

**ORDER OF WORSHIP
FOR
THE GREAT LENT**

THE FIRST FORTY DAYS



MAR THOMA SYRIAN CHURCH

Order of Worship for the Great Lent – The First Forty Days

Translated into English
and

Published by the
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Approved by the
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the Orders of Worship for Lent
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Order of Worship for Good Friday Morning
(Malayalam, English Transliteration and Translation)
and

Order of Worship for Passion Week – Volume 1 & 2
(English Transliteration and Translation)

Some of the Bible verses in this Prayer Book will differ from the corresponding verses found in either the Malayalam or the English Bibles because these verses are direct translations of the verses from the Malayalam Order of Worship which were originally translated from the Syriac Bible (Peshitta)

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Foreword

Eastern Churches have a great tradition of Christian worship which is distinguished by the antiquity and richness of meaningful prayers. The prayers reflect the life and ministry of our Saviour Jesus Christ, Christological witness of the early church and the doctrines of faith. These liturgies unite sinful human beings to the Almighty God and empower the faithful to lead a committed and meaningful Christian life.

Lent is very significant in the eastern lectionary and the Mar Thoma Church gives great importance for the same. Under the eighth clause of the Mar Thoma Canon, it clearly mentions which the Lenten periods are, its importance and the requirement for observing Lent. The five Lents are the 25-Day Lent (remembering the incarnation of Jesus Christ), the 3-Day Lent (remembering the repentance of Jonah and the Ninevites), the 50-Day Lent (remembering the crucifixion and death of Jesus Christ), the Apostles' Lent (remembering the life and leadership of the Apostles) and the 15-Day Lent (remembering the life and witness of Virgin Mary). All the observances are based on the Word of God and is in line with the faith and doctrines of the Church.

In history, early Christians received baptism only after strict observation of Lent and they devoted a great deal of time in preparation. Lent is therefore to be considered as a time of preparation and a time of renewal of our baptismal vows by surrendering ourselves to the will of Almighty God. The baptismal pledge is, "I renounce Satan and fully believe in Christ." The observation of Lent will also revitalize our body, mind and spirit and will help us to tame our worldly life styles. Basically, by observing Lent, we try to humble ourselves before the Almighty God and ask for forgiveness for all our shortcomings. The fifty days of Lent starts with 'Shubkono', when believers are urged to reconcile with the entire created order. During the 'Mid-Lent' service, we are reminded of the need to wear and bear the cross. Paul's letter to the Colossians is very meaningful during Lent because he encourages believers, "to devote yourselves to prayer, being watchful and thankful"; "be wise in the way you act toward outsiders and make the most of every opportunity. Let your conversation be always full of grace and seasoned with salt so that you may know how to answer everyone." (Col. 4:2, 5, 6) During this time of Lent, let us also try to live according to the words of Apostle Paul.

I am very happy with and grateful to the Publication Committee of the Singapore Parish of the Mar Thoma Church, for translating into English, the Malayalam Orders of Worship for the daily Lenten prayers and the

special prayers for the 1st, 25th, and 40th days and for compiling this Prayer Book. This is the first English translation of the Order of Worship for the Great Lent. The Malayalam Orders of Worship for the Great Lent come from 2 sources: 1) '*Valiya Nombu Namaskara Kramom*' compiled under the leadership of Rt Rev Joseph Mar Barnabas Episcopa – I had the privilege to work with Thirumeni and Rev Siju C Phillip, in preparing the Malayalam version of this book and later with the Delhi Diocese when this was first transliterated; 2) '*Moraanayana Perunaallukal Sushroosha Kramom*', compiled under the leadership of our Suffragan Metropolitan, Rt Rev Dr Zacharias Mar Theophilus and Rt Rev Joseph Mar Barnabas Episcopa.

This English Order of Worship will definitely help the diaspora community to meaningfully participate in the Lenten prayers and to understand the traditions and practices of our Church. I acknowledge and appreciate the leadership of Rev Shibu P Varghese and the Translation and Editorial teams for completing this great task. I urge everyone to use this liturgy for their renewal and enrichment.

As we publish this Order of Worship for the Great Lent, let us pray together before the Almighty God: 'We confess before You that we are mere dust and ashes; we are unable to accomplish anything without Your gracious help; we are not worthy of the least of Your manifold gifts though You bestow upon us Your richest blessings and help us move forward in this world of tribulations.' My prayer is that all faithful members who use these prayers will be able to glorify the Almighty God.

May the Triune God help us to grow in true faith through the liturgical worship of the Great Lent.

In Christ,
Rev John G Mathews
Vicar and Chairman of the Publication Sub-Committee (from May 2015)
Mar Thoma Syrian Church in Singapore

December 2015

Preface

The reported benefit to our congregation of the translations of the Orders of Worship for Passion Week and the Dedication of the Christian Family in 2011 and 2012 respectively led our Diocesan Bishop to task the Publication Sub-committee of the Parish to translate the existing Malayalam Lenten Liturgies of the Church into English.

The translated liturgies are from the Malayalam Orders of Worship for Dominican Feasts, 2008 and the Order of Worship for the Great Lent, 2011 published by the Mar Thoma Syrian Church.

The translation was accomplished through a multi-step process. The primary translation was first reviewed by some of the editors for completeness, accuracy and sentence structure and I then checked the reviewed work. The document was further reviewed by another editor for consistency of writing styles and syntax. The text was then checked again to ensure that the original meaning was not inadvertently lost during the different reviews. The final review was by yet another editor and myself. After this, and on the direction of our Diocesan Bishop, the draft was sent to the Liturgy Commission in January 2015.

