

The Order of Preparation for Holy Communion

These prayers are usually said the evening before or the morning that Holy Communion is to be received.



Through the prayers of our holy fathers, O 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 of all impurity, and save our souls, O Good One.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice*

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins; O Master, pardon our iniquities; O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. *Thrice*

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 the heavens, 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.

And the celebrant says the exclamation. If there is no priest a layman sayeth:

Through the prayers of our Holy Fathers, O Lord Jesus Christ, have mercy on us and save us, amen.

Lord, have mercy. *Twelve times*

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the 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 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 for 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 fullness 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. *Thrice*

Lord, have mercy. *Thrice*

Troparia, Eighth Tone

Disregard my transgressions, O Lord Who was born of a Virgin, and purify my heart, and make it a temple for Thy spotless Body and Blood. Let me not be rejected from Thy presence, O Thou Who hast great mercy without measure.

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

How can I who am unworthy dare to come to the Communion of Thy Holy Things? For if I should dare to approach Thee with those that are worthy, my garment betrayeth me, for it is not a festal robe, and I shall cause the condemnation of my greatly-sinful soul. Cleanse, O Lord, the pollution from my soul, and save me, as Thou art the Lover of mankind.

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

Greatly multiplied, O Theotokos, are my sins; unto Thee have I fled, O pure one, imploring salvation. Do thou visit mine enfeebled soul, and pray to thy Son and our God that He grant me forgiveness for the evil I have done, O thou only blessed one.

During Great Lent:

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. Behold, O lover of money, him that 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.

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 a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Canon of Preparation for Holy Communion, Second Tone

Ode I

Irmos: Come, O you people, let us sing a hymn to Christ our God, Who divided the sea, and guided the people whom He brought out of the bondage of Egypt; for He is glorified.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: May Thy holy Body be for me the Bread of life eternal, O Compassionate Lord, and may Thy precious Blood also the healing for my many forms of illness.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Defiled by unseemly deeds, I the wretched one am unworthy, O Christ, of the communion of Thy most pure Body and divine Blood, which do Thou vouchsafe me.

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

Theotokion: O blessed Bride of God, O good soil that grew the Corn untilled and saving to the world, vouchsafe me to be saved by eating it.

Ode III

Irmos: By establishing me on the rock of faith, Thou hast enlarged my mouth over mine enemies, for my spirit rejoices when I sing: There is none holy as our God, and none righteous beside Thee, O Lord.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: Tear drops grant me, O Christ, to cleanse my defiled heart, that, purified and with a good conscience, I may come with faith and fear, O Master, to the communion Thy divine Gifts.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

May Thy most pure Body and divine Blood be unto me for remission of sins, for communion with the Holy Spirit and unto life eternal, O Lover of mankind, and to estrangement of passions and sorrows.

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

Theotokion: O thou most holy table of the Bread of Life that for mercy's sake came down from on high, giving new life to the world, vouchsafe even me, the unworthy, to eat it with fear and love.

Ode IV

Irmos: From a Virgin didst Thou come, not as an ambassador, nor as an angel, but the very Lord Himself incarnate, and didst save me, the whole man. Wherefore, I cry to Thee: Glory to Thy power, O Lord!

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: O Thou Who wast incarnate for our sake, O Most-merciful One, Thou didst will to be slain as a sheep for the sins of mankind. Wherefore I entreat Thee to blot out my sins also.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Heal the wounds of my soul, O Lord, and sanctify all of me, and vouchsafe, O Master, that I the wretched one, may partake of Thy divine Mystical Supper.

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

Theotokion: Propitiate for me also, Him that came from thy womb, O Lady, and keep me, thy servant, undefiled and blameless, so that by obtaining the spiritual pearl I may be sanctified.

Ode V

Irmos: O Lord, Giver of light and Creator of the ages, guide us in the light of Thy commandments, for we know none other God beside Thee.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: As Thou didst foretell, O Christ, let it be to Thy wicked servant, and in me abide as Thou didst promise; for behold, I eat Thy divine Body and drink Thy Blood.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

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

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

Theotokion: O Mary, Mother of God, precious tabernacle of fragrance, through thy prayers make me a chosen vessel, that I may partake of the Sacrament of thy Son.

