

Pre-Communion Prayers

For the evening before partaking of Holy Communion

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.
Glory to Thee, our God, Glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of Good Things, and Giver of Life, come and dwell in us and cleanse us from all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3x)
Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.
All-holy Trinity, have mercy on us. Lord, be gracious unto our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.
Lord have mercy (3x)
Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the 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 debts as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.
Lord, have mercy (12x)
Glory; both now.

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

Psalm 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Psalm 69

O God, be attentive unto helping me; O Lord, make haste to help me. Let them be shamed and confounded that seek after my soul. Let them be turned back and brought to shame that desire evils against me. Let them be turned back straightway in shame that say unto me: Well done! Well done! Let them be glad and rejoice in Thee all that seek after Thee, O God, and let them that love Thy salvation say continually: The Lord be magnified. But as for me, I am poor and needy; O God, come unto mine aid. My helper and my deliverer art Thou, O Lord; make no long tarrying.

Psalm 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy Righteousness. And Enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy Name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

The Doxology

Glory to God in the highest, and on earth peace, good will towards men. We praise Thee; we bless Thee; we worship Thee; we glorify Thee; we give thanks to Thee for Thy Great Glory: O Lord, Heavenly King, God the Father Almighty, O Lord the Only-begotten Son, Jesus Christ, and the Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world: have mercy on us, Thou that takest away the sins of the world. Receive our prayer, Thou

that sittest at the right hand of the Father; and have mercy on us. For Thou only art holy; Thou only art Lord, Jesus Christ, to the glory of God the Father. Amen. Every day will I bless Thee, and I will praise Thy Name Forever, yea, for ever and ever. Lord, Thou hast been our refuge from generation to generation. I said: O Lord, have mercy on me; heal my soul, for I have sinned against Thee. Lord, unto Thee have I fled for refuge; teach me to do Thy Will, for Thou art my God. For in Thee is the fountain of life; in Thy light shall we see light. O continue Thy mercy unto them that know Thee. Vouchsafe, O Lord, to keep us this night without sin. Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy Name unto the ages. Amen. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes, Blessed art Thou, O Master, grant me understanding of Thy Statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes. O Lord, Thy mercy endureth for ever; disdain not the works of Thy hands. Unto Thee is due praise, unto Thee is due song, unto Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The 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; being of one essence with the Father; by Whom all things were made; Who For us men, and for our salvation, came down from the Heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, suffered and was buried; And arose again on the third day according to the Scriptures; And ascended into the Heavens, and sitteth at the right hand of the Father; And shall come again, with glory, to judge both the living and the dead; Whose Kingdom shall have no end; And in the Holy Spirit, the Lord, the Giver of life; Who proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the Prophets; In One, Holy, Catholic, and Apostolic Church. I confess 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 Canon of Preparation for Holy Communion

(Second Tone)

Ode One

Come, O ye people, let us sing a song unto Christ God, Who divided the sea, and made way for the people which He had brought up out of the bondage of Egypt; for He is glorified.

Have mercy on me, O God, have mercy on me.

May Thy holy Body be for me the Bread of life everlasting, O compassionate Lord, and may Thy precious Blood be a remedy for diverse maladies.

Have mercy on me, O God, have mercy on me.

Defiled by unseemly deeds, wretched as I am, I am unworthy, O Christ, to partake of Thine immaculate Body and divine Blood; but make me worthy of them.

Most Holy Mother of God, save us.

O Blessed Bride of God, O good land which produced the Ear of Wheat which knew no husbandry and which bringeth salvation to the world: grant that I who eat thereof may be saved.

Ode Three

Upon the rock of faith hast Thou now confirmed me; Thou hast enlarged my mouth over mine adversaries; my spirit hath rejoiced mightily in chanting: There is none holy as our most holy God, and there is none righteous but Thee, O Lord Most High.

Have mercy on me, O God, have mercy on me.

Grant me, O Christ, teardrops to cleanse the defilement of my heart, that, purified and with a good conscience, I may draw nigh with fear and faith, O Master, to the communion of Thy divine Gifts.

Have mercy on me, O God, have mercy on me.

May Thine immaculate Body and divine Blood be for the forgiveness of mine offenses, for communion with the Holy Spirit, and for life everlasting, O Friend of man, and for estrangement from passions and sorrows.

Most Holy Mother of God, save us.

O All-Holy one, table of the Bread of Life which for mercy's sake came down from on high and gave new life to the world, make even me, who am unworthy, worthy now with fear to taste thereof and live.

Ode Four

Neither an angel, nor yet an ambassador, O my Lord, but Thyself incarnate camest from a Virgin and holy Maid, rescuing me, the whole man. Wherefore, I cry to Thee: Glory to Thy power, O Lord my God.

Have mercy on me, O God, have mercy on me.

O Most Merciful One, Who wast incarnate for us, Thou didst will to be slain as a sheep for the sins of mortals. Wherefore also, I implore Thee to blot out mine offenses.

Have mercy on me, O God, have mercy on me.

