

Service of Preparation For Holy Communion

Glory to you, our God, glory to you. Heavenly King, Comforter, the Spirit of truth, who are present everywhere filling things, Treasury of good things and Giver of life, come and dwell in us. Cleanse us of every stain, and save our souls, gracious Lord.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3).

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name' s sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Our Father, who are 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 trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory, of the Father and the Son and Holy Spirit, now and forever and to the ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Psalm 50 (51)

Have mercy upon me, O God, according to your great mercy; and according to the multitude of your compassion, blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my iniquity, and my sin is ever before me. Against you, you only, have I sinned, and done evil in your sight, that you may be found just when you speak, and victorious when you are judged. For behold, I was conceived in iniquity, and in sin my mother bore me. For behold, you have loved truth; you have made known to me the secret and hidden things of your wisdom. You shall sprinkle me with hyssop, and I shall be made clean; you shall wash me, and I shall be whiter than snow. Make me to hear joy and gladness, that the afflicted bones may rejoice. Turn your face away from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and establish me with your governing Spirit. I shall teach transgressors your ways, and the ungodly shall turn back to you. Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue shall joyfully declare your righteousness. Lord, open my lips, and my mouth shall declare your praise. For if you had desired sacrifice, I would give it; you do not delight in burnt offerings. A sacrifice to God is a broken spirit; God will not despise a broken and a humbled heart. Do good in your good pleasure to Sion; and let the walls of Jerusalem be built. Then you shall be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings. Then they shall offer bulls on your altar.

Psalm 69 (70)

O God, be attentive to help me. Lord, make haste to help me. Let them be ashamed and confounded who seek my life. Let them be turned back and be ashamed who desire evil against me. Let them be turned back because of their shame, who say to me, Well done! Well done! 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 as for me, I am poor and needy; O God, help me! You are my help and my deliverer; Lord, do not delay.

Psalm 142 (143)

Lord, hear my prayer. In your truth, give ear to my supplications; in your righteousness, hear me. And enter not into judgment with your servant, for no one living is justified in your sight. For the enemy has pursued my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead, and my spirit is overwhelmed within me; my heart within me is distressed. I remembered the days of old; I meditated on all your works; I pondered on the work of your hands. I spread out my hands to you; my soul longs for you like a thirsty land. Lord, hear me quickly; my spirit fails. Turn not your face away from me, lest I be like those who go down into the pit. Let me to hear your mercy in the morning, for in you I have put my trust. Lord, teach me to know the way in which I should walk, for I lift up my soul to you. Rescue me, Lord, from my enemies; to you have I fled for refuge. Teach me to do your will, for you are my God. Your good Spirit shall lead me on a level path; Lord, for your name's sake, you shall preserve my life. In your righteousness, you shall bring my soul out of trouble, and in your mercy, you shall utterly destroy my enemies. And you shall destroy all those who afflict my soul, for I am your servant.

Doxology

Glory to God in the highest and on earth peace, good will to all people. We praise you, we bless you, we worship you, we glorify you, we give thanks to you for your great glory. Lord God, heavenly King, God the Father, almighty Lord, the only begotten Son, Jesus Christ, and Holy Spirit. Lord God, Lamb of God, Son of the Father who take away the sin of the world, have mercy upon us, you who take away the sins of the world. Receive our prayer, you who sit at the right hand of the Father, and have mercy upon us. For you only are holy, only you are Lord, Jesus Christ, to the glory of God the Father. Amen.

Each evening we bless you, and we praise your name forever and to the ages of ages. Lord, you have been our refuge from generation to generation. I said: Lord, have mercy upon me; heal my soul, for I have sinned against you. Lord, to you have I fled; teach me to do your will, for you are my God. For you are the source of life, and in your light we shall see light. Continue your mercy to those who know you. Lord, grant to keep us this night without sin. Blessed are you, Lord, God of our fathers. Your name is praised and glorified from all ages. Amen.

