

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.

PREFATORY PRAYER

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

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

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

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

QAUMO

(Trisagion)

Holy art Thou, O God!

Holy art Thou, Almighty!

Holy art Thou, Immortal!

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

Lord, have mercy on us!

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

Have mercy on us!

Glory be to Thee, O God!

Glory be to Thee, O Creator!

Glory be to Thee, O Christ the King

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

The Lord's Prayer

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

WEDNESDAY EVENING PRAYER

Vespers/Ramsho

Qaumo

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

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

(Introductory Prayer)

Psalms of Evening

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

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

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

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

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

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

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

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

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

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

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

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

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

ENIYONO
(*Sli Moriyō b'Rahme*)

Brethren, let us take refuge
In pure and holy fasting,
As the just did in their fasts
And pleased the exalted God

Moses fasted and he shone;
Elijah was taken up;
The youths inside the furnace
Fasted and put out the flames

Moses fasted and brought down
The stone tablets of the Law
Therefore, let us also fast
To inherit the Kingdom...*Barekmor*

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

The Church is glorified by
Fasting and works of justice;
She drives away gluttony
And wears the ascetic robes

Staumen Kalos, Kurielaisōn

(*Promion & Sedro*)

QOLO*(Quqoyo – Reesh Qolo)*

One who leaves the Lord's service and wanders about
 Resembles a lamb snatched from the flock by a wolf
 You were the lamb – of the Living God
 The evil one – is the pack of wolves
 Those outside, come enter, for the Bridegroom sees you
 And He will open His door for you to enter
 Halleluyah w'Halleluyah...*Barekmor*

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

If one sows alms and passes away from the world,
 He will reap them on the day of Resurrection
 Bless'd are those who – sow alms and fasting,
 Vigil, and the – works of discernment
 For they wait for Christ, who will come and reward them
 That which ear has never heard nor the heart conceived
 Halleluyah w'Halleluyah

Unto the ages of ages and forevermore

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

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

QOLO

(Bkhul Medem – Tone 5)

Isaiah, in prophecy, - has written us with his hymns,

“This is the fasting - that pleases the Lord:

Give your bread to the hungry - and the afflicted

And without hesitation, - clothe the needy ones.” (Isaiah 58:6-7)

Everyone who does these things

Will not ever be shaken

They will become like a tree - that is planted near water,

Whose leaves will not fall - summer or winter...*Barekmor*

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

Throughout all generations - the righteous were glorified

By holy fasting - and they pleased the Lord

By his fasting, Moses saw - God on the mountain

By his fasting, Daniel closed - the mouths of lions

Hannaniah and his friends,

Through fasting, put out the flames

So let us be diligent - with this weapon of fasting

And let us please God - by lives of virtue

Unto the ages of ages and forevermore

All things I have considered - Nothing have I seen better

Bless'd is he who loved - the fear of the Lord

Joseph the just loved it and - became Egypt's king

Moses loved it and parted - the sea with his staff

Daniel and his friends loved it

And it saved them from the flames

More desirable than gold, - sweeter than the honeycomb,

Bless'd is He who loves - the fear of the Lord

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

What is gained if you fast from bread but sin by word?
 You will tear down what was built and lose the reward

If you fast in diligence but speak boastfully,
 You will still hunger but will lose your righteousness

Glory to Him who chooses the congregations
 to praise Him and makes them partake in His glory

Have mercy, Lord, on the dust that Your hands have made
 Praise to You, Your Father, and Your Holy Spirit

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

WEDNESDAY PROTECTION PRAYER

Compline/Sutoro

Qaumo

QOLO

(Bkhul Medem – Tone 7)

All things I have considered – Nothing have I seen better
 Bless'd is he who loved - the fear of the Lord
 Joseph the just loved it and became king of - Egypt
 Moses loved it and divided the sea with - his staff
 The friends of Daniel loved it_
 And it saved them from the flames_
 More desirable than gold, - sweeter than the honeycomb
 Bless'd is He who loves – the fear of the Lord...*Barekmor*

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

Unto the ages of ages and forevermore

St. Paul wrote me a letter - while I sat down and read it
 Tears flowed from my eyes, for it is written:
 Woe to adulterers and shame be upon - the thieves
 For blasphemers, there will be a fire which is - not quenched
 Woe to me for I have done_
 All these things from my young age_
 Like the tax collector and - just like the sinful woman
 I beseech You Lord - Have mercy on me!