Work on this book began in August 2012 and was completed in January 2013, in time for its use during the Great Lent of that year and the subsequent years. We next translated the special Orders of Worship for the 1st, 25th and 40th days and used these the following year. The special Order of Worship for the Feast of the Annunciation to Virgin Mary was translated in 2015 and has been included in this book because this falls on March 25th which is always during the 50-day Lent period. In addition to the prayers, the anthems and songs have also been translated. To ensure active participation, the prayers and songs have been made responsive.

A highly motivated and dedicated team of translators and editors have worked prayerfully and diligently, inspired and guided by the Holy Spirit. The encouragement, timely advice, insight and the liturgical, etymological and scriptural expertise provided by our Achens, Rev Dr George Mathew, Rev Susheel C Cheriyan and Rev Dr Joseph Daniel are gratefully acknowledged and deeply appreciated. The motivation, permission and support of our Diocesan Bishop, Rt Rev Joseph Mar Barnabas has been crucial in the initiation and completion of this project and I thank Thirumeni for his vision and guidance.

As the Vicar of the Singapore parish, I feel privileged and blessed in having been able to provide leadership and advice for this on-going work that helps to make our very enriching Malayalam Liturgies more meaningful to everyone, and I thank God for His grace, mercy and providence. I exhort all believers to make use of these liturgies in your personal and family prayers, and in corporate worship. This will enable us to effectively participate in the Great Lent Services of the Church that prepare believers to meaningfully meditate on the salvific works of our Lord Jesus Christ and particularly in the sacrificial death of our Saviour on the cross for our sake.

Yours in Christ
Rev Shibu P Varghese
Vicar and Chairman of the Publication Sub-Committee (till April 2015)
Mar Thoma Syrian Church in Singapore

April 2015

Introduction to Lents

This brief introduction draws heavily from the recent publications of our Achens, Rev Dr George Mathew Kuttiyil^{2,3} and Rev Dr Joseph Daniel¹.

For Christians, Lent marks important milestones which commemorate the events related to the life and ministry of Jesus in the salvific plan of God. They provide opportunities for meaningful observance through introspection, a deep sense of repentance, reconciliation, confession and a renewed commitment to seeking the will of God. Our aim should be to concentrate prayerfully in seeking the will of God in our lives, to recommit to obey Him and to meditate on the journey of Jesus from Bethlehem to Golgotha and then onto resurrection and ascension. The observance of Lent highlights the need for every Christian to humbly bend our knees in prayer, mend our hearts and lend our hands to others.

Lent is characterised by fasting which is a Christ-centred spiritual exercise which requires self-control and discipline. The purpose of fasting is not to satisfy ourselves or others but to transform the worshipper and the community in ways that have an impact on our society and our interpersonal relationships and calls for empathy with the sufferings of others in order to be an effective Christian witness. Fasting helps remove our focus from the things of this world and to receive spiritual sustenance through prayer, meditation and the study of the Bible. This leads to a transformed and spiritual lifestyle that is focused on God. Fasting becomes meaningful only when we are able to love one another as Christ loved us (John 15:12), to love our enemies and pray for those who persecute us (Matthew 5:43-44). Through Lent, we seek to become true disciples - striving to act justly, love mercy and walk humbly with our God (Micah 6:8).

Not only did Jesus fast Himself, but He also recommended it to His followers (Matthew 9:14; Mark 2:18) and admonished those who fasted in the wrong way and for the wrong motives.

The early Church observed fasts on Wednesdays in remembrance of the plot to betray Jesus and on Fridays in remembrance of Christ's crucifixion and death. Throughout the Bible and in the history of the Church, God's people have turned to Him with repentance and fasting when faced with

disasters, difficult situations in life, guilty consciences and when convicted of their sin.

Isaiah 58:6, 7

Is not this the kind of fasting I have chosen: to loosen the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁶ Is it not to share your food with the hungry and to provide the poor wanderer with shelter; when you see the naked, to clothe them, and not to turn away from your own flesh and blood?⁷

The Mar Thoma Church believes so strongly in the transformative power of Lent that the constitution of the Church makes it obligatory for all faithful members to observe Lent regularly.

Some examples of fasting are listed below:

Old Testament

- Moses fasted 40 days for the Israelites: Exodus 34:28; Deuteronomy 9:9, 18, 25-29.
- David fasted and mourned the death of Saul: 2 Samuel 1:12.
- David fasted and mourned the death of Abner: 2 Samuel 3:35.
- David fasted and mourned the death of his child: 2 Samuel 12:16.
- Elijah fasted 40 days after fleeing from Jezebel: 1 Kings 19:7-18.
- Ahab fasted and humbled himself before God: 1 Kings 21:27-29.
- Ezra fasted and wept for the returning remnant: Ezra 8:23; 10:6.
- Nehemiah fasted over the broken walls of Jerusalem: Neh. 1:4-2:10.
- Esther fasted 3 days on behalf of her people: Esther 4:9-16.
- Darius fasted in concern for Daniel: Daniel 6:18-24.
- Daniel fasted for Judah's sin: Daniel 9:3-23.
- Daniel fasted regarding a mysterious vision from God: Daniel 10:3-13.
- Joel fasted and prayed with Israelites for deliverance: Joel 1:14; 2:12
- The people of Nineveh fasted after Jonah's message: Jonah 3.

New Testament

- The disciples of John the Baptist fasted: Matthew 9:14-15.
- Anna fasted for the redemption of Jerusalem: Luke 2:37.
- Paul fasted for 3 days after his encounter with Jesus, on the way to Damascus: Acts 9:9.
- Cornelius fasted and sought God's plan of salvation: Acts 10:30.
- The elders in Antioch fasted before sending Paul and Barnabas: Acts 13:1-5.
- The apostles fasted and prayed before selecting missionaries: Acts 13:1-3.
- Paul fasted 14 days while at sea on a sinking ship: Acts 27:33-34.