Heal the wounds of my soul, O Lord, and wholly sanctify me, the wretched one, and make me worthy, O Master, to partake of Thy divine Mystical Supper.

Most Holy Mother of God, save us.

Make Him Who came forth from thy womb, O Lady, to be gracious also unto me; and keep me, thy suppliant, blameless and free of stain, that, by receiving within me the noetic Pearl, I may be sanctified.

Ode Five

O Lord, Thou Bestower of light and Creator of the ages, guide us in the light of Thy commandments; for we know none other God than Thee.

Have mercy on me, O God, have mercy on me.

As Thou didst foretell, O Christ, so let it be even now to Thine abject slave, and abide in me as Thou didst promise; for behold, I eat Thy divine Body and drink Thy Blood.

Have mercy on me, O God, have mercy on me.

O Word of God, and God, may the live coal of Thy Body be for the enlightenment of me who am darkened, and may Thy Blood be for the cleansing of my defiled soul.

Most Holy Mother of God, save us.

O Mary, thou Mother of God, august tabernacle of the Sweet Fragrance: by thy prayers, make me a chosen vessel, that I may partake of the Holy Gifts of thy Child.

Ode Six

Compassed by the abyss of my many sins, I invoke the boundless abyss and unfathomed deep of Thy compassion, O my Christ: Raise me out of corruption, O Lord my God.

Have mercy on me, O God, have mercy on me.

O Saviour, sanctify my mind, soul, heart, and body; and grant that without condemnation, O Master, I may approach the dread Mysteries.

Have mercy on me, O God, have mercy on me.

Grant me estrangement from passions, and the increase of Thy grace, and assurance of life by my participation in Thy holy Mysteries, O Christ.

Most Holy Mother of God, save us.

O Holy Word of God, and God, as I now approach Thy divine Mysteries, sanctify the whole of me, by the supplications of Thy holy Mother.

Kontakion
(Second Tone)

Disdain me not to receive now, O Christ, Lithe Bread which is Thy Body, and Thy divine Blood, and to partake, O Master, of Thine immaculate and dread Mysteries; and may it not be unto me, the wretched one, for judgment, but for eternal and immortal life.

Ode Seven

In Deira's great plain, where the golden image was shown adoration, Thy three courageous Youths despised the impious decree issued by the king. Cast into the flames, they were sprinkled with Thy dew and they cried in chant: Blessed art Thou, O Lord our God, even the God of our Fathers.

Have mercy on me, O God, have mercy on me.

May the reception of Thine immortal Mysteries, the Source of every good, O Christ, be now unto me light, and life, and dispassion, and the cause of furtherance and proficiency in divine virtue, O only Good One, that I may glorify Thee.

Have mercy on me, O God, have mercy on me.

That I may be redeemed from passions, enemies, want, and every affliction, I now draw nigh with trembling, love, and reverence to Thine immortal and divine Mysteries, O Friend of man, and chant unto Thee: Blessed art Thou, the God of our Fathers.

Most Holy Mother of God, save us.

O Thou who art graced of God, and gayest birth incomprehensibly to Christ the Saviour, I thy slave, impure as I am, now beseech thee, the pure one: From all defilement of flesh and spirit do thou cleanse me who am now about to approach the immaculate Mysteries.

Ode Eight

To the Lord God Who did descend to the Hebrew Children in the fiery furnace and did transform the flames and the burning heat into dew, chant praises and hymns, O all ye works of His, and exalt Him greatly to ages and all ages.

Have mercy on me, O God, have mercy on me.

Grant me, who am despairing, to be a communicant now of Thy heavenly, dread, and holy Mysteries, O Christ, and of Thy Divine and Mystical Supper, O God my Saviour.

Have mercy on me, O God, have mercy on me.

I Flee for refuge under Thy compassion, O Good One, and I cry to Thee with fear: Abide in me, O Saviour, and I in Thee, as Thou didst say; for lo, trusting in Thy mercy, I eat Thy Body and drink Thy Blood.

Most Holy Mother of God, save us.

I Tremble as I receive the Fire, lest I should I be burned as wax and as grass. O dread mystery! O divine compassion! How is it that I who am but clay partake of the divine Body and Blood and am made incorruptible?

Ode Nine

Our God and Lord, the Son of the Father which is without beginning, hath appeared to us incarnate of a Virgin, to enlighten those in darkness, and to gather the dispersed; where-fore we magnify the all-hymned Theotokos.

Have mercy on me, O God, have mercy on me.

The Lord is good: O taste and see! For of old He became like unto us for our sake, and offered Himself once as an offering to His Father, and is ever slain, sanctifying them that partake of Him.

Have mercy on me, O God, have mercy on me.

May I be sanctified in body and soul, O Master; may I be enlightened; may I be saved; may I become Thy dwelling-place by the communion of the sacred Mysteries, having Thee with the Father and the Spirit abiding in me, O most merciful Benefactor.

Glory.

May Thy most precious Body and Blood be to me as fire and light, O my Saviour, consuming the substance of sin and burning the thorns of my passions, and enlightening the whole of me to worship Thy Divinity.

Both now.