Lord have mercy upon us and help us!

BO'UTHO of MOR EPHREM

(Tone 7)

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

By our displeasing actions,
 We have angered You, O Lord
 You are full of compassion
 And Your peace is not disturbed

O great Ocean of mercy,
 Our sins are a drop of mud
 And a drop of mud cannot
 Make a vast ocean muddy

Glory be to Your great love
 Which is shed upon sinners
 Honor to Your Father and
 To the Holy Spirit, praise

Lord who hearkens to our pray'rs
 Unto us be reconciled
 Hear our pray'r and petitions
 Answer us in Your mercy

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

WEDNESDAY NIGHT VIGIL

Lilyo

Qaumo

Introductory Prayer

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

Introductory Psalms of Night Vigil

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

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

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

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

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

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

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

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

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

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

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

ENIYONO
(Yoye w'Zodeq)

Let us cast of the evil
 And increase in diligence;
 Be active in repentance
 And reject all laziness

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

Brethren, we have spent our days
 With loathsome and heinous works
 Before time passes away,
 Let us all plead for mercy

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

Brethren, cast off all hatred
 And clothe yourselves in virtues
 Let us offer to the King
 Off e`rings of discernment

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

Let us all be diligent
 Before the fast has ended
 While there is still time for trade
 Let us gain the fast's treasures

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)

1ST QAUMO

EQBO

(Qum Paulos – In the Tone of the Day)

I confess all my faults, O Lord,
 So priests may plead on my behalf
 You put forgiveness in their hands
 So that all sinners may have hope
 The priests offer pray’r
 To bring forgiveness;
 They bind and are heard;
 What they loose is loosed above
 Christ made them his faithful stewards
 Who give His wealth to the needy

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

(Bkhul Medem - In the Tone of the Day)

All things I have considered – Nothing have I seen better
 Bless’d is he who loved – the fear of the Lord
 Joseph the just loved it and became Egypt’s king
 Moses loved it and parted the sea with his staff
 The friends of Daniel loved it
 And it saved them from the flames
 More desirable than gold, - sweeter than the honeycomb
 Bless’d is He who loves – the fear of the Lord...*Barekmor*

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

Unto the ages of ages and forevermore

St. Paul wrote me a letter - while I sat down and read it

Tears flowed from my eyes, for it is written:

Woe to adulterers and shame be upon thieves

For blasphemers, there will be *fire* which is not quenched

Woe to me for I have done

All these things from my young age

Like the tax collector and - just like the sinful woman

I beseech You, Lord, - Have mercy on me!

Lord have mercy upon us and help us

BO'UTHO of MOR JACOB

(In the Tone of the Day)

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

Hear our requests and have mercy upon our souls

You who discern, when you hear the sound of the bell,

Long for it with joy and run to the Holy Church

Come to the church for pray'r and recollect Your mind

Without leaving to wander about here or there

Ask the Lord for compassion like one who is weak,

For with compassion, He receives those who seek Him

You will receive the new life with the ranks of saints

Who loved the Father, Son, and the Holy Spirit

Answer O Lord, answer O Lord, and have mercy

Turn the hearts of the sons of men to repentance

Praise of the Cherubim

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

† *Blessed is the glory of the Lord...*

Holy and glorious Trinity, have mercy upon us...

You are holy and glorious forever...

Glory be to You, O Lord...

Our Father who art in Heaven...

