Light dawns,  
Greatly bless'd are those who fast,  
For with the righteous they will partake of the Lord's banquet  
Their minds will greatly rejoice  
In the rewards of their works...*Barekmor*

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

*Unto the ages of ages and forevermore*

Those who fast with purity  
Are mingled with the watchers  
They are made friends of the glor'ious who excelled in fasting  
Satan cannot approach them,  
For the Lord is their guardian

*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

If your fast is like honey  
But your tongue speaks bitter words  
The sweetness of your fasting  
Is turned into bitterness

O Christ, who fasted for us  
Praise to You, and have mercy  
Have mercy upon us all  
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

**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>TUESDAY 9<sup>TH</sup> HOUR PRAYERS</b>
--

*Qaumo*

**QOLO**

*(More d'Ramsho – Tone 5)*

Brethren, let us – be diligent in  
 Fasting and pray'r, – tears, and in vigil,  
 For by them we – will join the angels  
 And inherit – the Kingdom of God...*Barekmor*

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

This is the fast – our Lord commanded:  
 You shall not hate – brother or neighbor,  
 But you shall love – the ones who hate you  
 And you shall love – even enemies

*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 in Nineveh,  
 That great city was redeemed  
 Mourning passed away from it  
 Through pray'r and supplication

Come, let us all take refuge  
 In fasting, that hard labor,  
 For Elijah did the same  
 And ascended to heaven

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*