

# **Great Lent**

## **Daily Prayers for the Great Fast**



**Malankara Orthodox Syrian Church**

By the grace of God, this work was completed for the benefit of English-speaking faithful through Liturgical Resource Development of the Diocese of South-West America.

This work is adapted from prose translations of the original Syriac by Rev. Fr. Baby Varghese in *Prayers of the Great Lent* and by Bede Griffiths in *The Book of Common Prayer of the Syrian Church*.

**\*This booklet is a preliminary edition and is subject to future edits**

**\*\***In the Protection Prayers (*Sutoro*) of Monday, the hymn *Qum Paulos* has been arranged with extra syllables in certain phrases to facilitate singing the melody (Tone 7) in English. When *Qum Paulos* appears in Night Vigil prayers (*Lilyo*), however, the Syriac meter for *Qum Paulos* has been kept strictly, so that the hymn can be sung according to all eight tones.

|                         |
|-------------------------|
| <b>PREFATORY PRAYER</b> |
|-------------------------|

† In the name of the Father, and of the Son, and of the Holy Spirit,  
one true God;

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

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

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

### QAUMO

*(Trisagion)*

Holy art Thou, O God!

Holy art Thou, Almighty!

Holy art Thou, Immortal!

† Crucified for us, have mercy upon us! *(Three times)*

Lord, have mercy upon us!

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

Have mercy upon us!

Glory be to Thee, O God!

Glory be to Thee, O Creator!

Glory be to Thee, O Christ the King

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

### *The Lord's Prayer*

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

|                              |
|------------------------------|
| <b>MONDAY EVENING PRAYER</b> |
|------------------------------|

*Vespers/Ramsho*

*Qaumo*

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

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

*(Introductory Prayer)*

*Psalms of Evening*

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
(*Mshiho Ethiledt*)

You humbled Yourself - for our sake, O Christ  
And allowed Yourself - to be tempted by Satan  
Through fasting and prayer, - You have taught Your Church  
To conquer Satan - who fights always against her

Come with peace, O pure - and holy fasting  
For by you, Adam's - gluttony has been conquered  
Come with peace, O Fast - which Christ our Savior  
Fasted for our sake; - let us bow and worship Him!

Grant us, O Savior - to receive with love  
And welcome with joy - this time of the holy fast  
Make us worthy, Lord - to please You by it,  
And, Lord, by this fast - may our sins be purified

How sweet is the scent - which fasting brings forth!  
The great Elijah - bears witness to its sweetness (*1 Kings 19:4-8*)  
Therefore, our Savior - gave us this armor  
To raise us up to - our former inheritance

Lord, You are the door - and are the True Life  
By which we enter - toward Your glor' ious Father  
Lord, open Your door - and correct our paths  
And make straight our ways - that we may give thanks to You...*Barekmor*

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

Have mercy on us - Compassionate One,  
Because of Your grace, - and blot out our hatefulness  
Grant us peace, O Lord, - by Your great mercies  
and, Lord, have mercy - upon us all in both worlds

*Staumen Kalos, Kurielaison*

**(Promion & Sedro)**

**QOLO**

*(Qabeloy Moran – Reesh Qolo)*

May our fast and pray'r  
 Be a pure incense, Lord, that may be – accepted  
 Before Your great majesty...*Barekmor*

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

This great, holy fast  
 Is a sign of vict'ory and is – an armor  
 Against the adversary

*Unto the ages of ages and forevermore*

O Lord, may our prayer  
 be pleasing to You and may it be – accepted  
 before Your great Majesty

*Lord have mercy upon us and help us*

**(Etro)**

**QOLO**

*(Lo Ldino Lo Lathba`ato – Reesh Qolo)*

Moses, – by your fast of forty days and nights,  
 You brought down from Mount Sinai the Law  
 Which God had inscribed on the tablets

For the House of Is`ra`el;  
 Halleluiah – Pray for us all...*Barekmor*

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

Our Lord – fasted forty days in the desert  
 He fought and conquered the evil one  
 And gave us an armor by which we

May conquer the enemy;  
 Halleluiah – Praise to the Lord

*Unto the ages of ages and forevermore*

O Lord – have mercy on us! Lord, have mercy!  
 Lord, receive our service and our pray'rs  
 May Your grace, which stood by the martyrs  
     And strengthened them in their *trials*  
 Halleluiah – rest upon us  
*Lord have mercy upon us and help us*

### **BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

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

The evil one tried to fight but was put to shame  
 Christ ensnared him when He raised His hand in weakness

Our Lord hungered and opened the door for battle  
 Satan saw our Lord hungry and drew near to fight

Praise the Father who sent His Son to save our race;  
 Praise the Son who by His fasting conquered Satan;

Praise the Spirit who overwhelmed him in battle;  
 One True God, have mercy on us. Amin! Amin!

The Ninevites gathered together to repent  
 Without doubting the word that was spoken to them

They heard Jonah and accepted what he told them  
 They corrected their way of life and sought the Lord

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

*(Gospel)*

### *Concluding Prayer*

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

*Qaumo*



|                                 |
|---------------------------------|
| <b>MONDAY PROTECTION PRAYER</b> |
|---------------------------------|

*Compline/Sutoro*

*After a Qaumo is prayed, the following prayer is chanted three times  
with a prostration after each recitation.*

Glory be - to God in the Highest!

And on earth

Peace and good hope for the sons of u mankind!

**[Psalm 4] O God, the salvation of my righteousness, You have answered me when I called/ You have comforted me in my affliction. / Have mercy upon me and hear my prayer.**

O sons of men, how long will you hide my honour? / How long will you love vanity and seek after lies? / Know that the Lord has wondrously set apart the chosen one. / The Lord will hear when I call to Him.

**Be angry, but do not sin. / Meditate within your hearts and upon your beds / Offer sacrifices of righteousness and put your trust in the Lord.**

There are many who say: / "Who will show us any good and shed the light of His face upon us?"

**O Lord, You have placed Your joy in my heart, / more than the time when their grain, wine, and oil abounded.**

In peace I will lie down and sleep. / For You alone, O Lord, make me dwell in tranquility.

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

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

*Unto the ages of ages and forevermore*

## EQBO

*(Qum Paulos - Tone 7)*

Lord, open to me - Your door of mercy  
 As you did for - the sinful - woman.  
 Receive all my tears - which I offer You  
 and grant to me - forgiveness - of sins.  
     O Living Water,  
     I will receive You  
     So that I will not  
     Seek water - from - Abraham,  
 For I have heard in - the Lord's parable  
 That the rich man - begged him for - water.

*Staumen Kalos. Kurielaison*

## QOLO

*(l'Thumo d'Haimonootho - Reesh Qolo)*

Lord, look upon my weakness\_\_  
     For I have sinned greatly and - have angered You  
     And find no refuge.  
 I approached the physicians\_\_  
     Who tried medicines on me - but the abscess  
     Remains infected.  
 Good Physician, I have heard\_\_  
     That he who approaches You - receives Your help  
     With Your medicine.  
 By the love of Your Father\_\_  
     And the pray'rs of Your mother - Halleluiah  
     Forgive all my sins...*Barekmor*

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

Let me not die in my sins\_\_

Now I offer you, Lord, the - tears of my eyes

A bribe which you love.

I do not offer oxen,\_\_

Or lambs, goats, pigeons or doves, - but I offer

the tears from my eyes.

As You received the tears of\_\_

the sinful woman in the - house of Simon,

Have mercy on me!

By the love of Your Father\_\_

And the pray'rs of Your mother - Halleluiah

Forgive me my sins

*Lord have mercy upon us and help us*

### **BO'UTHO of MOR JACOB**

*(Special Melody)*

O Lord, our Lord, - we - call to You; - Come to our aid

Hear our requests - and - have mercy - upon our souls

O Lord, our Lord, - Lord - of watchers - and of angels

Hear our requests - and - have mercy - upon our souls

Father, Son, and - Ho-ly Spirit, - enlighten me

Answer me, Lord; - I - have knocked at - Your door with faith

Open my eyes, - so - that, Lord, I - may see Your truth

Protect me, for - I - take refuge - in Your kindness

Grant me, O Lord, - a - pure heart, for - I beseeched You

Grant my mind the - wisdom of life - from Your fullness

May the weapon - of - the Spirit - come to my aid

Seal me in Your - name - and save me - from destruction

I have loved Your - blessedness and - come after You

O Lord, in Your - mercy, do not - put me to shame

My lone *desire* - O - my Lord is - to become Yours,  
I worship You, - O - Father, O - Merciful One

From You, I have - received mercy - and compassion  
May my mind carry - Your treasure - like a merchant

Grant me, O Lord, - to - read and learn - Your Books in truth  
I am Your servant; - make me to - live before You

I have eaten - Your - Body, Lord, - and drunk Your blood  
May I live by - You; - may Your cross - guard me from harm

In pray'r, I called - to - You; may Your - right hand guard me  
Good Shepherd, make - me - to be a - lamb in Your flock

Praise You Father - of - the worlds and - the King of Life  
May my request - enter before - Your majesty

O Lord, our Lord, - who - hears all things - and receives pray'rs  
Hear our requests - and - have mercy - upon our souls

### **BO'UTHO of MOR EPHREM**

*(To be sung in the tone for the Fast)*

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

Help me to keep vigil and  
Stand watchfully before You  
But if I were to slumber  
May my sleep be without sin

If I sin while keeping watch  
Lord, forgive me by Your grace  
And if I sin in my sleep,  
Absolve me by Your mercy!

O Lord, grant me peaceful sleep  
 By the Cross of Your meekness  
 Save me from all evil dreams  
 And from obscene images

While I sleep throughout this night  
 Lord, protect me and prevent  
 Evil men and sinful thoughts  
 From taking control of me

Send me an angel of light  
 To protect my whole body  
 By Your flesh which I've consumed  
 Save me from hateful passions

Lord, when I lie down to sleep  
 May Your blood be my guardian  
 Granting freedom to my soul  
 Which is formed in Your image

Overshadow my body  
 With Your right hand, which formed it  
 May Your fortress of mercy  
 Be a shield surrounding me

May Your strength be my guardian  
 As my body sleeps in peace  
 May that sleep be like incense  
 Before Your great majesty

By the pray'rs of Your Mother  
 Let not Satan near my bed  
 By Your sacrifice for me  
 Forbid him from harming me

Lord, fulfill what You promised  
 Guard my life by Your Cross that  
 I may praise You when I wake  
 For you loved my feebleness

Grant, by Your compassion, Lord  
 That I may obey Your will  
 Grant us an evening of peace  
 And a night of righteousness

Christ our Savior, O True Light  
 Whose honor dwells in the light  
 You are indeed the True Light  
 Whom the sons of light worship

Jesus, Savior of the world  
 Who dwells truly in the light  
 Have mercy upon us in  
 This world and the world to come

Glory to You! Praise to You!  
 Thousands of praises to You  
 Glory Lord! Glory to You,  
 Lord, have mercy on us all

Praise the One Watchers worship  
 Praise the One the angels serve  
 Lord of Watchers and angels  
 Hear the pleas of Your faithful

Praise Him Who is one essence  
 Praise Him Who is three persons  
 Father, Son, Holy Spirit  
 Who is the One and True God

Glory to Him who accepts  
 Like first-fruits and off'èrings  
 The tears of the penitent  
 And the pray'rs of the feeble

Countless as the leaves of trees  
 Are those on earth who praise You  
 Whom Watchers in Heaven serve  
 And whom angels glorify

With wisdom and purity  
 Let us glorify our God  
 Father, Son, Holy Spirit  
 Who is the one and true God

Do not keep gold and silver  
 Which contain deadly poison  
 Rather, obtain sound doctrine  
 That you are loved by the Lord

Observe the forty-days' fast  
 And give bread to the hungry  
 And as you learned from David  
 Pray seven times every day (*Ps. 119:164*)

Both Moses and Elijah  
 Fasted forty days and nights  
 As our Lord also fasted  
 And conquered the evil one

May the pray'r which ascended  
 From the furnace, sea and pit  
 Open the door of mercy  
 For our pray'r and petition

Lord, who hears our petitions  
 Answer us in Your mercy  
 Lord, be reconciled with us  
 Have compassion upon us

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

**PSALMS OF SUTORO & RESPONSORIAL HYMN**

*[Psalm 91] Barekmor. He who sits under the protection of the Most High  
Halleluiah  
and glories in the shelter of God will say to the Lord:*

Tree of - Life, I sat beneath  
Your shadow and ate  
of eternal life - from Your fruits

*"My trust is in You, - Halleluiah  
God is my refuge in whom I trust."*

You are - our high refuge and  
Mighty strength, O God,  
Our trust and our hope - forever

*For the Lord shall deliver you - Halleluiah  
from the snare which makes you stumble and from talk of vain things.*

O Lord - save us from the snares  
Of the evil one  
Who deceitfully - seeks our fall

*He will keep you safe under his feathers and you shall be protected  
beneath His wings - Halleluiah  
His truth shall enclose you as an armor.*

O Lord - keep us by the pow'r  
Of Your Cross and guard  
Us beneath its wings - forever

*You shall not be afraid of the terror of the night - Halleluiah  
Nor of the arrow, which flies by day.*



Grant us – that we may not fear  
 The terr`or of night  
 Nor the arrows sent - by Satan

*Nor of the word, which walks in the darkness – Halleluiah  
 nor of the spirit that destroys at midday.*

Keep us – from the obscene word  
 Of Satan; Save us  
 From the word that wastes – at midday

*Thousands shall fall at your side and ten thousand at your right  
 hand, - Halleluiah  
 but it shall not come near you*

Conquer – Satain's vast army  
 By Your pow'r and by  
 Your cross drive away – his thousands

