



LIVING PRAYERS

An adaptation of prayers of the early church

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Contents

Introduction	1
Statements of the blood of Jesus	2
Introductory prayers	5-8
The prayer of the first hour (morning)	8
The prayer of the third hour	33
The prayer of the sixth hour	49
The prayer of the ninth hour	64
The prayer of the eleventh hour (sunset prayer)	78
The prayer of the twelfth hour (prayer before sleeping)	89
Midnight prayer	105
References	127

Introduction

This prayer book is intended for use at Wells of Prayer Ministry's prayer seminars and personal use. It is an adaptation of an ancient prayer book used by the early church fathers in the first four centuries.

For help and teaching on how to use this prayer book, please contact pastor Heidi Loubser on info@wellssofar.com and visit www.wellssofar.com for prayer seminars to join.

I pray that you will be blessed as you grow in your journey of praying the Word and that your inner man will expand and mature with the fullness of Christ.

The statements of the blood of Jesus

1. The blood of Jesus has redeemed me from the hand of Satan.¹
2. The blood of Jesus has redeemed me from every curse.²

In Christ Jesus, I am free from every curse and blessed with all blessings.

I shall be blessed in my place and my affairs shall be blessed.

I shall be blessed at my work and the fruits of my labour shall be blessed.

I shall be blessed when I come in and I shall be blessed when I go out.

The Lord will cause my enemies who rise up against me to be defeated before my face; they will come at me from one direction but flee from me in seven.

The Lord will send a blessing on my barns and on everything I put my hand to; and the Lord, my God, will bless me in the land He is giving me.

The Lord will establish me as His holy people; then all the peoples on earth will see that I am called by the name of the

¹ Ephesians 1:7

² Galatians 3:13

Lord and they will fear me. The Lord will grant me abundant prosperity.

The Lord will open the heavens, the storehouse of His bounty, to send rain on my land in season and to bless all the work of my hands; so I will lend to many nations but will borrow from none.

The Lord will make me the head, not the tail and I will always be at the top, never at the bottom.³

3. The blood of Jesus has sealed an eternal covenant for me.⁴
4. The blood of Jesus has reconciled me to and granted me peace with: God, the Father, all people and all creation.⁵
5. The blood of Jesus has granted me forgiveness of all my sins.⁶
6. The blood of Jesus, the son of God, cleanses me from all sin.⁷
7. The blood of Jesus justifies me from all condemnation, so all the accusations of the devil against me are nullified; He makes me righteous as though I have never sinned.⁸

³ Deuteronomy 28:1-13

⁴ Hebrews 13:2-

⁵ Ephesians 2:13-16; Colossians 1:20

⁶ Ephesians 1:7

⁷ 1 John 1:7

⁸ Romans 3:24; 5:9

8. The blood of Jesus sanctifies me and consecrates me so I become belonging to my Lord, dedicated to Him and set apart for His ministry.⁹
9. The blood of Jesus cleanses my conscience from acts that lead to death so that I may serve the Living God.¹⁰
10. The blood of Jesus makes me enter the Most Holy Place to serve the Holy God.¹¹
11. The blood of Jesus grants me victory over Satan and all his principalities.¹²
12. The blood of Jesus is the reason for my everlasting rejoicing.¹³
3 Prostrations¹⁴

⁹ 1 Peter 1:2

¹⁰ Hebrews 9:14

¹¹ Hebrews 10:19

¹² Revelation 12:11

¹³ Revelation 7:14, 17; 19:6-7 (by the blood of Jesus, they overcame, made their clothes white, and received the constant comfort of the Lamb — divine joy accompanied them).

¹⁴ Here, you can prostrate once or three times according to your preference.

Introductory prayers

† In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.

† Lord have mercy, Lord have mercy, Lord bless us. Amen.

† Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever and ever. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed be Your Name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins, as we forgive those who sin against us, and lead us not into temptation, but deliver us from evil, through Jesus Christ, our Lord, for Yours is the kingdom, the power, and the glory forever. Amen.

The prayer of thanksgiving

We give thanks to the gracious and merciful God, the Father of our Lord, God and Saviour Jesus Christ, for You have protected, helped and accepted us, had compassion upon us, supported us and brought us till this hour. We also ask the

Almighty God, to keep us in peace this blessed day, and all the days of our life.

We thank You Lord, on every occasion, in every condition and for all things, without You we can do nothing. All envy, all temptation, all works of Satan, all schemes of the wicked, rising up of enemies, seen and unseen, cast them away from us and all Your people, and from this Holy place. You have given us the authority to trample on serpents and scorpions, and over all the power of the enemy. We give You glory, honour and worship, now and forever. Amen.

Psalm 51

Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions, and my sin is ever before me. Against You, You only, have I sinned, and done this evil in Your sight—that You may be found just when You speak, and blameless when You judge.

Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me to hear joy and gladness, that the bones which You have broken may rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You. Deliver me from blood guiltiness, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness.

O Lord, open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart—these, O God, You will not despise. Do good in Your good pleasure to Zion;

build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar. Alleluia.

The first hour

Description: We commemorate the hour at which our Lord Jesus Christ rose from the dead. To be read in the morning, to give thanks to God for the beginning of a new day and to glorify Him for His resurrection.

Morning prayer

Oh come, let us worship, come let us ask Christ our God. Come let us worship, come let us ask Christ our King. Come let us worship, come let us ask Christ our Saviour. Our Lord Jesus Christ, the Word of God, the night has passed away, let us enjoy a fresh start. Keep us this day without sin and deliver us.

The Pauline

(Ephesians 4:1-5) From St. Paul's Epistle to the Ephesians. "I, therefore, the prisoner of the Lord, beseech you to lead a life worthy of the calling with which you were called, with all

lowliness and gentleness, with long-suffering, bearing with one another in love, endeavouring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism.”

Declaration of faith

One is God; the Father of all. One is his Son who became man, died and rose from the dead on the third day, and raised us up with Him. One is the Holy Spirit, the Comforter, and the same in nature, who proceeds from the Father, and sanctifies the whole creation, teaching us to worship the Holy Trinity in one divinity, one nature. We praise Him, and we bless Him forever. Amen.

Psalm 1

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night.

He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. The ungodly are not so, but are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the LORD knows the way of the righteous, but the way of the ungodly shall perish. Alleluia.

Psalm 2

Why do the nations rage, and the people plot a vain thing? The kings of the earth set themselves, and the rulers take counsel together, against the LORD and against His Anointed, saying, "Let us break their bonds in pieces and cast away their cords from us." He who sits in the heavens shall laugh; the LORD shall hold them in derision. Then He shall speak to them in His wrath, and distress them in His deep displeasure: "Yet I have set My King on My holy hill of Zion."

"I will declare the decree: The LORD has said to Me, 'You are My Son, today I have begotten You. Ask of Me, and I will give You the nations for Your inheritance, and the ends of the earth

for Your possession. You shall break them with a rod of iron;
You shall dash them in pieces like a potter's vessel.'"

Now therefore, be wise, O kings; be instructed, you judges of the earth. Serve the LORD with fear, and rejoice with trembling. Kiss the Son, lest He be angry, and you perish in the way, when His wrath is kindled but a little. Blessed are all those who put their trust in Him. Alleluia.

Psalm 3

LORD, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, "There is no help for him in God." But You, O LORD, are a shield for me, my glory and the One who lifts up my head. I cried to the LORD with my voice, and He heard me from His holy hill.

I lay down and slept; I awoke, for the LORD sustained me. I will not be afraid of ten thousands of people who have set themselves against me all around. Arise, O LORD; save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly.

Salvation belongs to the LORD. Your blessing is upon Your people. Alleluia.

Psalm 4

Hear me when I call, O God of my righteousness! You have relieved me when I was in distress; have mercy on me, and hear my prayer. How long, O you sons of men, will you turn my glory to shame? How long will you love worthlessness and seek falsehood? But know that the LORD has set apart for Himself him who is godly; the LORD will hear when I call to Him. Be angry, and do not sin.

Meditate within your heart on your bed, and be still. Offer the sacrifices of righteousness, and put your trust in the LORD. There are many who say, "Who will show us any good?" LORD, lift up the light of Your countenance upon us. You have put gladness in my heart, more than in the season that their grain and wine increased. I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety. Alleluia.

Psalm 5

Give ear to my words, O LORD, consider my meditation. Give heed to the voice of my cry, my King and my God, for to You I will pray. My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up. For You are not a God who takes pleasure in wickedness, nor shall evil dwell with You. The boastful shall not stand in Your sight; You hate all workers of iniquity.

You shall destroy those who speak falsehood; the LORD abhors the bloodthirsty and deceitful man. But as for me, I will come into Your house in the multitude of Your mercy; in fear of You I will worship toward Your holy temple. Lead me, O LORD, in Your righteousness because of my enemies; make Your way straight before my face. For there is no faithfulness in their mouth; their inward part is destruction; their throat is an open tomb; they flatter with their tongue.

Pronounce them guilty, O God! Let them fall by their own counsels; cast them out in the multitude of their transgressions, for they have rebelled against You. But let all those rejoice who put their trust in You; let them ever shout

for joy, because You defend them; let those also who love Your name be joyful in You. For You, O LORD, will bless the righteous; with favour You will surround him as with a shield. Alleluia.

Psalm 6

O LORD, do not rebuke me in Your anger, nor chasten me in Your hot displeasure. Have mercy on me, O LORD, for I am weak; O LORD, heal me, for my bones are troubled. My soul also is greatly troubled; but You, O LORD—how long? Return, O LORD, deliver me! Oh, save me for Your mercies' sake!

For in death there is no remembrance of You; in the grave who will give You thanks? I am weary with my groaning; all night I make my bed swim; I drench my couch with my tears. My eye wastes away because of grief; it grows old because of all my enemies. Depart from me, all you workers of iniquity; for the LORD has heard the voice of my weeping.

The LORD has heard my supplication; the LORD will receive my prayer. Let all my enemies be ashamed and greatly troubled; let them turn back and be ashamed suddenly. Alleluia.

Psalm 8

O LORD, our Lord, how excellent is Your name in all the earth, You who set Your glory above the heavens! Out of the mouth of babes and infants You have ordained strength, because of Your enemies, that You may silence the enemy and the avenger. When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained, what is man that You are mindful of him, and the son of man that You visit him?

For You have made him a little lower than the angels, and You have crowned him with glory and honour. You have made him to have dominion over the works of Your hands; You have put all things under his feet, all sheep and oxen—even the beasts of the field, the birds of the air, and the fish of the sea that pass through the paths of the seas. O LORD, our Lord, how excellent is Your name in all the earth! Alleluia.

Psalm 12

Help, LORD, for the godly man ceases! For the faithful disappear from among the sons of men. They speak idly everyone with his neighbour; with flattering lips and a double

heart they speak. May the LORD cut off all flattering lips, and the tongue that speaks proud things, who have said, "With our tongue we will prevail; Our lips are our own; Who is lord over us?"