Ode VI

Irmos: Whirled about in the abyss of sin, I appeal to the unfathomable abyss of Thy compassion: From corruption raise me up, O God.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: O Saviour, sanctify my mind, soul, heart and body, and vouchsafe me uncondemned, O Master, to approach the fearful Mysteries.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Grant that I may be rid of passions, and the assistance of Thy grace, and strengthening of life by the communion of Thy holy Mysteries, O Christ.

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

Theotokion: O Holy Word of God and God, sanctify all of me as I now come to Thy divine Mysteries, through the prayers of Thy holy Mother.

Lord, have mercy. *Thrice*

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

Kontakion, Second Tone: Count me not unworthy, O Christ, to receive now the Bread which is Thy Body, and Thy divine Blood, and to partake, O Master, of Thy most pure and dread Mysteries, wretched though I be. Let these not be for me unto judgment, but unto life immortal and everlasting.

Ode VII

Irmos: The wise children did not serve the golden image, but went themselves into the flame and reviled the pagan gods. They cried in the midst of the flame, and the angel bedewed them: Already the prayer of your lips was heard.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: May the communion of Thine immortal Mysteries, the source of blessings, O Christ, be to me now light, and life, and dispassion and for progress and increase in the most divine virtues, O only Good One, that I may glorify Thee.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

That I may be delivered from passions, enemies, need, and every sorrow, I now draw nigh with trembling, love and reverence, O Lover of mankind, to Thine immortal and divine Mysteries. Vouchsafe me to hymn Thee: Blessed art Thou, O Lord God of our fathers.

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

Theotokion: O thou who art full of grace, who beyond understanding gavest birth to Christ the Saviour, I thy servant, the impure, now entreat thee, the pure:

Cleanse me, who am now about to approach the most pure Mysteries, from all defilement of flesh and spirit.

Ode VIII

Irmos: God Who descended into the fiery furnace unto the Hebrew children and changed the flame into dew, praise Him as Lord O ye works, and supremely exalt Him unto all the ages.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: Of Thy heavenly, dread and holy Mysteries, O Christ, and of Thy divine Mystical Supper, vouchsafe now even me, the despairing one, to partake O God my Saviour.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Fleeing for refuge to Thy loving-kindness, O Good One, with fear I cry unto Thee: Abide in me, O Saviour, and I, as Thou hast said in Thee. For behold, presuming on Thy mercy, I eat Thy Body and drink Thy Blood.

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

Triadicon: I tremble at taking fire, lest I be consumed as wax and grass. O fearful Mystery! O loving-kindness of God! How is it that I, being but clay, partake of the divine Body and Blood, and am made incorruptible!

Ode IX

Irmos: The Son of the unoriginate Father, God and Lord, hath appeared unto us incarnate of a Virgin, to enlighten those in darkness, and to gather the dispersed. Wherefore the all-hymned Theotokos do we magnify.

Create in me a clean heart, O God, and renew a right spirit within me.

Troparia: Christ it is, O taste and see! The Lord of old for our sake made like unto us once offered Himself as an offering to His Father, and is ever slain, sanctifying them that partake.

Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

May I be sanctified in soul and body, O Master; may I be enlightened, may I be saved, may I become Thy dwelling through the communion of Thy holy Mysteries, having Thee with the Father and the Spirit living in me, O Benefactor, plenteous in mercy.

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

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

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

Theotokion: God took flesh of thy pure blood; Wherefore, all generations do hymn thee, O Lady, and throngs of heavenly minds glorify thee, for through thee they have clearly seen Him Who ruleth all things endued with human nature.

Hymn to the Most Holy Theotokos, Eighth Tone

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

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice*

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins; O Master, pardon our iniquities; O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. *Thrice*

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 the heavens, 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.

And the celebrant says the exclamation. If there is no priest a layman sayeth:

Through the prayers of our Holy Fathers, O Lord Jesus Christ, have mercy on us and save us, amen.

Troparion

On Sunday, the Troparion of the Resurrection of the tone. For a feast of the Lord, the troparion of the feast. If neither, these:

Troparia, Sixth Tone: Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, this prayer do we sinners offer unto Thee as Master: Have mercy on us.