*But with your eyes alone – Halleluiah  
 you shall see the reward of the wicked*

Lighten, - Lord, our hidden eyes;  
 Do not give Satan  
 Chance to approach us, - Your servants

*Because You have made the Lord your trust; - Halleluiah  
 You have made Your dwelling in the heights*

O Lord – avenge the evil  
 Of Satan's armies  
 And save us all from – their torment

*Evil shall not come near you, - Halleluiah  
 affliction shall not come near your tent*

The One – on High who came down  
 To visit mankind  
 Keep all evil from – Your servants

*Because He has commanded - Halleluiah  
 his angels concerning you;*

May Your – angels be our guards,  
 For the assembly  
 Of Your servants seeks – Your refuge

*That they should keep you in all your ways – Halleluiah  
 And receive you in their arms*

Show me – Your ways, O my Lord,  
 And by Your great might  
 Break the pow'r of the – enemy

*You shall tread upon the adder and the basilisk; - Halleluiah  
 You shall trample upon the lion and the dragon*

O Christ – we beseech You to  
 Uphold, by Your strength,  
 The steps of your fai-thful servants

*“Because he has cried to me,” says the Lord, - Halleluiah  
 “I will deliver him and strengthen him.”*

Strengthen – Your worshippers by  
 The pow'r of Your Cross  
 To tread upon the – enemy

*Because he has known my name, He shall call upon me and I will  
 answer him – Halleluiah  
 I will be with him in distress.*

O Christ – we know Your great name;  
 Have mercy on us  
 And answer us in – Your mercy

*I will strengthen him and honor him; - Halleluiah  
I will satisfy Him with length of days and show him my salvation."*

O Lord – do not give Satan  
The chance to tempt us  
With his deceit and – all his crafts

*[Psalm 121] I have lifted up my eyes to the hills – Halleluiah  
From where will my help come?*

We raise – the eyes of our minds  
Toward You, Savior  
In Your compassion – answer us

*My help is from the Lord, - Halleluiah  
who made heaven and the earth*

May the – pow`er of the Cross  
Be a help for us;  
Destroy Satan's hold – upon us

*He will not suffer your foot to slip, - Halleluiah  
your guardian shall not sleep.*

The Lord – of the heavens and  
The Maker of earth  
Will not suffer our – feet to slip

*Indeed, He neither slumbers nor sleeps, - Halleluiah  
the guardian of Isr`a`el.*

O Lord – our guardian, as we  
Take refuge in You,  
Answer us in Your – compassion

*The Lord is your guardian. - Halleluiah  
The Lord shall shelter you with His right hand*

O Guar-dian of Is`ra`el,  
 In the wilderness,  
 Protect those redeemed – by Your Cross

*The sun shall not harm you by day, - Halleluiah  
 Nor shall the moon harm you by night,*

O Lord – stretch forth Your right hand,  
 And protect us all,  
 Lest the evil one – attack us

*The Lord shall guard you – Halleluiah  
 He shall guard you from all evil*

O Lord – protect Your servants  
 From ev'ry evil,  
 That they may praise You – night and day

*The Lord shall guard your soul - Halleluiah  
 He shall guard your going out and your coming in*

O Christ – guard our souls for we  
 Take refuge in You  
 Savior, by Your grace - have mercy!

*From henceforth and forevermore – Halleluiah  
 And to You belongs the praise, O God.*

To You – belongs glory, Lord,  
 Now and forever  
 From all creatures whom – You fashioned...*Barekmor.*

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

Praise Him – who said, “call and I  
 Will answer; knock and  
 I will open; ask, I will give.”

*Prayer of Mor Severus*

He who sits under the protection / of the Most High, / beneath  
the shadow of the wings of Your loving kindness will say,

“Protect us, O Lord; / and have mercy; / You who hear all, /  
hear Your servants’ pray’r in Your loving kindness.

Grant us, O Christ our Savior, / an evening full of peace /  
and a night of holiness,/ for You are the King of Glory.

Our eyes are turned to You, Lord / Pardon our offences /  
Have mercy upon us in / this world and the world to come;

May Your mercy protect us. / May Your grace rest upon us. /  
May Your † Cross guard us from the evil one and his pow`ers.

May your right hand rest on us / all the days of our lives, / May  
Your peace reign among us / Give hope and salvation to the  
souls of those who pray to You.

By the pray’r of Your mother / and those of all Your saints, /  
forgive us our debts and sins / Have mercy on us, O God.”

*Praise of the Cherubim*  
(Ezekiel 3:12)

† Bless`ed is the glory of the Lord, from His place forever!  
 † Bless`ed is the glory of the Lord, from His place forever!  
 † Bless`ed is the glory of the Lord, from His place forever and ever!

Holy and glorious Trinity, have mercy upon us all;  
 Holy and glorious Trinity, have mercy upon us all;  
 Holy and glorious Trinity, have compassion and have mercy on us all!

You are holy and glorious forever  
 You are holy and glorious forever  
 You are holy and bless`ed is Your name, forever and ever.

Glory be to You, O Lord.  
Glory be to You, O Lord;  
Glory be to You, our hope forever. *Barekmor*.

Our Father, who art in heaven...

We believe in One True God...

*Protection Prayer concludes with the Quqlions of the Theotokos & Saints*

|                           |
|---------------------------|
| <b>MONDAY NIGHT VIGIL</b> |
|---------------------------|

*Lilyo*

*Qaumo*

***Introductory Prayer***

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

***Introductory Psalms of Night Vigil***

*[Psalm 134] Barekmor. Bless the Lord, / all You servants of the Lord.*

*Barekmor. You who stand by night in the house of the Lord.*

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

### ENIYONO

*(Yoye w'Zodeq)*

Behold, the day has arrived  
For the labor of justice  
For those who work zealously  
To gain the *spiritual* life.

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

Awake and work, slothful one!  
And do not be disheartened;  
Be diligent in fasting  
And receive eternal life

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

Our Lord teaches us through His  
Parable of repentance:  
He gives to His laborers  
One dinar for one *hour's* work (Mt. 20:1-16)

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

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

*Unto the ages of ages and forevermore*



O Great Ocean of Mercy  
 Whose streams pour forth on our race,  
 By the blood poured from Your side,  
 Absolve the debts of Your flock  
Glory to You, O Lord  
Praise to You; Praise to You  
 Merciful One, have mercy!

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

### 1<sup>ST</sup> QAUMO

#### EQBO

*(Abo Kthab Hwo – In the Tone of the Day)*

He who loves teaching is loved – and is pleasing to the Lord  
 He will live with kings – and will raise princes  
 He will be chief of nobles – and a guide to all people

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

**QOLO***(Quqoyo – In the Tone of the Day)*

O Lord, Your servants praise You, Halleluiah  
 May we awake at night and praise the Son of God  
 For on the night when He comes, there will be shouting  
     And the righteous, – prophets, apostles,  
     And the martyrs – will go to meet Him  
 They will go with Him into His bridal chamber  
 And will inherit life and the Kingdom and sing,  
     Halleluiah, – praises to the Lord...*Barekmor*

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

*Unto the ages of ages and forevermore*

No night passes in which I do not think of You  
 Upon my bed, I meditate on You, O Lord  
     And I fear You – for Daniel told me  
     A stream of fire – flows forth before You     *(Daniel 7:10)*  
 Woe to me, for how can I cross it with my sins  
 If Your grace does not beseech Your mercies for me?  
     Halleluiah – Have mercy on me

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB***(In the Tone of the Day)*

O Lord, our Lord, we call to You come to our aid  
 Hear our requests and have mercy upon our souls

At midnight, David awoke to sing praise to God  
 And to praise the wonders of the divinity  
 Now, you who have discernment, arise at midnight  
 To praise spirit`ua`lly with the Psalms of David

May I be enlightened, Lord, By Your rad`i`ance  
 For You are as the day for the ones who love You  
 The way of the world is a great net full of snares  
 But the one who walks by Your light will not stumble

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

**Praise of the Cherubim***Prayed at the conclusion of the 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo***† Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

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

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor*

Our Father who art in Heaven...

**2<sup>ND</sup> QAUMO****EQBO***(Abo Kthab Hwo – In the Tone of the Day)*

Standing at the outer door – Peter bitterly shed tears:

“Lord, open Your door – to Your disciple

Heav’n and earth will weep for me – I lost the keys of heaven”

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

Lord, have mercy upon us

Lord, be kind and have mercy

Answer, Lord, and have mercy

Glory be to You, O Lord

Glory be to You, O Lord

Glory be to You, our hope forever. *Barekmor*

**QOLO***(Quqoyo – In the Tone of the Day)*

Tell me, David, what is the hymn of praise you sing?

“It is the praise that the watchers and angels sing.

I learned it from – the Holy Spirit,

And I taught it – to the priests of God.”

Behold, the monasteries and churches on earth

Praise the Lord and sing together, “Halleluiah!”

Halleluiah – w’Halleluiah...*Barekmor*

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

*Unto the ages of ages and forevermore*

At midnight, David arose to praise the Godhead

Along with the judgments of the Exalted One

He looked up and – saw the firmament

He saw the stars’ – beautiful movements

He saw the calm and stillness upon creation

And he was filled with wonder and praised You, O Lord,

Halleluiah, – for Your wondr’ous works

*Lord have mercy upon us and help us*

**BO’UTHO of MOR EPHREM***(In the Tone of the Day)*

Lord, have mercy upon us

O Lord, receive our service

By our deeds, we angered You

But You do not long for wrath

For You are filled with mercy;

Your calm is never disturbed

We are a drop of water,

As the prophets have spoken;

How can a drop of water

Disturb Your serenity?

Lord, who hears our petitions

Answer us in Your mercy

Lord, be reconciled with us

Have compassion upon us

***Praise of the Cherubim****Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

**3<sup>RD</sup> QAUMO****EQBO***(Abo Kthab Hwo – In the Tone of the Day)*

The evil world woke me up - I tell its story, with fear,  
 Of its great evil  
 And its viciousness;  
 I mourn its inhabitants - who are immersed in its love

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

**QOLO***(Quqoyo – In the Tone of the Day)*

When I sin, I hide myself so that no one sees  
 Yet I cannot hide from God who sees all my deeds

Why am I shamed – if a man sees me

But have no fear – of my Lord and God?

Whether I die soon or live longer in this life

I will be delivered to the Judge of judges

Halleluiah – have mercy on me...*Barekmor*

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

*Unto the ages of ages and forevermore*

Our Father in heaven, answer us when we call

For we have no other father who can help us

For you were pleased – to raise us from dust

Now that we live – spare us from your wrath

Teach us, Lord, your commandments that we may keep them

And by deeds of justice let us please you, O Lord

Halleluiah – Have mercy on us

*Lord have mercy upon us and help us*

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

Lord, who has mercy even on sinners

Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock

Answer their requests in Your compassion

Father in heaven, we do beseech You!

Accept our service – have mercy on us.

Lord of those above! Hope of those below!

Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!  
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

*Lord, have mercy upon us and help us*

### *Psalms of Night Vigil*

**Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.**

Praise Him, all His angels; praise Him, all his hosts.

**Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.**

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

**Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;**

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

**Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.**

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

**[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.**

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

**Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,**

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

**[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.**

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

**Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.**

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

*And to you belongs the praise, O God. Barekmor*

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

*Unto the ages of ages and forevermore*

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.



**QAUMO of PRAISE****QOLO***(Quqoyo - Reesh Qolo)*

As is written, the Lord rejoices in fasting  
and He is pleased with love and with virt`u`ous deeds

See how these three, - Moses, Elijah,

And Daniel have - borne witness to this

Bless`ed is the Lord who rejoices in fasting

And who reconciles with us by pray`r and fasting

Halleluiah - w`Halleluiah...*Barekmor*

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

*Unto the ages of ages and forevermore*

Let those with sins beseech God like the Ninevites,  
For Nineveh proclaimed a fast for forty days

Wearing sackcloth - and sitting in ash,

They waited at - the Physician`s door

Until it was heard that the Lord forgave their sins

And that the judgment of Nineveh was cast down

Halleluiah - w`Halleluiah

*Lord have mercy upon us and help us*

**BO`UTHO of MOR EPHREM***(Tone 5)*

Son, who freed us by Your fast

Have mercy upon us all

Christ, who saved us by Your fast

Have mercy upon us all

The Mighty One became man

And fasted like the prophets

By Your taste, O Lord and God,

May we reject the world`s tastes

O Christ, who fasted for us,

Glory to Him who sent You,

And have mercy upon us

In this world and that to come

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

*Hymn of the Angels*

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

At all times and at all seasons, Glory to God in the heights / and on earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our creator, king of heaven, / God the Father Almighty.

**Lord God, only Son, Jesus Christ, with the Holy Spirit,**

Lord God, Lamb of God, Son and Word of the Father, / who take away, or rather have taken away, the sin of the world / have mercy upon us.

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

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amen.

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

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

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

*Concluding Prayer*

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

*Qaumo*

|                              |
|------------------------------|
| <b>MONDAY MORNING PRAYER</b> |
|------------------------------|

*Matins/Safro*

*Qaumo*

*Psalms of Morning*

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

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

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**O Merciful God! Have mercy upon us in your mercy!**

*Lord have mercy upon us and help us.*

[Psalm 63] **My God, you are my God, I will seek You.**

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
*(Haw d'Uhdono)*

Christ our God who by - His great mercies  
 Fasted and shamed the devil  
 And defeated his pow`er,  
 I stand *before* You - Lord, have mercy!

Christ our God who for - our salvation  
 Kept the fast like one in need  
 And gave us its pleasant yoke,  
 I stand *before* You - Lord, have mercy!