"For the oppression of the poor, for the sighing of the needy, now I will arise," says the LORD; "I will set him in the safety for which he yearns." The words of the LORD are pure words, like silver tried in a furnace of earth, purified seven times. You shall keep them, O LORD, You shall preserve them from this generation forever. The wicked prowls on every side, when vileness is exalted among the sons of men. Alleluia.

Psalm 13

How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? How long will my enemy be exalted over me?

Consider and hear me, O LORD my God; enlighten my eyes, lest I sleep the sleep of death; lest my enemy say, "I have prevailed against him"; lest those who trouble me rejoice

when I am moved. But I have trusted in Your mercy; my heart shall rejoice in Your salvation. I will sing to the LORD, because He has dealt bountifully with me. Alleluia.

Psalm 15

LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, and works righteousness, and speaks the truth in his heart; he who does not backbite with his tongue, nor does evil to his neighbour, nor does he take up a reproach against his friend; in whose eyes a vile person is despised, but he honours those who fear the LORD; he who swears to his own hurt and does not change; he who does not put out his money at usury, nor does he take a bribe against the innocent. He who does these things shall never be moved. Alleluia.

Psalm 16

Preserve me, O God, for in You I put my trust. O my soul, you have said to the LORD, "You are my Lord, my goodness is nothing apart from You." And to the saints who are on the earth, "They are the excellent ones, in whom is all my delight." Their sorrows shall be multiplied who hasten after

another god; their drink offerings of blood I will not offer, nor take up their names on my lips.

You, O LORD, are the portion of my inheritance and my cup; You maintain my lot. The lines have fallen to me in pleasant places; yes, I have a good inheritance. I will bless the LORD who has given me counsel; my heart also instructs me in the night seasons. I have set the LORD always before me; because He is at my right hand I shall not be moved.

Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope. For You will not leave my soul in Sheol, nor will You allow Your Holy One to see corruption. You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore. Alleluia.

Psalm 19

The heavens declare the glory of God; and the firmament shows His handiwork. Day unto day utters speech, and night unto night reveals knowledge. There is no speech nor language where their voice is not heard. Their line has gone

out through all the earth, and their words to the end of the world.

In them He has set a tabernacle for the sun, which is like a bridegroom coming out of his chamber, and rejoices like a strong man to run its race. Its rising is from one end of heaven, and its circuit to the other end; and there is nothing hidden from its heat. The law of the LORD is perfect, converting the soul; the testimony of the LORD is sure, making wise the simple; the statutes of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the judgments of the LORD are true and righteous altogether.

More to be desired are they than gold, yea, than much fine gold; sweeter also than honey and the honeycomb. Moreover by them Your servant is warned, and in keeping them there is great reward. Who can understand his errors? Cleanse me from secret faults. Keep back Your servant also from presumptuous sins; let them not have dominion over me. Then I shall be blameless, and I shall be innocent of great transgression. Let the words of my mouth and the meditation

of my heart be acceptable in Your sight, O LORD, my strength and my redeemer. Alleluia.

Psalm 25

To You, O LORD, I lift up my soul. O my God, I trust in You; let me not be ashamed; let not my enemies triumph over me. Indeed, let no one who waits on You be ashamed; let those be ashamed who deal treacherously without cause. Show me Your ways, O LORD; teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation; on You I wait all the day.

Remember, O LORD, Your tender mercies and Your loving kindnesses, for they have been from of old. Do not remember the sins of my youth, nor my transgressions; according to Your mercy remember me, for Your goodness' sake, O LORD. Good and upright is the LORD; therefore He teaches sinners in the way. The humble He guides in justice, and the humble He teaches His way. All the paths of the LORD are mercy and truth, to such as keep His covenant and His testimonies.

For Your name's sake, O LORD, pardon my iniquity, for it is great. Who is the man that fears the LORD? Him shall He teach in the way He chooses. He himself shall dwell in prosperity, and his descendants shall inherit the earth. The secret of the LORD is with those who fear Him, and He will show them His covenant. My eyes are ever toward the LORD, for He shall pluck my feet out of the net. Turn Yourself to me, and have mercy on me, for I am desolate and afflicted.

The troubles of my heart have enlarged; oh, bring me out of my distresses! Look on my affliction and my pain, and forgive all my sins. Consider my enemies, for they are many; and they hate me with cruel hatred. Oh, keep my soul, and deliver me; let me not be ashamed, for I put my trust in You. Let integrity and uprightness preserve me, for I wait for You. Redeem Israel, O God, out of all their troubles! Alleluia.

Psalm 27

The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid? When the wicked came against me to eat up my flesh, my enemies and foes, they stumbled and fell. Though an army

should encamp against me, my heart shall not fear; though war should rise against me, in this I will be confident.

One thing I have desired of the LORD, that will I seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in His temple. For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. And now my head shall be lifted up above my enemies all around me; therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD.

Hear, O LORD, when I cry with my voice! Have mercy also upon me, and answer me. When You said, "Seek My face," My heart said to You, "Your face, LORD, I will seek." Do not hide Your face from me; do not turn Your servant away in anger; You have been my help; do not leave me nor forsake me, O God of my salvation. When my father and my mother forsake me, then the LORD will take care of me. Teach me Your way, O LORD, and lead me in a smooth path, because of my enemies.

Do not deliver me to the will of my adversaries; for false witnesses have risen against me, and such as breathe out violence. I would have lost heart, unless I had believed that I would see the goodness of the LORD in the land of the living. Wait on the LORD; be of good courage, and He shall strengthen your heart; wait, I say, on the LORD! Alleluia.

Psalm 63

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to see Your power and Your glory. Because Your loving-kindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips.

When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me. But those who seek

my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals.

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. Alleluia.

Psalm 67

God be merciful to us and bless us, and cause His face to shine upon us. That Your way may be known on earth, Your salvation among all nations. Let the peoples praise You, O God; Let all the peoples praise You. Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth.

Let the peoples praise You, O God; let all the peoples praise You. Then the earth shall yield her increase; God, our own God, shall bless us. God shall bless us, and all the ends of the earth shall fear Him. Alleluia.

Psalm 70

Make haste, O God, to deliver me! Make haste to help me, O LORD! Let them be ashamed and confounded who seek my life; Let them be turned back and confused who desire my hurt. Let them be turned back because of their shame, who say, “Aha, aha!”

Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, “Let God be magnified!” But I am poor and needy; make haste to me, O God! You are my help and my deliverer; O LORD, do not delay. Alleluia.

Psalm 113

Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD! Blessed be the name of the LORD From this time forth and forevermore! From the rising of the sun to its going down the Lord’s name is to be praised. The LORD is high above all nations, and His glory above the heavens.

Who is like the LORD our God, who dwells on high, who humbles Himself to behold the things that are in the heavens

and in the earth? He raises the poor out of the dust, and lifts the needy out of the ash heap, that He may seat him with princes—with the princes of His people. He grants the barren woman a home, like a joyful mother of children. Alleluia.

Psalm 143

Hear my prayer, O LORD, give ear to my supplications! In Your faithfulness answer me, and in Your righteousness. Do not enter into judgment with Your servant, for in Your sight no one living is righteous. For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead.

Therefore my spirit is overwhelmed within me; my heart within me is distressed. I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. I spread out my hands to You; my soul longs for You like a thirsty land. Answer me speedily, O LORD; my spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit. Cause me to hear Your loving-kindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to You.

Deliver me, O LORD, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O LORD, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. In Your mercy cut off my enemies, and destroy all those who afflict my soul; for I am Your servant. Alleluia.

The Gospel (John 1:1-17)

A chapter from the Holy Gospel according to St. John, may his blessings be with us all. Amen.

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it.

There was a man sent from God, whose name was John. This man came for a witness, to bear witness of the Light, that all through him might believe. He was not that Light, but was sent

to bear witness of that Light. That was the true Light which gives light to every man who comes into the world. He was in the world, and the world was made through Him, and the world did not know Him.

He came to His own, and His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

John bore witness of Him and cried out, saying, "This was He of whom I said, He who comes after me is preferred before me, for He was before me." And of His fullness we have all received, and grace for grace. For the law was given through Moses, but grace and truth came through Jesus Christ. Glory be to God forever. Amen.

Oh True Light, that enlightens every man who comes into the world. You came to the world because of Your love for

mankind and all creation rejoiced at Your coming. We praise You with David, saying: "My eyes are awake through the night, that I may meditate on Your word." Glory be to the Father, the Son and the Holy Spirit forever.

The Gloria

Let us sing with the angels: Glory to God in the highest, peace on earth and goodwill towards men. We praise You, we bless You, we serve You, we worship You, we confess to You, we proclaim Your Glory. O Lord, Lamb of God and Son of the Father, who takes away the sins of the world, have mercy on us.

You alone are Holy and most high. I seek You early, for Your commandments are the light that shines on the earth. I seek Your ways because You are my Helper. Early, my Lord, You shall hear my voice. Tomorrow, I stand before You and You shall see me.

The Creed

Truly we believe in One God, the Almighty God the Father, maker of heaven and earth, of all things visible and invisible.

We believe in one Lord, Jesus Christ the only begotten Son of God, born of the Father before all ages; light out of light, true God out of true God, begotten not made; one with the Father, through whom all things came into being. He descended from heaven for us and for our salvation, and was incarnated from the Holy Spirit and of the virgin Mary, and became man. He was crucified for us at the time of Pontius Pilate.

He suffered and was buried; arose from the dead on the third day in accordance with the Scriptures; He ascended to the heavens and sat at the right hand of the Father; He shall also come in His glory to judge the living and the dead; of whose kingdom there will be no end. Truly we believe in the Holy Spirit, the lifegiving Lord, who proceeds from the Father, we worship and glorify Him together with the Father and the Son, who spoke in the prophets. And in one, holy, universal and Apostolic Church. We acknowledge one baptism for the remission of sins. And we look for the resurrection of the dead and the life of the world to come. Amen.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

O Lord, God of hosts, who makes the sun shine upon the righteous and the wicked; who created and gave light to the world, we thank You for a new day. May Your face shine upon us, and make us children of the light, that we may complete this day in righteousness, purity and good order and that we may complete the rest of our life without any blame, through the grace, compassion and love of mankind of Your Son, Jesus Christ, and by the gift of the Holy Spirit, now and forever more. Amen.

Concluding prayer (To be said at the end of each Hour of Prayer)

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards.

Ease our lives, and guide us to act according to Your commandments. Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

The Third Hour

Description: We commemorate the hour at which our Lord Jesus Christ was condemned. Also, at this hour the Holy Spirit came down on the disciples.

Introductory prayer (from p 5-8)

The Lord's Prayer

The prayer of thanksgiving

Psalm 51

Psalm 20

May the LORD answer you in the day of trouble; may the name of the God of Jacob defend you; may He send you help from the sanctuary, and strengthen you out of Zion; may He remember all your offerings, and accept your burnt sacrifice. May He grant you according to your heart's desire, and fulfil all your purpose. We will rejoice in your salvation, and in the name of our God we will set up our banners!