In the Gospels, Christ fasted for 40 days in the wilderness while He resisted Satan's temptations. In the Old Testament, fasting was stipulated by God as an atonement for sin (Leviticus 16:29, 23:26; Numbers 29:7).

The 5 Lents observed by the Mar Thoma Church

25-Day Lent (1st - 25th December).

It precedes the birth of Jesus Christ and encourages us to give thanks to God the Father and remember His selfless love in giving His Son for the salvation of the world.

3-Day Lent of Nineveh (Little Lent)

This Lent begins 21 days before the Great Lent. It commemorates two related instances in the life and ministry of Jonah when God in His mercy showed His compassion, graciousness, abounding love, forgiveness and redemption. The first, when Jonah repented while in the belly of the fish for 3 days and God gave him a second chance and taught him many lessons. The second, when the people of Nineveh repented and fasted after Jonah's call for them to repent. For Christians, these 3 days are a direct parallel of and a prophecy about the three days that Jesus Christ spent in the tomb.

50-Day Great Lent

It lasts seven weeks and ends with Easter. The first forty days, commemorates the forty days' fast of Jesus Christ in the desert and the subsequent ten days calls to mind the betrayal, passion and crucifixion of Jesus Christ. Special services are conducted on the 1st, 25th and 40th day in addition to the services prescribed for each day of the week.

14-Day Apostles' Lent (16th - 29th June)

This is a time to offer our gratitude to God for the apostles who took upon themselves the great commission and to remember the struggles they endured to preach the good news of salvation to the world. It is observed to make us aware of the responsibility of believers to continue this great commission and to prepare ourselves to commit to the missions of the Church.

15-Day Lent (1st - 15th August)

To remember the dedication and faith of the Virgin Mary and to inspire us to humbly submit ourselves in obedience to the will of God.

The 50-Day Great Lent

In the Christian Churches of the Antiochian tradition, which includes the Mar Thoma Church, the Great Lent (also known as *Valiya Nombe* in Malayalam and *Saumo Rabo* in Syriac) is observed for 50 days. The first 40 days parallel the 40-day fast that Jesus observed in the wilderness while being tempted by Satan. The last 10 days which includes Passion Week, commemorate Jesus Christ's triumphant entry into Jerusalem and His subsequent passion, crucifixion, death, burial and resurrection. The Church enters into this period of the Great Lent in the month of February or March each year, as calculated based on the lunar calendar.

The special services during the first forty days of Lent are:

Service of Reconciliation

The Great Lent begins with the Service of Reconciliation (*Shubkono*) on the first Sunday or Monday of Lent. In the light of the Lord's exhortation to reconcile with one another before we worship, partake of the Holy Communion and observe Lent (Matthew 5:23-24; 6:12; 2 Corinthians 5:17-19), the Church places great emphasis on this service. The clergy and laity gather in the Church and seek mutual reconciliation and forgiveness in the spirit of unity and love. It is an occasion for the Church and community to reflect on the love, peace and reconciliation that God has given us through Jesus Christ. God's salvation is about love and forgiveness.

Service on the 25th Day (Mid-Lent)

Mid-Lent always falls on a Wednesday. The service focuses on Christ's death on the cross for the sins of the whole world, through which salvation came to all humanity (John 3:13-16). It also focuses on the parallel that Jesus drew between His own crucifixion on the cross and the lifting of the bronze serpent on a pole that God commanded Moses to erect in the wilderness to save the Israelites from death (Numbers 21:5-9). In both incidents, salvation is made possible through the grace of God alone and received by faith alone (Acts 15:11; Galatians 3:16). Salvation, eternal life and love are the enduring messages of the cross.

Service on the 40th Day

On the 40th day of Lent, which is also known as 40th Friday, a special Service is conducted in the Church. It commemorates the end of the forty

days of fasting by Jesus Christ in the wilderness, and reminds us that it was by relying on His knowledge of Scripture and drawing on its power that Jesus was able to overcome all three temptations from Satan. It is a reminder to us of the importance of knowing and studying Scripture as a defence against temptations (Matthew 4:1-11; Luke 4:1-13).

Services for the Passion Week (Palm Sunday to Easter Sunday)

The liturgy for the special morning and evening Services during the Passion Week are in another set of books. During Passion Week, believers identify themselves with the passion, crucifixion, death and resurrection of Jesus Christ.

On Palm Sunday, we celebrate the triumphant yet humble entry of Jesus into Jerusalem on a colt. The humility of the King of kings is striking and an example for us. We also remember that many in the same crowd who sang praises on that day with palm leaves, called out for Christ's crucifixion a few days later (Zechariah 9:9; Mark 11:1-11).

From Monday to Wednesday, through prayers, meditations and scripture readings, we focus on His teachings and the events that led to His crucifixion. Our identification with the intense feelings of rejection, betrayal, condemnation, inner struggles and loneliness that Jesus faced and how He overcame these, help us through our own challenges.

On Thursday, we commemorate the last supper that Jesus Christ had with the apostles. As they gathered in the upper room for the Passover meal, Jesus continued to prepare them for the events that lay ahead and tried to make them understand the mysteries of the new covenant. By washing the feet of the apostles before supper, He demonstrated the importance of humility and genuine love when serving others. It is also the day when the Holy Communion (Qurbana) was instituted by Jesus (1 Corinthians 5:7, 8). It was later that same night that Judas betrayed Jesus.

Good Friday is the day of the crucifixion and death of Jesus Christ when we remember the passion and suffering that Jesus endured for our sake.

On Saturday we remember His burial and how He allowed Himself to be placed among the dead for the salvation of His creation.

The Day of His Resurrection (*Kemta*) on Easter Sunday is the celebration of Christ's victory over death that transformed human destiny.