Christ who taught the fast - to His athletes  
 In order to fight Satan  
 with fasting and intense pray'r  
 I stand *before* You - Lord, have mercy!

O Redeemer who - by Your fasting  
 Cast down the adversary,  
 Strengthen us to fight his crafts  
 I stand *before* You - Lord, have mercy!

Make us worthy, Lord, - Lover of Man  
 To keep fast with discernment  
 And to be absolved of sins  
 I stand *before* You - Lord, have mercy!

Lord, You have spoken - through the prophets:  
 "This is the fast I desire:  
 Brother shall love his brother" (Isaiah 58:7)  
 I stand *before* You - Lord, have mercy!...*Barekmor*

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

O God, by Your grace – You have granted  
 The fast's richness to us all  
 May we fast with purity  
 I stand *before* You – Lord, have mercy!

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth, / and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber; / it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

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

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

**ENIYONO**

*(Lhaw Dat`ino Markabtho)*

Brethren, – let us take refuge  
In pure – and holy fasting  
Like the – righteous and the just  
Who pleased – God by their fasting  
Halleluiah – w’Halleluiah

Moses – by his fast brought down  
The Law – for the Israelites  
Let us – also fast to be  
Worthy – of the Lord’s Kingdom  
Halleluiah – w’Halleluiah

Moses – fasted on Sinai  
And his – face shone with brightness  
The youths – fasted inside the  
Furnace – and it quenched the flames  
Halleluiah – w’Halleluiah

The Church – is glorified by  
The fast – and by righteous works  
It drives – greed away from her  
And she – puts on abstinence  
Halleluiah – w’Halleluiah...*Barekmor*

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

Moses – and Elijah fasted for  
Forty days and nights  
Our Lord – fasted forty days  
And He – overpow`rd Satan  
Halleluiah – w’Halleluiah



[Isaiah 42:10-13, 45:8] *Kurielaison*. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

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

### ENIYONO

*(I'Aloho d'Batuno/Mawrbo Tone 2 - b'Dukhrono Demo)*

Christ, the Lord and God of all

Fasted for us as a man

And He prepared

A way for us that we should walk in it and - not stumble

And be saved

Praise Him, all His works and magnify - and exalt

His Holy name forever!

Come, let us fast from evil

As our Savior has taught to

His disciples

Let us not fast like the Jewish people who - angered God

My brethren,

Praise Him, all His works and magnify - and exalt

His Holy name forever!

Fasting is right; pray'r is great

But love is nobler than them

Come, my brethren

Let us be armed with it and reconcile with - each other

Let us all

Praise Him, all His works and magnify - and exalt

His Holy name forever!...*Barekmor*

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

*Unto the ages of ages and forevermore*

By fasting the just of old

Gained virtues and received crowns

They were glori'ous

And they have been made worthy in the Lord's bridal chamber

To delight

Praise Him, all His works and magnify - and exalt

His Holy name forever!

*[Psalm 113] Amin. Praise you servants of the Lord, praise the name of the Lord.*

May the Lord's name be bless'd forever and ever.

**From the rising of the sun to its setting / great is the name of the Lord.**

The Lord is high above all peoples/and his glory is above the heavens.

**Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?**

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

**He makes the barren woman keep house / and be a joyful mother of children.**

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

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

*Unto the ages of ages and forevermore.*

**EQBO***(Qolo d' Shubho)*

Lord, awaken me to the hymns of the angels  
 That I may sing Your praises  
 In the morning, I open my mouth to praise You  
 My Lord and God have mercy.

*Stoumen Kalos, Kurieleison**(Promion & Sedro)***QOLO***(Btar'okh Moran)*

Those who fast, behold how the Great Holy Fast  
 Magnifies all things  
 May body and soul be covered from evil  
 And our fast please God and be for the pardon  
 Of our debts and sins...*Barekmor*

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

How swift are the wings of the fast which make us  
 Ascend to the heights!  
 Those who fast and do not mix falsehood with it  
 Are mingled with the *spirituals* and enjoy  
 The bliss of heaven

*Unto the ages of ages and forevermore*

I knock at Your door and I beg for mercy  
 From Your treasure-house  
 I am a sinner who has strayed from Your way  
 Grant that I confess and be free from my sins  
 And live in Your grace

*Lord have mercy upon us and help us*

(Etro)

## QOLO

*(I' Maryam Yoldath Aloho - Tone 5)*

Our Lord fasted and prepared the way of life  
 That we might walk in it to-ward His\_ Father  
 And we shall rejoice in spirit and in calm  
 Before our God like the wa-tchers in\_ heaven...*Barekmor*

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

The Ninevites fasted and were saved from wrath  
 They humbled themselves with tears - of great\_ sorrow  
 And by this, the Lord removed their punishment  
 The Lord reconciled with them - and answered them

*Unto the ages of ages and forevermore*

The treasure of the soul is now being filled up  
 Let us not be negligent - or be\_ slothful  
 For the adversary is ever-watchful  
 And lays in wait to capture - us by\_ his craft

*Lord have mercy upon us and help us*

## BO'UTHO of MOR JACOB

*(To be sung in one of the tones for the Fast)*

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

Behold, the day for the work of justice has come  
 O Sinner, hasten now your course in repentance  
 Accompany the workers the Lord has hi`red  
 Receive the Dinar and be a guest at the feast

The fast is good, but for those who fast without love  
 Their mouth fills with stench and their fast profits nothing  
 Pray'r is much loved, but if love does not raise it up  
 It will be weak and will not enter His presence

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

*(Scripture Readings)**Morning Praise for the Fast*

Lord of all, - by your great mercies,  
 Make us servants worthy  
 to be preserved today in justice, without the scars of sin.  
 Bless`ed are You, - O God of - our fathers,  
 And Your Holy name is magnified  
 and glorified forever. Amin.

Lord, may Your - grace and mercies  
 be upon us, for our trust is in You.  
 Bless`ed are You! - O Lord, teach - and show us  
 The way of Your co-mmand-ments.  
 Bless`ed are You! - By Your grace - make us to  
 Understand the way of Your laws

Bless`ed are You! - Holy One, - enlighten us  
 With your luminous rays  
 Lord, may Your mercies be upon us  
 Do not neglect, or leave - the work of Your hands

Glory befits You,  
Honor befits You,  
And praise befits You,  
 Father, Son, Holy Spirit,  
 Now and forever. Amin!

*Morning Praise*

**It is good to give You thanks** – O Lord God,  
 And to sing praise to Your name  
 And to proclaim Your grace in – the morning  
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

*(Repeat the stanza above three times and kneel/prostrate)*

**At morning, you shall hear my voice;**  
 I have prepared myself to appear before You

**Holy are You, O God**

Holy O Almighty

Holy O Immortal

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

**Lord, have compassion on us;**

Forgive the sins of all of us, O Lord;

**O Holy One, let Your right hand rest upon us;**

Forgive our weakness, for Your name is forever!

**Glory to You, O God**

Glory to You, O God

Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

*(In Prose)*

*Morning Praise*

**It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.**

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

*Qaumo*

|   |
|---|
| <b>MONDAY 3<sup>RD</sup> HOUR PRAYERS</b> |
|---|

*Qaumo*

**QOLO**

*(Lokh Moriyo Qorenan – Reesh Qolo)*

With grief and pure fasting, let us beseech Christ,  
Who is the victorious King and who - loves mankind

He is accustomed to reconcile with us  
Just as He had reconciled with the - Ninevites

Bless`ed is – the Lord, our Savior

Who does not – turn His face away

From supplications which are full of - repentance...*Barekmor*

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

*Unto the ages of ages and forevermore*

Bless`ed are those who abstain from all vices  
And keep a fast of discernment with – a pure heart

They have been made an ever-holy temple  
Which ministers God secretly and - openly

O Lord, may – our supplication

To You be – for Your persuasion

Reconcile with us, O Lord, by Your - compassion

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Christ who by His fast redeemed us from sin

Accept our fast and have mercy on us

Bless`ed are those who fast in perfection  
and fast from all passions which pass away,

For the Bridal Chamber and the Kingdom

Are preserved for those faithful in Eden

Elijah fasted and was taken up,  
For those who fast are always in heaven

Lord of those above, Hope of those below,

Accept our fast and have mercy on us

*Qaumo*

|   |
|---|
| <b>MONDAY 6<sup>TH</sup> HOUR PRAYERS</b> |
|---|

*Qaumo*

**QOLO**

*(Shlomo d'Abo - Tone 5)*

Brethren, - the powerful fast  
 Has come - with its benefits  
     Receive it in purity\_  
     For in the Resurrection\_  
 It gains - confidence for us  
 In the - court of God's judgment...*Barekmor*

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

In the - furnace, the three youths  
 Wrote a - letter to Daniel:  
     "O come and join us in pra'yr\_"  
     And Daniel wrote in reply:  
 "Fear not - this fi`re the Chaldeans - have kindled for you"

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Son, who freed us by Your fast  
 Have mercy upon us all  
     By the fast which Moses kept  
     His face became luminous;  
     When he fasted forty days,  
     He shone brighter than the sun

Fasting is a great weapon  
 Which cannot be defeated  
 Go forth! Wage war with the fast  
 Which exalts the true warriors

Son, who freed us by Your fast  
 Have mercy upon us all



## MANITHO of MOR SEVERUS

*By the prayers of Your Mother – and those of all Your Saints*

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

*Qaumo, Nicene Creed*

### ***Forty Prostrations***

*Kurielaison (x10)*

*Lord, have mercy upon us (x10)*

*Lord, be kind and have mercy (x10)*

*Answer, Lord, and have mercy (x10)*

*Glory be to You, O Lord*

*Glory be to You, O Lord*

*Glory be to You, our hope forever. Barekmor*

*Our Father, who art in heaven...*

|   |
|---|
| <b>MONDAY 9<sup>TH</sup> HOUR PRAYERS</b> |
|---|

*Qaumo*

**QOLO**

*(Hwilo l'Nafesho – Reesh Qolo)*

Bless`ed is he who keeps the fast with all – purity  
 And shares his bread with the needy from a – gentle heart  
     He will receive – reward from the Lord and will  
 Inherit – the Kingdom of God...*Barekmor*

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

*Unto the ages of ages and forevermore*

The great Moses kept the pure fast and shone – like the sun  
 Elijah was raised up by the fast of – the Spirit  
     May we please You – with a pure fast, O Lord God  
 And enter – the Kingdom of God

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

Christ who by His fast redeemed us from sin  
 Accept our fast and have mercy on us

He who keeps the fast of Christ our Savior  
 Shall turn his thoughts from passions to the Lord

Let us fast, pray, keep vigil, and worship,  
 For by these, one gains the eternal life

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

*Qaumo*

|                               |
|-------------------------------|
| <b>TUESDAY EVENING PRAYER</b> |
|-------------------------------|

*Vespers/Ramsho*

*Qaumo*

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

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

*(Introductory Prayer)*

*Psalms of Evening*

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
(*Moriyo Qrithokh At*)

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

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

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

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

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

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

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

*Staumen Kalos, Kurielaison*

**(*Promion & Sedro*)**

## QOLO

(Lokh Moriyo Qorenan – Reesh Qolo)

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

(Etro)

## QOLO

*(Barubto Brishith – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

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

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

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

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

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

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

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

*(Gospel)**Concluding Prayer*

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

*Qaumo*



|                                  |
|----------------------------------|
| <b>TUESDAY PROTECTION PRAYER</b> |
|----------------------------------|

*Compline/Sutoro*

*Qaumo*

**QOLO**

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

Q You the slain - who by Your slaying slew both

Death and Satan

Slay the sin, which - dwells in me and makes me its

Slave by my will

O Good Shepherd - who went in search of

Sheep that strayed from - the flock and was lost

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

Out of ten, which -

The woman lost - and did seek

Because You are - He who finds those who are lost

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

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

*Unto the ages of ages and forevermore*

Fear not sinner - to turn back and walk the way

Of repentance

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

If He finds you

He will rejoice - and forgive your sins

Like He forgave - the sinful woman

He will stretch His - hand to you as to Peter

And grant to you-

As to the thief - Paradise

He will rejoice - and bear you on His shoulders

Halleluiah and - embrace you

*Lord have mercy upon us and help us!*

### BO'UTHO of MOR JACOB

O Lord, our Lord, - we call to you - come to our aid  
Hear our requests - and have mercy - upon our souls

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

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

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

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

### *Psalms of Sutoro*

**[Psalm 91] Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

**"My trust is in You, / God is my refuge in whom I trust".**

**For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.**

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

**You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.**

Nor of the word, which walks in the darkness/ nor of the spirit that destroys at midday.

**Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you**

But with your eyes alone / you shall see the reward of the wicked

**Because You have made the Lord your trust; / You have made Your dwelling in the heights**

Evil shall not come near you, / affliction shall not come near your tent

**Because He has commanded his angels concerning you; / that they should keep you in all your ways**

And receive you in their arms; / that you may not stumble with your foot

**You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon**

“Because he has cried to me”, says the Lord, / “I will deliver him and strengthen him.”

**Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.**

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

*[Psalm 121]* **I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

**He will not suffer your foot to slip, / your guardian shall not sleep.**

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

**The Lord is your guardian. / The Lord shall shelter you with His right hand**

By day the sun shall not harm you, / nor the moon by night,

**The Lord shall guard you from all evil, / the Lord shall guard your soul**

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

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

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

*Prayer of St. Severus*

**He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,**

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

**Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.**

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

**O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.**

May your right hand rest upon us / all the days of our lives, / and Your peace reign among us /and give hope and salvation to the souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, / pardon me and have mercy on me, O God”. Amin.**

*Praise of the Cherubim*

*We make the sign of the Cross and kneel as we pray:*

**† Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

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

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

*Nicene Creed, Quqlions of the Theotokos & Saints*

|                            |
|----------------------------|
| <b>TUESDAY NIGHT VIGIL</b> |
|----------------------------|

*Lilyo*

*Qaumo*

***Introductory Prayer***

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

***Introductory Psalms of Night Vigil***

*[Psalm 134] Barekmor. Bless the Lord, / all You servants of the Lord.*

*Barekmor. You who stand by night in the house of the Lord.*

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
*(Yoye w'Zodeq)*

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

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

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

Bless`ed are the diligent  
 Who gain the *spiritual* life  
 By the labor of justice  
 In the great vineyard of Christ  
     Glory to You, O Lord  
     Praise to You; Praise to You  
     Merciful One, have mercy!...*Barekmor*

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

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

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

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

### 1<sup>ST</sup> QAUMO

#### EQBO

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

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

King David called me by his psalms and woke me

I awoke from sleep, which had fallen on my limbs

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

For the bribe reaches the judge at the time of night

Stand and pray – and beg for pardon

For Your Lord – is pleased by our tears

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

At night I thought of You, Lover of mankind

And upon my bed I meditated on You

I see my stains and I fear to call on You

But I gain strength by the thief and the publican

Along with – the sinful woman.

They tell me – to be encouraged,

"To approach because our Lord is full of mercy"

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

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

Hear our requests and have mercy upon our souls

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

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

If God who is merciful will not accept me,

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

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

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

The moment you return He will give it to you

He has kept it for you that it may be restored

Answer O Lord, answer O Lord, and have mercy

Turn the hearts of the sons of men to repentance



***Praise of the Cherubim***

*Prayed at the conclusion of the 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

**† Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

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

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor*

Our Father who art in Heaven...

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

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

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

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

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**  
*(In the Tone of the Day)*

Lord, have mercy upon us  
 O Lord, receive our service

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

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

Lord, who hears our petitions  
 Answer us in Your mercy  
 Lord, be reconciled with us  
 Have compassion upon us

***Praise of the Cherubim***

*Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

3<sup>RD</sup> QAUMO**EQBO***(Honaw Yarho - In the Tone of the Day)*

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

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

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

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

*Lord have mercy upon us and help us*

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

Lord, who has mercy even on sinners  
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock  
 Answer their requests in Your compassion

Father in heaven, we do beseech You!  
 Accept our service; have mercy on us.

Lord of those above! Hope of those below!  
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!  
 Glory to You, O God! *(Repeat three times)*

Be compassionate towards us in Your mercy, / O God of  
 compassion; / in our sacrifices and our prayers / we make memory  
 of our fathers / who taught us while they were alive, / to be children  
 of God; / O Son of God, / raise them up in the heavenly kingdom /  
 with the just and the righteous / in the world, which does not pass  
 away.

*Lord, have mercy upon us and help us*

*Psalms of Night Vigil*

**Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise  
 the Lord from the heavens, praise Him in the heights.**

Praise Him, all His angels; praise Him, all his hosts.

**Praise Him, sun and moon; praise Him, all stars of light; praise  
 Him, heaven of heavens, and the waters above the heavens; let  
 them praise the name of the Lord.**

For He spoke and they were made, He commanded and they were  
 created; He established them forever and ever. He gave them a law,  
 which shall not pass away.

**Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;**

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

**Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.**

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

**[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.**

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

**Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,**

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

**[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.**

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

**Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.**

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

*And to you belongs the praise, O God. Barekmor*

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

*Unto the ages of ages and forevermore*

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal;  
and to You belongs the praise, O God, at all times.

### QAUMO of PRAISE

#### QOLO

*(Lokh Moriyo Qorenan – Reesh Qolo)*

By fasting, Daniel won vic'try over beasts,  
Hananiah and his companions – quenched the flames,  
Elijah rose in a chariot of fi`re

Joshua held back the sun and moon – in the sky

Bless'd is he – who with great gladness

Engages – with fasting and pray'r

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

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

*Unto the ages of ages and forevermore*

This is the pure fast, for it obtains for us

The wings of the Spirit which lift us – to heaven

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

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

Be filled with – love for your brother

And love those – who hate and hurt you

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**  
*(Tone 5)*

Son, who freed us by Your fast  
 Have mercy upon us all

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

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

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

*Hymn of the Angels*

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

At all times and at all seasons, Glory to God in the heights / and on  
 earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a  
 hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our  
 creator, king of heaven, / God the Father Almighty.

**Lord God, only Son, Jesus Christ, with the Holy Spirit,**

Lord God, Lamb of God, Son and Word of the Father, / who take  
 away, or rather have taken away, the sin of the world / have mercy  
 upon us.

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



Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amin.

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

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

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

### *Concluding Prayer*

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

*Qaumo*

|                               |
|-------------------------------|
| <b>TUESDAY MORNING PRAYER</b> |
|-------------------------------|

*Matins/Safro*

*Qaumo*

*Psalms of Morning*

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

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

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**O Merciful God! Have mercy upon us in your mercy!**

*Lord have mercy upon us and help us.*

*[Psalm 63]* **My God, you are my God, I will seek You.**

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
(*Haw d'Uhdono*)

Christ God who taught us - to win vic'try  
Over the adversary  
With holy fasting and pray'r  
I stand before You; - Lord have mercy!

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

Christ our God who by - Your holy fast  
Has delivered us from the  
Error of sin and Satan  
I stand before You; - Lord have mercy!

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

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

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

You, who do not wish - for sinners' deaths,  
But rather that they repent  
And be redeemed from evil,  
I stand before You; - Lord have mercy!

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth, / and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber; / it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

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

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

## ENIYONO

(*Erbo No' Mor Abeedo*)

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

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

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

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

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

*Unto the ages of ages and forevermore*

Hear the pray'r of Your servants,  
 Lord, for we knock at Your door  
 See the repentance with sighs  
 That we offer before You

Do not – turn your gaze from us

For the – godless oppose us

But, Lord, with Your mighty hand,  
 Redeem us and have mercy  
 For we have called upon You!

*[Isaiah 42:10-13, 45:8] Kurielaison.* Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

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

*Unto the ages of ages and forevermore*

ENIYONO  
(Yaumo Dethfalag)

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

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

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

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

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



*[Psalm 113]* **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

**From the rising of the sun to its setting / great is the name of the Lord.**

The Lord is high above all peoples/and his glory is above the heavens.

**Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?**

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

**He makes the barren woman keep house / and be a joyful mother of children.**

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

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

*Unto the ages of ages and forevermore.*

### **EQBO**

*(Bhaw Nuhro Gayo)*

All the angels serve - Your God-head

In - the - joyous light

And at morning all - creation

Hastens to worship - You, Lord.

*Stoumen Kalos, Kurieleison*

*(Promion & Sedro)*

## QOLO

*(Quqoyo – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

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

## QOLO

(*Dahto lo Nehte – Reesh Qolo*)

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

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

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

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

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

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

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

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

*(Scripture Readings)*

*Morning Praise for the Fast*

Lord of all, - by your great mercies,  
 Make us servants worthy  
 to be preserved today in justice, without the scars of sin.  
 Bless`ed are You, - O God of - our fathers,  
 And Your Holy name is magnified  
 and glorified forever. Amin.

Lord, may Your - grace and mercies  
 be upon us, for our trust is in You.  
 Bless`ed are You! - O Lord, teach - and show us  
 The way of Your co-mmand-ments.  
 Bless`ed are You! - By Your grace - make us to  
 Understand the way of Your laws

Bless`ed are You! - Holy One, - enlighten us  
 With your luminous rays  
 Lord, may Your mercies be upon us  
 Do not neglect, or leave - the work of Your hands

Glory befits You,  
Honor befits You,  
And praise befits You,  
 Father, Son, Holy Spirit,  
 Now and forever. Amin!

*Morning Praise*

**It is good to give You thanks** - O Lord God,  
 And to sing praise to Your name  
 And to proclaim Your grace in - the morning  
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

*(Repeat the stanza above three times and kneel/prostrate)*

**At morning, you shall hear my voice;**  
 I have prepared myself to appear before You

**Holy are You, O God**

Holy O Almighty

Holy O Immortal

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

**Lord, have compassion on us;**  
 Forgive the sins of all of us, O Lord;  
**O Holy One, let Your right hand rest upon us;**  
 Forgive our weakness, for Your name is forever!

**Glory to You, O God**  
 Glory to You, O God  
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

*(In Prose)*

***Morning Praise***

**It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.**

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

*Qaumo*

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

*Qaumo*

**QOLO**

*(Shlomo d'Abo – Reesh Qolo)*

Let us love one another

Love completes the commandments

There are those who fast from bread

And yet are filled with hatred,

Like those who fast from wine yet

Kill their brethren secretly...*Barekmor*

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

*Unto the ages of ages and forevermore*

Through the fasting of Daniel,

He shut the mouths of lions;

Hananiah and his friends

Quenched the flames in the furnace,

So let us fast, that we may,

Rejoice with the spi`ri`tuals

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Son, who freed us by Your fast

Have mercy upon us all

Come, let us offer to Him

The off'rings of discernment

That we may be worthy of

His vision at His Coming

You who fast, offer to God

Glory by all your labors;

Offer Him good fruits of praise

By the beauty of your life

Son, who freed us by Your fast

Have mercy upon us all

O Christ, who fasted for us

Accept our fasting and pray'r

*Qaumo*

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

*Qaumo*

**QOLO**

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Son, who freed us by Your fast  
Have mercy upon us all

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

O Christ, who fasted for us  
Praise to You, and have mercy  
Have mercy upon us all  
In this world and that to come

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



**MANITHO of MOR SEVERUS**

*By the prayers of Your Mother – and those of all Your Saints*

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for – all mankind

To bring life and salvation for our fallen human race;

Who did become – incarnate – of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man – without change

And was crucified for us, Christ who is our Lord and God.

He trampled death – by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped – equally

With His Father and Spirit; Have mercy upon us all!

*Qaumo, Nicene Creed*

***Forty Prostrations***

*Kurieieison (x10)*

*Lord, have mercy upon us (x10)*

*Lord, be kind and have mercy (x10)*

*Answer, Lord, and have mercy (x10)*

*Glory be to You, O Lord*

*Glory be to You, O Lord*

*Glory be to You, our hope forever. Barekmor*

*Our Father, who art in heaven...*

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

*Qaumo*

**QOLO**

*(More d'Ramsho – Tone 5)*

My brethren, let – us be diligent  
 In fasting, pray'r – tears and in vigil,  
 For by them we – will join the angels  
 And inherit – the Kingdom of God...*Barekmor*  
**† Glory be to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Son, who freed us by Your fast  
 Have mercy upon us all

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

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

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

*Qaumo*

|                                 |
|---------------------------------|
| <b>WEDNESDAY EVENING PRAYER</b> |
|---------------------------------|

*Vespers/Ramsho*

*Qaumo*

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

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

***Introductory Prayer***

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always and forever, Amin.

***Psalms of Evening***

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
(*Sli Moriyō b'Rahme*)

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

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

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

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

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

*Staumen Kalos, Kurielaison*

**(*Promion & Sedro*)**

## QOLO

*(Quqoyo – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

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

## QOLO

*(Bkhul Medem - Tone 5)*

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

"This is the fasting - that pleases the Lord:

Give your bread to the hungry - and the afflicted

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

Everyone who does these things

Will not ever be shaken

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

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

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

Throughout all generations - the righteous were glorified

By holy fasting - and they pleased the Lord

By his fasting, Moses saw - God on the mountain

By his fasting, Daniel closed - the mouths of lions

Hannaniah and his friends,

Through fasting, put out the flames

So let us be diligent - with this weapon of fasting

And let us please God - by lives of virtue

*Unto the ages of ages and forevermore*

All things I have considered - Nothing have I seen better

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

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

Moses loved it and parted - the sea with his staff

Daniel and his friends loved it

And it saved them from the flames

More desirable than gold, - sweeter than the honeycomb,

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

*Lord have mercy upon us and help us*

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

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

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

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

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

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

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

**(Gospel)***Concluding Prayer*

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

*Qaumo*



|                                    |
|------------------------------------|
| <b>WEDNESDAY PROTECTION PRAYER</b> |
|------------------------------------|

*Compline/Sutoro*

*Qaumo*

**QOLO**

*(Bkhul Medem - Tone 7)*

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

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

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

*Lord have mercy upon us and help us!*

## BO'UTHO of MOR EPHREM

*(Tone 7)*

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

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

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

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

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

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

*Psalms of Sutoro*

*[Psalm 91]* **Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

*"My trust is in You, / God is my refuge in whom I trust".*

**For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.**

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

**You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.**

Nor of the word, which walks in the darkness/ nor of the spirit that destroys at midday.

**Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you**

But with your eyes alone / you shall see the reward of the wicked

**Because You have made the Lord your trust; / You have made Your dwelling in the heights**

Evil shall not come near you, / affliction shall not come near your tent

**Because He has commanded his angels concerning you; / that they should keep you in all your ways**

And receive you in their arms; / that you may not stumble with your foot

**You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon**

*"Because he has cried to me", says the Lord, / "I will deliver him and strengthen him."*

**Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.**

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

**[Psalm 121] I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

**He will not suffer your foot to slip, / your guardian shall not sleep.**

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

**The Lord is your guardian. / The Lord shall shelter you with His right hand**

By day the sun shall not harm you, / nor the moon by night,

**The Lord shall guard you from all evil, / the Lord shall guard your soul**

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

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

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

#### *Prayer of St. Severus*

**He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,**

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

**Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.**

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

**O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.**

May your right hand rest upon us / all the days of our lives, / and  
Your peace reign among us /and give hope and salvation to the  
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /  
pardon me and have mercy on me, O God". Amin.**

*Praise of the Cherubim*

*We make the sign of the Cross and kneel as we pray:*

**† Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

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

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

*Nicene Creed, Quqlions of the Theotokos & Saints*

|                              |
|------------------------------|
| <b>WEDNESDAY NIGHT VIGIL</b> |
|------------------------------|

*Lilyo*

*Qaumo*

***Introductory Prayer***

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

***Introductory Psalms of Night Vigil***

*[Psalm 134] Barekmor. Bless the Lord, / all You servants of the Lord.*

*Barekmor. You who stand by night in the house of the Lord.*

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**ENIYONO**  
(*Yoye w'Zodeq*)

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

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

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

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

### 1<sup>ST</sup> QAUMO

#### **EQBO**

*(Qum Paulos – In the Tone of the Day)*

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

#### **QOLO**

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

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



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

*Unto the ages of ages and forevermore*

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

Tears flowed from my eyes, for it is written:

Woe to adulterers and shame be upon thieves

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

Woe to me for I have done

All these things from my young age

Like the tax collector and - just like the sinful woman

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

*Lord have mercy upon us and help us*

### **BO'UTHO of MOR JACOB**

*(In the Tone of the Day)*

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

Hear our requests and have mercy upon our souls

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

Long for it with joy and run to the Holy Church

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

Without leaving to wander about here or there

Ask the Lord for compassion like one who is weak,

For with compassion, He receives those who seek Him

You will receive the new life with the ranks of saints

Who loved the Father, Son, and the Holy Spirit

Answer O Lord, answer O Lord, and have mercy

Turn the hearts of the sons of men to repentance

### ***Praise of the Cherubim***

*Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

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

*You are holy and glorious forever...*

*Glory be to You, O Lord...*

*Our Father who art in Heaven...*

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

As I have not renounced You, Lord,  
 May my friends not renounce my name  
 As I confessed You before man,  
 Confess me before Your Father

O Lord, since I have  
 Eaten Your body  
 And drunk of Your blood  
 Make me worthy of Your bliss

When You come again in glory  
 Forgive me my sins by Your grace

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

I, Ephrem, am nearing death - and I write my testament  
 Pray without ceasing - all day and all night  
 When the ploughman ploughs two times his harvest bears fruit  
 Do not be like the slothful ones, whose fields sprout thorns  
 May this be a witness to  
 My disciples after me,

For he who loves it receives - great reward in both the worlds  
 Pray without ceasing - all day and all night...*Barekmor*

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

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

*Lord have mercy upon us and help us*

### **BO`UTHO of MOR EPHREM**

*(In the Tone of the Day)*

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

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

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

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

### ***Praise of the Cherubim***

*Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

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

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

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

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

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

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

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

God who received the pray'rs of  
 Jonah from inside the sea,  
 And who ordered the fish to  
 Spit him out on the third day,  
     O Lord, hear our petition  
     O Lord, reconcile with us  
     O Lord, answer our requests

Even though we angered You,  
 The Martyrs will pray for us

*Lord have mercy upon us and help us*

### **BO'UTHO of MOR BALAI**

*(In the Tone of the Day)*

Lord, who has mercy even on sinners  
 Have mercy on us on Your judgment Day!

    At Your door O Lord, the afflicted knock  
 Answer their requests in Your compassion

Jesus, Your door is a door of mercy!  
 He who enters with sins departs with grace

    Father in heaven, we do beseech You!  
 Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;  
 Knock, I will open; Ask and I will give."

    Lord of those above! Hope of those below!  
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!  
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

*Lord, have mercy upon us and help us*

### *Psalms of Night Vigil*

**Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.**

Praise Him, all His angels; praise Him, all his hosts.

**Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.**

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

**Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;**

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

**Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.**

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

**[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.**

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

**Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,**

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

**[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.**

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

**Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.**

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

*And to you belongs the praise, O God. Barekmor*

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

*Unto the ages of ages and forevermore*

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

**QAUMO of PRAISE****QOLO***(Habloh l'Eedtokh - Tone 5)*

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

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

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

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

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

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

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



*Hymn of the Angels*

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

At all times and at all seasons, Glory to God in the heights / and on earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our creator, king of heaven, / God the Father Almighty.

**Lord God, only Son, Jesus Christ, with the Holy Spirit,**

Lord God, Lamb of God, Son and Word of the Father, / who take away, or rather have taken away, the sin of the world / have mercy upon us.

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

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amin.

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

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

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

*Concluding Prayer*

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

*Qaumo*

|                                 |
|---------------------------------|
| <b>WEDNESDAY MORNING PRAYER</b> |
|---------------------------------|

*Matins/Safro*

*Qaumo.*

*Psalms of Morning*

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

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

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**O Merciful God! Have mercy upon us in your mercy!**

*Lord have mercy upon us and help us.*

[Psalm 63] **My God, you are my God, I will seek You.**

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

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

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

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**ENIYONO**

*(Bthulto Qadishto)*

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

Our Lord taught His Church - by the fast He kept  
That she will conquer - Satan by the fast

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth, / and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber; / it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

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

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

**ENIYONO**  
(*Lekh Netkashaf*)

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

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

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

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

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

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

*[Isaiah 42:10-13, 45:8] Kurielaison. Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!*

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

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

## ENIYONO

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

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

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

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

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



*[Psalm 113]* **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

**From the rising of the sun to its setting / great is the name of the Lord.**

The Lord is high above all peoples/and his glory is above the heavens.

**Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?**

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

**He makes the barren woman keep house / and be a joyful mother of children.**

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

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

### **EQBO**

*(B'edon Safro)*

At the time of morning - creation worships

Him who drives darkness from it and she sings praise:

"Glory to You, O God!"

*(Promion & Sedro)*

**QOLO***(l'Malkuth Rawmo – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

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

## QOLO

*(Quqoyo – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

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

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

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

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

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

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

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

*(Scripture Readings)*

*Morning Praise for the Fast*

Lord of all, - by your great mercies,  
 Make us servants worthy  
 to be preserved today in justice, without the scars of sin.  
 Bless`ed are You, - O God of - our fathers,  
 And Your Holy name is magnified  
 and glorified forever. Amin.

Lord, may Your - grace and mercies  
 be upon us, for our trust is in You.  
 Bless`ed are You! - O Lord, teach - and show us  
 The way of Your co-mmand-ments.  
 Bless`ed are You! - By Your grace - make us to  
 Understand the way of Your laws

Bless`ed are You! - Holy One, - enlighten us  
 With your luminous rays  
 Lord, may Your mercies be upon us  
 Do not neglect, or leave - the work of Your hands

Glory befits You,  
Honor befits You,  
And praise befits You,  
 Father, Son, Holy Spirit,  
 Now and forever. Amin!

*Morning Praise*

**It is good to give You thanks** - O Lord God,  
 And to sing praise to Your name  
 And to proclaim Your grace in - the morning  
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

*(Repeat the stanza above three times and kneel/prostrate)*

**At morning, you shall hear my voice;**  
 I have prepared myself to appear before You

**Holy are You, O God**

Holy O Almighty

Holy O Immortal

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

**Lord, have compassion on us;**  
 Forgive the sins of all of us, O Lord;  
**O Holy One, let Your right hand rest upon us;**  
 Forgive our weakness, for Your name is forever!

**Glory to You, O God**  
 Glory to You, O God  
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

*(In Prose)*

***Morning Praise***

**It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.**

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

*Qaumo*

|  |
|--|
| <b>WEDNESDAY 3<sup>RD</sup> HOUR PRAYERS</b> |
|--|

*Qaumo*

**QOLO**

*(Lokh Moriyō Qorenan – Reesh Qolo)*

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM***(Tone 5)*

Son, who freed us by Your fast  
 Have mercy upon us all

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

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

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

*Qaumo*



|  |
|--|
| <b>WEDNESDAY 6<sup>TH</sup> HOUR PRAYERS</b> |
|--|

*Qaumo*

**QOLO**

*(Quqoyo – Reesh Qolo)*

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM***(Tone 5)*

Son who freed us by Your fast  
Have mercy upon us all

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

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

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

**MANITHO of MOR SEVERUS**

*By the prayers of Your Mother – and those of all Your Saints*

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

*Qaumo, Nicene Creed, Forty Prostrations*

|  |
|--|
| <b>WEDNESDAY 9<sup>TH</sup> HOUR PRAYERS</b> |
|--|

*Qaumo*

**QOLO**

*(Lokh Moriyō Qorenan – Reesh Qolo)*

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

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

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

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

*Unto the ages of ages and forevermore*

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

Receive us – that all the angels

May rejoice, - and that praise to You

May multiply night and day from men – and watchers

*Lord have mercy upon us and help us*

**BO'UTHO of MOR BALAI**

*(Tone 5)*

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

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

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

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

*Qaumo*

|                                |
|--------------------------------|
| <b>THURSDAY EVENING PRAYER</b> |
|--------------------------------|

*Vespers/Ramsho*

*Qaumo*

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

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

***Introductory Prayer***

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always and forever, Amin.

***Psalms of Evening***

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

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

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

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

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

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

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

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

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

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

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

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

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

ENIYONO  
*(Sli Moriyo b'Rahme)*

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

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

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

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

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

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

*Staumen Kalos, Kurielaison*

*(Promion & Sedro)*

**QOLO***(Quqoyo – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

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

## QOLO

*(Lokh Moriyo Qorenan – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*



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

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

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

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

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

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

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

**(Gospel)***Concluding Prayer*

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

*Qaumo*

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

*Compline/Sutoro*

*Qaumo*

**QOLO**

*(I'Maryam Yoldath Aloho – Tone 5)*

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

**+ *Glory be to the Father, Son and Holy Spirit***

*Unto the ages of ages and forevermore.*

Let us wash our clothes with the tears of our eyes  
 For the coming of the Son of God is nearing  
 The world`s end is at the door, as St. Paul spoke  
 Bless`ed is he whose judgment shall be with mercy  
*Lord have mercy upon us and help us*

**BO`UTHO of MOR JACOB**

O Lord, our Lord, we call to You come to our aid  
Hear our requests and have mercy upon our souls

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

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

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

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

*Psalms of Sutoro*

*[Psalm 91] Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,*

*"My trust is in You, / God is my refuge in whom I trust".*

**For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.**

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

**You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.**

Nor of the word, which walks in the darkness/ nor of the spirit that destroys at midday.

**Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you**

But with your eyes alone / you shall see the reward of the wicked

**Because You have made the Lord your trust; / You have made Your dwelling in the heights**

Evil shall not come near you, / affliction shall not come near your tent

**Because He has commanded his angels concerning you; / that they should keep you in all your ways**

And receive you in their arms; / that you may not stumble with your foot

**You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon**

*"Because he has cried to me", says the Lord, / "I will deliver him and strengthen him."*

**Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.**

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

**[Psalm 121] I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

**He will not suffer your foot to slip, / your guardian shall not sleep.**

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

**The Lord is your guardian. / The Lord shall shelter you with His right hand**

By day the sun shall not harm you, / nor the moon by night,

**The Lord shall guard you from all evil, / the Lord shall guard your soul**

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

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

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

#### *Prayer of St. Severus*

**He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,**

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

**Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.**

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

**O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.**

May your right hand rest upon us / all the days of our lives, / and  
Your peace reign among us /and give hope and salvation to the  
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /  
pardon me and have mercy on me, O God". Amin.**

*Praise of the Cherubim*

*We make the sign of the Cross and kneel as we pray:*

**† Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

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

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

*Nicene Creed, Quqlions of the Theotokos & Saints*

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

*Lilyo*

*Qaumo*

***Introductory Prayer***

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

***Introductory Psalms of Night Vigil***

*[Psalm 134] Barekmor. Bless the Lord, / all You servants of the Lord.*

*Barekmor. You who stand by night in the house of the Lord.*

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

### ENIYONO

*(Etheer l'Hathoyo)*

Awake, O sinner – while there is still time

For repentance

Cleanse and purify your stains – with mournful tears and sighing

When the fi`re roars – at the Last Judgment

Against sinners

O Christ, my King, at that time – may I behold Your mercy

O Jesus, my God – I call upon You

And beseech You:

Do not punish me, O Lord – according to all my sins

The timely pray`r which – the thief prayed to Christ

Is of great wealth

For sinners who were made old – by their sins and by their deeds...*Barekmor*

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

*Unto the ages of ages and forevermore*

My sins are many – my deeds are evil

They have drowned me

In the raging sea of sin. – Captain of Peace, draw me out!

*Lord have mercy, Lord have mercy, Lord have mercy*

*(Kurieleison, Kurieleison, Kurieleison)*

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

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

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

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



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

*Lord have mercy upon us and help us*

### **BO'UTHO of MOR JACOB**

*(In the Tone of the Day)*

O Lord, our Lord, we call to You come to our aid  
 Hear our requests and have mercy upon our souls

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

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

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

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

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

### ***Praise of the Cherubim***

*Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

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

*You are holy and glorious forever...*

*Glory be to You, O Lord...*

*Our Father who art in Heaven...*

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

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(In the Tone of the Day)*

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

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

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

Lord, who hears our petitions  
 Answer us in Your mercy  
 Lord, be reconciled with us  
 Have compassion upon us

***Praise of the Cherubim***

*Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

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

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

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

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

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

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

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

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

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

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

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

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

*Lord have mercy upon us and help us*

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

Lord, who has mercy even on sinners  
Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock  
Answer their requests in Your compassion

Jesus, Your door is a door of mercy!  
He who enters with sins departs with grace

Father in heaven, we do beseech You!  
Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;  
Knock, I will open; Ask and I will give."