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

As I have not renounced You, Lord,
 May my friends not renounce my name
 As I confessed You before man,
 Confess me before Your Father
 O Lord, since I have
 Eaten Your body
 And drunk of Your blood
 Make me worthy of Your bliss
 When You come again in glory
 Forgive me my sins by Your grace

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*(Bkhul Medem - In the Tone of the Day)*

I, Ephrem, am nearing death - and I write my testament
 Pray without ceasing - all day and all night
 When the ploughman ploughs two times his harvest bears fruit
 Do not be like the slothful ones, whose fields sprout thorns
 May this be a witness to
 My disciples after me,
 For he who loves it receives - great reward in both the worlds
 Pray without ceasing - all day and all night...*Barekmor*

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

As I walked along the shore – I noticed how all the fish
Devoured each other – and I re`a`lized,
 If men *devour* each other in this passing world,
 Then why should I be harsh with fish who are not judged?
 I should be harsh with mankind
 Who will stand before judgment
 Though they know they face judgment – they still *devour* each other
 Bless`ed is the Lord – who bears with our kind

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

O Great Ocean of mercy,
 Our sins are a drop of mud,
 And a drop of mud cannot
 Make a vast ocean muddy

Glory be to Your great love
 Which is shed upon sinners
 Honor to Your Father and
 To the Holy Spirit, praise

Lord who hearkens to our pray`rs
 Unto us be reconciled
 Hear our pray`r and petitions
 Answer us in Your mercy

Praise of the Cherubim

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

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

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

Woe to me, friends and belov`ed,
 For I have been lost from the Lord
 My lamp went out at the banquet;
 And I was cast into darkness

Now, I sit in filth,
 A friend of Satan
 And a slave to sin;
 A disgrace to the angels

Woe to me; unless I repent,
 I will be cast into darkness

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*(Enono Nuhro Shareero - In the Tone of the Day)*

God who does not withhold His
 Mercies from those who repent
 Remove afflictions from us
 Along with the rods of wrath
 O Lord, grant us months of joy
 And years of abundant grace,
 And by the sign of Your Cross

Drive out Satan from us that
 We may praise You for Your grace...*Barekmor*

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

God who received the pray'rs of
 Jonah from inside the sea,
 And who ordered the fish to
 Spit him out on the third day,
 O Lord, hear our petition
 O Lord, reconcile with us
 O Lord, answer our requests
 Even though we angered You,
 The Martyrs will pray for us
Lord have mercy upon us and help us

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

Lord, who has mercy even on sinners
 Have mercy on us on Your judgment Day!
 At Your door O Lord, the afflicted knock
 Answer their requests in Your compassion
 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***(Habloh l'Eedtokh - Tone 5)*

The debts of mankind,
 Which had sinned in Eden, were pardoned by God
 Through holy fasting
 And by pure fasting,
 The doors of Paradise were opened, so that
 Adam might enter...*Barekmor*

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

Those with discernment
 Gain wings of the Spirit to fly to heaven
 Through holy fasting
 Let us be made pure
 In these pure days of the fast, that we might gain
 The eternal life

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

 Do not have hate in your heart when you are fasting
 Lest the foul smell from your fasting reaches the King

Do not curse those who hate you when you are fasting
 lest your fasting will become corrupt and worthless

 Praise the Father who removes wrath through pure fasting;
 Praise the Son who forgives debts and sins by the pray'rs;

Praise the Spirit who gave the Church this great weapon;
 The Three have One Nature; To Him belongs glory!

 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.

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.

WEDNESDAY MORNING PRAYER

Matins/Safro

Qaumo

Psalms of Morning

[Psalm 51] **Have mercy on me, O God, in Your loving kindness; / in the abundance of Your mercy blot out my sin.**

Wash me thoroughly from my guilt and cleanse me from my sin, / for I acknowledge my fault and my sins are before me always.

Against You only have I sinned and done evil in Your sight, / that You may be justified in Your words / and vindicated in Your judgment, / for I was born in guilt and in sin did my mother conceive me.

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

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

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

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

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

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

Do good in Your good pleasure to Zion / and build up the walls of Jerusalem. / Then shall You be satisfied with sacrifices of truth / and with whole burnt-offerings; / then shall they offer bullocks upon Your altar. *And to You belongs the praise, O God. Barekmor*

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

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

Lord have mercy upon us and help us.