Just as Jesus took the bread, blessed, broke and gave it, we must be prepared to submit ourselves into God's hands, to be taken, blessed, broken and be used by Him for others, according to His holy will. This is the way of the cross and the path of resurrection.⁴

Reference:

1. Daniel, Rev Dr Joseph. *Fasts and Feasts in the Mar Thoma Church: Fire for the Journey of Faith*. Christkatholische Department fuer Theologie, University of Bern, Switzerland, 2010.
2. Mathew, Rev Dr George Kuttiyil. *A Study of the Fasts and Feasts in the Church*. Thiruvalla, India: CSS, 2013.
3. Mathew, Rev Dr George Kuttiyil. *Valiyanombe-Kristuvinodopum Lokathil*. Sabha Tharaka, Feb. 2015.
4. Mar Thoma Metropolitan, Most Rev Dr Joseph. *Sabha Tharaka*. March 2015.

Preface to the Original Malayalam Book

(This is a translation of the Preface to 'Valiya Nombu Namaskara Kramom' from which most of the prayers in this book are based)

The Lenten period should be understood as a period that awakens the most creative powers of body and mind although there is a misconception that it is only a period of abstinence. Just as food is vital for the body and air for life, prayer is vital for the growth of spiritual life. The early Church, which passed through persecution, was greatly strengthened by the prayerful lives of our church fathers. The essence of the liturgies of Passion Week and other fasting periods, declares this blessing in the richness of its prayers. From the rich collection of such prayers, Rev Abraham Malpan enriched the spirituality of the Mar Thoma Church, by creating the book, 'Nithya Namaskara Kramom' (Daily Order of Worship). In the past, this order of worship was used for daily prayers. The order of worship for Passion Week has brought blessings through the prayers scheduled for the various hours of the day. In this generation, when prayers tend to be neglected, restructuring our prayer life for Passion Week is desirable.

Valiya Nombu Namaskara Kramom (Order of Worship for Great Lent), created by carving out of the rich collection of the prayers of our forefathers, under the leadership of our Bishop, Rt Rev Joseph Mar Barnabas Episcopa, is helpful in disciplining our prayer lives in a creative way. Reciting the prayers and songs created by the fathers of the Eastern Church, will help us to appreciate how enriching they are. I pray that the use of this order of worship is helpful in understanding that the values of a spiritual life can be attained through prayer and endurance and to move away from the belief of the modern era, that spirituality can be attained only through emotional outbursts.

May the members of the Church receive blessings through the use of this Order of Worship. I congratulate everyone involved in the creation of this Order of Worship. This Order of Worship is allowed to be used in our homes and prayer groups.

Most Rev Dr Joseph Mar Thoma Metropolitan

**ORDER OF WORSHIP
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Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Holy, Holy, Holy, Lord God of power and might,
heaven and earth are full of Thy glory. Praise in the highest.
- C. Blessed is He who has come and is to come again in the
name of the Lord. Praise in the highest.
- P. Holy art Thou, O God.*
- C. Holy art Thou, Almighty Lord.*
- P. Holy art Thou, Immortal Lord.*
- C. O Lord the Messiah, who was crucified † for us,
have mercy on us.*

(To be said three times)*

- P. O Lord, have mercy on us.
- C. O Lord, have mercy on us and bless us.
- P. O Lord, accept our prayers and worship,
and have mercy on us.
- C. Praise be to Thee, O God.
- P. Praise be to Thee, O Creator.
- C. Praise be to Thee, O King the Messiah,
who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

- P. Our Father in heaven,
- C. 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.
Forgive us our sins and offences as we forgive those who
sin against us. Lead us not into temptation but deliver us
from the evil one; for Thine is the kingdom, the power and
the glory, forever and ever. Amen.

First Day of the Great Lent Order of Worship for Reconciliation Service

*(To be conducted on a Sunday as part of the Holy Communion Service or on a Monday.
(The Adoration on Page 1 is used when this service is not followed by a Holy Communion Service)*

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. Grant that Your blessings and mercy are showered on us
who are weak and sinful, in both worlds forever. Amen.

Opening Prayer

- P. O Lord God, may reconciliation, peace and love, that enable
us to conform to Your divine nature, always dwell in our
hearts. Bind us to these forever and make us worthy to
ceaselessly praise and glorify You, Your Father and Your
living Holy Spirit.
- C. Amen.

Psalm of Confession: Psalm 51:1-15

- P. Have mercy on me O God, according to Your
graciousness; according to the multitude of Your mercies,
blot out my transgressions.¹
- C. Wash me thoroughly from my iniquity,
and cleanse me from my sin.²
- P. For I know my transgressions,
and my sin is always before me.³
- C. Against You, You only, have I sinned,
and done what is evil in Your sight;⁴
- P. So that You are proved right when You speak,
and justified when You judge.⁴

- C. Because in evil I was formed in the womb,
and in sin my mother conceived me.⁵
- P. But You delighted in the truth,
and You have shown me the secrets of Your wisdom.⁶
- C. Sprinkle me with Your hyssop and I will be pure;
wash me with it, and I will be whiter than snow.⁷
- P. Satisfy me with Your joy and gladness,
and my weary bones will rejoice.⁸
- C. Hide Your face from my sins,
and blot out all my iniquities.⁹
- P. Create in me a pure heart O God,
and renew a steadfast spirit within me.¹⁰
- C. Do not cast me away from Your presence,
and take not Your Holy Spirit from me.¹¹
- P. Restore to me Your salvation and joy,
and may Your glorious Spirit uphold me.¹²
- C. For I will teach transgressors Your way,
and sinners will turn back to You.¹³
- P. My God, O God of my salvation, save me from the guilt of
bloodshed, and my tongue will praise Your righteousness!¹⁴
- C. O Lord, open my lips,
and my mouth will sing Your praises.¹⁵
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Litany