Let your mercy, Lord, lighten upon us, as our trust is in you. Blessed are you, Lord, teach me your commandments. Blessed are you, Master, teach me your commandments. Blessed are you, Holy One, enlighten me in your commandments. Your mercy, Lord, endures forever; turn not away from the works of your own hands. To you belongs praise, to you belongs worship, to you belongs glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

The Symbol Of Faith

I believe in one God, the Father, the Almighty, Creator of heaven and earth and of all things visible and invisible. And in one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all ages. Light of Light, true God of true God, begotten not created, of one essence with the Father through whom all things were made. For us and for our salvation he came down from heaven and was incarnate by the Holy Spirit and the Virgin Mary and became man. He was crucified for us under Pontius Pilate, and he suffered and was buried. On the third day he rose according to the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and dead. His kingdom will have no end. And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with the Father and the Son is worshiped and glorified, who spoke through the prophets. In one, holy, catholic, and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I expect the resurrection of the dead. And the life of the ages to come. Amen.

First Ode Second Tone

May your sacred body and your precious blood, compassionate Lord, become for me the bread of eternal life and the guardian from manifold afflictions. Defiled as I am by disgusting deeds, O Christ, I am unworthy to receive your pure body and your divine blood. But make me worthy of this communion.

Theotokion

Blessed Theotokos, the good earth that grew the unsown wheat that saved the world, make me worthy to eat of it and be saved.

Third Ode

Grant me, O Christ, the tears to cleanse the uncleanness of my heart, that I may in good conscience, faith, and fear approach, O Master, the communion of your divine gifts. May your pure body and sacred blood become for me, loving God, forgiveness of sins, communion with the Holy Spirit, eternal life, and estrangement from passion and affliction.

Theotokion

All holy one, you are the table of the bread of life, who out of mercy came down from above giving new life to the world. Make me also worthy, who am now unworthy, to eat from it with fear and live.

Fourth Ode

Most merciful One, you put on flesh for our sake and as a lamb you were willing to be slain for our sins. Therefore, I beseech you: also wipe out my sins. Heal the wounds of my soul, O Lord, wretched as I am; and Master, make me worthy, totally, to receive your mystical Supper.

Theotokion

Lady, propitiate on my behalf him who was born of you, and preserve me; your supplicant, pure and undefiled, so that by receiving the intelligible pearl I may be sanctified.

Fifth Ode

As you foretold, O Christ, let it be to your unworthy servant as you promised, and abide in me. For behold, I eat your divine body and drink your blood. God and Word of God, may the ember of your body light up my darkness, and may your blood cleanse my defiled soul.

Theotokion

Mary, Mother of God, honorable tabernacle of sweet ointments, make me through your prayers a chosen vessel that I may receive the sanctification of your son.

Sixth Ode

Savior, sanctify my mind, soul, heart, and body, and deem me worthy, Master, to approach your fearful Mysteries without condemnation. O Christ, grant, that I may be rid of my passions, increase in your grace, and be confirmed in my life by the communion of your holy Mysteries.

Theotokion

Holy, divine Word of God, sanctify me wholly as I now approach your holy Mysteries through the prayers of your holy Mother.

Kontakion Second Tone

As I now receive your awesome Mysteries, your pure body and your precious blood, O Christ, do not turn away from me, wretched as I am. Let my communion not be a judgment upon me but lead to everlasting and immortal life.

Seventh Ode

May the communion of your immortal Mysteries be for me light and life, freedom from passion, progress, and an increase in more spiritual virtues that I may glorify you, O Christ, for you alone are good. Approaching now your immortal and divine mysteries, trembling and longing for piety, grant, loving God, that I may be delivered from passions and enemies and every affliction. Grant that I may sing to you: Blessed are you, O God of our fathers.

Theotokion

I pray that you, the pure one, who are favored by God and who incomprehensively gave birth to Christ the Savior, cleanse me, your impure servant, from all defilement of flesh and spirit as I desire now to approach the most pure Mysteries.

Eighth Ode

O God my Savior, grant that I, your despairing servant, may now become a partaker of your heavenly, awesome and holy Mysteries, and of your divine and mystical Supper. Seeking refuge in your loving kindness, good Savior, I cry to you with fear; abide in me and, as you promised, let me also abide in you. For behold, trusting in your mercy, I eat your body and drink your blood. I tremble as I take this fire lest I be consumed as wax and grass. O fearful mystery! O divine love! How is it that I, an earthly creature, partake of the divine body and blood and am made incorruptible?

Ninth Ode

Taste and see that the Lord is good. For our sake he became like us and offered himself once for all to his Father to be forever slain, sanctifying those who partake. Master, let me be sanctified in body and soul. Let me be enlightened and saved, and let me become your dwelling place through the communion of your holy Mysteries by having you, most merciful Benefactor, live in me with the Father and the Spirit. May your body and your precious blood, Savior, be like fire and light to me, consuming the substance of sins, burning the tares of my passions, and wholly enlightening me to worship your divinity.

