

The Prayer Rule of Saint Pachomius

Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

Glory to You, O God, glory to You.

O Heavenly King, O Comforter, the Spirit of truth, Who are in all places and fill all things, the Treasury of good things, and Giver of life, come and abide in us, cleanse us from every stain, and save our souls, O Good One.

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

O Most Holy Trinity, have mercy on us.

O Lord, cleanse us from our sins.

O Master, pardon our iniquities.

O Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (3x)

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

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 trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

O Lord, Jesus Christ, Son of God, have mercy on us. Amen.

Lord, Have mercy. (12x)

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

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Psalm 50

Have mercy on me, O God, according to Your great goodness, and according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin, for I know my transgressions, and my sin is ever before me.

Against You only have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence, and vindicated when You are judged.

Behold, I was brought forth in iniquities,

and in sins, my mother conceived me. Behold, You desire truth in the inward being; therefore, teach me wisdom in my secret heart.

You shall sprinkle me with hyssop, and I shall be clean; You shall wash me, and I shall be whiter than snow. You shall fill me with joy and gladness; That the bones that have been humbled shall rejoice.

Hide Your face from my sins, and blot out all my iniquities. Create in me a pure heart,

O God, and put a new and right spirit within me.

Cast me not away from Your face,
and take not Your Holy Spirit from me.
Restore to me the joy of Your salvation,
and uphold me with Your ruling spirit.

Then I will teach transgressors Your ways,
and sinners will return to You. Deliver me
from blood-guiltiness, O God, the God of
my salvation, and my tongue will sing aloud
of Your righteousness.
O Lord, open my lips,
and my mouth will declare Your praise,

for You have no delight in sacrifice;
were I to give You a burnt offering, You
would not be pleased.

The sacrifice acceptable to God is a broken
spirit, a broken and a contrite heart, these, O
God, You will not despise.

Do good to Zion in Your good pleasure;
rebuild the walls of Jerusalem. Then You
shall be pleased with the sacrifice of
righteousness, with burnt offerings and
oblations; Then they shall offer bulls on
Your altar.

The Nicene Creed

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages. Light of Light; True God of True God; begotten, not made; of one essence with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered and was buried. And the third day He rose again according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; whose kingdom shall have no end; and in the Holy Spirit, the Lord and Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshiped and glorified; who spoke by the prophets; in One Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the age to come. Amen.

The Jesus Prayer:

O Lord, Jesus Christ, Son of God, have mercy on me, a sinner (100x)

The Dismissal

It is truly right to bless you, O Theotokos, ever blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without defilement you gave birth to God the Word, true Theotokos, we magnify you.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Lord, have mercy. (3x)

O Lord, Bless.

O Lord Jesus Christ, Son of God, for the sake of the prayers of Your most pure Mother, of our holy and God-bearing fathers, and all the saints, have mercy on us and save us, for You are good and Love mankind. Amen.