- P. O Lord who is merciful to sinners, we have sinned against
You. Accept our supplications and forgive our iniquities.
- C. O Lord, have mercy on us.
- P. We who bear the blemishes of our countless debts
and sins, cry out to You.
- C. O Lord, have mercy on us.
- P. We cry to You as the sinful woman did,
and pray to You like the tax-collector.
- C. O Lord, have mercy on us.
- P. O Lord, fill our hearts with Your divine love,
that will free us from disputes and stubbornness.
- C. O Lord, have mercy on us.
- P. O Lord of everything, who sacrificed Your holy body on the
cross for sinners,
- C. have mercy on us O Lord.
- P. O God and Lord of everything, who out of Your great love
granted atonement of sins to the sinful woman and the thief
on the cross,
- C. have mercy on us O Lord.
- P. O God and Lord of everything, who entered the upper room
and consoled the apostles with Your peace,
- C. have mercy on us O Lord.
- P. Let us offer praise to the Holy Father
and worship the Holy Son and the Holy Spirit.
- C. O Lord, have mercy on us.
- D. Let us stand in reverence.
- C. Lord, have mercy.

Preface (Promeon)

- P. Let us all pray to the Lord, and plead for His blessings and mercy.
- C. Lord of all blessings, bless us and help us.
- P. Make us worthy O Lord, to continually offer You praise, thanksgiving, glory, adoration and everlasting exaltation. O Father who is the heavenly peace, praise be to You. O Son who is the peace for those on earth, thanks be to You. O Holy Spirit who perfects divine gifts, we worship You. The Father sent His Son to die for our salvation. The Son came down to die for us because of His love for us. The Holy Spirit rejoices in our goodness and grants us our petitions. They are One in essence though Three in Person. One Lord, help us to sincerely reconcile ourselves with one another. Protect us all through Your divine unity and our loving relationship with You. On the joyful day of Your glorious resurrection, at this time, in all festivals, seasons, occasions and all the days of our lives, You are worthy of praise, honour and worship, now and forever more.
- C. Amen.

Prayer (Sedra)

- P. O God our Messiah, the unwavering Peace for all of creation, the genuine Peace that abides across all frontiers and nations, You are Love! You are called 'Love' and You rejoice in this name above all other names. You are known for the love You have for humanity and You honour those who accept Your love. Through Your cross, You removed the barrier that created animosity and through Your own blood, You reconciled those in heaven with those on earth. Because of the indivisible union of Your essential divinity and

transient humanity, You have reconciled the two groups and abolished the hatred between them. You preached peace and unity to the world, called those near and far and united them in the bond of Your divine love and offered the inheritance of Your eternal kingdom.

Through the message of peace brought by Your archangel, You revealed Your conception to Your virgin mother. In peace, Your mother visited Elizabeth, the mother of John who preached about You, and the joy of hearing Your words of peace, made him leap and rejoice as a servant before his master. At Your birth, the angels preached peace to the shepherds. You granted peace to the women who longed for Your glorious resurrection. In peace You entered the upper room where Your apostles had gathered, and confirmed Your resurrection to them. When You ascended to the One who sent You, You granted peace to Your apostles by proclaiming, "My peace I give to You" and directed them to "Love one another as I have loved you".

O our Saviour, protect us with this love and may it govern the impulses of our intellect. Bind us together in Your love. Through Your love, eliminate the discord and fractious disputes that separate us. Through Your love, make us worthy to observe Your commandments. Through Your love, eradicate sorrow and distress from our midst. Through Your love, make us children of love and peace.

Through Your peace, unite the shepherds with their flocks of sheep. Through Your peace, make the priests rejoice in their sacraments. Through Your peace, make Your holy Church and her children perfect. Through Your peace, assemble those who have strayed and unite its leaders. Through Your peace, regulate its organisations and integrate its great festivals. Through Your peace, pacify those who are angry

and adorn the aged. Through Your peace, protect Your parish and keep them on the right path. Through Your peace, purify our thoughts. Through Your peace, protect us from merciless superiors. Through Your peace, adorn us with unity at all festivals and accept our Lent and supplications. Through Your peace, grant us grace and deliverance. Through Your peace, break the chains of our bondage to the evil one and remove his yoke from us. May Your peace always be with us, and may Your unity reign among us daily. Bind our hearts with Your love and help our thoughts to be focused on Your peace. O Lord of Peace, enable us to thank You, Your Father who grants peace and Your Holy Spirit who perfects true peace, now and forever more.

C. Amen.

Prayer of Incense (Ethra)

P. Our Lord, make our hearts the abode of peace and our thoughts the harbour of tranquillity. Sow in our hearts, true love towards You. Establish love, unity and harmony among us. Make it possible for us to sincerely bring peace to each other. Enable us to delight in Your holy will, as we would in the sweet fragrance from above. O Lord, Your peace brings joy and our union with You brings happiness to all things. Together with Your Father and the Holy Spirit, You are worthy of majesty and honour, now and forever more.

C. Amen.

Litany

P. It was because of love that God revealed Himself to Moses on the top of the mountain. It was because of love that God revealed Himself to the martyrs as they stood condemned in the courts of justice. It is this love that the Church sees as she looks up to the tree and because of this O Lord, here she is, singing praises to You day and night.

C. Our Lord, make our hearts the abode of reconciliation and our thoughts the harbour of peace.

P. Even though we have incurred His wrath, His love has enabled us to be reconciled to Him. The Lord Jesus is the only head of the whole body of Christ and we must therefore also love our neighbours as ourselves. The one who does not love his friend, does not love the Lord.

C. O Lord, sow within our hearts, true love for one another and grant us the grace to share peace with each other and receive one another sincerely.