May the LORD fulfil all your petitions. Now I know that the LORD saves His anointed; He will answer him from His holy heaven with the saving strength of His right hand. Some trust

in chariots, and some in horses; but we will remember the name of the LORD our God. They have bowed down and fallen; but we have risen and stand upright. Save, LORD! May the King answer us when we call. Alleluia.

Psalm 23

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His Name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD Forever. Alleluia.

Psalm 24

The earth is the Lord's, and all its fullness, the world and those who dwell therein. For He has founded it upon the seas, and established it upon the waters. Who may ascend into the hill

of the LORD? Or who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to an idol, nor sworn deceitfully.

He shall receive blessing from the LORD, and righteousness from the God of his salvation. This is Jacob, the generation of those who seek Him, who seek Your face. Lift up your heads, O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in. Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.

Lift up your heads, O you gates! And lift them up, you everlasting doors! And the King of glory shall come in. Who is this King of glory? The LORD of hosts, He is the King of glory. Alleluia.

Psalm 26

Vindicate me, O LORD, for I have walked in my integrity. I have also trusted in the LORD; I shall not slip. Examine me, O LORD, and prove me; try my mind and my heart. For Your loving-kindness is before my eyes, and I have walked in Your truth. I have not sat with idolatrous mortals, nor will I go in with

hypocrites. I have hated the congregation of evil-doers, and will not sit with the wicked. I will wash my hands in innocence; so I will go about Your altar, O LORD, that I may proclaim with the voice of thanksgiving, and tell of all Your wondrous works.

LORD, I have loved the habitation of Your house, and the place where Your glory dwells. Do not gather my soul together with sinners, nor my life with bloodthirsty men, in whose hands is a sinister scheme, and whose right hand is full of bribes. But as for me, I will walk in my integrity; redeem me and be merciful to me. My foot stands in an even place; in the congregations I will bless the LORD. Alleluia.

Psalm 29

Give unto the LORD, O you mighty ones, give unto the LORD glory and strength. Give unto the LORD the glory due to His name; worship the LORD in the beauty of holiness. The voice of the LORD is over the waters; the God of glory thunders; the LORD is over many waters. The voice of the LORD is powerful; the voice of the LORD is full of majesty.

The voice of the LORD breaks the cedars, yes, the LORD splinters the cedars of Lebanon. He makes them also skip like a calf, Lebanon and Sirion like a young wild ox. The voice of the LORD divides the flames of fire. The voice of the LORD shakes the wilderness; the LORD shakes the Wilderness of Kadesh. The voice of the LORD makes the deer give birth, and strips the forests bare; and in His temple everyone says, "Glory!" The LORD sat enthroned at the flood, and the LORD sits as King forever. The LORD will give strength to His people; the LORD will bless His people with peace. Alleluia.

Psalm 30

I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me. O LORD my God, I cried out to You, and You have healed me. O LORD, You have brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. Sing praise to the LORD, You saints of His, and give thanks at the remembrance of His holy name. For His anger is but for a moment, His favour is for life; Weeping may endure for a night, but joy comes in the morning.

Now in my prosperity I said, "I shall never be moved." LORD, by Your favour You have made my mountain stand strong; You hid Your face, and I was troubled. I cried out to You, O LORD; and to the LORD I made supplication: "What profit is there in my blood, when I go down to the pit? Will the dust praise You? Will it declare Your truth? Hear, O LORD, and have mercy on me; LORD, be my helper!"

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever. Alleluia.

Psalm 34

I will bless the LORD at all times; His praise shall continually be in my mouth. My soul shall make its boast in the LORD; the humble shall hear of it and be glad. Oh, magnify the LORD with me, and let us exalt His name together. I sought the LORD, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out, and the LORD heard him, and saved him out of all his troubles.

The angel of the LORD encamps all around those who fear Him, and delivers them. Oh, taste and see that the LORD is good; blessed is the man who trusts in Him! Oh, fear the LORD, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; but those who seek the LORD shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of the LORD. Who is the man who desires life, and loves many days, that he may see good?

Keep your tongue from evil, and your lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it. The eyes of the LORD are on the righteous, and His ears are open to their cry. The face of the LORD is against those who do evil, to cut off the remembrance of them from the earth. The righteous cry out, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.

Many are the afflictions of the righteous, but the LORD delivers him out of them all. He guards all his bones; not one of them is broken. Evil shall slay the wicked, and those who hate the righteous shall be condemned. The LORD redeems

the soul of His servants, and none of those who trust in Him shall be condemned. Alleluia.

Psalm 41

Blessed is he who considers the poor; the LORD will deliver him in time of trouble. The LORD will preserve him and keep him alive, and he will be blessed on the earth; You will not deliver him to the will of his enemies. The LORD will strengthen him on his bed of illness; You will sustain him on his sickbed. I said, "LORD, be merciful to me; Heal my soul, for I have sinned against You."

My enemies speak evil of me: "When will he die, and his name perish?" And if he comes to see me, he speaks vain words; his heart gathers iniquity to itself; when he goes out, he tells it. All who hate me whisper together against me; against me they devise my hurt. "An evil disease," they say, "clings to him. And now that he lies down, he will rise up no more." Even my own familiar friend in whom I trusted, who ate my bread, Has lifted up his heel against me.

But You, O LORD, be merciful to me, and raise me up, that I may repay them. By this I know that You are well pleased with me, because my enemy does not triumph over me. As for me, You uphold me in my integrity, and set me before Your face forever. Blessed be the LORD God of Israel from everlasting to everlasting! Amen and Amen.” Alleluia.

Psalm 43

Vindicate me, O God, and plead my cause against an ungodly nation; oh, deliver me from the deceitful and unjust man! For You are the God of my strength; why do You cast me off? Why do I go mourning because of the oppression of the enemy? Oh, send out Your light and Your truth! Let them lead me; let them bring me to Your holy hill and to Your tabernacle.

Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise You, O God, my God. Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God. Alleluia.

Psalm 45

My heart is overflowing with a good theme; I recite my composition concerning the King; my tongue is the pen of a ready writer. You are fairer than the sons of men; grace is poured upon Your lips; therefore God has blessed You forever. Gird Your sword upon Your thigh, O Mighty One, with Your glory and Your majesty. And in Your majesty ride prosperously because of truth, humility, and righteousness; and Your right hand shall teach You awesome things.

Your arrows are sharp in the heart of the King's enemies; the peoples fall under You. Your throne, O God, is forever and ever; a sceptre of righteousness is the sceptre of Your kingdom. You love righteousness and hate wickedness; therefore God, Your God, has anointed You with the oil of gladness more than Your companions. All Your garments are scented with myrrh and aloes and cassia, out of the ivory palaces, by which they have made You glad.

Kings' daughters are among Your honourable women; at Your right hand stands the queen in gold from Ophir. Listen, O daughter, consider and incline your ear; forget your own

people also, and your father's house; so the King will greatly desire your beauty; because He is your Lord, worship Him. And the daughter of Tyre will be there with a gift; the rich among the people will seek your favour. The royal daughter is all glorious within the palace; her clothing is woven with gold.

She shall be brought to the King in robes of many colours; the virgins, her companions who follow her, shall be brought to You. With gladness and rejoicing they shall be brought; they shall enter the King's palace. Instead of Your fathers shall be Your sons, whom You shall make princes in all the earth. I will make Your name to be remembered in all generations; therefore the people shall praise You forever and ever. Alleluia.

Psalm 46

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling. There is a river whose streams shall make glad the city of God, the holy place of the tabernacle of

the Most High. God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.

The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. The LORD of hosts is with us; the God of Jacob is our refuge. Come, behold the works of the LORD, who has made desolations in the earth. He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts is with us; the God of Jacob is our refuge. Alleluia.

Psalm 47

Oh, clap your hands, all you peoples! Shout to God with the voice of triumph! For the LORD Most High is awesome; He is a great King over all the earth. He will subdue the peoples under us, and the nations under our feet. He will choose our inheritance for us, the excellence of Jacob whom He loves. God has gone up with a shout, the LORD with the sound of a trumpet.

Sing praises to God, sing praises! Sing praises to our King, sing praises! For God is the King of all the earth; sing praises with understanding. God reigns over the nations; God sits on His holy throne. The princes of the people have gathered together, the people of the God of Abraham. For the shields of the earth belong to God; He is greatly exalted. Alleluia.

The Gospel (John 14:26-15:4)

A chapter from the Holy Gospel according to St. John, may his blessings be with us all. Amen.

“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

“You have heard Me say to you, I am going away and coming back to you. If you loved Me, you would rejoice because I said, I am going to the Father, for My Father is greater than I. “And now I have told you before it comes, that when it does come to pass, you may believe. “I will no longer talk much with you,

for the ruler of this world is coming, and he has nothing in Me. "But that the world may know that I love the Father, and as the Father gave Me commandment, so I do. Arise, let us go from here.

"I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in me, and I in you." Glory be to God forever. Amen.

Oh Lord, who sent Your Holy Spirit upon the disciples at the third hour, create a pure heart in us. We ask You our Lord Jesus Christ, renew within us a right and life giving spirit. O Spirit of truth, the Comforter, You are the treasure of goodness and giver of life. Dwell within us, purify us from sin and grant us Your peace. Amen.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

O God of all mercies and Lord of all comfort, at all times, You bring us comfort with Your Holy Spirit. We give You thanks for raising us up for prayer at this holy hour. At this hour, You poured the rich grace of Your Holy Spirit in tongues of fire on Your disciples. We ask for Your grace to purify us and lead us into a deeper awareness of Your presence. You are worthy of glory, honour and power with the Holy Spirit now and forever. Amen.

Concluding prayer

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards. Ease our lives, and guide us to act according to Your commandments.

Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

The Sixth Hour

Description: We commemorate the crucifixion of our Lord Jesus Christ.

Introductory prayers (p5-8)

The Lord's Prayer

The prayer of thanksgiving

Psalm 51

Psalm 54

Save me, O God, by Your name, and vindicate me by Your strength. Hear my prayer, O God; give ear to the words of my mouth. For strangers have risen up against me, and oppressors have sought after my life; they have not set God before them. Behold, God is my helper; the Lord is with those who uphold my life. He will repay my enemies for their evil. Cut them off in Your truth. I will freely sacrifice to You; I will praise Your name, O LORD, for it is good. For He has delivered me out of all trouble; and my eye has seen its desire upon my enemies. Alleluia.

Psalm 57

Be merciful to me, O God, be merciful to me! For my soul trusts in You; and in the shadow of Your wings I will make my refuge, until these calamities have passed by. I will cry out to God Most High, to God who performs all things for me. He shall send from heaven and save me; He reproaches the one who would swallow me up. God shall send forth His mercy and His truth.