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

Lord, have mercy on us; for we have hoped in Thee, be not angry with us greatly, neither remember our iniquities; but look upon us now as Thou art compassionate, and deliver us from our enemies, for Thou art our God, and we, Thy people; all are the works of Thy hands, and we call upon Thy name.

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

The door of compassion open unto us, O blessed Theotokos, for, hoping in thee, let us not perish; through thee may we be delivered from adversities, for thou art the salvation of the Christian race.

Lord, have mercy. *Forty times*

Bows or prostrations, as many as desired.

If thou desirest, O man, to eat the Body of the Master,

Approach with fear, lest thou be burnt; for It is fire.

And when thou drinkest the Divine Blood unto communion,
First be reconciled to them that have grieved thee,
Then dare to eat the Mystical Food.

Before partaking of the Awesome Sacrifice
Of the life-creating Body of the Master,
After this manner pray with trembling.

A Prayer of Basil the Great, 1

O Master Lord Jesus Christ our God, Source of life and immortality, Creator of all things visible and invisible, the co-eternal and co-unoriginate Son of the unoriginate Father, Who, out of Thy great goodness, didst in the latter days clothe Thyself in flesh, and wast crucified, and buried for us ungrateful and evil-disposed ones, and hast renewed with Thine Own Blood our nature corrupted by sin:

Do Thou Thyself, O Immortal King, accept the repentance of me a sinner, and incline Thine ear to me, and hearken unto my words. For I have sinned against heaven and before Thee, and I am not worthy to look upon the height of Thy glory; for I have angered Thy goodness by transgressing Thy commandments and not obeying Thine injunctions. But Thou, O Lord, Who art not vengeful, but long-suffering and plenteous in mercy, hast not given me over to be destroyed with my sins, but always Thou awaitest my complete conversion. For Thou hast said, O Lover of mankind, through Thy prophet: For I desire not the death of the sinner, but that he should return and live. For Thou desirest not, O Master, to destroy the work of Thy hands, neither shalt Thou be pleased with the destruction of men, but desirest that all be saved and come to a knowledge of the truth.

Wherefore, even I, although unworthy of heaven and earth, and of this temporal life, having submitted my whole self to sin, and made myself a slave of pleasure, and having defaced Thine image, yet being Thy work and creation, wretched though I be, I despair not of my salvation, and dare to approach Thine immeasurable loving-kindness. Accept, then, even me, O Lord, Lover of mankind, as Thou didst accept the sinful woman, the thief,

the publican, and the prodigal; and take away the heavy burden of my sins, Thou that takest away the sin of the world, and healest the infirmities of mankind, Who callest the weary and heavy-laden unto Thyself and givest them rest, Who camest not to call the righteous, but sinners to repentance. And do Thou cleanse me from all defilement of flesh and spirit, and teach me to achieve holiness in fear of Thee; that with the pure testimony of my conscience, receiving a portion of Thy Holy Things, I may be united unto Thy Holy Body and Blood, and have Thee living 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-giving Mysteries be unto me for judgment, neither unto infirmity of soul and body because of my partaking of them unworthily; but grant me until my last breath to receive without condemnation the portion of Thy Holy Things, unto communion with the Holy Spirit, as a provision for life eternal, for an acceptable defense at Thy dread judgment seat; so that I also, with all Thine elect, may become a partaker of Thine incorruptible blessings, which Thou hast prepared for them that love Thee, O Lord, in whom Thou art glorified unto the ages. Amen.

A Prayer of St. John Chrysostom, 2

O Lord My God, I know that I am not worthy nor sufficient that Thou shouldest enter beneath the roof of the temple of my soul, for all is empty and fallen, and Thou hast not in me a place worthy to lay Thy head; but as from on high Thou didst humble Thyself for our sake, do Thou now also lower Thyself to my lowliness; and as Thou didst consent to lie in a cave and in a manger of dumb beasts, so consent also to lie in the manger of mine irrational soul and to enter into my defiled body. And as Thou didst not refuse to enter and to dine with sinners in the house of Simon the Leper, so deign also to enter into the house of my lowly soul, leprous and sinful. And as Thou didst not reject the harlot and sinner like me, when she came and touched Thee, so be compassionate also with me a sinner, as I approach and touch Thee. And as Thou didst feel no loathing for the defiled and unclean lips of her that kissed Thee, do Thou also not loathe my defiled lips nor mine abominable and impure mouth, and my polluted and unclean tongue. But let the fiery coal of Thy most Holy Body and Thy precious Blood be unto me for sanctification and enlightenment and health for my lowly soul