P. O Lord our God whose peace brings joy and whose reconciliation brings happiness to all, You, together with Your Father and the living and Holy Spirit, are worthy of praise and honour, now and forever more.

C. Amen.

Bible Readings:

First Lesson: 1 John 4:11-21

Second Lesson: 1 Corinthians 13:4-10

Psalm 38

- P. Lord, do not rebuke me in Your anger
or discipline me in Your wrath.¹
- C. Your arrows have pierced me,
and Your hand has come down on me.²
- P. Because of Your wrath, there is no health in my body;
my bones have no soundness because of my sin.³
- C. My guilt has overwhelmed me
like a burden too heavy to bear.⁴
- P. My wounds fester and are loathsome
because of my sinful folly.⁵
- C. I am bowed down and brought very low; all day long I go
about mourning.⁶ My back is filled with searing pain; there
is no health in my body.⁷
- P. I am feeble and utterly crushed;
I groan in anguish of heart.⁸
- C. All my longings lie open before You, Lord;
my sighing is not hidden from You.⁹
- P. My heart pounds, my strength fails me;
even the light has gone from my eyes.¹⁰
- C. My friends and companions avoid me because of my
wounds; my neighbours stay far away.¹¹
- P. Those who seek my life set their traps, those who would
harm me talk of my ruin; all day long they plot deception.¹²
- C. I am like a deaf man who cannot hear,
like a mute, who cannot open his mouth;¹³

- P. I have become like a man who does not hear,
whose mouth can offer no reply.¹⁴
- C. O Lord, I wait for You; You will answer, O Lord my God.¹⁵
- P. For I said, "Do not let them gloat or exalt themselves over
me when my feet slip."¹⁶
- C. For I am about to fall, and my pain is ever with me.¹⁷
- P. I confess my iniquity; I am troubled by my sin.¹⁸
- C. Many are those who are my vigorous enemies;
those who hate me without reason are numerous.¹⁹
- P. Those who repay my good with evil,
slander me when I pursue what is good.²⁰
- C. O Lord, do not forsake me; do not be far from me, my
God.²¹ Come quickly to help me, my Lord and my Saviour.²²
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- (The Priest faces the congregation to read the Gospel)*
- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy
to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ
that proclaims life and salvation to the world,
as recorded by the Apostles Matthew and John.
- C. Blessed is He who has come and is to come again.
Praise to the Father who sent Him for our salvation.
May His blessings be on all of us forever.

- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, it happened in this way.
- C. So we believe and affirm.

Gospel Reading: Matthew 18:18-35; John 17:17-26

- P. Peace be with you all †
- C. And also with your spirit.

Anthem (Kolo)

- P. O Lord, we knock at the door of Your heavenly treasury, entreating You for Your divine blessings. We are sinners who have lost our way and drifted from You. Allow us to repent and live by Your grace.
- C. O merciful One, where but at Your door can we knock? You are the King who is worshipped and honoured by the kings of the earth. If You do not graciously intercede for us, who else will? O Father, Son and Holy Spirit, You are our tower and place of refuge from the evil one and his army who stand against us. Hide us from all evil, under the wings of Your grace. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. O Lord, let the sound of our prayer open the door of heaven.
- C. Let the hosts of angels say, "The Lord says, 'How beautiful is the sound of the pleadings of humanity'."

Supplication

- P. Our Lord Jesus Christ, shut not the door of Your blessings against us.
- C. O Lord we confess that we are sinners. Shower us with Your blessings.
- P. O Lord, it was Your love that brought You down to us, so that by Your death, our death could be abolished.
- C. O Lord, bless us. Amen.

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Holy, Holy, Holy, Lord God of power and might, heaven and earth are full of Thy glory. Praise in the highest.
- C. Blessed is He who has come and is to come again in the name of the Lord. Praise in the highest.
- P. Holy art Thou, O God.*
- C. Holy art Thou, Almighty Lord.*
- P. Holy art Thou, Immortal Lord.*
- C. O Lord the Messiah, who was crucified † for us, have mercy on us.*

(To be said three times)*

- P. O Lord, have mercy on us.
- C. O Lord, have mercy on us and bless us.

- P. O Lord, accept our prayers and worship,
and have mercy on us.
- C. Praise be to Thee, O God.
- P. Praise be to Thee, O Creator.
- C. Praise be to Thee, O King the Messiah,
who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

- P. Our Father in heaven,
- C. 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. Forgive us our sins and offences as we forgive those who sin against us. Lead us not into temptation but deliver us from the evil one; for Thine is the kingdom, the power and the glory, forever and ever. Amen.

Nicene Creed

- P. **We believe in the one true God, the Father Almighty;**
- C. Maker of heaven and earth and of all things visible and invisible.

We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; Light of light, very God of very God; begotten not made, being of one substance with the Father by whom all things were made; who, for us and for our salvation, came down from heaven and was incarnate by the Holy Spirit of the Virgin Mary and was made man; He was crucified also for us in the days of Pontius Pilate; He suffered and died and was buried; on the third day He rose again by His own holy will, ascended into heaven and sits at the right hand of the

Father; He shall come again with glory, to judge both the living and the dead; and of His kingdom, there will be no end.

We believe in the Holy Spirit, the Lord and giver of life; who proceeds from the Father; who with the Father and Son together is worshipped and glorified; who spoke by the prophets and the apostles.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins and look forward to the resurrection of the dead and the new life of the world to come. Amen.

- D. Bless us O Lord. Let us stand reverently.
- C. Lord, have mercy.

(The priest faces the congregation and says the following.)