My soul is among lions; I lie among the sons of men who are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword. Be exalted, O God, above the heavens; let Your glory be above all the earth. They have prepared a net for my steps; my soul is bowed down; they have dug a pit before me; into the midst of it they themselves have fallen. My heart is steadfast, O God, my heart is steadfast; I will sing and give praise.

Awake, my glory! Awake, lute and harp! I will awaken the dawn. I will praise You, O Lord, among the peoples; I will sing to You among the nations. For Your mercy reaches unto the heavens, and Your truth unto the clouds. Be exalted, O God,

above the heavens; let Your glory be above all the earth.
Alleluia.

Psalm 61

Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I. For You have been a shelter for me, and a strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings.

For You, O God, have heard my vows; You have given me the heritage of those who fear Your name. You will prolong the king's life, His years as many generations. He shall abide before God forever. Oh, prepare mercy and truth, which may preserve him! So I will sing praise to Your name forever, that I may daily perform my vows. Alleluia.

Psalm 63

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to

see Your power and Your glory. Because Your loving-kindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips.

When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me. But those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals. 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. Alleluia.

Psalm 67

God be merciful to us and bless us, and cause His face to shine upon us. That Your way may be known on earth, Your salvation among all nations. Let the peoples praise You, O God; let all the peoples praise You. Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the

nations on earth. Let the peoples praise You, O God; let all the peoples praise You. Then the earth shall yield her increase; God, our own God, shall bless us. God shall bless us, and all the ends of the earth shall fear Him. Alleluia.

Psalm 70

Make haste, O God, to deliver me! Make haste to help me, O LORD! Let them be ashamed and confounded who seek my life; let them be turned back and confused who desire my hurt. Let them be turned back because of their shame, who say, “Aha, aha!” Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, “Let God be magnified!” But I am poor and needy; make haste to me, O God! You are my help and my deliverer; O LORD, do not delay. Alleluia.

Psalm 84

How lovely is Your tabernacle, O LORD of hosts! My soul longs, yes, even faints for the courts of the LORD; my heart and my flesh cry out for the living God. Even the sparrow has found a home, and the swallow a nest for herself, where she may lay her young—even Your altars, O LORD of hosts, my King and my

God. Blessed are those who dwell in Your house; they will still be praising You.

Blessed is the man whose strength is in You, whose heart is set on pilgrimage. As they pass through the Valley of Baca, they make it a spring; the rain also covers it with pools. They go from strength to strength; every one of them appears before God in Zion. O LORD God of hosts, hear my prayer; give ear, O God of Jacob! O God, behold our shield, and look upon the face of Your anointed.

For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness. For the LORD God is a sun and shield; The LORD will give grace and glory; no good thing will He withhold from those who walk uprightly. O LORD of hosts, blessed is the man who trusts in You! Alleluia.

Psalm 85

LORD, You have been favourable to Your land; You have brought back the captivity of Jacob. You have forgiven the iniquity of Your people; You have covered all their sin. You

have taken away all Your wrath; You have turned from the fierceness of Your anger. Restore us, O God of our salvation, and cause Your anger toward us to cease. Will You be angry with us forever? Will You prolong Your anger to all generations?

Will You not revive us again, that Your people may rejoice in You? Show us Your mercy, O LORD, and grant us Your salvation. I will hear what God the LORD will speak, for He will speak peace to His people and to His saints; but let them not turn back to folly. Surely His salvation is near to those who fear Him, that glory may dwell in our land. Mercy and truth have met together; righteousness and peace have kissed each other.

Truth shall spring out of the earth, and righteousness shall look down from heaven. Yes, the LORD will give what is good; and our land will yield its increase. Righteousness will go before Him, and shall make His footsteps our pathway. Alleluia.

Psalm 86

Bow down Your ear, O LORD, hear me; for I am poor and needy. Preserve my life, for I am holy; You are my God; save Your servant who trusts in You! Be merciful to me, O Lord, for I cry to You all day long. Rejoice the soul of Your servant, for to You, O Lord, I lift up my soul. For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You. Give ear, O LORD, to my prayer; and attend to the voice of my supplications.

In the day of my trouble I will call upon You, for You will answer me. Among the gods there is none like You, O Lord; nor are there any works like Your works. All nations whom You have made shall come and worship before You, O Lord, and shall glorify Your name. For You are great, and do wondrous things; You alone are God. Teach me Your way, O LORD; I will walk in Your truth; unite my heart to fear Your name. I will praise You, O Lord my God, with all my heart, and I will glorify Your name forevermore.

For great is Your mercy toward me, and You have delivered my soul from the depths of Sheol. O God, the proud have risen

against me, and a mob of violent men have sought my life, and have not set You before them. But You, O Lord, are a God full of compassion, and gracious, long-suffering and abundant in mercy and truth.

Oh, turn to me, and have mercy on me! Give Your strength to Your servant, and save the son of Your maidservant. Show me a sign for good, that those who hate me may see it and be ashamed, because You, LORD, have helped me and comforted me. Alleluia.

Psalm 87

His foundation is in the holy mountains. The LORD loves the gates of Zion more than all the dwellings of Jacob. Glorious things are spoken of you, O city of God! "I will make mention of Rahab and Babylon to those who know Me; behold, O Philistia and Tyre, with Ethiopia: "This one was born there." And of Zion it will be said, "This one and that one were born in her; and the Most High Himself shall establish her."

The LORD will record, When He registers the peoples: "This one was born there." Both the singers and the players on instruments say, "All my springs are in you." Alleluia.

Psalm 91

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress; my God, in Him I will trust." Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you look, and see the reward of the wicked.

Because you have made the LORD, who is my refuge, even the Most High, your habitation, no evil shall befall you, nor shall

any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways.

They shall bear you up in their hands, lest you dash your foot against a stone. You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample under foot. Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honour him. With long life I will satisfy him, and show him My salvation. Alleluia.

Psalm 93

The LORD reigns, He is clothed with majesty; the LORD is clothed, He has girded Himself with strength. Surely the world is established, so that it cannot be moved. Your throne is established from of old; You are from everlasting. The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their waves. The LORD on high is mightier than the noise of many waters, than the mighty waves of the sea. Your testimonies are very sure; holiness adorns Your house, O LORD, forever. Alleluia.

The Gospel (Matthew 5:1-16)

A chapter from the Holy Gospel according to St. Matthew may his blessings be with us all. Amen.

And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

You are the salt of the earth; but if the salt loses its flavour, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Glory be to God forever. Amen.

Oh Jesus Christ, our Lord, who was nailed to the Cross at the sixth hour. You overcame sin by the cross, by your death You raised the dead. May we come to know Christ crucified and risen. May our minds be saved from foolishness and worldly desires to be focused on Your heavenly laws. We thank You Christ, for You filled us all with joy when You came to help the world. Glory be to You.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

We give thanks to You, our Almighty King, Father of our Lord and saviour Jesus Christ, and we glorify You for You have made the hours of suffering of Your only Son a time of prayer and comfort. Lord help us to live a blameless life of peace and goodness to glorify Your Name. We stand before Your Son, giving thanks for His blood that sets us free from condemnation, so we may praise You with all Your saints. Amen.

Concluding prayer

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards. Ease our lives, and guide us to act according to Your commandments.

Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

The Ninth Hour

Description: We commemorate the hour of death of our Lord Jesus Christ in the flesh, and the right- hand thief who found favour in His eyes.

Introductory prayers (p5-8)

The Lord's Prayer

The prayer of thanksgiving

Psalm 51

Psalm 96

Oh, sing to the LORD a new song! Sing to the LORD, all the earth. Sing to the LORD, bless His name; proclaim the good news of His salvation from day to day. Declare His glory among the nations, His wonders among all peoples. For the LORD is great and greatly to be praised; He is to be feared above all gods. For all the gods of the peoples are idols, but the LORD made the heavens. Honour and majesty are before Him; strength and beauty are in His sanctuary.

Give to the LORD, O kindreds of the peoples, give to the LORD glory and strength. Give to the LORD the glory due His name;

bring an offering, and come into His courts. Oh, worship the LORD in the beauty of holiness! Tremble before Him, all the earth. Say among the nations, “The LORD reigns; the world also is firmly established, it shall not be moved; He shall judge the peoples righteously.”

Let the heavens rejoice, and let the earth be glad; let the sea roar, and all its fullness; let the field be joyful, and all that is in it. Then all the trees of the woods will rejoice before the LORD. For He is coming, for He is coming to judge the earth. He shall judge the world with righteousness, and the peoples with His truth. Alleluia.

Psalm 97

The LORD reigns; let the earth rejoice; let the multitude of isles be glad! Clouds and darkness surround Him; righteousness and justice are the foundation of His throne. A fire goes before Him, and burns up His enemies round about. His lightning lights up the world; the earth sees and trembles. The mountains melt like wax at the presence of the LORD, At the presence of the Lord of the whole earth.

The heavens declare His righteousness, and all the peoples see His glory. Let all be put to shame who serve carved images, who boast of idols. Worship Him, all you gods. Zion hears and is glad, and the daughters of Judah rejoice because of Your judgments, O LORD. For You, LORD, are most high above all the earth; You are exalted far above all gods. You who love the LORD, hate evil!

He preserves the souls of His saints; He delivers them out of the hand of the wicked. Light is sown for the righteous, and gladness for the upright in heart. Rejoice in the LORD, you righteous, and give thanks at the remembrance of his holy name. Alleluia.

Psalm 98

Oh, sing to the LORD a new song! For He has done marvellous things; His right hand and His holy arm have gained Him the victory. The LORD has made known His salvation; His righteousness He has openly shown in the sight of the nations. He has remembered His mercy and His faithfulness to the house of Israel; all the ends of the earth have seen the

salvation of our God. Shout joyfully to the LORD, all the earth; break forth in song, rejoice, and sing praises.

Sing to the LORD with the harp, with the harp and the sound of a psalm, with trumpets and the sound of a horn; shout joyfully before the LORD, the King. Let the sea roar, and all its fullness, the world and those who dwell in it; let the rivers clap their hands; let the hills be joyful together before the LORD, for He is coming to judge the earth. With righteousness He shall judge the world, and the peoples with equity. Alleluia.

Psalm 99

The LORD reigns; let the peoples tremble! He dwells between the cherubim; let the earth be moved! The LORD is great in Zion, and He is high above all the peoples. Let them praise Your great and awesome name—He is holy. The King's strength also loves justice; You have established equity; You have executed justice and righteousness in Jacob. Exalt the LORD our God, and worship at His footstool; for He is holy.

Moses and Aaron were among His priests, and Samuel was among those who called upon His name; they called upon the

LORD, and He answered them. He spoke to them in the cloudy pillar; they kept His testimonies and the ordinance that He gave them. You answered them, O LORD our God; You were to them God-Who-Forgives, though You took vengeance on their deeds. Exalt the LORD our God, and worship at His holy hill; for the LORD our God is holy. Alleluia.