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

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

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

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

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

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

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

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

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

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

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

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

And to You belongs the praise, O God. Barekmor

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

ENIYONO
(*Bthulto Qadishto*)

Just as the righteous - pleased God by fasting,
Likewise, may our fast - please the gracious Lord

By the fast Moses - kept on Mount Sinai,
God magnified the - splendor of his face

By the fast, Moses - saw a wond'rous sight,
And by the fast, the - Lord is exalted

By Elijah's fast, - his pray`er was heard
And fire from above - consumed his off'ring

By fasting and pray'r, - Nineveh was saved
Bless'd is he who is - diligent in them...*Barekmor*

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

Our Lord taught His Church - by the fast He kept
That she will conquer - Satan by the 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
(*Lekh Netkashaf*)

The great Moses
Kept a pure and holy fast on Mount Sinai
And He brought down
The commandments for the house of Is`ra`el
 He received - words inscribed
 By the finger of fire,
 And he praised the Lord!

Daniel observed
A holy fast and was glorified by it
And He was saved
From the mouths of the fearsome, devouring beasts
 He praised and - glorified
 The Lord who - magnifies
 His faithful servants

For forty days,
Elijah fasted and walked to Mount Horeb,
And by his fast
He bound the heaven and the earth for a time
 Brethren, with - purity
 Let us fast - from passions
 Which shall pass away

O Holy Church,
Praise the Son who by His fast taught her children
To fight Satan.
The gluttony which killed our father Adam
 Through that great - transgression
 Of the Lord's - commandment
 Has now been expelled...*Barekmor*

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

Praise the Father
 And the Son who is from Him with the Spirit,
 The One True God,
 Whose glory cannot be fathomed by angels
 All creatures – glorify
 And worship – the Lord who
 Has created them

*[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

(*Bthulto Yoldath Dmoro, ~"Golgulthayil Sodarare"*)

Make us worthy, - O Lord God
 To - keep the fast in purity without evil,
 To please Your divinity,
 To obtain mut`u`al love,
 And to love - our brethren,
 So that we might find mercy

By their fasting, - great Moses
 Brought - down tablets for the people of Is`ra`el,
 Elijah was lifted up,
 And Daniel conquered the beasts
 My brethren, - let us fast
 To inherit the Kingdom...*Barekmor*

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

I beseech You, - O my Lord,
 Like - that prodigal son, have mercy upon me
 I have sinned against heaven,
 And in Your sight, my Father
 Make me as - Your servant;
 Pardon my sins by Your grace

[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

(B'edon Safro)

At the time of morning – creation worships
Him who drives darkness from it and she sings praise:
“Glory to You, O God!”

(Promion & Sedro)

QOLO

(l'Malkuth Rawmo – Reesh Qolo)

Both soul and body – should fast together,
 For while the body – abstains from bread and water,
 The soul should fast from evil.
 If the soul is not kept from
 Dwelling upon evil thoughts,
 The fast from – bread will be in vain...*Barekmor*

† Glory to the Father, Son and Holy Spirit

The prophet Moses – fasted forty days.
 Upon Mount Sinai, - His body abstained from food,
 And his soul from all evil,
 And he brought down the tablets
 For the house of Is`ra`el
 With the laws – and the commandments

Unto the ages of ages and forevermore

Christ the King at Your – door of compassion
 I knock ev'ry hour, – and from Your rich treasure-house,
 I ask for mercy and grace
 In You Lord, I take refuge
 Shame me not, I've confessed You;
 You're my hope - and strong protection

Lord have mercy upon us and help us

(Etro)

QOLO

(*Quqoyo – Reesh Qolo*)

Bless'd is he who humbles himself with pure fasting
 Like David, the just king and the glor'ious prophet.
 He remembered – the Lord night and day
 He turned from sin – and walked in God's ways
 With purity, he raised his hands toward heaven
 And meditated with his psalms both night and day,
 Halleluyah – and was granted life...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Bless'd is the one who mingles his fasting with love
 In heaven, he will rejoice with the spi`ri`tuals
 The one who adds – giving to his fast
 Greatly excels – in his true beauty;
 He will be mingled with the spi`ri`tual be`ings
 He will inherit blessings, life, and the Kingdom
 Halleluyah – and will sing glory