- P. My beloved, through the Messiah, forgive the sins that I have committed against you. In the unity of the Spirit, in fatherly love and like a watchful shepherd, I have counselled you and I bow my head before you.
- C. Our Lord bless us. We await forgiveness.
- P. My beloved, in true love, I request you to come and reconcile with one another, so that God can be reconciled to us. I reverently bow before the exalted holy Trinity.
- C. Our Lord bless us. We await forgiveness.
- P. With a broken heart and pure conscience, I appeal to you and cry before all of you with a loud voice saying, "Come my beloved, in love, let us be reconciled to one another." The Lord has declared that He will forgive you, if you forgive the faults and failures of one another. We must therefore forgive the faults and failures of everyone, so that the Lord can

reconcile with all of us and forgive our faults and sins. May the Lord God forgive my sins and yours.

C. Our Lord bless us. We await forgiveness.

(One representative from the congregation comes forward and says the following)

L. Our respected father in the Lord and God's anointed one, if we have in any way grieved or caused you pain, we bow our heads, requesting you to forgive us in God's name. Do not cease your prayer for us.

P. God's people who are redeemed by the holy blood of the Messiah, may the Lord forgive our sins and help us to abound in His grace.

The Kiss of Peace

C. May the love and peace of the Lord Jesus Christ, abide with us forever.

Benediction

P. May the beginning of this holy Lent be blessed and may its end be sanctified. May He help you and strengthen you to observe it according to His will. May He remove from your path, the snares cast by known and unknown enemies and the deception of Satan, who is the adversary of believers. Like our Lord Jesus the Messiah, who at the end of His Lent commanded, "Satan, depart from me", may He deliver and protect you from the temptations of Satan.

C. Amen.

ORDER OF WORSHIP FOR THE DAYS OF THE WEEK

The Great Lent: Order of Daily Worship

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Holy, Holy, Holy, Lord God of power and might,
heaven and earth are full of Thy glory. Praise in the highest.
- C. Blessed is He who has come and is to come again in the
name of the Lord. Praise in the highest.
- P. Holy art Thou, O God.*
- C. Holy art Thou, Almighty Lord.*
- P. Holy art Thou, Immortal Lord.*
- C. O Lord the Messiah, who was crucified † for us,
have mercy on us.*

(To be said three times)*

- P. O Lord, have mercy on us.
- C. O Lord, have mercy on us and bless us.
- P. O Lord, accept our prayers and worship,
and have mercy on us.
- C. Praise be to Thee, O God.
- P. Praise be to Thee, O Creator.
- C. Praise be to Thee, O King the Messiah,
who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

- P. Our Father in heaven,
- C. 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.
Forgive us our sins and offences as we forgive those who
sin against us. Lead us not into temptation but deliver us
from the evil one; for Thine is the kingdom, the power and
the glory, forever and ever. Amen.

Opening Prayer 1

- P. O compassionate and gracious Lord, make us worthy to
observe these forty days of Lent in purity and holiness and
to be counted with all the vigilant ones who through their
fasting, valiantly fought Satan's craftiness and the impurities
of the flesh and emerged victorious. O Lord our God, may
reconciliation, peace and love which link us to Your divinity,
always dwell in our hearts. May these always bind us and
make us also worthy to ceaselessly praise and glorify You,
Your Father and Your living and Holy Spirit.
- C. Amen.

Opening Prayer 2

- P. O Father of heavenly peace, we praise You. O Son who is
the Peace for all who dwell on earth, we thank You. O Holy
Spirit who perfects divine gifts, we worship You. It is the
Father who sent His Son to die for our salvation. It is the Son
who came down to die for us because of His love for us. It is
the Holy Spirit who rejoices in our goodness and grants us
our petitions. He is One in substance and Three in Person.
O One and only God, help us to be sincerely reconciled to
one another. Protect us all within the unity and loving

relationship we have with Your divinity. You are worthy of praise, honour and worship at this time, on this happy and glorious day of Your resurrection, at all festivals, at all times and seasons and each day of our lives, now and forever more.

C. Amen.

Opening Prayer 3

P. Lord God Almighty, we praise and worship You because You have given us this time of the passion of Your only Son, as a time for our supplication and consolation. O Lord, accept our worship and supplications at this time. Just as You crushed the power of the evil one the moment Your only Son was hung on the cross, eliminate the records of the debts of our sins. Grant us a blameless attitude and a virtuous life which will bring honour to Your revered and holy name. Everlasting Father, as we offer praise to You, Your only Son and Your Holy Spirit, make us also worthy to stand before the glorious throne of Your only Son, now and forever more.

C. Amen.

Psalm of Confession: Psalm 51:1-17 (NIV)

P. Have mercy on me, O God, according to Your unfailing love; according to Your great compassion, blot out my transgressions.¹

C. Wash away all my iniquity and cleanse me from my sin.²

P. For I know my transgressions,
and my sin is always before me.³

C. Against You, You only, have I sinned
and done what is evil in Your sight;⁴

P. so You are right in Your verdict
and justified when You judge.⁴

C. Surely I was sinful at birth,
sinful from the time my mother conceived me.⁵

P. Yet You desired faithfulness even in the womb;
You taught me wisdom in that secret place.⁶

C. Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.⁷

P. Let me hear joy and gladness;
let the bones You have crushed rejoice.⁸

C. Hide Your face from my sins and blot out all my iniquity.⁹

P. Create in me a pure heart, O God,
and renew a steadfast spirit within me.¹⁰

C. Do not cast me from Your presence
or take Your Holy Spirit from me.¹¹

P. Restore to me the joy of Your salvation
and grant me a willing spirit to sustain me.¹²

C. Then I will teach transgressors Your ways,
so that sinners will turn back to You.¹³

P. Deliver me from the guilt of bloodshed O God;
You who are God my Saviour,
and my tongue will sing of Your righteousness.¹⁴