Psalm 100

Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; come before His presence with singing. Know that the LORD, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the LORD is good; His mercy is everlasting, and His truth endures to all generations. Alleluia.

Psalm 101

I will sing of mercy and justice; to You, O LORD, I will sing praises. I will behave wisely in a perfect way. Oh, when will You come to me? I will walk within my house with a perfect heart. I will set nothing wicked before my eyes; I hate the work

of those who fall away; It shall not cling to me. A perverse heart shall depart from me; I will not know wickedness.

Whoever secretly slanders his neighbour, him I will destroy; the one who has a haughty look and a proud heart, him I will not endure. My eyes shall be on the faithful of the land, that they may dwell with me; he who walks in a perfect way, he shall serve me. He who works deceit shall not dwell within my house; he who tells lies shall not continue in my presence. Early I will destroy all the wicked of the land, that I may cut off all the evildoers from the city of the LORD. Alleluia.

Psalm 110

The LORD said to my Lord, "Sit at My right hand, till I make Your enemies Your footstool." The LORD shall send the rod of Your strength out of Zion. Rule in the midst of Your enemies! Your people shall be volunteers in the day of Your power; in the beauties of holiness, from the womb of the morning, You have the dew of Your youth.

The LORD has sworn and will not relent, "You are a priest forever according to the order of Melchizedek." The Lord is at

Your right hand; He shall execute kings in the day of His wrath. He shall judge among the nations, He shall fill the places with dead bodies, He shall execute the heads of many countries. He shall drink of the brook by the wayside; therefore He shall lift up the head. Alleluia.

Psalm 111

Praise the LORD! I will praise the LORD with my whole heart, in the assembly of the upright and in the congregation. The works of the LORD are great, studied by all who have pleasure in them. His work is honourable and glorious, and His righteousness endures forever. He has made His wonderful works to be remembered; the LORD is gracious and full of compassion. He has given food to those who fear Him; He will ever be mindful of His covenant.

He has declared to His people the power of His works, in giving them the heritage of the nations. The works of His hands are verity and justice; all His precepts are sure. They stand fast forever and ever, and are done in truth and uprightness. He has sent redemption to His people; He has commanded His covenant forever: Holy and awesome is His name. The fear of

the LORD is the beginning of wisdom; a good understanding have all those who do His commandments. His praise endures forever. Alleluia.

Psalm 112

Praise the LORD! Blessed is the man who fears the LORD, who delights greatly in His commandments. His descendants will be mighty on earth; the generation of the upright will be blessed. Wealth and riches will be in his house, and his righteousness endures forever. Unto the upright there arises light in the darkness; he is gracious, and full of compassion, and righteous.

A good man deals graciously and lends; he will guide his affairs with discretion. Surely he will never be shaken; the righteous will be in everlasting remembrance. He will not be afraid of evil tidings; his heart is steadfast, trusting in the LORD. His heart is established; he will not be afraid, until he sees his desire upon his enemies. He has dispersed abroad, he has given to the poor; his righteousness endures forever; his horn will be exalted with honour. The wicked will see it and be grieved; he will gnash his teeth and melt away; the desire of the wicked shall perish. Alleluia.

Psalm 113

Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD! Blessed be the name of the LORD from this time forth and forevermore! From the rising of the sun to its going down the Lord's name is to be praised. The LORD is high above all nations, and His glory above the heavens.

Who is like the LORD our God, who dwells on high, who humbles Himself to behold the things that are in the heavens and in the earth? He raises the poor out of the dust, and lifts the needy out of the rubbish heap, that He may seat him with princes—with the princes of His people. He grants the barren woman a home, like a joyful mother of children. Alleluia.

Psalm 116:1-9

I love the LORD, because He has heard my voice and my supplications. Because He has inclined His ear to me, therefore I will call upon Him as long as I live. The pains of death encompassed me, and the pangs of Sheol laid hold of me; I found trouble and sorrow. Then I called upon the name of the LORD: "O LORD, I implore You, deliver my soul!"

Gracious is the LORD, and righteous; yes, our God is merciful. The LORD preserves the simple; I was brought low, and He saved me. Return to your rest, O my soul, for the LORD has dealt bountifully with you. For You have delivered my soul from death, my eyes from tears, and my feet from falling. I will walk before the LORD In the land of the living. Alleluia.

Psalm 116:10-19

I believed, therefore I spoke, "I am greatly afflicted." I said in my haste, "All men are liars." What shall I render to the LORD for all His benefits toward me? I will take up the cup of salvation, and call upon the name of the LORD. I will pay my vows to the LORD now in the presence of all His people. Precious in the sight of the LORD is the death of His saints.

O LORD, truly I am Your servant; I am Your servant, the son of Your maidservant; You have loosed my bonds. I will offer to You the sacrifice of thanksgiving, and will call upon the name of the LORD. I will pay my vows to the LORD now in the presence of all His people, in the courts of the Lord's house, in the midst of you, O Jerusalem. Alleluia.

The Gospel (Luke 9:10-17)

A chapter from the Holy Gospel according to St. Luke may his blessings be with us all. Amen.

And the apostles, when they had returned, told Him all that they had done. And He took them and went aside privately into a deserted place belonging to the city called Bethsaida. But when the multitudes knew it, they followed Him; and He received them and spoke to them about the kingdom of God, and healed those who had need of healing.

When the day began to wear away, the twelve came and said to Him, "Send the multitude away, that they may go into the surrounding towns and country, and lodge and get provisions; for we are in a deserted place here." But He said to them, "You give them something to eat." And they said, "We have no more than five loaves and two fish, unless we go and buy food for all these people."

For there were about five thousand men. And He said to His disciples, "Make them sit down in groups of fifty." And they did so, and made them all sit down. Then He took the five

loaves and the two fish, and looking up to heaven, He blessed and broke them, and gave them to the disciples to set before the multitude. So they all ate and were filled, and twelve baskets of the leftover fragments were taken up by them. Glory be to God forever. Amen.

Oh Lord who tasted death in the flesh at the ninth hour for our sake, we pray: Give us understanding, according to Your wisdom. Give us life through Your word. We praise You and thank You for saving us. Glory be to the Father, the Son and the Holy Spirit.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for

the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

Oh God, the Father of our Lord, God and Saviour Jesus Christ, who through His appearance You saved us from slavery of the enemy. We ask You, in His blessed and glorious name, to raise our minds above worldly care and bodily desires to the remembrance of Your heavenly commandments. Fulfil Your love to humanity O God. Receive our prayers at all times and this prayer of the ninth hour. Grant us to be worthy of Your calling and when we are released from this body, may we be counted among those who kneel before Your throne and are worthy of the sufferings of Your Only Begotten Son, our Lord Jesus Christ.

Grant us Your mercy, forgive us our sins and save us with the hosts of saints who sincerely pleased You ever since the beginning. Lord, cast away from us the power of the adversary and his evil hosts who were trodden by the power of the cross of Your Only Begotten Son. Accept us O Lord Jesus Christ as You accepted the thief on the cross.

Shine unto us the light which You gave to those who were in the darkness of Hades. Restore us all to paradise for You are blessed together with Your Father and the Holy Spirit, and worthy of glory, honour, might and obedience now and forever. Amen.

Concluding prayer

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards. Ease our lives, and guide us to act according to Your commandments.

Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

The Eleventh Hour

(Sunset prayer)

Description: We commemorate the time when the body of Jesus was taken down from the cross, anointed with spices and wrapped in linen.

Introductory prayers (p5-8)

The Lord's Prayer

The prayer of thanksgiving

Psalm 51

Psalm 117

Oh, praise the LORD, all you Gentiles! Laud Him, all you peoples! For His merciful kindness is great toward us, and the truth of the LORD endures forever. Praise the LORD! Alleluia.

Psalm 118

Oh, give thanks to the LORD, for He is good! Because His mercy endures forever. Let Israel now say, "His mercy endures forever." Let the house of Aaron now say, "His mercy endures forever." Let those who fear the LORD now say, "His mercy endures forever." I called on the LORD in distress; The LORD

answered me and set me in a broad place. The LORD is on my side; I will not fear. What can man do to me?

The LORD is for me among those who help me; therefore I shall see my desire on those who hate me. It is better to trust in the LORD than to put confidence in man. It is better to trust in the LORD than to put confidence in princes. All nations surrounded me, but in the name of the LORD I will destroy them. They surrounded me, yes, they surrounded me; but in the name of the LORD I will destroy them.

They surrounded me like bees; they were quenched like a fire of thorns; for in the name of the LORD I will destroy them. You pushed me violently, that I might fall, but the LORD helped me. The LORD is my strength and song, and He has become my salvation. The voice of rejoicing and salvation is in the tents of the righteous; the right hand of the LORD does valiantly. The right hand of the LORD is exalted; the right hand of the LORD does valiantly.

I shall not die, but live, and declare the works of the LORD. The LORD has chastened me severely, but He has not given me

over to death. Open to me the gates of righteousness; I will go through them, and I will praise the LORD. This is the gate of the LORD, through which the righteous shall enter. I will praise You, for You have answered me, and have become my salvation. The stone which the builders rejected has become the chief cornerstone.

This was the Lord's doing; it is marvellous in our eyes. This is the day which the LORD has made; we will rejoice and be glad in it. Save now, I pray, O LORD; O LORD, I pray, send now prosperity. Blessed is he who comes in the name of the LORD! We have blessed you from the house of the LORD.

God is the LORD, and He has given us light; bind the sacrifice with cords to the horns of the altar. You are my God, and I will praise You; You are my God, I will exalt You. Oh, give thanks to the LORD, for He is good! For His mercy endures forever. Alleluia.

Psalm 120

In my distress I cried to the LORD, and He heard me. Deliver my soul, O LORD, from lying lips and from a deceitful tongue.

What shall be given to you, or what shall be done to you, You false tongue? Sharp arrows of the warrior, with coals of the broom tree! Woe is me, that I sojourn in Meshech, that I dwell among the tents of Kedar! My soul has dwelt too long with one who hates peace. I am for peace; but when I speak, they are for war. Alleluia.

Psalm 121

I will lift up my eyes to the hills—from whence comes my help? My help comes from the LORD, who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber nor sleep. The LORD is your keeper; the LORD is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The LORD shall preserve you from all evil; He shall preserve your soul. The LORD shall preserve your going out and your coming in from this time forth, and even forevermore. Alleluia.

Psalm 122

I was glad when they said to me, “Let us go into the house of the LORD.” Our feet have been standing within your gates, O

Jerusalem! Jerusalem is built as a city that is compact together, where the tribes go up, the tribes of the LORD, to the testimony of Israel, to give thanks to the name of the LORD. For thrones are set there for judgment, the thrones of the house of David.

Pray for the peace of Jerusalem: “May they prosper who love you. Peace be within your walls, Prosperity within your palaces.” For the sake of my brethren and companions, I will now say, “Peace be within you.” Because of the house of the LORD our God I will seek your good. Alleluia.