God took flesh of thy pure blood. Wherefore, every generation doth hymn thee, O Lady, and the multitudes of the noetic beings glorify thee; for through thee we have clearly seen the Master of all, Who assumed the nature of man.

It is truly meet to call thee blest, the Theotokos, the ever-blessed and all-immaculate and Mother Of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Holy God. All-holy Trinity. Our Father.

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

When the glorious disciples were enlightened at the washing of the feet, then. Judas the ungodly one was stricken and darkened with the love of silver. And unto the lawless judges did he deliver Thee, the righteous Judge. O thou lover of money, behold thou him who for the sake thereof did hang himself; flee from that insatiable soul that dared such things against the Master. O Thou Who art good unto all, Lord, glory be to Thee.

Lord have mercy (40x)

Thou Who at all times and at every hour, in Heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, Most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy Angels, that, guided and guarded by their array, we may attain to the unity of faith, and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen. Lord, have mercy. (3x)

Glory; both now.

More Honorable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen. Lord, have mercy (12x)

Save, help, and protect us, O Holy Theotokos.

A Prayer to the Most Holy Theotokos

O spotless, undefiled, incorrupt, immaculate, pure Virgin, Lady Bride of God, who by thy wondrous conceiving hast united God the Word to man, and joined the outcast nature of our race to heavenly things, O only hope of the hopeless, and succour of the embattled, the ready help of them that have recourse to thee, and refuge of all Christians: abhor me not, the sinner,

the accursed one, who have altogether made myself unprofitable by shameful thoughts, words, and deeds, and with the heartsease of life's pleasures am become a thrall in mind. But as the Mother of the manbefriending God, do thou, in manbefriending wise, take pity upon me a sinner and prodigal, and receive my supplication, offered thee on unclean lips. And using thy boldness as a mother, entreat thy Son, our Master and Lord, that He may open even unto me the loving compassions of His goodness, and that, overlooking mine innumerable trespasses, He would turn me to repentance, and make me the approved doer of His commandments. And be thou ever with me, as thou art merciful, and compassionate, and the lover of good, being in this life a fervent protectress and help, to defend me from the assaults of adversaries, and guide me unto salvation; and in the hour of my departure, to care for my wretched soul, and drive far from it the dark countenances of evil demons; and in the terrible day of judgment, to deliver me from eternal torment, and show me forth as an heir of the unspeakable glory of thy Son and our God. This be my lot, O my Lady, most holy Theotokos, by thy mediation and help, through the grace and love for man of thine Only-begotten Son, our Lord and God and Saviour Jesus Christ, to Whom is due all glory, honour, and worship, with His Father which is without beginning, and His All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

A Prayer to Our Lord Jesus Christ

And grant us, O Master, when we go to sleep, repose of body and soul; and keep us from a murky slumbering of sin and every dark voluptuousness of night. Calm the violence of the passions, quench the fiery darts of the evil one, which are treacherously hurled against us. Subdue the rebellions of our flesh, and quell our every earthly and material thought. And grant unto us, O God, a watchful mind, a chaste thought, a sober heart, and sleep light and free from all satanic phantasies. And raise us up at the hour of prayer, established in Thy commandments and holding the remembrance of Thy judgments unshakeable within us. Grant us to hymn Thy Glory All the night long, that we may praise and bless and glorify Thine all honoured and majestic Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Most glorious, Ever-virgin, blessed Theotokos, present our prayer to thy Son and our God, and pray that through thee He would save our souls.

My hope is the Father, my refuge the Son, my shelter the Holy Spirit. O Holy Trinity, glory be to Thee.

Unto thee do I commit mine every hope, O Mother of God; guard me under thy shelter.

In thee, O Full of Grace, all creation—both the biased of Angels and the race of men—doth rejoice. O hallowed temple and spiritual paradise, boast of virgins: from thee God was incarnate, and became a child, He, our God, Who existed before the ages; for He made thy womb a throne, and He made thee more spacious than the heavens. In thee, O Full of Grace, all creation doth rejoice. Glory be to thee.

A Prayer to the Guardian Angel

O Holy Angel, attendant of my wretched soul and of mine afflicted life, forsake me not, a sinner, neither depart from me for mine incontinency. Give no place to the evil demon to subdue me with the oppression of this mortal body; but take me by my wretched and outstretched hand, and lead me in the way of salvation. Yea, O holy Angel of God, the guardian and protector of my hapless soul and body, forgive me all things whatsoever where-with I have troubled thee, all the days of my life, and if I have sinned in anything this day. Shelter me in this present night, and keep me from every affront of the enemy, lest I anger God by any sin; and intercede with the Lord in my behalf, that He might strengthen me in the fear of Him, and make me a worthy servant of His goodness. Amen.

O Theotokos and Virgin, rejoice, O Mary, full of grace; the Lord is with thee. Blessed art thou among women, and blessed is the Fruit of thy womb; for thou hast borne the Saviour Of our souls. (3x)

Awed by the beauty of thy virginity and the exceeding radiance of thy purity, Gabriel called out unto thee, O Theotokos: What worthy hymn of praise can I offer unto thee? And what shall I name thee? I am in doubt and stand in awe. Wherefore, as commanded, I cry to thee: Rejoice, O Full of Grace. Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.