Theotokion

God took flesh from your pure blood. Therefore, all generations praise you, Lady, while the hosts of incorporeal powers glorify you. For they clearly behold him who rules all things to be endowed with human nature through you. It is truly right to bless you, the Theotokos, ever blessed and most pure and mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, you incorruptibly you gave birth to God the Word. We magnify you, the true Theotokos.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3).

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Our Father, who are 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 trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

God of our fathers, you always treat us with leniency. Do not withdraw your mercy from us, but by the intercessions of our fathers, guide our life in peace. With the blood of your martyrs throughout the world, as if with purple and fine linen having been adorned, your Church through them cries out to you, Christ our God. Send down your mercies upon your people. Grant peace to your commonwealth, and to our souls your great compassion.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

With your saints, O Christ, give rest to the souls of your servants where there is no pain nor sorrow, nor suffering, but life everlasting. Through the intercessions, of all your saints and the Theotokos, O Lord, grant us your peace and have mercy upon us, only merciful One.

Lord, have mercy (40).

At all times and in every hour, you are worshiped and glorified in heaven and on earth, Christ our God. Long in patience, great in mercy and compassion, you love the righteous and show mercy to sinners. You call all to salvation through the promise of good things to come. Lord, receive our prayers at the present time. Direct our lives according to your commandments. Sanctify our souls. Purify our bodies. Set our minds aright. Cleanse our thoughts and deliver us from all sorrow, evil, and distress. Surround us with your holy angels that, guarded and guided by their host, we may arrive at the unity of faith and the understanding of your ineffable glory. For you are blessed to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

More honorable than the Cherubim, and incomparably more glorious than the Seraphim, you incorruptibly gave birth to God the Word. We magnify you, the true Theotokos. In the name of the Lord, Father bless. Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy and save us. Amen.

Prayer To The All Holy Theotokos

by Paul the Monk of the Monastery of Evergetis

Spotless, undefiled, immaculate, unstained, pure Virgin, Lady, and Bride of God, by your wondrous conceiving you united God the Word with human beings and joined the fallen nature of our race to heavenly things. You are the only hope of the hopeless, and the help of those oppressed. You are the ready protection of those who flee to you and the refuge of all Christians. Do not spurn me an accused

sinner, though I have made myself completely useless by my shameful thoughts, words, and deeds and through indolence have become a slave to the pleasures of life. But as the Mother of God who loves all people, mercifully have compassion upon me a sinner and a prodigal and receive my prayer though it be offered to you by unclean lips. Entreat your Son and our Lord and Master, using your boldness as a mother, so that he may open to me the loving mercy of his goodness, overlook my numberless transgressions, turn me to repentance, and make me an acceptable doer of his commandments. Always be near me, for you are merciful, compassionate, and loving. Be my ardent help and protection in this present life, defending me from the assaults of adversaries, and lead me to salvation. At the hour of my death, care for my miserable soul and drive the dark visions of evil spirits far from it. On the awesome day of judgment, save me from eternal punishment and make me an inheritor of the ineffable glory of your Son, our God. May this be my lot, my Lady, all holy Theotokos, through your intercession and help, by the grace and love of your only begotten Son, our Lord and God and Savior Jesus Christ; to whom belong all glory, honor, and worship, with his eternal Father, and his all holy, righteous, and life giving Spirit, now and forever and to the ages of ages. Amen.

Prayer To Our Lord Jesus Christ

By the Monk Antiochos of Pandektes

Grant us, Master, as we depart for sleep, rest for body and soul. Protect us from the gloom of sinful sleep and from all dark pleasures of the night. Calm the impulses of passion, and quench the fiery darts of evil which are treacherously cast against us. Check the turbulence of our flesh and lull all our earthly and mundane thoughts. Grant us, O God, a watchful mind, prudent reason, a vigilant heart, and tranquil sleep, free from all evil dreams. Raise us up at the hour of prayer, strengthen us in your commandments, and keep unshaken within us the remembrance of your judgments. Grant us to glorify you all night long that we may praise and bless and glorify your all honorable and magnificent name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Most glorious, ever virgin, blessed Theotokos, present our prayers to your Son and our God, and plead with him, that through you he may save our souls. My hope is the Father; my refuge, the Son; my protection, the Holy Spirit. Holy Trinity, glory to you. My every hope I place in you, Mother of God, keep me under your protection.