and body, unto the lightening of the burden of my many sins, for preservation from every act of the devil, for the expulsion and prohibition of mine evil and wicked habits, unto the mortification of the passions, unto the keeping of Thy commandments, unto the application of Thy divine grace, unto the acquiring of Thy kingdom. For not with disdain do I approach Thee, O Christ God, but as one trusting in Thine ineffable goodness, and that I may not by much abstaining from Thy communion become the prey of the spiritual wolf.

Wherefore do I entreat Thee, for Thou art the only Holy One, O Master: Sanctify my soul and body, my mind and heart, my belly and inward parts, and renew me entirely. And implant Thy fear in my members, and make Thy sanctification inalienable from me, and be unto me a helper and defender, guiding my life in peace, vouchsafing me also to stand at Thy right hand with Thy saints, through the intercessions and supplications of Thy most pure Mother, of Thine immaterial ministers and immaculate hosts, and of all the saints who from the ages have been pleasing unto Thee. Amen.

Prayer of Symeon Metaphrastes, 3

O only pure and sinless Lord, Who, through the ineffable compassion of Thy love for mankind, didst take on all of our substance from the pure and virgin blood of her that bare Thee supernaturally through the descent of the Divine Spirit and the good will of the everlasting Father; O Christ Jesus, Wisdom of God, and Peace, and Power, Thou Who through the assumption of our nature didst take upon Thyself Thy life-giving and saving Passion: the Cross, the nails, the spear, and death: Mortify the soul-corrupting passions of my body. Thou Who by Thy burial didst lead captive the kingdom of hades, bury with good thoughts mine evil schemes, and destroy the spirits of evil. Thou Who by Thy life-bearing Resurrection on the third day didst raise up our fallen forefather, raise me up who have slipped down into sin, setting before me the ways of repentance. Thou Who by Thy most glorious Ascension didst deify the flesh that Thou hadst taken, and didst honour it with a seat at the right hand of the Father, vouchsafe me through partaking of Thy holy Mysteries to obtain a place at Thy right hand among them that are saved. O Thou Who by the descent of Thy Spirit, the Comforter, didst make Thy holy disciples worthy vessels, show me also to be a receptacle of His coming. Thou Who art to come again to judge the world in

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righteousness, deign to let me also meet Thee on the clouds, my Judge and Creator, with all Thy saints; that I may endlessly glorify and praise Thee, with Thine unoriginate Father, and Thy Most-Holy and good and life-creating Spirit, now and ever, and unto the ages of-ages. Amen.

Prayer of the Divine Damascene, 4

O Master Lord Jesus Christ our God, Who alone hast authority to remit the sins of men: Do Thou, as the Good One and Lover of mankind, overlook all mine offences, whether committed with knowledge or in ignorance. And vouchsafe me to partake without condemnation of Thy Divine, glorious, immaculate, and life-giving Mysteries; not as a burden, nor for punishment, nor for an increase of sins, but unto purification and sanctification, and as a pledge of the life and kingdom to come, as a bulwark and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For Thou art a God of mercy, and compassion, and love for mankind, and unto Thee do we send up glory, with the Father, and the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Prayer of St. Basil the Great, 5

I know, O Lord, that I partake unworthily of Thine immaculate Body and Thy precious Blood, and that I am guilty, and eat and drink damnation to myself, not discerning the Body and Blood of Thee, my Christ and God; but taking courage from Thy compassion I approach Thee Who hast said: He that eateth My Flesh, and drinketh My Blood, abideth in Me and I in him. Show compassion, therefore, O Lord, and do not accuse me, a sinner, but deal with me according to Thy mercy; and let these Holy Things be for me unto healing, and purification, and enlightenment, and preservation, and salvation, and unto sanctification of soul and body; unto the driving away of every phantasy, and evil practice, and activity of the devil working mentally in my members; unto confidence and love toward Thee, unto correction of life, unto steadfastness, unto an increase of virtue and perfection, unto fulfillment of the commandments, unto communion with the Holy Spirit, as a provision for life eternal, as an acceptable defense at Thy dread tribunal, not unto judgment or condemnation.