For the morning before partaking of Holy Communion

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen. Glory to Thee, our God, Glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of Good Things, and Giver of Life, come and dwell in us and cleanse us from all impurity, and save our souls, O Good One.

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

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

All-holy Trinity, have mercy on us. Lord, be gracious unto our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord have mercy (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the 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 debts as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen.
Lord, have mercy (12x)
Glory; both now.

O come, let us worship and fall down before our King and God.
O come, let us worship and fall down before Christ, our King and God.
O come, let us worship and fall down before Him, Christ the King and our God. Lord, have mercy (12x)
Glory; both now.

As we arise from sleep, we fall down before thee, O Good One, and we cry unto Thee with the Hymn of the Angels. O Mighty One: Holy, Holy, Holy art Thou, O God. Through the Theotokos have mercy on us.

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

Having raised me from bed and from sleep, O Lord, enlighten my mind and my heart, and open Thou my lips that I may praise Thee, O Holy Trinity. Holy, Holy, Holy art Thou, O God. Through the Theotokos, have mercy on us.

Both now and ever, and unto the ages of ages. Amen.

Of a sudden, the Judge shall come, and the deeds of each shall be laid bare. But let us cry out with fear in the midst of the night: Holy, Holy, Holy art Thou, O God. Through the Theotokos, have mercy on us.

Lord, have mercy (12x)

As I rise from sleep I thank Thee, O Holy Trinity, for because of Thy great goodness and long-suffering Thou wast not wroth with me, the slothful and sinner, nor didst Thou destroy me in mine iniquities, but didst show thy wonted love for man, and when I was prostrate in despair, Thou didst raise me to keep the morning watch and glorify Thy dominion. And now enlighten Thou the eyes of my mind, open my mouth to meditate on Thy words and to understand Thy commandments, and to do Thy will, and to chant unto Thee in heartfelt confession, and praise Thine All-holy Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

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

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

Psalm 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings, Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

The 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; being of one essence with the Father; by Whom all things were made; Who For us men, and for our salvation, came down from the Heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, suffered and was buried; And arose again on the third day according to the Scriptures; And ascended into the Heavens, and sitteth at the right hand of the Father; And shall come again, with glory, to judge both the living and the dead; Whose Kingdom shall have no end; And in the Holy Spirit, the Lord, the Giver of life; Who proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the Prophets; In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, And The Life of the age to come. Amen.

A Prayer of Saint Basil the Great

Thee do we bless, Thou Most High God and Lord of mercy, who ever workest with us deeds great and unfathomable, glorious and extraordinary, whereof there is no number; Who hast given unto us sleep for rest from our infirmity, and for repose of our much-toiling flesh. We thank

Thee that Thou hast not destroyed us in our iniquities, but hast shown Thy wonted love for man, and though we were prostrate in despair, Thou hast raised us up to glorify Thy dominion. Wherefore, we beseech Thine incomparable goodness: Enlighten the eyes of our understanding and raise our mind from the heavy sleep of slothfulness. Open our mouth and fill it with Thy praise. That we may be able undistracted to sing and chant and give thanks unto Thee, Who art God glorified in all and by all, the beginningless Father with Thine only-begotten Son and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

Most glorious, Ever-virgin, blessed Theotokos, present our prayer to thy Son and our God, and pray that through thee He would save our souls.

My hope is the Father, my refuge the Son, my shelter the Holy Spirit. O Holy Trinity, glory be to Thee.

Unto thee do I commit mine every hope, O Mother of God; guard me under thy shelter.

It is truly meet to call thee blessed, the Theotokos, the ever-blessed and all-immaculate and Mother Of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Forgive them that hate us and do us wrong, O Lord; do good unto them that do good unto us. To our brethren and kinsmen, grant their requests that are unto salvation and life everlasting. Visit them that be in sickness, and grant them healing. Pilot them that be at sea. Accompany them that journey. Be Thou the ally of Orthodox Christians. Unto them that minister and show mercy unto us, grant forgiveness of sins. Upon them that have enjoined us, the unworthy, to pray for them, have mercy, according to Thy great mercy. Remember, O Lord, all our fathers and brethren who are gone to their rest before us, and grant them rest where the light of Thy countenance shineth. Remember, O Lord, our brethren who are in captivity, and deliver them from every misfortune. Remember, O Lord, them that bring oblations and do good works in Thy holy churches, and grant them their requests that are unto salvation and life everlasting. Remember, O Lord, us also, Thy humble and sinful and unworthy servants, and enlighten our mind with the light of Thy knowledge, and lead us in the path of Thy commandments; by the intercessions of Thine all-immaculate Mother, our Lady the Theotokos and Ever-virgin Mary, and of all Thy Saints, for blessed art Thou unto all ages of ages. Amen.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us. Amen. Glory to Thee, our God, Glory to Thee.