Dismissal

May Christ our true God have mercy upon us and save us through the intercessions of his most pure and holy Mother, and of all your Saints, for he is a good and loving God. Through the prayers of our holy fathers, Lord Jesus Christ, have mercy on us, and save us. Amen.

On The Next Day *(After the usual morning prayers say:)*

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3).

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy (3).

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Our Father, who are 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 trespasses, as we forgive those

who trespass against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy (12).

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Come, let us worship and bow down to God, our king. Come, let us worship and bow down to Christ, our king and God. Come, let us worship and bow down to Christ himself, our king and God.

Psalm 22 (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.

Psalm 23 (24)

The earth is the Lord's, and all its fullness, the world and those who dwell in it. For he has founded it upon the seas, and established it upon the waters. Who shall ascend to the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who has not lifted up his soul to what is false, nor sworn deceitfully to his neighbor. He shall receive a blessing from the Lord, and righteousness from the God of his salvation. Such is the generation of those who seek the Lord, of those who seek the face of the God of Jacob. Lift up your gates, you princes, and be lifted up, you everlasting gates. And the King of glory shall enter. Who is this King of glory? The Lord, strong and mighty, the Lord, mighty in war. Lift up your gates, you princes, and be lifted up, you everlasting gates, and the King of glory shall enter. Who is this King of glory? The Lord of hosts, he is the King of glory.

Psalm 115

I believed and therefore I spoke. But I was humbled exceedingly. I said in my ecstasy, every man is a liar. What shall I render to the Lord for all that he has rendered to me? I will take the cup of salvation, and I will call upon the name of the Lord. I will pay my vows to the Lord in the presence of all his people. Precious in the sight of the Lord is the death of his saints. Lord, I am your servant, and the son of your handmaiden. You have broken my bonds. I will offer a sacrifice of praise to you, and I will call upon the name of the Lord. I will pay my vows to the Lord in the presence of all his people, in the courts of the house of the Lord, in the midst of you, Jerusalem. Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Alleluia. Alleluia. Alleluia. Lord, have mercy. Lord, have mercy. Lord, have mercy. *(Then the following hymns).*

Tone 6

Turn away from my transgressions Lord, born of the Virgin, and purify my heart, making it a temple for your most pure and precious body and blood. Do not cast me away from your presence, for your great mercy is boundless.

Glory to the Father and the Son and the Holy Spirit.

How shall I, the unworthy, be not ashamed of your holy things? If I dare to approach you with the worthy, my garment will condemn me, for it is not a supper garment, and I shall bring reproach upon my most

sinful soul. Therefore, cleanse me Lord of the defilement of my soul and save me, for you are a loving God. Now and forever and to the ages of ages. Amen.

Because of the multitude of my transgressions, I come to you, pure Theotokos, asking for salvation. Visit my ailing soul, only blessed one, and beseech your Son, our God, to grant me remission of the evil I have done.

On Holy And Great Thursday

The glorious disciples were illumined at the Supper during the washing of the feet. But ungodly Judas was darkened by the disease of avarice, and he delivered you, the righteous judge, to lawless judges. Behold, lover of money, how for the sake of money he hanged himself. Flee from greed which made him dare to do such things against his Master. Glory to you, Lord, who are good towards all people.

Lord, have mercy (40).

(Prostrations as desired, and immediately the following supplicatory prayers:)

Instructive Verses *(How one should approach the immaculate Mysteries).*

As you are about to eat the body of the Master, approach with fear lest you be burned, for it is fire. And before you drink in communion the blood, be first reconciled with all those you have offended; then you may take courage to eat the mystic Food. Before you take part in the awesome sacrifice of the life-giving body of the Master, take care and pray with fear of God.