Prayer of St. Symeon the New Theologian, 6

From sullied lips, from an abominable heart, from a tongue impure, from a soul defiled, accept my supplication, O my Christ, and disdain me not, neither my words, nor my ways, nor my shamelessness. Grant me to say boldly that which I desire, O my Christ. Or rather, teach me what I ought to do and say. I have sinned more than the sinful woman who, having learned where Thou wast lodging, bought myrrh, and came daringly to anoint Thy feet, my God, my Master, and my Christ. As Thou didst not reject her when she drew near from her heart, neither, O Word, be Thou filled with loathing for me, but grant me Thy feet to clasp and kiss, and with floods of tears, as with most precious myrrh, dare to anoint them. Wash me with my tears, and purify me with them, O Word; remit also my transgressions, and grant me pardon. Thou knowest the multitude of mine evils, Thou knowest also my sores, and Thou seest my wounds; but also Thou knowest my faith and Thou beholdest my good intentions, and Thou hearest my sighs. Nothing is hidden from Thee, my God, my Creator, my Redeemer, neither a teardrop, nor a part of a drop. My deeds not yet done Thine eyes have seen, and in Thy book even things not yet accomplished are written by Thee. See my lowliness, see my toil, how great it is, and all my sins take from me, O God of all; that with a pure heart, a trembling mind, and a contrite soul I may partake of Thy spotless and most holy Mysteries, by which all that eat and drink in purity of heart are quickened and deified. For Thou, O my Master, hast said: Everyone that eateth My Flesh and drinketh My Blood abideth in Me, and I in him. True is every word of my Master and God; for whosoever partaketh of the divine and deifying grace is no more alone, but with Thee, my Christ, the three-sunned Light that enlighteneth the world. And that I may not remain alone without Thee, the Life-giver, my Breath, my Life, my Rejoicing, the Salvation of the world, therefore have I drawn nigh unto Thee, as Thou seest, with tears, and with a contrite soul. O Ransom of mine offences, I ask Thee to receive me, and that I may partake without condemnation of Thy life-giving and perfect Mysteries, that Thou mayest remain, as Thou hast said, with me, a thrice-wretched one, lest the deceiver, finding me without Thy grace, craftily seize me, and having beguiled me, draw me away from Thy deifying words. Wherefore, I fall down before Thee, and fervently cry unto Thee: As Thou did receive the prodigal, and the sinful woman who drew near, so receive me, the prodigal and profligate, O Compassionate One. With contrite soul I now come to Thee. I

know, O Saviour, that none other hath sinned against Thee as have I, nor hath wrought the deeds that I have done. But this again I know, that neither the magnitude of mine offences nor the multitude of my sins surpasseth the abundant long-suffering of my God and His exceeding love for mankind; but with sympathetic mercy Thou dost purify and illumine them that fervently repent, and makest them partakers of the light, sharers of Thy divinity without stint. And, strange to angels and to the minds of men, Thou conversest with them oftentimes, as with Thy true friends. These things make me bold, these things give me wings, O Christ. And taking courage from the wealth of Thy benefactions to us, rejoicing and trembling at once, I partake of Fire, I that am grass. And, strange wonder! I am bedewed without being consumed, as the bush of old burned without being consumed. Now with thankful mind, and grateful heart, with thankfulness in my members, my soul and body, I worship and magnify and glorify Thee, my God, for blessed art Thou, both now and unto the ages.

Prayer of St. John Chrysostom, 7

O God, loose, remit, and pardon me my transgressions wherein I have sinned against Thee, whether by word, deed, or thought, voluntarily or involuntarily, consciously or unconsciously; forgive me all, for Thou art good and the Lover of mankind. And through the intercessions of Thy most pure Mother, Thy noetic ministers and holy hosts, and all the saints who from the ages have been pleasing unto Thee, deign to allow me without condemnation to receive Thy holy and immaculate Body and precious Blood, unto the healing of soul and body, and unto the purification of mine evil thoughts. For Thine is the kingdom, and the power, and the glory, with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer of the same, 8

I am not sufficient, O Master and Lord, that Thou shouldest enter under the roof of my soul; but as Thou dost will as the Lover of mankind to dwell in me, I dare to approach Thee. Thou commandest: I shall open the doors which Thou alone didst create, that Thou mayest enter with Thy love for mankind, as is Thy nature, that Thou mayest enter and enlighten my darkened thought. I believe that Thou wilt do this, for Thou didst not drive

away the sinful woman when she came unto Thee with tears, neither didst Thou reject the publican who repented, nor didst Thou spurn the thief who acknowledged Thy kingdom, nor didst Thou leave the repentant persecutor to himself; but all of them that came unto Thee in repentance Thou didst number among Thy friends, O Thou Who alone art blessed, always, now and unto endless ages. Amen.