Psalm 22

The Lord is my shepherd, and I shall not want. In a place of green pasture, there hath He made me to dwell; beside the water of rest hath He nurtured me. He hath converted my soul, He hath led me on the paths of righteousness for His Name's sake. For though I should walk in the midst

of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they have comforted me. Thou hast prepared a table before me in the presence of them that afflict me. Thou hast anointed my head with oil, and Thy cup which filleth me, how excellent it is! And Thy mercy shall pursue me all the days of my life, and I will dwell in the house of the Lord unto length of days.

Psalm 23

The earth is the Lord's, and the fulness Thereof, the world, and all that dwell therein. He hath founded it upon the seas, and upon the rivers hath He prepared it. Who shall ascend into the mountain of the Lord? Or who shall stand in His holy place? He that is innocent in hands and pure in heart, who hath not received his soul in vain, and hath not sworn deceitfully to his neighbour. Such a one shall receive a blessing from the Lord, and mercy from God his Saviour. This is the generation of them that seek the Lord, of them that seek the face of the God of Jacob. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord strong and mighty, the Lord, mighty in war. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord of hosts, He is the King of Glory.

Psalm 115

I Believed, wherefore I spake; I was humbled exceedingly. As for me, I said in mine ecstasy: Every man is a liar. What shall I render unto the Lord for all that He hath rendered unto me? I will take the cup of salvation, and I will call upon the Name of the Lord. My vows unto the Lord will I pay in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Thy servant; I am Thy servant and the son of Thy handmaid. Thou hast broken my bonds asunder. I will sacrifice a sacrifice of praise unto Thee, and I will call upon the Name of the Lord. My vows unto the Lord will I pay in the presence of all His people, in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

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

Alleluia, alleluia, alleluia: Glory to Thee, O God. (3)

Lord, have mercy. (3)

Overlook mine iniquities, O Lord Who wast born of a Virgin, and purify my heart, and make it a temple for Thine immaculate Body and Blood. Cast me not away from Thy presence as one despised, O Thou Who hast immeasurably great mercy.

Glory.

How can I, the unworthy one, shamelessly dare to partake of Thy holy Gifts? For should I dare to approach Thee with those who are worthy, my vesture doth betray me, for it befitteth not the Supper, and I shall bring condemnation upon my sin-laden soul. Cleanse, O Lord, the defilement of my soul, and save me, since Thou art the Friend of man.

Both now.

Great are the multitudes of mine offences, O Theotokos; to thee have I fled, O pure one, and implore salvation. Visit mine ailing soul, and intercede with thy Son and our God that He may grant me forgiveness for the grievous deeds which I have committed, O only blessed one.

Lord, have mercy (40x)

Didactic Verses

When thou, O man, art about to eat the Master's Body, Draw nigh with fear, lest thou be seared; It is Fire. And as thou drinkest the divine Blood unto communion, First reconcile thyself with them that grieve thee, Then, with daring, venture to eat the Mystic Food.

Before partaking of the dread Sacrifice Of the life-creating Body of the Master, On this wise pray with trembling:

The First Prayer of Saint Basil the Great

O Master, Lord Jesus Christ our God, the Source of life and immortality, Who art the Maker of all creation, both visible and invisible, the co-eternal and co-beginningless Son of the beginningless Father, Who in the abundance of Thy goodness wast in the last days clothed in flesh, wast crucified and buried for us, the ungrateful and thankless ones, and by Thine own Blood didst refashion our nature which had been corrupted by sin: do Thou. Thyself, O immortal King, accept the repentance even of me, a sinner, and incline Thine ear to me and hear my words. For I have sinned, O Lord, I have sinned against Heaven and before Thee, and I am not worthy to gaze upon the height of Thy glory; for I have pro, yoked Thy goodness by transgressing Thy commandments and by not obeying Thine ordinances. But Thou, O Lord, Who art forbear-ing, long-suffering, and plenteous in mercy, hast not given me up to perish in mine iniquities, most surely awaiting my conversion. For Thou, O Friend of man, hast said through Thy Prophet that Thou dost not desire with desire the death of the sinner, but that he should return and live. For Thou dost not will, O Master, that the work of Thy hands should perish, neither art Thou well-pleased in the perdition of men, but Thou desirest that all should be saved and come to the knowledge of the truth. Wherefore, though I am unworthy of both Heaven and earth, and even of this transient life, since I have wholly subjected myself to sin and am a slave to pleasures and have defaced Thine image, yet being Thy work and creation, I, the wretched one, do not despair of my salvation; but emboldened by Thine immeasurable compassion, I draw nigh. Wherefore, receive even me, O Christ, Thou Friend of man, as Thou didst the harlot, the thief, the publican, and the prodigal; and take away the heavy burden of my sins, O Thou that takest away the sin of the world, Who healest men's infirmities, Who callest to Thyself them that labour and are heavy laden and givest them rest, Who camest not to call the righteous, but sinners to repentance. And cleanse me of all i defilement of flesh and spirit. Teach me to attain holiness in the fear of Thee, that, with the witness of my conscience pure, I may receive the portion of Thy holy Gifts and be united with Thy holy Body and Blood, and have Thee dwelling and abiding in me with the Father and Thy Holy Spirit. Yea, O Lord Jesus Christ,

my God, let not the communion of Thine immaculate and life-creating Mysteries be to me for judgment, nor may I become infirm in soul and body by partaking of Them unworthily; but grant me till my last breath to receive without condemnation the portion of Thy holy Gifts, for communion with the Holy Spirit, as a provision for life everlasting, and for an acceptable defence at Thy dread tribunal, that even I, with all Thine elect, may become a partaker of Thine undefiled good things, which Thou hast prepared for them that love Thee, O Lord, in whom Thou art glorified unto the ages. Amen.