Lord of those above! Hope of those below!  
Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!  
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

*Lord, have mercy upon us and help us*

### *Psalms of Night Vigil*

**Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.**

Praise Him, all His angels; praise Him, all his hosts.

**Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.**

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

**Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;**

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

**Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.**

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

**[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.**

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

**Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,**

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

**[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.**

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

**Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.**

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

*And to you belongs the praise, O God. Barekmor*

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

*Unto the ages of ages and forevermore*

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

**QAUMO of PRAISE****QOLO***(Quqoyo - Reesh Qolo)*

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

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

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

*Lord have mercy upon us and help us***BO'UTHO of MOR JACOB***(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just  
 Accept our fast and pray'rs and have mercy on us  
     Why do riches of this world lead you to err'or,  
     That you strive each day for gain that does not profit?  
 You are active in increasing your possessions,  
 Yet when gathered, they remain but for a moment  
     Call out to your possessions; gather your riches  
     If they deliver you from death, let them be yours  
 If your riches cannot prevent fever and plague,  
 Why do you so long for that which is of no use?  
     O Christ, who did accept the fasting of Moses  
     Hear our requests and have mercy upon our souls



*Hymn of the Angels*

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

At all times and at all seasons, Glory to God in the heights / and on earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our creator, king of heaven, / God the Father Almighty.

**Lord God, only Son, Jesus Christ, with the Holy Spirit,**

Lord God, Lamb of God, Son and Word of the Father, /who take away, or rather have taken away, the sin of the world / have mercy upon us.

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

Because You only are holy, You only, Lord Jesus Christ, / with the Holy Spirit, in the glory of God the Father. Amin.

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

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

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

*Concluding Prayer*

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

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

*Matins/Safro*

*Qaumo*

*Psalms of Morning*

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

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

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**O Merciful God! Have mercy upon us in your mercy!**

*Lord have mercy upon us and help us.*

*[Psalm 63]* **My God, you are my God, I will seek You.**

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

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

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

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

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

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

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

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

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

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

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

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

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

### ENIYONO

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

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

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

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

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

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

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

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

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

[Psalm 19] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth, / and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber; / it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

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

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

## ENIYONO

*(Haw Dat'in Kul Beryotho)*

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

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

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

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

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

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

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

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

*[Isaiah 42:10-13, 45:8] Kurielaison.* Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

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

**ENIYONO***(Mshiho Damlakh)*

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

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

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

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

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

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



*[Psalm 113]* **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

**From the rising of the sun to its setting / great is the name of the Lord.**

The Lord is high above all peoples/and his glory is above the heavens.

**Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?**

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

**He makes the barren woman keep house / and be a joyful mother of children.**

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

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

*Unto the ages of ages and forevermore.*

### EQBO

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

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

*Stoumen Kalos, Kurieleison*

*(Promion & Sedro)*

**QOLO**

*(Bhaw Saphrokh Rabo)*

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

*(Etro)*

**QOLO**

*(Quqoyo – Reesh Qolo)*

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

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

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

*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

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

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

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

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

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

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

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

*(Scripture Readings)*

*Morning Praise for the Fast*

Lord of all, - by your great mercies,  
 Make us servants worthy  
 to be preserved today in justice, without the scars of sin.  
 Bless`ed are You, - O God of - our fathers,  
 And Your Holy name is magnified  
 and glorified forever. Amin.

Lord, may Your - grace and mercies  
 be upon us, for our trust is in You.  
 Bless`ed are You! - O Lord, teach - and show us  
 The way of Your co-mmand-ments.  
 Bless`ed are You! - By Your grace - make us to  
 Understand the way of Your laws

Bless`ed are You! - Holy One, - enlighten us  
 With your luminous rays  
 Lord, may Your mercies be upon us  
 Do not neglect, or leave - the work of Your hands

Glory befits You,  
Honor befits You,  
And praise befits You,  
 Father, Son, Holy Spirit,  
 Now and forever. Amin!

*Morning Praise*

**It is good to give You thanks** - O Lord God,  
 And to sing praise to Your name  
 And to proclaim Your grace in - the morning  
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

*(Repeat the stanza above three times and kneel/prostrate)*

**At morning, you shall hear my voice;**  
 I have prepared myself to appear before You

**Holy are You, O God**

Holy O Almighty

Holy O Immortal

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

**Lord, have compassion on us;**  
 Forgive the sins of all of us, O Lord;  
**O Holy One, let Your right hand rest upon us;**  
 Forgive our weakness, for Your name is forever!

**Glory to You, O God**  
 Glory to You, O God  
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

*(In Prose)*

***Morning Praise***

**It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.**

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

*Qaumo*

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

*Qaumo*

**QOLO**

*(Sohde Aphisunuy – Reesh Qolo)*

Bless'd is he who from this world  
 Gathers provisions for the journey  
 And prepares glor`ious garments for that Day  
 When the True Bridegroom enters  
 To see the guests He has invited,  
 He will go to the banquet and rejoice...*Barekmor*  
**† Glory be to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

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

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM**

*(Tone 5)*

Son, who freed us by Your fast  
 Have mercy upon us all

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

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

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

*Qaumo*

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

*Qaumo*

**QOLO**

*(Sohdau Atun – Tone 5)*

A holy fast – is beautiful; vigil is right,  
 And pray'r is pleasant  
 These three things stand – against wrath, and they sanctify  
 The soul and body  
 Glory to You – my Lord, who reconciles with mankind  
 Through fasting and pray'r...*Barekmor*  
**† Glory be to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*  
 Grant us, O Lord – Your mercy and Your compassion  
 And forgive our sins  
 Grant us new life – in the Kingdom and mercy in  
 The coming judgment  
 Lord, on that day – when all that is hidden is revealed  
 Grant us the kingdom  
*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

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

The righteousness of many is very much loved  
 It has the pow'r always to grant ev'ry request

Though drops of rain are *separate* from one another,  
 Together they are a flood which cannot be crossed

So, like the drops with gather into a torrent,  
 Which cannot be crossed on account of its greatness...

...One petition from many weak mouths will be heard  
 And the Great and Just Judge will never reject it

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



### MANITHO of MOR SEVERUS

*By the prayers of Your Mother – and those of all Your Saints*

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for – all mankind

To bring life and salvation for our fallen human race;

Who did become – incarnate – of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man – without change

And was crucified for us, Christ who is our Lord and God.

He trampled death – by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped – equally

With His Father and Spirit; Have mercy upon us all!

*Qaumo, Nicene Creed*

#### **Forty Prostrations**

*Kurieieison (x10)*

*Lord, have mercy upon us (x10)*

*Lord, be kind and have mercy (x10)*

*Answer, Lord, and have mercy (x10)*

*Glory be to You, O Lord*

*Glory be to You, O Lord*

*Glory be to You, our hope forever. Barekmor*

*Our Father, who art in heaven...*

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

*Qaumo*

**QOLO**

*(l'Malkuth Rawmo – Reesh Qolo)*

Gracious Holy One, – by Your great kindness  
 Absolve my sins and – pardon my iniquities;  
 Make me worthy with the just  
 And with the saints who pleased You  
 To sing glory to You, Lord,  
 And enter – Your bridal chamber ...*Barekmor*  
**† Glory be to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*

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

**BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

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

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

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

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

*Qaumo*

|                              |
|------------------------------|
| <b>FRIDAY EVENING PRAYER</b> |
|------------------------------|

*Vespers/Ramsho*

*Qaumo*

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

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

***Introductory Prayer***

Grant us, Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always and forever, Amin.

***Psalms of Evening***

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**  
(*Yaumono*)

On this day our Savior fasted for us in the desert  
And instead of bread He gave us  
The Word of Life, that Adam's race  
May eat of it and live by it

God was pleased when Moses fasted a pure and holy fast  
Elijah fasted and went up  
Into heaven, so let us fast,  
That all our sins may be pardoned

Fasting and pray`er are a treasure for one who believes  
Its richness cannot be pillaged,  
And by this treasure those who fast  
Inherit the eternal life

Come men of discernment, let us observe the holy fast  
For by it all our debts and faults  
Are forgiven and our God will  
Reconcile with us in mercy

By fasting the righteous became glo'ri`ous and pleased God:  
Moses, David, Hanoch, Daniel,  
And Elijah; so let us fast  
And pray to escape from judgment...*Barekmor*

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

We beseech Your mercies, O God, the Lover of mankind  
Absolve our sins as you wish and  
With the thief and sinful woman  
Make us worthy of the Kingdom

*Staumen Kalos, Kurielaison*

*(Promion & Sedro)*

**QOLO**

*(Quqoyo – Reesh Qolo)*

Our God dwells within a heart which has no deceit  
 The Holy Spirit dwells in pure and sincere souls  
     Fasting and prayer – are beautiful and  
     A sincere heart – exceeds both of them  
 With pure hearts, the just labored in our Lord's vineyard  
 May their pray'rs protect us all from the evil one  
     Halleluiah – by day and by night...*Barekmor*

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

Where shall I flee from Your presence, O Son of God,  
 For heaven and earth pass away at Your command  
     Like that woman – who touched Your garment  
     And who was healed – from the flow of blood,  
 I take refuge in Your holy body and blood  
 Absolve all my sins by Your abundant mercies  
     Halleluiah – Have mercy on me

*Unto the ages of ages and forevermore*

Our Lord has said, "Gird yourself; be watchful and pray  
 And let the provisions for the way be prepared  
     For you know not – the day nor the hour  
     When the Lord shall – come in His glory"  
 Take oil in your lamps and welcome Him when He comes  
 That the Bridegroom may see you and you shall enter  
     Halleluiah – His bridal chamber

*Lord have mercy upon us and help us*

**(Etro)**

**QOLO**

*(Barubto Brishith – Reesh Qolo)*

Everyone who fasts  
 From bread alone is not truly fasting  
 Our Lord hates such fasts,  
 For it profits not if one does not fast  
 Halleluiah w'Halleluiah – from iniquity...*Barekmor*

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

The Lord rejoices  
 In fasting and pray'r, and one who keeps them  
 Is the Lord's temple,  
 For the Spirit dwells in him and he will  
 Halleluiah w'Halleluiah – rejoice in Eden

*Unto the ages of ages and forevermore*

Lord, deliver us  
 From the sea of fire and the dread crossing  
 As You delivered  
 Hananiah and his friends from the flames  
 Halleluiah w'Halleluiah – and shamed Babylon

*Lord have mercy upon us and help us*

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

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

In the fi`re, the rich man spoke amidst the flames  
He groaned and implored as he was burned by the fire:

"Bless'd is he who does not love riches as I did,  
For though I was rich, I am now burned by the flames."

Bless'd is he who does not spend life in luxury  
He will rejoice in the Kingdom like Lazarus

Bless'd is he who in weariness completes this life  
And does not thirst for water which is denied him

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

**(Gospel)***Concluding Prayer*

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

*Qaumo*



|                                 |
|---------------------------------|
| <b>FRIDAY PROTECTION PRAYER</b> |
|---------------------------------|

*Compline/Sutoro*

*Qaumo*

**QOLO**

*(Sohdau Atun - Tone 1)*

We know that our sins  
 Are great Lord and we know that - great are Your mercies  
And if Your mercy  
 Should not persuade you, we shall - perish from our sins  
Take not away - Lord Your hand from us, whom you have saved  
 By Your precious blood...*Barekmor*

**+ *Glory be to the Father, Son and Holy Spirit***  
*Unto the ages of ages and forevermore.*

If a slave offends  
 His master he takes refuge - in his master's friend  
By that friend's pleading  
 The master forgives the slave - of his offences  
We take refuge - In Your Cross that Your mercy may come  
 Quickly upon us

*Lord have mercy upon us and help us!*

**BO'UTHO of MOR JACOB**

O Lord, - our Lord, we - call to You - come to our - aid  
 Hear our - requests and - have mercy - upon our - souls  
 Adam - instructed - his children - of what rea-son  
 He and - Eve were called - to depart - from Para-dise  
 He spoke - to them of - his former - author-ity  
 And of - his fall and - his exile - when he was - shamed:

"It is - not fitting - for the foot - that ran to - the  
 Tree to - tread the ho-ly place when - it is not - clean  
 It is - not right for - the hand that - plucked the fruit - in  
 Eden - to wave o-ver the off-'ring of the Lord"

Christ, who - came and walked - on the earth - and uproot-ed  
 Its thorns, - by You A-dam returned - to Paradise

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

*Psalms of Sutoro*

**[Psalm 91] Bless me, O Lord. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

**“My trust is in You, / God is my refuge in whom I trust”.**

**For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.**

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

**You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.**

Nor of the word, which walks in the darkness/ nor of the spirit that destroys at midday.

**Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you**

But with your eyes alone / you shall see the reward of the wicked

**Because You have made the Lord your trust; / You have made Your dwelling in the heights**

Evil shall not come near you, / affliction shall not come near your tent

**Because He has commanded his angels concerning you; / that they should keep you in all your ways**

And receive you in their arms; / that you may not stumble with your foot

**You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon**

“Because he has cried to me”, says the Lord, / “I will deliver him and strengthen him.”

**Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.**

I will strengthen him and honor him; / With length of days I will satisfy him and show him my salvation”.

**[Psalm 121] I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

**He will not suffer your foot to slip, / your guardian shall not sleep.**

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

**The Lord is your guardian. / The Lord shall shelter you with His right hand**

By day the sun shall not harm you, / nor the moon by night,

**The Lord shall guard you from all evil, / the Lord shall guard your soul**

The Lord shall guard your going out and your coming in. / From henceforth and forevermore.