First Prayer: Saint Basil

Master, Lord Jesus Christ our God, the source of life and of immortality, creator of everything visible and invisible, coeternal and co-everlasting Son of the Father without beginning; because of abundant goodness, you put on flesh and were crucified and buried for us unthankful and ungrateful people in these latter days, and have by your own blood renewed our nature corrupted by sin. Accept, immortal king, my repentance, that of a sinner, and turn towards me, and hear my words. I have sinned, Lord, I have sinned before heaven and before you, and I am not worthy to look upon the height of your glory, for I have provoked your goodness. I have transgressed your commandments. I have disobeyed your ordinances. But you, Lord, being long-suffering, and of great mercy, do not remember evil, and have not given me over to destruction because of my lawlessness, but have ever awaited my conversion. You who love all people, said by your prophet, I do not desire the death of a sinner but that he should turn and live. For, Master, you do not wish that the work of your hands should perish, nor do you take pleasure in the destruction of human beings, but desire that everyone should be saved and come to the knowledge of the truth. Therefore, even I, although I am unworthy both of heaven and earth and of this temporary life, having wholly yielded myself to sin, and become the slave of pleasure and have defiled your image, yet being your creature and of your shaping, I do not despair for my salvation in my wretchedness. But I am emboldened by your infinite compassion and I draw near. Therefore, O Christ, you who love all people, receive even me as the harlot, as the thief, as the publican, as the prodigal. Take away the heavy burden of my sins, you who take away the sin of the world, who heal the infirmities of all people, who call to yourself the weary and burdened and give them rest, who came not to call the righteous but sinners to repentance. Do cleanse me from defilement of the flesh and spirit, and teach me to fulfill holiness in your fear, that in the pure testimony of my conscience, receiving my portion of your holy gifts, I may be united to your holy body and precious blood, and have you dwell and remain within me with the Father and your Holy Spirit. Yes, Lord Jesus Christ my God, grant that the communion of your holy and life giving mysteries may not be to my condemnation. Do not let me be afflicted in soul and body by partaking of them unworthily. But grant that to the last breath of my life I shall partake of my share uncondemned of your holy gifts, looking to the fellowship of the Holy Spirit for eternal life, and to a favorable answer at your awesome judgment seat, that even I may also become a partaker with your elect of your incorruptible

blessings which you have prepared for those who love you and in whom, Lord, you are glorified to the ages of ages. Amen.

Second Prayer: Saint Basil

I know, Lord, that I partake unworthily of your pure body and precious blood, and that I am guilty, my Christ and my God, as I eat and drink condemnation to myself not discerning your body and blood. Yet, emboldened by your loving kindnesses, I come to you, who said, “ he who eats my flesh and drinks my blood, abides in me and I in him.” Take pity, therefore, Lord, and do not rebuke me, a sinner, but deal with me mercifully. Let these holy gifts give me healing and cleansing, enlightenment and protection, salvation and sanctification of soul and body. May they avert every fantasy, evil practice, and operation of the devil enacted in my members by design. May they give me confidence in and love for you; amendment of life and perseverance, increase of virtue and perfection, fulfillment of your commandments, fellowship of the Holy Spirit, provisions for the journey of eternal life, and an acceptable answer at the awesome judgment seat. But let them not be for judgment or condemnation. Amen.

Third Prayer: John Chrysostom

Lord my God, I know that I am not worthy, nor sufficient, that you should come under the roof of the house of my soul, for it is entirely desolate and in ruins, and you do not have a worthy place in me to lay your head. But as you humbled yourself from on high for our sake, do likewise also for my unworthiness. And as you willed in the cave to lie in a manger of dumb animals, take it upon yourself now to enter the manger of my dumb soul and into my soiled body. And as you did not refuse to enter and eat with sinners in the house of Simon the leper, so also deign to enter into the house of my soul, leper and sinner that I am. And as you did not cast out the harlot, a sinner like me, who came and touched you, so have compassion on me the sinner who now comes to touch you. And as you did not abhor the kiss of her sinful and unclean mouth, do not abhor my mouth, more stained and unclean than hers, nor my sordid and unclean and shameless lips, nor my more unclean tongue. But let the fiery coal of your most pure body and of your most precious blood bring sanctification, illumination, and strengthening of my lowly soul and body, relief of the burden of my many transgressions, protection against every operation of the devil, an averting and hindering of my mean and evil habits, mortification of my passions, fulfillment of your commandments, an increase of your divine grace, and inheritance of your kingdom. For it is not with a light heart, Christ my God, that I venture to approach you. But I trust in your ineffable goodness. May I not become prey to Satan by abstaining for long from your communion. Therefore, Lord, I pray to you who alone are holy that you sanctify my soul and body, my heart, and my mind, and renewing me wholly, implant in my members fear of you. Do not let your sanctification be taken from me, but be my help and protector, governing my life in peace. Make me worthy to obtain a place at your right hand with your saints, through the prayers and supplications of your most pure Mother, of your bodiless ministers and pure angelic powers, and of all your saints who from the ages have found favor in you. Amen.