Prayer of the same, 9

O Lord Jesus Christ my God, loose, remit, cleanse, and forgive me, Thy sinful and unprofitable, and unworthy servant, my transgressions and offences and fallings into sin, which I have committed against Thee from my youth until the present day and hour, whether consciously or unconsciously, whether by words or deeds, or in thought or imagination, in habit, and in all my senses. And through the intercessions of her that seedlessly gave Thee birth, the most pure and Ever-Virgin Mary, Thy Mother, the only hope that maketh not ashamed, and my mediation and salvation, vouchsafe me without condemnation to partake of Thine immaculate, immortal, life-giving and awesome Mysteries, unto the remission of sins and for life eternal, unto sanctification and enlightenment, strength, healing, and health of both soul and body, and unto the consumption and complete destruction of mine evil reasonings and intentions and prejudices and nocturnal phantasies of 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 Thy Holy Spirit, now and ever, and unto the ages of ages. Amen.

Another Prayer of St. John Damascene, 10

I stand before the doors of Thy temple, yet I do not put away evil thoughts. But do Thou, O Christ God, Who didst justify the publican, and didst have mercy on the woman of Canaan, and didst open the doors of paradise to the thief, open unto me the abyss of Thy love for mankind, and receive me as I come and touch Thee, as Thou didst receive the sinful woman and the woman with an issue of blood. For the one received healing easily by touching the hem of Thy garment, while the other, by clasping Thy most pure feet, carried away absolution of sins. And I, a wretch, daring to receive Thy whole Body, let me not be consumed by fire; but receive me, as Thou didst receive them, and enlighten my spiritual, senses, burning up my sinful

errors; through the intercessions of her that seedlessly gave Thee birth, and of the heavenly hosts, for blessed art Thou unto the ages of ages. Amen.

Another Prayer of Chrysostom

I believe, O Lord and I confess that Thou art truly the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am chief. Moreover, I believe that this is truly Thy most pure Body and this is truly Thine Own precious Blood; wherefore I pray thee: Have mercy on me and forgive me my transgressions, voluntary and involuntary, whether in word or deed, in knowledge or in ignorance. And vouchsafe me to partake without condemnation of Thy most pure Mysteries, unto the remission of sins and life everlasting. Amen.

When Coming to Partake of Holy Communion say these verses of Symeon Metaphrastes:

Behold, I approach the Divine Communion.

O Creator, let me not be burnt by communicating:

For Thou art Fire, consuming the unworthy.

But, rather, purify me of all impurity.

Then again say:

Of Thy Mystical 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.

Furthermore, these lines:

Be awe-stricken, O mortal, beholding the deifying Blood;

For It is a fire that consumeth the unworthy.

The Divine Body both deifieth and nourisheth me.

It deifieth the spirit, and wondrously nourisheth the mind.

Troparia

Thou hast sweetened me with Thy love, O Christ, and by Thy Divine zeal hast Thou changed me. But do Thou consume my sins with immaterial fire,

and vouchsafe me to be filled with delight in Thee; that, leaping for joy, O Good One, I may magnify Thy two comings.

Into the brilliant company of Thy saints how shall I the unworthy enter? For if I dare to enter into the bridechamber, my garment betrayeth me, for it is not a wedding garment and I shall be bound and cast out by the angels. Cleanse, O Lord, my soul of pollution, and save me, as Thou art the Lover of mankind.

Then the Prayer:

O Master, Lover of mankind, O Lord Jesus Christ my God, let not these Holy Things be unto me for judgment, through my being unworthy, but unto the purification and sanctification of soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cleave unto God, to put my hope of salvation in the Lord.

And again:

Of Thy Mystical 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

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