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

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

Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

*Prayer of St. Severus*

**He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,**

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

**Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.**

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

**O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your † Cross guard us from the evil one and his powers.**

May your right hand rest upon us / all the days of our lives, / and  
Your peace reign among us /and give hope and salvation to the  
souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, /  
pardon me and have mercy on me, O God". Amin.**

*Praise of the Cherubim*

*We make the sign of the Cross and kneel as we pray:*

† **Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

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

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. *Barekmor.*

Our Father, who art in heaven...

*Nicene Creed, Quqlions of the Theotokos & Saints*

|                           |
|---------------------------|
| <b>FRIDAY NIGHT VIGIL</b> |
|---------------------------|

*Lilyo*

*Qaumo*

***Introductory Prayer***

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

***Introductory Psalms of Night Vigil***

*[Psalm 134] Barekmor. Bless the Lord, / all You servants of the Lord.*

*Barekmor. You who stand by night in the house of the Lord.*

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

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

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

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

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

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

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

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

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

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

### ENIYONO

*(Al Mono Rehmath)*

The Only-Begotten came  
 To the earth and - He fasted  
 By it, He battled Satan,  
 He raised up our - fallen state,  
     And He restored Adam to  
     Eden, his inhe-ritance

By fasting, debts are pardoned  
 And our sins are - blotted out;  
 By it, blemishes are cleansed  
 And the soul is - made glor`ious  
     By it, spi`ri`tual wings grow;  
     Bless`d is He who taught - fasting

Both blessing and misery  
 Are prepared in - the fasting -  
 Misery to those who fast  
 With lies and hate in their hearts,  
     And blessings for those who fast  
     With sincerity - and love

Greatly bless`d are those who fast  
 Having cleansed their - heart from hate  
 The Lord has promised, say`ing,  
 "The one who keeps - fast from bread  
     And from evil will receive  
     Joy in the chamber - of light" ...Barekmor

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

Praise to You, whom watchers praise  
 And the earthly - be`ings serve  
 You whom angels minister,  
 Receive, O Lord, - our service  
     And be reconciled with us,  
 For we have angered - You, Lord

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

### 1<sup>ST</sup> QAUMO

#### **EQBO**

*(Qum Paulos - In the Tone of the Day)*

See the mountains, valleys, and rocks  
 Lament if I do not repent  
 See the hills lament and shed tears;  
 They will mourn and repent for me  
     They will bring the friends  
     And the belov`ed  
     Together to mourn  
     And cry with sighs for my soul;  
 They will beg the Lord for mercy,  
 That the Lord may forgive my sins

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

**QOLO***(I' Maryam Yodath Aloho – In the Tone of the Day)*

Jesus has placed upon us the sign of life  
 When Satan sees it on us, he flees from it  
 Christ gave His Body for our absolution,  
 And His blood that we may give thanks to His grace... *Barekmor*

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

*Unto the ages of ages and forevermore*

David sang, "Rebuke me not in Your anger;  
 Lord, do not punish me in Your displeasure" *(Psalm 38:1)*  
 For God is full of mercy at all times and  
 He does not wish His creation to perish

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB***(In the Tone of the Day)*

O Lord, our Lord, we call to You come to our aid  
 Hear our requests and have mercy upon our souls

The diligent are made to be glor`ious by pray'r,  
 And in combat, the glor`ious seek this weapon  
 Therefore, the Son of God has forged and polished it,  
 So that the King's servants may be equipped with it

Have courage, you who pray; do not be negligent,  
 For the whole pray'r of the Son of God is for you  
 Add your pray'r to it, for there is pow`er in it,  
 And because of His pray'r, your pray'r will be received

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



***Praise of the Cherubim****Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

**2<sup>ND</sup> QAUMO****EQBO***(Qum Paulos – In the Tone of the Day)*

I am killed by anxiety,  
 And my thoughts overwhelm my mind  
 Woe to me, for what shall I do,  
 For the tribunal awaits me  
     Who will not shed tears  
     With grief and worry  
     And not weep for me  
     On account of all my sins?  
 Repentance is not received there  
 Woe be to me, for I have sinned!

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy

Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

**QOLO***(l'Maryam Yoldath Aloho – In the Tone of the Day)*

Come, let us beseech the Lord God with sorrow  
 And offer pray'rs and entreaties before Him  
 The Lord is near to those who call upon Him,  
 And because of His mercies, He answers them...*Barekmor*

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

*Unto the ages of ages and forevermore*

Let us wash our clothes with the tears of our eyes,  
 For the Coming of the Son of God is near  
 The world's end is at the door, as St. Paul said  
 Bless'd is He whose judgment shall be with mercy

*Lord have mercy upon us and help us*

**BO'UTHO of MOR EPHREM***(In the Tone of the Day)*

Lord, have mercy upon us  
 O Lord receive our service

Let not your body stand there  
 While your heart is distracted  
 May your body be a church  
 Your mind, a sanct'uary

Your glory surpasses that  
 Of those who glorify You  
 Lord, You have loved our nature  
 Glory to You who saved us

Lord, who hears our petitions  
 Answer us in Your mercy  
 Lord, be reconciled with us  
 Have compassion upon us

***Praise of the Cherubim****Prayed at the conclusion of 1<sup>st</sup> and 2<sup>nd</sup> Watches of Lilyo*

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

**3<sup>RD</sup> QAUMO****EQBO***(Qum Paulos – In the Tone of the Day)*

Lord, open Your door of mercy  
 Accept the tears that I offer  
 Lord, as with the sinful woman,  
 Grant me forgiveness of my sins  
     O Living Water,  
     I have taken You  
     As my companion;  
     May I not seek water there,  
 For I heard that the rich man begged  
 For water there from Abraham

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

Lord, have mercy upon us  
 Lord, be kind and have mercy  
 Answer, Lord, and have mercy  
 Glory be to You, O Lord  
 Glory be to You, O Lord  
 Glory be to You, our hope forever. *Barekmor*

**QOLO***(l'Maryam Yoldath Aloho – In the Tone of the Day)*

Adam cried out, "Stand up, help me, and save me,  
 For the serpent conquered me among the trees  
 I transgressed, for I ate the fruit from Eve's hand,  
 And I stripped off the glory I had put on" ...*Barekmor*

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

Your Church stands at Your door and beseeches You  
 Because of the Passion You endured for us  
 Have mercy on her and her faithful children,  
 Lord, by the great sign of Your life-giving Cross

*Lord have mercy upon us and help us*

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

Lord, who has mercy even on sinners  
 Have mercy on us on Your judgment Day!

At Your door O Lord, the afflicted knock  
 Answer their requests in Your compassion

Jesus, Your door is a door of mercy!  
 He who enters with sins departs with grace

Father in heaven, we do beseech You!  
 Accept our service; have mercy on us.

Praise Him who said, "Call and I will answer;  
 Knock, I will open; Ask and I will give."

Lord of those above! Hope of those below!  
 Accept this service; have mercy on us

† Halleluiah, Halleluiah, Halleluiah!  
 Glory to You, O God! (*Repeat three times*)

Be compassionate towards us in Your mercy, / O God of compassion; / in our sacrifices and our prayers / we make memory of our fathers / who taught us while they were alive, / to be children of God; / O Son of God, / raise them up in the heavenly kingdom / with the just and the righteous / in the world, which does not pass away.

*Lord, have mercy upon us and help us*

### *Psalms of Night Vigil*

**Awake, you that sleep, and rise and sing praise. [Psalm 148] Praise the Lord from the heavens, praise Him in the heights.**

Praise Him, all His angels; praise Him, all his hosts.

**Praise Him, sun and moon; praise Him, all stars of light; praise Him, heaven of heavens, and the waters above the heavens; let them praise the name of the Lord.**

For He spoke and they were made, He commanded and they were created; He established them forever and ever. He gave them a law, which shall not pass away.

**Praise the Lord from the earth, sea-monsters and all depths, fire and hail, snow and mist, stormy winds that fulfill His word;**

Mountains and all hills, fruit trees and all cedars; wild beasts and all cattle, creeping things and birds that fly;

**Kings of the earth and all peoples, princes and all judges of the earth; young men, too, and maidens; old men and boys; let them praise the name of the Lord.**

For His name alone is exalted; His praise is on earth and in heaven, and He has lifted up the horn of His people; praise for all the just, the children of Israel, the people who draw near to Him.

**[Psalm 149] Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker; let the children of Zion rejoice in their King.**

Let them praise His name with the timbrel and the drum; let them sing to Him with the harp, for the Lord takes pleasure in His people, and gives salvation to the poor.

**Let the just exult in glory; let them praise Him on their beds; let the high praises of God be in their throats, and two-edged swords in their hands,**

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron; to execute on them the judgment which is written; that is the glory of the just.

**[Psalm 150] Praise the Lord in His holy place, praise Him in the firmament of His strength.**

Praise Him for His mighty deeds, praise Him for His abounding greatness, praise Him with the sound of the trumpet, praise Him with lyre and harp.

**Praise Him with the timbrel and the drum, praise Him with the soft strings, praise Him with the loud cymbals; praise Him with the sound of the voice; let everything that has breath praise the Lord.**

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

*And to you belongs the praise, O God. Barekmor*

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

*Unto the ages of ages and forevermore*

Praise to the Holy Trinity!

Praise to the Holy Trinity!

We praise the glorious Trinity, self-existent and eternal; and to You belongs the praise, O God, at all times.

**QAUMO of PRAISE****QOLO***(Enono Nuhro Shareero – Reesh Qolo)*

Adam ate – the fruit in Eden  
 Because of his gluttony – and he was – expelled from Eden  
     But our Savior descended  
     And defeated gluttony  
     By His holy fast for us  
 Bless`ed is the Good One who  
 Defeated the evil one,  
 Who had deceived God's servant...*Barekmor*

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

*Unto the ages of ages and forevermore*

This is the – holy fast by which  
 Those who have discernment grow  
 My brethren, - take refuge in it  
     By it, let us win vict'ry  
     Over the adversary  
     Let us cry with discernment

Bless`ed is He who made us  
 To put on this great weapon  
 To conquer the evil one

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

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

Where is my table full of all kinds of fine things?  
 I beg for water, but it is not given me  
 Where is the gold which I have gathered together?  
 If it can be exchanged for water, let it go

O Dew of Mercy which was sprinkled on the fire,  
 Do not reject us from Your presence when You come  
 Spread joy and put the garment of glory on us  
 That we may conquer the darkness with Your brightness

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

*Hymn of the Angels*

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

At all times and at all seasons, Glory to God in the heights / and on  
 earth, peace and tranquility and good hope for the sons of men.

**We praise You, we bless You, we worship You, / we raise up a  
 hymn of praise to You.**

We give thanks to You because of Your great glory, / Lord our  
 creator, king of heaven, / God the Father Almighty.

**Lord God, only Son, Jesus Christ, with the Holy Spirit,**

Lord God, Lamb of God, Son and Word of the Father, / who take  
 away, or rather have taken away, the sin of the world / have mercy  
 upon us.

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

Because You only are holy, You only, Lord Jesus Christ, / with the  
 Holy Spirit, in the glory of God the Father. Amin.

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

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

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



*Concluding Prayer*

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

*Qaumo*

|                              |
|------------------------------|
| <b>FRIDAY MORNING PRAYER</b> |
|------------------------------|

*Matins/Safro*

*Qaumo*

*Psalms of Morning*

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

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

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

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

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

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

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

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

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

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

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

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

*Unto the ages of ages and forevermore*

**O Merciful God! Have mercy upon us in your mercy!**

*Lord have mercy upon us and help us.*

[Psalm 63] **My God, you are my God, I will seek You.**

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

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

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

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

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

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

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

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

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

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

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

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

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

**ENIYONO**

*(Haw Dat'in Kul Beryotho)*

When one sees his evil acts,  
 That one despises himself  
 And he will condemn himself  
 When he sees how - he has sinned  
     When the - hidden things will be  
     Revealed, - it will be fearful  
 At judgment, we will receive  
 According to our - actions  
     Woe to us, who did not act  
     Despite our Lord's - example  
     Woe to us! Our negligence  
     Has made us lose - Paradise  
         Brethren, - behold how fear has  
         Fallen - over creation;  
     The Sun has turned to darkness  
     And the moon's brightness - has gone  
 The just wear the glor'ious light  
 That shall never - fade away  
 Their light shines more than the sun  
 They surpass all - in glory  
     While the - wicked have put on  
     The thick - darkness of their sins  
 My tongue is incapable  
 Of narrating their - torments  
     The watchers of spirit fly,  
     And in the blink - of an eye,  
     They will catch the wicked men  
     And throw them in - the fi`re  
         There will - be gnashing of teeth  
         And they - will be tormented  
 At the fearful, dread judgment  
 They will burn in Gehenna

The wicked cry from the midst  
 Of the *fire* like – the rich man  
 They ask for a drop of water but none gives – what they ask

Your com-passion is greater

Than our – in`i`quity, Lord

Forbid that eternal *fire*

From consuming Your – image...*Barekmor*

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

*Unto the ages of ages and forevermore*

Lord, open the doors of Your

Kingdom that we – might enter,

For You saved us from bondage

And brought us in-to Your flock

May our – hearts sing and rejoice

For we – have beseeched Your name

Make us drunk at Your table

By the richness of – Your spring

[*Psalm 19*] *Kurielaison*. The heavens declare the glory of God and the firmament proclaims His handiwork. / Day to day brings forth speech; / night to night declares knowledge;

There is no speech, nor are their words; their voice is not heard. / Yet their good tidings go out through all the earth,/ and their words to the end of the world.

In the heavens, He has set His tent for the sun, which comes out like a bridegroom leaving his chamber;/ it will rejoice like a strong man to run his course.