Psalm 123

Unto You I lift up my eyes, O You who dwell in the heavens. Behold, as the eyes of servants look to the hand of their masters, as the eyes of a maid to the hand of her mistress, so our eyes look to the LORD our God, until He has mercy on us. Have mercy on us, O LORD, have mercy on us! For we are exceedingly filled with contempt. Our soul is exceedingly filled with the scorn of those who are at ease. With the contempt of the proud. Alleluia.

Psalm 124

“If it had not been the LORD who was on our side,” let Israel now say— “If it had not been the LORD who was on our side, when men rose up against us, then they would have swallowed us alive, when their wrath was kindled against us; then the waters would have overwhelmed us, the stream would have gone over our soul; then the swollen waters would have gone over our soul.”

Blessed be the LORD, who has not given us as prey to their teeth. Our soul has escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped. Our help is in the name of the LORD, who made heaven and earth. Alleluia.

Psalm 125

Those who trust in the LORD are like Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the LORD surrounds His people from this time forth and forever. For the sceptre of wickedness shall not rest on the land allotted to the righteous, lest the righteous reach out their hands to iniquity.

Do good, O LORD, to those who are good, and to those who are upright in their hearts. As for such as turn aside to their crooked ways, the LORD shall lead them away with the workers of iniquity. Peace be upon Israel. Alleluia.

Psalm 126

When the LORD brought back the captivity of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, "The LORD has done great things for them." The LORD has done great things for us, whereof we are glad. Bring back our captivity, O LORD, as the streams in the south. Those who sow in tears shall reap in joy. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him. Alleluia.

Psalm 127

Unless the LORD builds the house, they labour in vain who build it; unless the LORD guards the city, the watchman stays awake in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep.

Behold, children are a heritage from the LORD, the fruit of the womb is His reward. Like arrows in the hand of a warrior, so are the children of one's youth. Happy is the man who has his quiver full of them; they shall not be ashamed, but shall speak with their enemies in the gate. Alleluia.

Psalm 128

Blessed is everyone who fears the LORD, who walks in His ways. When you eat the labour of your hands, you shall be happy, and it shall be well with you. Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table. Behold, thus shall the man be blessed who fears the LORD. The LORD bless you out of Zion, and may you see the good of Jerusalem all the days of your life. Yes, may you see your children's children. Peace be upon Israel! Alleluia.

Psalm 129

"Many a time they have afflicted me from my youth," Let Israel now say— "Many a time they have afflicted me from my youth; yet they have not prevailed against me. The plowers

plowed on my back; They made their furrows long.” The LORD is righteous; He has cut in pieces the cords of the wicked.

Let all those who hate Zion be put to shame and turned back. Let them be as the grass on the housetops, which withers before it grows up, with which the reaper does not fill his hand, nor he who binds sheaves, his arms. Neither let those who pass by them say, “The blessing of the LORD be upon you; We bless you in the name of the LORD!” Alleluia.

The Gospel (Luke 4:38-41)

A chapter from the Holy Gospel according to St. Luke may his blessings be with us all. Amen.

Now He arose from the synagogue and entered Simon’s house. But Simon’s wife’s mother was sick with a high fever, and they made request of Him concerning her. So He stood over her and rebuked the fever, and it left her. And immediately she arose and served them.

Now when the sun was setting, all those who had anyone sick with various diseases brought them to Him; and He laid His

hands on every one of them and healed them. And demons also came out of many, crying out and saying, “You are the Christ, the Son of God!” And He, rebuking them, did not allow them to speak, for they knew that He was the Christ. Glory be to God forever. Amen.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

Thank you, compassionate Lord, for bringing us thankfully to the night and letting us see Your light until sunset. Save us from the temptations of the enemy and defeat all his traps set

against us. In this coming night, give us peace without pain or anxiety or fatigue so we may wake to praise You and pray to You. At all times and everywhere we glorify and praise Your name, Your Father and the Holy Spirit forevermore. Amen.

Concluding prayer

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards. Ease our lives, and guide us to act according to Your commandments.

Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

The Twelfth Hour

(Prayer Before Sleeping)

Description: We commemorate the laying down of the body of our Lord Jesus Christ in the tomb, also because it is the last hour of man's life in his day, since sleep is considered as a little death.

Introductory prayers (p5-8)

The Lord's Prayer

The prayer of thanksgiving

Psalm 51

Psalm 130

Out of the depths I have cried to You, O LORD; LORD, hear my voice! Let Your ears be attentive to the voice of my supplications. If You, LORD, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared. I wait for the LORD, my soul waits, and in His word I do hope.

My soul waits for the Lord more than those who watch for the morning—I say, more than those who watch for the morning.

O Israel, hope in the LORD; for with the LORD there is mercy, and with Him is abundant redemption. And He shall redeem Israel from all his iniquities. Alleluia.

Psalm 131

LORD, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too profound for me. Surely I have calmed and quieted my soul, Like a weaned child with his mother; like a weaned child is my soul within me. O Israel, hope in the LORD from this time forth and forever. Alleluia.

Psalm 132

LORD, remember David and all his afflictions; how he swore to the LORD, and vowed to the Mighty God of Jacob: "Surely I will not go into the chamber of my house, or go up to the comfort of my bed; I will not give sleep to my eyes or slumber to my eyelids, until I find a place for the LORD, a dwelling place for the Mighty God of Jacob." Behold, we heard of it in Ephrathah; we found it in the fields of the woods. Let us go into His tabernacle; let us worship at His footstool.

Arise, O LORD, to Your resting place, You and the ark of Your strength. Let Your priests be clothed with righteousness, and let Your saints shout for joy. For Your servant David's sake, do not turn away the face of Your Anointed. The LORD has sworn in truth to David; He will not turn from it: "I will set upon your throne the fruit of your body. If your sons will keep My covenant and My testimony which I shall teach them, their sons also shall sit upon your throne forevermore."

For the LORD has chosen Zion; He has desired it for His habitation: "This is My resting place forever; here I will dwell, for I have desired it. I will abundantly bless her provision; I will satisfy her poor with bread. I will also clothe her priests with salvation, and her saints shall shout aloud for joy. There I will make the horn of David grow; I will prepare a lamp for My Anointed. His enemies I will clothe with shame, but upon Himself His crown shall flourish." Alleluia.

Psalm 133

Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious oil upon the head, running down on the beard, the beard of Aaron, running down

on the edge of his garments. It is like the dew of Hermon, descending upon the mountains of Zion; for there the LORD commanded the blessing—life forevermore. Alleluia.

Psalm 134

Behold, bless the LORD, all you servants of the LORD, who by night stand in the house of the LORD! Lift up your hands in the sanctuary, and bless the LORD. The LORD who made heaven and earth bless you from Zion! Alleluia.

Psalm 137

By the rivers of Babylon, there we sat down, yea, we wept when we remembered Zion. We hung our harps upon the willows in the midst of it. For there those who carried us away captive required of us a song, and those who plundered us required of us mirth, saying, “Sing us one of the songs of Zion!” How shall we sing the Lord’s song in a foreign land? If I forget you, O Jerusalem, let my right hand forget her skill!

If I do not remember you, let my tongue cling to the roof of my mouth—if I do not exalt Jerusalem above my chief joy. Remember, O LORD, against the sons of Edom the day of

Jerusalem, who said, "Raze it, raze it, to its very foundation!"
O daughter of Babylon, who are to be destroyed, happy shall
he be who repays you as you have served us! Happy shall he
be who takes and dashes your little ones against the rock.
Alleluia.

Psalm 138

I will praise You with my whole heart; before the gods I will
sing praises to You. I will worship toward Your holy temple,
and praise Your name for Your loving-kindness and Your truth;
for You have magnified Your word above all Your name. In the
day when I cried out, You answered me, and made me bold
with strength in my soul. All the kings of the earth shall praise
You, O LORD, when they hear the words of Your mouth.

Yes, they shall sing of the ways of the LORD, for great is the
glory of the LORD. Though the LORD is on high, yet He regards
the lowly; but the proud He knows from afar. Though I walk in
the midst of trouble, You will revive me; You will stretch out
Your hand against the wrath of my enemies, and Your right
hand will save me. The LORD will perfect that which concerns

me; Your mercy, O LORD, endures forever; do not forsake the works of Your hands. Alleluia.

Psalm 141

LORD, I cry out to You; make haste to me! Give ear to my voice when I cry out to You. Let my prayer be set before You as incense, the lifting up of my hands as the evening sacrifice. Set a guard, O LORD, over my mouth; keep watch over the door of my lips. Do not incline my heart to any evil thing, to practice wicked works with men who work iniquity; and do not let me eat of their delicacies. Let the righteous strike me; it shall be a kindness.

And let him reprove me; it shall be as excellent oil; let my head not refuse it. For still my prayer is against the deeds of the wicked. Their judges are overthrown by the sides of the cliff, and they hear my words, for they are sweet. Our bones are scattered at the mouth of the grave, as when one ploughs and breaks up the earth.

But my eyes are upon You, O God the Lord; in You I take refuge; do not leave my soul destitute. Keep me from the

snare which they have laid for me, and from the traps of the workers of iniquity. Let the wicked fall into their own nets, while I escape safely. Alleluia.

Psalm 142

I cry out to the LORD with my voice; with my voice to the LORD I make my supplication. I pour out my complaint before Him; I declare before Him my trouble. When my spirit was overwhelmed within me, then You knew my path. In the way in which I walk they have secretly set a snare for me. Look on my right hand and see, for there is no one who acknowledges me; refuge has failed me; no one cares for my soul.

I cried out to You, O LORD: I said, "You are my refuge, my portion in the land of the living. Attend to my cry, for I am brought very low; deliver me from my persecutors, for they are stronger than I. Bring my soul out of prison, that I may praise Your name; the righteous shall surround me, for You shall deal bountifully with me." Alleluia.

Psalm 146

Praise the LORD! Praise the LORD, O my soul! While I live I will praise the LORD; I will sing praises to my God while I have my being. Do not put your trust in princes, nor in a son of man, in whom there is no help. His spirit departs, he returns to his earth; in that very day his plans perish. Happy is he who has the God of Jacob for his help, whose hope is in the LORD his God, who made heaven and earth, the sea, and all that is in them; who keeps truth forever, who executes justice for the oppressed, who gives food to the hungry.

The LORD gives freedom to the prisoners. The LORD opens the eyes of the blind; the LORD raises those who are bowed down; the LORD loves the righteous. The LORD watches over the strangers; He relieves the fatherless and widow; but the way of the wicked He turns upside down. The LORD shall reign forever—Your God, O Zion, to all generations. Alleluia.

Psalm 147:1-11

Praise the LORD! For it is good to sing praises to our God; for it is pleasant, and praise is beautiful. The LORD builds up Jerusalem; He gathers together the outcasts of Israel. He heals

the broken-hearted and binds up their wounds. He counts the number of the stars; He calls them all by name. Great is our Lord, and mighty in power; His understanding is infinite.