The Second Prayer of Saint Basil the Great

I Know, O Lord, that I partake of Thine immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself, not discerning the Body and Blood of Thee, my Christ and God But, trusting in Thy compassions, I take courage and approach Thee, Who didst say: He that eateth My Flesh and drinketh My Blood abideth in Me, and I in him. Wherefore, have compassion, O Lord, and make not an example of me, the sinner, but deal with me according to Thy mercy; and let these holy Gifts be unto my healing, and purification, and enlightenment, and protection, and salvation, and sanctification of both soul and body, unto the averting of every phantasy and evil deed and diabolical operation working noetically in my members; unto confidence and love toward Thee, unto amendment of life and stability, unto an increase of virtue and perfection, unto fulfilment of the commandments, unto communion with the Holy Spirit, as a provision for life everlasting, and as an acceptable defence at Thy dread tribunal, not unto judgment, nor unto condemnation.

The Third Prayer of Saint John Chrysostom

O Lord my God, I know that I am not worthy, nor sufficient, that Thou shouldest come under the roof of the house of my soul, for all is desolate and fallen, and Thou hast not in me a place worthy to lay Thy head. But even as from on high Thou didst humble Thyself for our sake, so now conform Thyself to my lowliness. And even as Thou didst deign to lie in a cave and in a manger of irrational beasts, so also deign to lie in the manger of mine irrational soul and to enter my defiled body. And even as Thou didst not disdain to enter and dine with sinners in the house of Simon the leper, so consent also to enter the house of my lowly soul which is leprous and sinful. And even as Thou didst not reject the woman, who was a harlot and a sinner like me, when she approached and touched Thee, so also be compassionate with me, the sinner, as I approach and touch Thee. And as Thou didst not abhor her defiled and polluted mouth which kissed Thee, neither do Thou abhor my mouth, yet more defiled and polluted than hers, nor my lips which are loathsome, impure, and unholy, nor my tongue, yet more unclean. But let the live coal of Thine all-holy Body and Thy precious Blood be unto sanctification and enlightenment and strengthening of my humble soul and body, unto alleviation of the burden of my many offences, unto defence against every operation of the devil, unto the averting and hindering of my vile and wicked habits, unto the mortification of the passions, unto the accomplishment of Thy commandments, unto the increase of Thy divine grace, and unto the attainment of Thy Kingdom. For it is not as one presumptuous that I draw nigh to Thee, O Christ my God, but as one taking courage' in Thine ineffable goodness, and that I may not by long abstaining from Thy Communion, become a prey to the noetic wolf. Wherefore, I pray Thee Who alone art holy, O

Master, sanctify my soul and body, my mind and heart, my reins and bowels, and wholly renew me. Root the fear of Thee in my members, and make Thy sanctification indelible within me. And be Thou my helper and defender, guide my life in peace, and make me worthy to stand at Thy right hand with Thy Saints, by the prayers and intercessions of Thine all-immaculate Mother, of Thine immaterial ministers and immaculate powers, and of all the Saints who, from ages past, have been well-pleasing unto Thee. Amen.

The Fourth Prayer of Saint John Chrysostom

I am not sufficient, O Master and Lord, that I Thou shouldest enter under the roof of my soul; but since Thou, as the Friend of man, dost will to dwell in me, with trust I draw nigh. Thou commandest; I will open wide the gates which Thou alone hast fashioned, that Thou mayest enter, in Thy wonted love for man, that Thou mayest enter and enlighten my darkened thought. I believe that Thou wilt do this, for Thou didst not shun the harlot who approached Thee with tears, nor didst Thou reject the publican who repented, nor didst Thou drive away the thief who acknowledged Thy Kingdom, nor didst Thou abandon the repentant persecutor as he was; but all who had been brought to Thee by repentance hast Thou established in the choir of Thy friends, O Thou Who alone art blessed, always, now and unto endless ages. Amen.