Its departure is from the end of the heavens / while its repose is at the end of the heavens and there is nothing hidden from its heat.

The law of the Lord is flawless and it turns the soul. / The testimony of the Lord is trustworthy and makes infants wise. / The commandments of the Lord are right and they make the heart rejoice. / The precepts of the Lord are chosen and they illumine the eyes.

The fear of the Lord is pure and it endures forever. / The judgments of the Lord are true and are more righteous than all. / They are more desirable than gold and even than precious stones. / They are sweeter than honey and the drippings of the honeycomb.

Moreover, Your servant will be warned by them; / If He keeps them, he will be greatly rewarded, but who can discern his errors? / Clear me from hidden faults.

Keep Your servant away from iniquity, lest the evil doers have dominion over me. / And I shall be purified from my sins. / O Lord, my helper and Savior, / let the words of my mouth be according to Your will / and the meditation of my heart be acceptable before You.

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

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

*Unto the ages of ages and forevermore*

### ENIYONO

*(Mshihō Damlakh)*

Lord, we beseech Your mercies  
In the times of affliction  
My Lord, You are the Rich One  
Who does not deny the poor

Do not disregard Your Church  
Nor Your covenant with her,  
For she calls on You always;  
In mercy, come to her aid

Lord, receive our petition  
Do not deny our request  
Incline Your ear to our pray'rs,  
You who are full of mercy

O God, the Merciful One  
Who guides all of creation,  
You answer our petitions  
And You protect all our souls

Unite Your will with us all  
 And be our Mediator  
 We have raised our eyes to You  
 O Lord, have mercy on us...*Barekmor*

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

O Lord, we beseech Your name  
 To receive Your forgiveness  
 With sighs, we supplicate You  
 To absolve our debts and sins

*[Isaiah 42:10-13, 45:8] Kurielaison.* Sing to the Lord a new song, His praise from the ends of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants, praise the Lord!

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise Him! Let them shout from the top of mountains. Let them give glory to the Lord and declare His glory in the islands!

The Lord will go forth like a mighty man and like a warrior, He stirs up His fury; He will cry out and become mighty and will triumph over His enemies;

Let the clouds rain down righteousness; let the earth open and salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them...*Barekmor*

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

## ENIYONO

*(Yaumono)*

How fair is – the fasting – which is free from hate and slander  
 The love free from deceit is rich  
 Come, let us love one another  
 That our fasting may be received

My brethren, - let us fast – from iniquity and envy,  
 And let us supplicate the Lord  
 With mourning and tears of sorrow  
 That me might rejoice with the King

I have been – defiled by – the multitude of all my sins  
 Lover of Man, I do not dare  
 To look up to the heights above  
 By Your grace, Savior, - have mercy!

Woe to the – evil one – for he was jealous of Adam  
 Satan stripped him of his glory  
 But Gehenna awaits Satan  
 And Paradise awaits Adam...*Barekmor*

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

Glory to – the Father, - the Son and the Holy Spirit  
 Glory to the Threefold Myst'ry:  
 Three Persons, Three Names, but One God  
 To Him belongs glory from all



*[Psalm 113]* **Amin. Praise you servants of the Lord, praise the name of the Lord.**

May the Lord's name be bless'd forever and ever.

**From the rising of the sun to its setting / great is the name of the Lord.**

The Lord is high above all peoples/and his glory is above the heavens.

**Who is like the Lord, our God, who sits on high / and looks upon the depths in heaven and on earth?**

He raises up the poor from the dunghill / and makes him sit with the princes of the people.

**He makes the barren woman keep house / and be a joyful mother of children.**

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

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

*Unto the ages of ages and forevermore.*

### **EQBO**

*(Abun d'Bashmayo/Mor Balai – Tone 5)*

Father in Heaven, we do beseech You  
Accept our service; have mercy on us!

*Stoumen Kalos, Kurieleison*

*(Promion & Sedro)*

**QOLO**

*(Ptah Li Tar'e Dahnonokh – Reesh Qolo)*

We are the temples of God

The Spirit of God dwells in us

Do not destroy this dwelling

Where the King has made His home

Let us wipe out from our souls

All defilements – and all sins

To please Him who has – humbled Himself for our sake...*Barekmor*

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

When we are in pain, we weep

But, then, when our pains are relieved

We forget the Physician

For no one thinks that the end

Is standing near at the door

O God, do not – forsake us

For we have eaten – Your holy body and blood

*Unto the ages of ages and forevermore*

Rich One, who never grows poor

Behold those in need at Your door

Open Your rich treasure-house

And satisfy all their needs

As Your holy mouth promised:

“Call me and I – will answer

Knock upon the door – and I will open for you.”

*Lord have mercy upon us and help us*

*(Etro)*

## QOLO

*(Lokh Moriyo Qorenan – Reesh Qolo)*

O Lover of Man, we know that we have sinned  
 So we do not have courage to look – at heaven  
 We are ashamed to call upon You, O Lord  
 May Your compassion intercede to – Your justice  
     Hear, O Lord, - the sound as we weep  
     And accept – our pleas for mercy  
 O Compassionate Lord, have pity and mercy!...*Barekmor*

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

My Lord, I remembered the Day of Judgment  
 And when I recalled my sins, my tears – flowed freely  
 I have labored with many in Your vineyard  
 Jealous Satan saw me and robbed me – of my wealth  
     O my Lord – do not reject me  
     And place me – on the left-hand side  
 May Your body and blood be with me – at Judgment

*Unto the ages of ages and forevermore*

O Judge, who does not take bribes from any man,  
 What can I offer You as a bribe – for Your love?  
 O Lord, I have heard that You greatly love tears  
 And that You have no use for gold or – precious stones  
     Lord, receive – my tears of sorrow  
     And forgive – all my debts and sins  
 By Your grace, have pity and mercy – upon me

*Lord have mercy upon us and help us*

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

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

Gold burdens and shackles the ones who possess it  
 Those who unite their souls with God possess true wealth

All the treasures of all the Kings upon the earth  
 Are lesser in worth than the one who trusts in God

All possessions of the world are but deadly fruit  
 One who possesses nothing will never taste it

Even if one takes pains ev'ry day for his wealth,  
 It is nothing but evil and not worth his toil

O Christ, who did accept the fasting of Moses  
 Hear our requests and have mercy upon our souls

*(Scripture Readings)*

*Morning Praise for the Fast*

Lord of all, - by your great mercies,  
 Make us servants worthy  
 to be preserved today in justice, without the scars of sin.  
 Bless`ed are You, - O God of - our fathers,  
 And Your Holy name is magnified  
 and glorified forever. Amin.

Lord, may Your - grace and mercies  
 be upon us, for our trust is in You.  
 Bless`ed are You! - O Lord, teach - and show us  
 The way of Your co-mmand-ments.  
 Bless`ed are You! - By Your grace - make us to  
 Understand the way of Your laws

Bless`ed are You! - Holy One, - enlighten us  
 With your luminous rays  
 Lord, may Your mercies be upon us  
 Do not neglect, or leave - the work of Your hands

Glory befits You,  
Honor befits You,  
And praise befits You,  
 Father, Son, Holy Spirit,  
 Now and forever. Amin!

*Morning Praise*

**It is good to give You thanks** - O Lord God,  
 And to sing praise to Your name  
 And to proclaim Your grace in - the morning  
 And Your faithfulness, Lord, in the night! (*Psalm 92:1-2*)

*(Repeat the stanza above three times and kneel/prostrate)*

**At morning, you shall hear my voice;**  
 I have prepared myself to appear before You

**Holy are You, O God**

Holy O Almighty

Holy O Immortal

†Crucified for us, have mercy - on us (*Repeat three times*)

**Lord, have compassion on us;**  
 Forgive the sins of all of us, O Lord;  
**O Holy One, let Your right hand rest upon us;**  
 Forgive our weakness, for Your name is forever!

**Glory to You, O God**  
 Glory to You, O God  
 Glory, our hope forever...*Barekmor*

Our Father, who art in heaven...

*(In Prose)*

***Morning Praise***

**It is good to give thanks to the Lord and to sing praise to Your name, Most High, to proclaim Your grace in the morning and Your faithfulness in the night.**

Lord, in the morning You shall hear my voice and in the morning I have prepared myself to appear before You. Lord, have compassion on Your people; Lord, pardon and forgive the sins of all of us. Holy One, let Your right hand rest upon us and pardon our infirmity because Your name is forever. Amin.

*Qaumo*

|   |
|---|
| <b>FRIDAY 3<sup>RD</sup> HOUR PRAYERS</b> |
|---|

*Qaumo*

**QOLO**

*(Quqoyo – Reesh Qolo)*

My Lord, let not Satan mock me in Gehenna,  
Say`ing, “I have deceived you and brought you with me”

Merciful One – save me from his hands;

According to – Your will, Lord, lead me

May Your cross be a weapon at the dread crossing

And with it may I conquer Satan and his pow`r

Halleluiah – w`Halleluiah... *Barekmor*

**† Glory be to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

O world, ocean of debts, I sinned greatly in you,

And my evil de`si`re has led me astray

I am afraid – of the Judgment Day

And frightened by – the river of fire

May the Sign of the Cross be my companion there,

And by it, may I cross the ocean of fi`re,

Halleluiah – Lord, by Your mercy

*Lord have mercy upon us and help us*

**BO`UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just

Accept our fast and pray`rs and have mercy on us

O rich man, you are proud and your sight is pleasant

You have borrowed splendor and put on fair garments

How much honor and lux`u`ry is given you,

And how people shower you with ly`ing praises!

O handsome one, look at the great beauty of day

It has put on splendor, glory, and is radiant,

But the evening approaches and obscures the day,

and when the night arrives, it strips off its beauty

O Christ, who did accept the fasting of Moses

Hear our requests and have mercy upon our souls

*Qaumo*

|   |
|---|
| <b>FRIDAY 6<sup>TH</sup> HOUR PRAYERS</b> |
|---|

*Qaumo*

**QOLO**

*(Ptah Li Tar'e Dahnonokh – Reesh Qolo)*

I spent the days of my life  
 In vanity with the devil  
     And the evil one made me  
     A captive by his deceit  
     O my Savior, have mercy  
 On Your image – corrupted  
 By sin and evil; - Do not leave it to decay...*Barekmor*  
**† Glory be to the Father, Son and Holy Spirit**  
*Unto the ages of ages and forevermore*  
 The high mountains cannot be  
 Compared to all my offenses  
     Set me free and cleanse my sin,  
     O my Lord, by a drop from  
     The ocean of Your mercies  
 Merciful One, - grant us life  
 By the compassion – with which You created us  
*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just  
 Accept our fast and pray'rs and have mercy on us  
     Behold, the love for eternal life is despised  
     But see how the love for the world burns like a flame!  
     No one seeks to listen to the word of teaching,  
     But they run around to gather the world's riches  
 Let all gentiles offer glory, Lord, to Your might  
 How patient You are toward the rebellious ones!  
 In all times, by all means, You long that they repent  
 Praise to You on account of Your abundant love  
     O Christ, who did accept the fasting of Moses  
     Hear our requests and have mercy upon our souls



### MANITHO of MOR SEVERUS

*By the prayers of Your Mother – and those of all Your Saints*

I exalt You, Lord and King, - The Only-Begotten Son;

Word of the Father;

Immortal in His nature and who by His grace

Descended for - all mankind

To bring life and salvation for our fallen human race;

Who did become - incarnate - of the pure Virgin,

The holy and glor`i`ous The`o`tokos

He became man - without change

And was crucified for us, Christ who is our Lord and God.

He trampled death - by His death - and destroyed our death.

Christ, who is one of the Holy Trinity;

Who is worshipped - equally

With His Father and Spirit; Have mercy upon us all!

*Qaumo, Nicene Creed*

#### **Forty Prostrations**

*Kurieieison (x10)*

*Lord, have mercy upon us (x10)*

*Lord, be kind and have mercy (x10)*

*Answer, Lord, and have mercy (x10)*

*Glory be to You, O Lord*

*Glory be to You, O Lord*

*Glory be to You, our hope forever. Barekmor*

*Our Father, who art in heaven...*

|   |
|---|
| <b>FRIDAY 9<sup>TH</sup> HOUR PRAYERS</b> |
|---|

*Qaumo*

**QOLO**

*(Tubayk 'Idto – Tone 5)*

How lovely is\_ the day of Resurrection

In\_ which the bodies of men

Rise up – in wond'rous manner\_

How beautiful and glorious

Are\_ those who are chase and those

Who keep – vigil and fasting\_

In the Kingdom they will all

Re\_joyce at the table of

Blessings – as God has promised\_...*Barekmor*

**† Glory be to the Father, Son and Holy Spirit**

*Unto the ages of ages and forevermore*

Up in the heights\_, tens of thousands of watchers

Serve\_ You and tens of thousands

Of Your – angels praise Your name\_

Because of Your love, O Lord

You\_ humbled Yourself before

Mankind – and received glory\_

Those above cry out: “Holy

Are\_ You, Lord,” and those on earth

Receive – Your body and blood\_

*Lord have mercy upon us and help us*

**BO'UTHO of MOR JACOB**

*(To be sung in one of the tones for the Fast)*

O Christ, who did accept the fasting of the just

Accept our fast and pray'rs and have mercy on us

Who does not know that the end of our life is death,

And the moment of death hovers above our heads?

Who does not know that this world is a passing dream,

A shadow that cannot be possessed forever?

Who does not know, even if you give all your wealth,  
It will be rejected as a bribe by the Judge?  
Who does not know, even if you have great riches,  
Your riches remain here at the time of your death?

O Christ, who did accept the fasting of Moses  
Hear our requests and have mercy upon our souls

*Qaumo*