Fourth Prayer: John Chrysostom

I am not worthy, Sovereign Lord, for you to come under the roof of my soul. Yet because of your love for all people, you wish to dwell in me. I boldly come. Command that the gates open which you alone made and you will come in with love toward all people, as is your nature. You will come in and enlighten my darkened reasoning. I believe that you will do this, for you did not send away the harlot who came to you with tears, nor cast out the repenting publican, nor reject the thief who acknowledged your kingdom, nor forsake the repentant persecutor for what he was. But you counted as your friends all of those who came to you in repentance. You alone are blessed, always, now and to the endless ages. Amen.

Fifth Prayer: John Chrysostom

Lord Jesus Christ my God, absolve, remit, forgive, and pardon me, your sinful, unprofitable, and unworthy servant the errors, transgressions, and trespasses which I have committed from my youth to the present

day and hour, whether in knowledge or in ignorance, in words, or deeds, or thoughts, or reasonings and pursuits, and in all my senses. And through the intercession of the all pure and ever virgin Mary, your Mother, who conceived you without sin, my only hope, protection, and salvation, count me worthy, uncondemned, to partake of your pure and immortal and life giving, awesome Mysteries, for the remission of sins, for eternal life, for sanctification and enlightenment, for strength, and healing and health of both soul and body, for the erasing and complete removal of my evil thoughts and recollections, superstitions and nocturnal phantasies brought by dark and evil spirits. For yours is the kingdom, the power, the honor, and worship, together with the Father and the Holy Spirit, now and forever, and to the ages of ages. Amen.

Sixth Prayer: John Of Damascus

Master Lord Jesus Christ our God, you alone have the authority to forgive human beings their sins, for you are good and love everyone. Forgive all my transgressions committed in knowledge or in ignorance. Make me worthy uncondemned to receive your divine and glorious, pure and life giving Mysteries; incurring thereby neither punishment, nor the increase of my sins, but receiving cleansing, sanctification, and a pledge of the life to come and of the kingdom. Let them be for me a rampart, a help, and an overturning of my adversaries, and a wiping out of my many transgressions. For you are a God of mercy, compassion, and love of all human beings, and to you we give glory, with the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Seventh Prayer: Symeon The New Theologian

From foul lips and impure heart, from unclean tongue and a defiled soul, receive my prayer, O my Christ. Take not into account my words, my ways, or my shamelessness. Grant me boldness, my Christ, to say all that I wish. But rather teach me all that I should do and say. I have sinned more than the harlot who, learning where you lived, boldly came forward to anoint your feet, O my Christ, my Master, and my God. And as you did not reject her to come with eagerness of heart, reject not me, O Word, but extend to me your feet that I may hold and kiss and with streams of tears, as with a precious myrrh, I may boldly anoint them. Wash me in my tears and purify me in them, O Word. Forgive my errors, and grant me pardon. You know the multitude of my sins, you also know my wounds and see my bruises. Yet you know my faith, you see my eagerness and hear my sighs. From you, my God, my Creator, and my Redeemer is hid not one tear, nor even a part of one. Your eyes know my imperfections; in your book already written down are all the acts yet not done. Behold my lowliness, behold how great is my weariness and all my sins. God of all, remit everything so that with a clean heart, a conscience filled with holy fear, and a contrite soul, I may partake of your most pure, and wholly spotless mysteries, that give life and divinity to all who eat and drink of you with a pure heart. For you have said, Master, that whoever eats my flesh and also drinks my blood, does indeed abide in me, and I in him. True indeed is the word of my Master and my God. For he who shares in these divine and deifying graces is in no way alone, but is with you, my Christ, the triple-radiant light that enlightens the world. But so that I may never be alone without you, O Giver of life, my breath, my life, my joy, and the world's salvation, I have, as you see, with tears and a contrite soul drawn near to you to ransom my errors, beseeching you to rescue me and uncondemned to share in your life giving Mysteries. So as you have said you might dwell with me, the most wretched one, that I not be found by the deceiver, without your grace, and be seized by deception and seducing me lead me away from your life giving words. Therefore, I fall before you and fervently cry out to you: as you received the prodigal and the harlot when she came to you, so receive me, the harlot and prodigal, compassionate One, as I come to you now, with a contrite heart. I know Savior that no one has offended you as I have, nor committed the deeds that I have done. But this again I know, that neither the greatness of my sins nor the multitude of my transgressions exceed my God's great forbearance and his great love for all. But with the oil of forgiveness you cleanse and illumine those who fervently repent and make sharers of your light and partakers of your divinity. And although this is strange to the minds of angels and of men, you speak with them often as your true friends. These thoughts make me bold, these thoughts give me wings, my Christ, and seeing your rich kindness towards us, I rejoice and tremble too. I partake of fire, being grass, and behold, a strange wonder, I am unexpectedly refreshed as was the burning bush, burning but