Unto the ages of ages and forevermore

I grieve knowing that I am Yours only in name,
 For my deeds and faults reveal I am far from You
 Though I long to – confess and repent
 My stubborn pride – does not allow me
 I teach but do not learn; I give drink yet I thirst
 Quench my thirst, O Spring, which was opened by the lance,
 Halleluyah – that I may be filled

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 you fast if you do not love your brother?
For the Lord has chosen a fast full of mercy

O you who are rich, gain compassion in this world
O poor, do not murmur against the one who gives

We are all called to have mercy on our brethren
Those without mercy will be punished by justice

Those who are rich with much gold and great possessions
Should understand that their wealth has made them stewards

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

WEDNESDAY 3RD HOUR PRAYERS
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Qaumo

QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

If the merciful Lord who was incarnate
 Fasted the holy fasting for our – salvation,
 Then it is right that we should fast and repent,
 Beseeching His mercy and asking – for pardon
 Let us fast – from ev’ry evil,
 From deceit, - and from all slander
 That with confidence we may say, “Lord, - have mercy!” ...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

When a merchant prepares for a long journey,
 He prepares provisions to last him – a great while
 When the merchant prepares for a short journey,
 He prepares provisions according – to his need
 Come let us – prepare provisions
 For the great – eternal journey,
 So that we may dwell in His city – at the end

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 Great Ocean of mercy,
 Our sins are a drop of mud,
 And a drop of mud cannot
 Make a vast ocean muddy

Glory be to Your great love
 Which is shed upon sinners
 Honor to Your Father and
 To the Holy Spirit, praise

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

WEDNESDAY 6TH HOUR PRAYERS
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Qaumo

QOLO

(Quqoyo - Reesh Qolo)

Come, O grace, and beseech with us as you are wont,
 For the world sees you as a merciful mother
 Bring with you, peace - and tranquility;
 Spread out your wings - over our weak race
 O grace, you who bear the keys of the house of God,
 Open the door of repentance to the sinners
 Halleluyah - w'Halleluyah...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

If we infants have wandered away by our deeds,
 O Lord, have mercy, for You became an infant,
 And have mercy - on Your holy priests
 Who extolled You - upon the altar;
 Have mercy on Your servants who seek you daily,
 And upon the souls who fell into afflictions
 Halleluyah - Grant comfort to them

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
 Jesus Christ, Lord and Savior,
 May we be restored to life
 By that abundant mercy
 Through which You created us

Physicians are not renowned
 Unless they heal others' wounds
 Likewise, mercy is not loved
 Unless sinners are pardoned

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

WEDNESDAY 9TH HOUR PRAYERS
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Qaumo

QOLO

(Lokh Moriyō Qorenan – Reesh Qolo)

The time that our Lord had spoken of has come
 Brethren, come let us awake while there – is still time
 Let us offer pray'r with tears of repentance
 With compunction, let us beseech Him – for mercy

Lord, as Your – holy mouth has said,
 “Call on me – and I will answer,”

Our souls and bodies cry out to You: “Have mercy!” ...*Barekmor*

† Glory to the Father, Son and Holy Spirit

Unto the ages of ages and forevermore

O Son of God, You taught us in Your Gospel
 That if the sinners repent, the angels rejoice
 Behold, we knock at Your door in repentance
 Protect us under the wings of Your – great mercy

Receive us – that all the angels

May rejoice, - and that praise to You

May multiply night and day from men – and watchers

Lord have mercy upon us and help us

BO'UTHO of MOR BALAI

(Tone 5)

Christ, who by His fast saved us from error,
 Accept our fast and have mercy on us

When judges enter with shame before You,
 Be there, O my Lord, for I trust in You

O Shepherd, when the sheep are divided
 Feed us at Your right side in Paradise

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

Qaumo