The LORD lifts up the humble; He casts the wicked down to the ground. Sing to the LORD with thanksgiving; sing praises on the harp to our God, who covers the heavens with clouds, who prepares rain for the earth, who makes grass to grow on the mountains. He gives to the beast its food, and to the young ravens that cry. He does not delight in the strength of the horse; He takes no pleasure in the legs of a man. The LORD takes pleasure in those who fear Him, in those who hope in His mercy. Alleluia.

Psalm 147:12-20

Praise the LORD, O Jerusalem! Praise your God, O Zion! For He has strengthened the bars of your gates; He has blessed your children within you. He makes peace in your borders, and fills you with the finest wheat. He sends out His command to the earth; His word runs very swiftly.

He gives snow like wool; He scatters the frost like ashes; He casts out His hail like morsels; who can stand before His cold? He sends out His word and melts them; He causes His wind to blow, and the waters flow. He declares His word to Jacob, His statutes and His judgments to Israel. He has not dealt thus with any nation; and as for His judgments, they have not known them. Alleluia.

The Gospel (Luke 2:25-32)

A chapter from the Holy Gospel according to St. Luke may his blessings be with us all. Amen.

And behold, there was a man in Jerusalem whose name was Simeon, and this man was just and devout, waiting for the Consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ.

So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, he took Him up in his arms and blessed God and said: "Lord, now You are letting Your servant depart

in peace, according to Your word; for my eyes have seen Your salvation which You have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory of Your people Israel.” Glory be to God forever. Amen.

You are the blessed God of our fathers, Your Holy name is full of glory forever. Hear us, our Lord and Saviour, because You are the hope of the world, You alone are able to protect and save us. Teach me to do Your will, for You are my Lord, You have the spring of life, through Your light we see light, let Your mercy come to those who know You and Your goodness to those who are pure in heart. Your mercy is declared in the mornings and Your justice every night.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for

the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

For the sake of Your Holy name, Lord, for Your goodness and love to mankind, forgive us those sins we committed against You this day, whether they are by action, by words, by thought or any of our senses. Grant us a peaceful night and give us a sleep free of all anxiety, send your angels to protect us from every evil, temptation or the strike of the enemy. Glory and honor to our Lord and Saviour Jesus Christ. Amen.

Concluding prayer

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards. Ease our lives, and guide us to act according to Your commandments.

Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

The Midnight Prayer

Description: We commemorate the three times our Saviour Jesus Christ prayed in Gethsemane during His affliction.

Introductory prayers: (p5-8)

The Lord's Prayer

The prayer of thanksgiving

Psalm 51

Rise children of light, praise the Lord of hosts. Lord when we stand before You, take away from us the sleep of carelessness, and helps us to be alert. Glory to God. Amen.

Psalm 134

Behold, bless the LORD, all you servants of the LORD, who by night stand in the house of the LORD! Lift up your hands in the sanctuary, and bless the LORD. The LORD who made heaven and earth bless you from Zion! Glory be to You O lover of mankind. Let my supplication come before You; deliver me according to Your word. My lips shall utter praise, for You teach me Your statutes. My tongue shall speak of Your word, for all Your commandments are righteousness.

Let Your hand become my help, for I have chosen Your precepts. I long for Your salvation, O LORD, and Your law is my delight. Let my soul live, and it shall praise You; and let Your judgments help me. I have gone astray like a lost sheep; seek Your servant, for I do not forget Your commandments. Alleluia.

Glory be to the Father and to the Son and to the Holy Spirit, now and forever more. Amen.

Let God rise, and all His enemies will scatter and those who despise His Holy Name will disappear. As for Your people, may they multiply through Your blessing thousands performing Your will. Alleluia.

First service

Psalm 119

1. Blessed are the undefiled in the way, who walk in the law of the LORD! Blessed are those who keep His testimonies, who seek Him with the whole heart! They also do no iniquity; they walk in His ways. You have commanded us to keep Your precepts diligently. Oh, that my ways were directed to keep

Your statutes! Then I would not be ashamed, when I look into all Your commandments. I will praise You with uprightness of heart, when I learn Your righteous judgments. I will keep Your statutes; oh, do not forsake me utterly! Glory be to You O lover of mankind.

2. How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; oh, let me not wander from Your commandments! Your word I have hidden in my heart, that I might not sin against You. Blessed are You, O LORD! Teach me Your statutes. With my lips I have declared all the judgments of Your mouth. I have rejoiced in the way of Your testimonies, as much as in all riches. I will meditate on Your precepts, and contemplate Your ways. I will delight myself in Your statutes; I will not forget Your word. Deal bountifully with Your servant, that I may live and keep Your word. How can a young man cleanse his way? By taking heed according to Your word. Glory be to You O lover of mankind.

3. Deal bountifully with Your servant, that I may live and keep Your word. Open my eyes, that I may see wondrous things

from Your law. I am a stranger in the earth; do not hide Your commandments from me. My soul breaks with longing for Your judgments at all times. You rebuke the proud— the cursed, who stray from Your commandments. Remove from me reproach and contempt, for I have kept Your testimonies. Princes also sit and speak against me, but Your servant meditates on Your statutes. Your testimonies also are my delight and my counsellors. Glory be to You O lover of mankind.

4. My soul clings to the dust; revive me according to Your word. I have declared my ways, and You answered me; teach me Your statutes. Make me understand the way of Your precepts; so shall I meditate on Your wondrous works. My soul melts from heaviness; strengthen me according to Your word. Remove from me the way of lying, and grant me Your law graciously. I have chosen the way of truth; Your judgments I have laid before me. I cling to Your testimonies; O LORD, do not put me to shame! I will run in the way of Your commandments, for You shall enlarge my heart. Glory be to You O lover of mankind.

5. Teach me, O LORD, the way of Your statutes, and I shall keep it to the end. Give me understanding, and I shall keep Your law; indeed, I shall observe it with my whole heart. Make me walk in the path of Your commandments, for I delight in it. Incline my heart to Your testimonies, and not to covetousness. Turn away my eyes from looking at worthless things, and revive me in Your way. Establish Your word to Your servant, who is devoted to fearing You. Turn away my reproach which I dread, for Your judgments are good. Behold, I long for Your precepts; revive me in Your righteousness. Glory be to You O lover of mankind.

6. Let Your mercies come also to me, O LORD— Your salvation according to Your word. So shall I have an answer for him who reproaches me, for I trust in Your word. And take not the word of truth utterly out of my mouth, for I have hoped in Your ordinances. So shall I keep Your law continually, forever and ever. And I will walk at liberty, for I seek Your precepts. I will speak of Your testimonies also before kings, and will not be ashamed. And I will delight myself in Your commandments, which I love. My hands also I will lift up to Your

commandments, which I love, and I will meditate on Your statutes. Glory be to You O lover of mankind.

7. Remember the word to Your servant, upon which You have caused me to hope. This is my comfort in my affliction, for Your word has given me life. The proud have me in great derision, yet I do not turn aside from Your law. I remembered Your judgments of old, O LORD, and have comforted myself. Indignation has taken hold of me because of the wicked, who forsake Your law. Your statutes have been my songs in the house of my pilgrimage. I remember Your name in the night, O LORD, and I keep Your law. This has become mine, because I kept Your precepts. Glory be to You O lover of mankind.

8. You are my portion, O LORD; I have said that I would keep Your words. I entreated Your favour with my whole heart; be merciful to me according to Your word. I thought about my ways, and turned my feet to Your testimonies. I made haste, and did not delay to keep Your commandments. The cords of the wicked have bound me, but I have not forgotten Your law. At midnight I will rise to give thanks to You, because of Your righteous judgments. I am a companion of all those who fear

You, and of those who keep Your precepts. The earth, O LORD, is full of Your mercy; teach me Your statutes. Glory be to You O lover of mankind.

9. You have dealt well with Your servant, O LORD, according to Your word. Teach me good judgment and knowledge, for I believe Your commandments. Before I was afflicted I went astray, but now I keep Your word. You are good, and do good; teach me Your statutes. The proud have forged a lie against me, but I will keep Your precepts with my whole heart. Their heart is as fat as grease, but I delight in Your law. It is good for me that I have been afflicted, that I may learn Your statutes. The law of Your mouth is better to me than thousands of shekels of gold and silver. Glory be to You O lover of mankind.

10. Your hands have made me and fashioned me; give me understanding, that I may learn Your commandments. Those who fear You will be glad when they see me, because I have hoped in Your word. I know, O LORD, that Your judgments are right, and that in faithfulness You have afflicted me. Let, I pray, Your merciful kindness be for my comfort, according to Your word to Your servant. Let Your tender mercies come to me,

that I may live; for Your law is my delight. Let the proud be ashamed, for they treated me wrongfully with falsehood; but I will meditate on Your precepts. Let those who fear You turn to me, those who know Your testimonies. Let my heart be blameless regarding Your statutes, that I may not be ashamed. Glory be to You O lover of mankind.

11. My soul faints for Your salvation, but I hope in Your word. My eyes fail from seeking Your word, saying, "When will You comfort me?" For I have become like a wineskin in smoke, yet I do not forget Your statutes. How many are the days of Your servant? When will You execute judgment on those who persecute me? The proud have dug pits for me, which is not according to Your law. All Your commandments are faithful; they persecute me wrongfully; help me! They almost made an end of me on earth, but I did not forsake Your precepts. Revive me according to Your loving-kindness, so that I may keep the testimony of Your mouth. Glory be to You O lover of mankind.

12. Forever, O LORD, Your word is settled in heaven. Your faithfulness endures to all generations; You established the earth, and it abides. They continue this day according to Your

ordinances, for all are Your servants. Unless Your law had been my delight, I would then have perished in my affliction. I will never forget Your precepts, for by them You have given me life. I am Yours, save me; for I have sought Your precepts. The wicked wait for me to destroy me, but I will consider Your testimonies. I have seen the consummation of all perfection, but Your commandment is exceedingly broad. Glory be to You O lover of mankind.

13. Oh, how I love Your law! It is my meditation all the day. You, through Your commandments, make me wiser than my enemies; for they are ever with me. I have more understanding than all my teachers, for Your testimonies are my meditation. I understand more than the ancients, because I keep Your precepts. I have restrained my feet from every evil way, that I may keep Your word. I have not departed from Your judgments, for You Yourself have taught me. How sweet are Your words to my taste, sweeter than honey to my mouth! Through Your precepts I get understanding; therefore I hate every false way. Glory be to You O lover of mankind.

14. Your word is a lamp to my feet and a light to my path. I have sworn and confirmed that I will keep Your righteous judgments. I am afflicted very much; revive me, O LORD, according to Your word. Accept, I pray, the freewill offerings of my mouth, O LORD, and teach me Your judgments. My life is continually in my hand, yet I do not forget Your law. The wicked have laid a snare for me, yet I have not strayed from Your precepts. Your testimonies I have taken as a heritage forever, for they are the rejoicing of my heart. I have inclined my heart to perform Your statutes forever, to the very end. Glory be to You O lover of mankind.