not consumed. Therefore, thankful in mind, thankful in heart, thankful in every member of my body and soul, I worship and magnify and glorify you, my God, as being blessed both now and to the ages.

Eighth Prayer: Symeon Metaphrastes

Jesus Christ, wisdom of God, peace and power, only pure and spotless Lord, moved by the ineffable pity in your love toward all people, you took upon yourself our whole frame from the chaste and virgin blood of her who wondrously conceived you at the coming of the Holy Spirit and by the favor of the eternal Father. In this assumed nature you underwent the life giving and saving passion: the cross, the nails, the spear-death itself. Mortify in me the passions of the body that destroy the soul. You who destroyed the power of Hades by your burial, bury and destroy the devices of the evil spirits through pure thoughts. You who raised the fallen forefather by your resurrection, raise me up from the sin that I have fallen into and show me the way of repentance. By your glorious ascension you deified the assumed body and honored it at the right hand of the Father. Make me worthy, by partaking of your holy Mysteries, of a place at your right hand with the saved. You made your holy disciples precious vessels by the coming of the Comforter, the Spirit. Declare me also a vessel of your coming. You promised to come again to judge the world in righteousness. Grant that I shall go to meet you, my Creator and Maker, in the clouds, with all the saints, and that I may glorify you forever and praise you, with your eternal Father, and your all holy, gracious and life giving Spirit, now and forever and to the ages of ages. Amen.

Ninth Prayer: John Of Damascus

I stand before the doors of your temple, but I have not refrained from wicked thoughts. But you, O Christ, my God, justified the publican, and showed mercy to the Canaanite woman, and opened the gates of paradise to the thief. Open for me the depth of your love, and receive me as I draw near and touch you, as did the harlot and the woman with the issue of blood. The latter only touched the hem of your garment, and she immediately received healing, while the former, clinging to your pure feet, obtained forgiveness of her sins. But may I, the miserable one, be not consumed, by daring to receive your whole body. Receive me as you did them, and enlighten the perception of my soul, through the intercession of her who gave birth to you without sin, and of the heavenly powers. For you are blessed to the ages of ages. Amen.

Tenth Prayer: John Chrysostom

I believe and confess, Lord, that you are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am first. I also believe that this is truly your pure body, and that this is truly your precious blood. Therefore, I pray to you, have mercy upon me, and forgive my transgressions, those voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of your pure Mysteries for the forgiveness of sins and life eternal. Amen.

When coming forward to receive communion, say these verses of Symeon Metaphrastes:

Behold, my Maker, I approach holy Communion. Burn me not as I partake, for you are fire which burns the unworthy. But cleanse me from every stain. Receive me today, Son of God, as a partaker of your mystical Supper. I will not reveal your Mystery to your adversaries. Nor will I give you a kiss as did Judas. But as the thief I confess to you: Lord, remember me in your kingdom.

And the following verses:

Seeing the divine blood, have fear, O man, for it is coal that burns the unworthy. It is God's body that deifies and nourishes me; it deifies the spirit and nourishes the mind mystically.

And the following hymns:

You have smitten me with yearning, O Christ, and with your divine love you have changed me. Burn away my sins with spiritual fire and make me worthy to be filled with your joy, that rejoicing in your goodness, I may magnify your two Comings.

How shall I, who am unworthy, enter into the splendor of your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In your love, Lord, cleanse the vileness of my soul and save me.

Loving Master, Lord Jesus Christ, my God, do not let these Holy Things be to my condemnation because of my unworthiness, but rather for purification and sanctification of my soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cleave to God, and to place the hope of my salvation in the Lord.

Receive me today, Son of God, as a partaker of your mystical Supper. I will not reveal your mystery to your adversaries. Nor will I give you a kiss as did Judas. But as the thief I confess to you: Lord, remember me in your kingdom.