The Fifth Prayer of Saint John Chrysostom

O Lord Jesus Christ my God, loose, remit, forgive, and pardon the failings, faults, and offences which I, Thy sinful, unprofitable, and unworthy servant, have committed from my youth, up to the present day and hour, whether in knowledge or in ignorance, whether in words or deeds or thoughts, or reasonings and pursuits, or in any of my senses. And by the intercession of her that conceived Thee without seed, the immaculate and ever-virgin Mary, Thy Mother, mine only hope that putteth not to shame, my defence and salvation, do Thou count me worthy without condemnation to partake of Thine immaculate, immortal, life-creating, and dread Mysteries, unto forgiveness of sins and life everlasting, unto sanctification and enlightenment and strength and healing and health of both soul and body and unto the blotting out and utter destruction of mine evil reasonings and thoughts and predispositions and nocturnal phantasies of the dark and evil spirits. For Thine is the kingdom, and the power, and the glory, and the honour, and the worship, with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The Sixth Prayer of Saint John Damascene

O Master, Lord Jesus Christ our God, Who alone hast authority to forgive men their sins : since Thou art good and the Friend of man, overlook all mine offences, whether committed in knowledge or in ignorance, and account me worthy to receive without condemnation Thy divine, glorious, immaculate, and life-creating Mysteries, not unto punishment, nor unto an increase of sins, but unto purification and sanctification and as an earnest of the life and kingdom to come, as a rampart and help, and for the overturning of adversaries, and for the blotting out of my many transgressions. For Thou art a God of mercy and compassions and love for man, and to Thee do we send up glory, with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

The Seventh Prayer of Saint Symeon the Theologian

From lips tainted and defiled, From a heart unclean and loathsome, From a tongue befouled and filthy, From a soul bestained and soiled, O my Christ, receive my pleading. Yea, disdain me not, nor shun me, Nor my words, nor yet my manner, Nor my shamelessness and boldness. But with freedom let me tell Thee, O my Christ, what I desire; Rather, do Thou now instruct me What I need to do and utter. I have sinned more than the harlot Who, on learning of Thy lodging, Went and purchased myrrh most precious, And with boldness she approached Thee, To anoint Thy feet and lave them, O my Christ, my God and Master. Even as Thou didst not shun her When she came with heartfelt fervour, Thus, O Word, do not disdain me. Nay, but rather do Thou grant me To embrace Thy feet and kiss them, And with streams of tears to wash them, As with precious myrrh most costly, With great boldness to anoint them. Wash me with my tears, and thereby cleanse me, Word of God, and lave me. Grant remission of my failings, And bestow on me forgiveness. All mine evil deeds Thou knowest, And my wounds Thou knowest also, And my bruises Thou beholdest. But my faith Thou knowest likewise, And mine eagerness Thou seest, And my groans Thou Nearest also. There doth not escape Thy notice Even one tear, O Redeemer, Nor a fraction of a teardrop, O my Lord God and Creator. Yea, Thine eyes did see my being While as yet it was unfashioned. In Thy Book all thoughts and actions, Even those not yet enacted, Are inscribed for Thee already. See my lowliness and toil! Lo, the greatness of my suffering! And, O God of all, forgive me All the sins I have committed. So that with a cleansed and pure heart, And a mind with fear atremble, And a soul contrite and lowly, I may draw nigh to partake of Thine all-pure and spotless Mysteries, Whereby all who eat and drink Thee With a heart sincere and guileless Are both deified and quickened. For Thou sayest, O my Master: He that eateth of My Flesh and That doth drink of My Blood also Doth abide in Me most truly, And in him am I found also. Wholly true is this word spoken By my Lord and God and Master; For whoever doth partake of These divine and hallowed graces Which impart deification Is alone, in truth, no longer, But is with Thee, Christ, Thou True Light Of the Hallowed, Triple Daystar, Which illumineth the whole world. Lest, then, I remain alone now And apart from Thee, Lifegiver, O my Breath, my Life, my Gladness, The entire world's Salvation, For this cause do I approach Thee With a soul contrite and tearful. O Thou Ransom of my failings, I entreat Thee to receive me, So that I may now partake of Thy life-giving, blameless Mysteries, And not suffer condemnation; That, as Thou didst say, Thou mightest Dwell with me, who am thrice-wretched; Lest that foul deceiver find me All bereft of Thy divine grace, And most guilefully seduce me, And with scheming cunning lure me From Thy words which make me Godlike. Wherefore, I fall down before Thee, And cry out to Thee with fervour: As Thou didst receive and welcome Both the prodigal and harlot Who drew nigh to Thee, so likewise, O Most Merciful, receive me, The great profligate and sinner, The most prodigal and vile one, As I dare now to approach Thee With a soul contrite and humbled. Saviour, well I know that no one Hath sinned as have I against Thee, Nor hath wrought the deeds which I have. Yet again, I know this also Neither greatness of transgressions, Nor enormity in sinning, Can surpass my God and Saviour's Great long-suffering and mercy And exceeding love for mankind. For with the oil of compassion Thou dost cleanse and render shining All those who repent with fervour; And Thou makest them partakers Of Thy light in all abundance, And true sharers of Thy Godhood. And-O marvel for the Angels And for human understanding!-Thou halt converse with them often as with friends most

true and trusted. These things now do give me daring, These things give me wings, O Christ God; Trusting, then, in the abundance Of Thy benefactions toward us, With rejoicing, yet with trembling, I partake now of the Fire. Though but grass-O awesome wonder!-Yet bedewed am I past telling, Like that bush of old on Sinai Which was unconsumed, though burning. Wherefore, with a mind most thankful, And a heart most thankful also, Thankful also in the members Of my soul and of my body, I adore and magnify Thee, O my God, and glorify Thee, As One verily most blessed, Now and ever, to all ages.