15. I hate the double-minded, but I love Your law. You are my hiding place and my shield; I hope in Your word. Depart from me, you evildoers, for I will keep the commandments of my God! Uphold me according to Your word, that I may live; and do not let me be ashamed of my hope. Hold me up, and I shall be safe, And I shall observe Your statutes continually. You reject all those who stray from Your statutes, for their deceit is falsehood. You put away all the wicked of the earth like dross; therefore I love Your testimonies. My flesh trembles for

fear of You, and I am afraid of Your judgments. Glory be to You
O lover of mankind.

16. I have done justice and righteousness; do not leave me to
my oppressors. Be surety for Your servant for good; do not let
the proud oppress me. My eyes fail from seeking Your
salvation and Your righteous word. Deal with Your servant
according to Your mercy, and teach me Your statutes. I am
Your servant; give me understanding, that I may know Your
testimonies. It is time for You to act, O LORD, for they have
regarded Your law as void. Therefore I love Your
commandments more than gold, yes, than fine gold!
Therefore all Your precepts concerning all things I consider to
be right; I hate every false way. Glory be to You O lover of
mankind.

17. Your testimonies are wonderful; therefore my soul keeps
them. The entrance of Your words gives light; it gives
understanding to the simple. I opened my mouth and panted,
for I longed for Your commandments. Look upon me and be
merciful to me, as Your custom is toward those who love Your
name. Direct my steps by Your word, and let no iniquity have

dominion over me. Redeem me from the oppression of man, that I may keep Your precepts. Make Your face shine upon Your servant, and teach me Your statutes. Rivers of water run down from my eyes, because men do not keep Your law. Glory be to You O lover of mankind.

18. Righteous are You, O LORD, and upright are Your judgments. Your testimonies, which You have commanded, are righteous and very faithful. My zeal has consumed me, because my enemies have forgotten Your words. Your word is very pure; therefore Your servant loves it. I am small and despised, yet I do not forget Your precepts. Your righteousness is an everlasting righteousness, and Your law is truth. Trouble and anguish have overtaken me, yet Your commandments are my delights. The righteousness of Your testimonies is everlasting; give me understanding, and I shall live. Glory be to You O lover of mankind.

19. I cry out with my whole heart; hear me, O LORD! I will keep Your statutes. I cry out to You; save me, and I will keep Your testimonies. I rise before the dawning of the morning, and cry for help; I hope in Your word. My eyes are awake through the

night watches, that I may meditate on Your word. Hear my voice according to Your loving-kindness; O LORD, revive me according to Your justice. They draw near who follow after wickedness; they are far from Your law. You are near, O LORD, and all Your commandments are truth. Concerning Your testimonies, I have known of old that You have founded them forever. Glory be to You O lover of mankind.

20. Consider my affliction and deliver me, for I do not forget Your law. Plead my cause and redeem me; revive me according to Your word. Salvation is far from the wicked, for they do not seek Your statutes. Great are Your tender mercies, O LORD; revive me according to Your judgments. Many are my persecutors and my enemies, yet I do not turn from Your testimonies. I see the treacherous, and am disgusted, because they do not keep Your word. Consider how I love Your precepts; revive me, O LORD, according to Your loving-kindness. The entirety of Your word is truth, and every one of Your righteous judgments endures forever. Glory be to You O lover of mankind.

21. Princes persecute me without a cause, but my heart stands in awe of Your word. I rejoice at Your word as one who finds great treasure. I hate and abhor lying, but I love Your law. Seven times a day I praise You, because of Your righteous judgments. Great peace have those who love Your law, and nothing causes them to stumble. LORD, I hope for Your salvation, and I do Your commandments. My soul keeps Your testimonies, and I love them exceedingly. I keep Your precepts and Your testimonies, for all my ways are before You. Glory be to You O lover of mankind.

22. Let my cry come before You, O LORD; give me understanding according to Your word. Let my supplication come before You; deliver me according to Your word. My lips shall utter praise, for You teach me Your statutes. My tongue shall speak of Your word, for all Your commandments are righteousness. Let Your hand become my help, for I have chosen Your precepts. I long for Your salvation, O LORD, and Your law is my delight. Let my soul live, and it shall praise You; and let Your judgments help me. I have gone astray like a lost sheep; seek Your servant, for I do not forget Your commandments. Alleluia.

The Gospel (Matthew 25:1-13)

A chapter from the Holy Gospel according to St. Matthew may his blessings be with us all. Amen.

Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom. Now five of them were wise, and five were foolish. Those who were foolish took their lamps and took no oil with them, but the wise took oil in their vessels with their lamps. But while the bridegroom was delayed, they all slumbered and slept.

And at midnight a cry was heard: "Behold, the bridegroom is coming; go out to meet him!" Then all those virgins arose and trimmed their lamps. And the foolish said to the wise, "Give us some of your oil, for our lamps are going out." But the wise answered, saying, "No, lest there should not be enough for us and you; but go rather to those who sell, and buy for yourselves."

And while they went to buy, the bridegroom came, and those who were ready went in with him to the wedding; and the door was shut. Afterward the other virgins came also, saying,

“Lord, Lord, open to us!” But he answered and said, “Assuredly, I say to you, I do not know you.” Watch therefore, for you know neither the day nor the hour in which the Son of Man is coming. Glory be to God forever. Amen.

Behold, the bridegroom comes at midnight. Blessed is the servant whom He finds awake, but he who is found asleep does not deserve to go with Him. Keep your watch my soul, lest You go to sleep and be thrown outside the Kingdom. Keep awake and shout: Holy, Holy, Holy are You God, glory be to the Father, the Son and the Holy Spirit.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for

the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Second Service

The worshipper prays the Psalms of the Sunset Prayer (except Psalms 117 & 118)

The Gospel (Luke 7:36-50)

A chapter from the Holy Gospel according to St. Luke may his blessings be with us all. Amen.

Then one of the Pharisees asked Him to eat with him. And He went to the Pharisee's house, and sat down to eat. And behold, a woman in the city who was a sinner, when she knew that Jesus sat at the table in the Pharisee's house, brought an alabaster flask of fragrant oil, and stood at His feet behind Him weeping; and she began to wash His feet with her tears, and wiped them with the hair of her head; and she kissed His feet and anointed them with the fragrant oil.

Now when the Pharisee who had invited Him saw this, he spoke to himself, saying, "This man, if He were a prophet,

would know who and what manner of woman this is who is touching Him, for she is a sinner.” And Jesus answered and said to him, “Simon, I have something to say to you.” And he said, “Teacher, say it.” “There was a certain creditor who had two debtors. One owed five hundred denarii, and the other fifty.

“And when they had nothing with which to repay, he freely forgave them both. Tell Me, therefore, which of them will love him more?” Simon answered and said, “I suppose the one whom he forgave more.” And He said to him, “You have rightly judged.” Then He turned to the woman and said to Simon, “Do you see this woman? I entered your house; you gave Me no water for My feet, but she has washed My feet with her tears and wiped them with the hair of her head.

“You gave Me no kiss, but this woman has not ceased to kiss My feet since the time I came in. “You did not anoint My head with oil, but this woman has anointed My feet with fragrant oil. “Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little.” And He said to her, “Your sins are

forgiven.” And those who sat at the table with Him began to say to themselves, “Who is this who even forgives sins?” Then He said to the woman, “Your faith has saved you. Go in peace.” Glory be to God forever. Amen.

Give me, Lord, fountains of many tears as You did in the past to the sinful woman. Let me shed my tears on Your feet which took me to the right path and let me offer You the best of perfumes. Help me to live pure and repentant, so that I can hear a joyful voice: “Your faith has saved you.”

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Third Service

The worshipper prays the Psalms of the Prayer Before Sleeping.

The Gospel (Luke 12:32-46)

A chapter from the Holy Gospel according to St. Luke may his blessings be with us all. Amen.

“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.” Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. “For where your treasure is, there your heart will be also. “Let your waist be girded and your lamps burning; “and you yourselves be like men who wait for their master, when he will return from the wedding, that when he comes and knocks they may open to him immediately.

“Blessed are those servants whom the master, when he comes, will find watching. Assuredly, I say to you that he will gird himself and have them sit down to eat, and will come and

serve them. “And if he should come in the second watch, or come in the third watch, and find them so, blessed are those servants. “But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into.

“Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.” Then Peter said to Him, “Lord, do You speak this parable only to us, or to all people?” And the Lord said, “Who then is that faithful and wise steward, whom his master will make ruler over his household, to give them their portion of food in due season? Blessed is that servant whom his master will find so doing when he comes. “

Truly, I say to you that he will make him ruler over all that he has. “But if that servant says in his heart, “My master is delaying his coming,” and begins to beat the menservants and maidservants, and to eat and drink and be drunk, the master of that servant will come on a day when he is not looking for him, and at an hour when he is not aware; and will cut him in two and appoint him his portion with the unbelievers. Glory be to God forever. Amen.

Oh Lord, look at my weakness with compassion. Save me and cleanse me. I praise You. Wake up, my soul and be careful, your judge is present. Consider the awesome time of judgement, there will be no mercy on those who did not have mercy on others. Oh Saviour, help me, for You alone have such love.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

The Gospel (Luke 2:29-32)

A chapter from the Holy Gospel according to St. Luke may his blessings be with us all Amen.

“Lord, now You are letting Your servant depart in peace, according to Your word; for my eyes have seen Your salvation which You have prepared before the face of all peoples, a light to bring revelation to the Gentiles, and the glory of Your people Israel.” Glory be to God forever. Amen.

Lord have mercy 41 times.

Holy holy holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of Your glory and honour. O Lord, God of hosts, be with us, for we have no other supporter in our struggles and trials but You. Forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible. O Lord, forgive us for the sake of Your Holy Name that is called upon us, and according to Your mercy and not to our sins.

Absolution

Lord Jesus Christ, Son of our eternal God, enlighten our minds to understand Your life-giving words. Raise us from the darkness of sin, make us steadfast in Your Word. When You

come to judge the world, let us hear the joyful call: “Come you that are blessed by My Father! Come and inherit the Kingdom that has been prepared for you since the creation of the world!” Help us attend that hour with confidence and trust. You do not judge us according to our sins, because You alone have such compassion, patience and mercy. Amen.

Concluding prayer

Lord, You are always worshipped and glorified in heaven and on earth. You are full of patience, mercy and compassion, You love the just and show mercy to all sinners amongst whom I am the first. You do not wish death for the sinner but repentance and life, calling us all to salvation for the promised rewards. Ease our lives, and guide us to act according to Your commandments.

Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil grief and distress. Surround us with Your Holy angels that we may be guided and guarded with them to grow to maturity in Christ Jesus, for You are blessed forever. Amen.

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Notes made on teachings by Father Macarius