The Eighth Prayer of Saint Symeon Metaphrastes

O Lord, Who alone art pure and incorrupt, Who through the ineffable compassion of Thy love for man didst assume our whole substance from the pure and virginal blood of her that, in a manner surpassing nature, conceived Thee by the coming of the Divine Spirit and by the good will of the Everlasting Father; O Christ Jesus, the Peace, and Power of God; O Thou Who, in that nature taken upon Thyself, didst accept Thy life-creating and saving Passion, the Cross, the nails, the spear, and death: do Thou mortify all the soul: corrupting passions of my body. Thou who by Thy burial didst despoil the dominions of Hades: do Thou bury with good thoughts mine evil schemes and dispel the spirits of wicked-ness. Thou Who by Thy life-creating Resurrection on the third day didst raise up our fallen first parent: raise me up who have slipped down into sin, and set before me the ways of repentance. Thou Who by Thy glorious Ascension didst deify the flesh that Thou hadst taken upon Thyself and didst honour it by Thy session at the right hand of the Father: by my partaking of Thy holy Mysteries make me worthy of the portion of the saved at Thy right hand. Thou Who by the coming of the Comforter, Thy Spirit, didst make Thy sacred Disciples precious vessels : show me forth also as a receptacle of His coming. Thou Who art to come again to judge the world in righteousness: be it Thy good will that I also meet Thee in the clouds, O my Creator and Fashioner, with all Thy Saints, that without end I may glorify and hymn Thee, with Thy Father which is without beginning, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

The Ninth Prayer of Saint John Damascene

I Stand before the doors of Thy temple, yet I do not put away my grievous thoughts. But do Thou, O Christ God, Who didst justify the publican, and have mercy on the Canaanitish woman, and open the gates of Paradise to the thief, open unto me the bowels of Thy love for man; and as I approach and touch Thee, receive me like the woman with an issue of blood and like the harlot. For the one, by touching the hem of Thy garment received healing readily, and the other, by clasping Thine immaculate feet obtained release from her sins. And I, deplorable though I be, dare to receive Thy whole Body; may I not be consumed, but receive me even as these. And do Thou enlighten the senses of my soul, and burn up the indictments of my sins, by the intercessions of her that seed-lessly bare Thee, and of the heavenly hosts, for blessed art Thou unto the ages of ages. Amen.

The Tenth Prayer of Saint John Chrysostom

I Believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who tamest into the world to save sin-ners, of whom I am chief. Furthermore, I believe that This is

indeed Thine immaculate Body, and that This is indeed Thy precious Blood. Wherefore, I pray Thee: Have mercy on me and forgive me my transgressions, voluntary and involuntary, in word and deed, in knowledge and in ignorance. And vouchsafe that, uncondemned, I may partake of Thine immaculate Mysteries unto the remission of sins and unto life everlasting. Amen.

(When coming up to partake of Communion, say these prayers)

Behold, I approach Divine Communion; O Maker, burn me not as I partake, For Fire art Thou which burneth the unworthy. But purify Thou me of every stain.

Of Thy Mystic Supper, O Son of God, receive me today as a communicant; for I will not speak of the Mystery to Thine enemies; nor will I give Thee a kiss as did Judas; but like the thief do I confess Thee: Remember me, O Lord, in Thy Kingdom.

Tremble, O man, as thou beholdest the deifying Blood, For it is a burning coal consuming the unworthy. The Body of God both deifieth and nourisheth me; It deifieth the spirit and wondrously nourisheth the mind.

Thou hast smitten me with yearning, O I Christ, and by Thy divine love hast Thou changed me. But with Thine immaterial fire, consume my sins and count me worthy to be filled with delight in Thee, that leaping for joy, O Good One, I may magnify Thy two comings.

Into the splendour of Thy Saints how shall I I, the unworthy one, enter? For should I dare to enter the bridal chamber, my vesture doth betray me, for it is not a wedding garment; and as one bound, I shall be cast out by the Angels. Cleanse, O Lord, the defilement of my soul, and save me, since Thou art the Friend of man.

O Man-Befriending Master, Lord Jesus my God, let not these holy Gifts be unto me for judgment through mine unworthiness, but for the purification and sanctification of both soul and body, and as an earnest of the life and the kingdom to come. For it is good for me to cleave unto God and to place in the Lord the hope of my salvation.

Of Thy Mystic Supper, O Son of God, receive me today as a communicant; for I will not speak of the Mystery to Thine enemies; nor will I give Thee a kiss as did Judas; but like the thief do I confess Thee: Remember me, O Lord, in Thy Kingdom. Remember me, O Master, in Thy Kingdom. Remember me, O Holy One, in Thy Kingdom.

(Immediately after receiving the Body and Blood of Christ say this prayer)

Behold, This hath touched thy lips, and will take away thine iniquities, and will purge thy sins.