C. Open my lips Lord,
and my mouth will declare Your praise.¹⁵

P. You do not delight in sacrifice, or I would bring it;
You do not take pleasure in burnt offerings.¹⁶

- C. My sacrifice O God, is a broken spirit;
a broken and contrite heart, You God, will not despise.¹⁷
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Psalm 91 (in the evening)

- P. Whoever dwells in the shelter of the Most High,
will rest in the shadow of the Almighty.¹
- C. I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."²
- P. Surely He will save you from the fowler's snare
and from the deadly pestilence.³
- C. He will cover you with His feathers,
and under His wings you will find refuge;
His faithfulness will be your shield and rampart.⁴
- P. You will not fear the terror of night,
nor the arrow that flies by day,⁵
- C. nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.⁶
- P. A thousand may fall at your side, ten thousand
at your right hand, but it will not come near you.⁷
- C. You will only observe with your eyes
and see the punishment of the wicked.⁸
- P. If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,⁹

- C. no harm will overtake you,
no disaster will come near your tent.¹⁰
- P. For He will command His angels concerning you,
to guard you in all your ways;¹¹
- C. they will lift you up in their hands,
so that you will not strike your foot against a stone.¹²
- P. You will tread on the lion and the cobra;
you will trample the great lion and the serpent.¹³
- C. "Because he loves Me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges My name."¹⁴
- P. He will call on Me, and I will answer him; I will be with him
in trouble, I will deliver him and honour him.¹⁵
- C. With long life I will satisfy him and show him My salvation."¹⁶
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Psalm 63 (in the morning)

- P. You God, are my God, earnestly I seek You;
I thirst for You, my whole being longs for You,
in a dry and parched land where there is no water.¹
- C. I have seen You in the sanctuary
and beheld Your power and Your glory.²
- P. Because Your love is better than life,
my lips will glorify You.³
- C. I will praise You as long as I live,
and in Your name I will lift up my hands.⁴

- P. I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise You.⁵
- C. On my bed I remember You;
I think of You through the watches of the night.⁶
- P. Because You are my help,
I sing in the shadow of Your wings.⁷
- C. I cling to You; Your right hand upholds me.⁸
- P. Those who want to kill me will be destroyed;
they will go down to the depths of the earth.⁹
- C. They will be given over to the sword and become food for
jackals,¹⁰ but the king will rejoice in God; all who swear by
God, will glory in Him, while the mouths of liars will be
silenced.¹¹
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

(Please continue the worship for each day by turning to the appropriate page)

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Thursday	Page 65
Friday	Page 75
Saturday	Page 83

Order of Worship for Sunday

(The Service begins with the Adoration on Page 17)

Prayer

- P. O Lord and Master who examines our hearts, reveal and
convict us now of the sins we are guilty of. Help us to
understand what our sins are and to confess and renounce
them. We acknowledge that we have sinned. Inspire us to
confess in such a way that will make us worthy of Your mercy
and forgiveness. Examine our hearts and transform us so
that we will appropriately atone for the instances where we
have gone wrong. Let not our sins be the reason for our ruin.
O blessed Advocate who lives to plead on our behalf for the
forgiveness of our sins, we commit everything into Your
hands. May Your sacred blood and holiness be a petition on
our behalf. May Your powerful intercession attain
forgiveness for us. When we confess all our sins, may we
hear you say that our sins have all been forgiven. Grant us
rest and a peaceful sleep tonight and give us a clear
conscience, now and forever more.

C. Amen.

Psalm 6 (NIV)

- P. Lord, do not rebuke me in Your anger
or discipline me in Your wrath.¹
- C. Have mercy on me Lord, for I am faint;
heal me Lord, for my bones are in agony.²
- P. My soul is in deep anguish. How long Lord, how long?³
- C. Turn Lord, and deliver me;
save me because of Your unfailing love.⁴

- P. Among the dead, no one proclaims Your name.
Who praises You from the grave? ⁵
- C. I am worn out from my groaning.
All night long, I flood my bed with weeping
and drench my couch with tears.⁶
- P. My eyes grow weak with sorrow;
they fail because of all my foes.⁷
- C. Away from me, all you who do evil,
for the Lord has heard my weeping.⁸
- P. The Lord has heard my cry for mercy;
the Lord accepts my prayer.⁹
- C. All my enemies will be overwhelmed with shame and
anguish; they will turn back and suddenly be put to shame.¹⁰
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

- P. O Lord our Messiah who humbled Yourself for our salvation,
and who by Your holy will, fasted while being tempted by the
enemy, You taught Your Church how to emerge victorious
over the warring Satan by effectively observing Lent and
praying in purity.
- C. The greed of our ancestor Adam was overcome by You. O
holy and sacred Lent, come in peace! O Lent that our
Saviour observed for us, come in peace! Come, let us also
bow down and worship Him.

- P. O Saviour, enable us to receive Lent in pure love and give
us the opportunity to welcome it with joy. Make us also
worthy to observe this Lent according to Your holy will.
- C. How fragrant the aroma that rises from the observance of
Lent must be, because even Elijah who entered heaven
bears witness to it. Our Saviour has given it to us as a
weapon to be used to attain our inheritance.
- P. O Lord, You are the Door and the true Life. I can enter into
the presence of Your glorious Father through You. Open
Your door to us, make our steps steady and straighten our
path so that we may adequately give thanks for Your grace.
Bless us O Lord.
- C. O good-hearted One, in Your grace, forgive our sins and
redeem all our debts. In Your compassion, grant us harmony
and peace and have mercy on us in both worlds.
- D. Let us stand reverently.
- C. Lord, have mercy.

Preface (Promeon)

- P. Praise be to the One who is the good Lord of all, who of His
own holy will and because of His great love for humanity
came down to die and entered the tomb. He is the Most High,
surpasses all things and is invisible in nature. He has a
treasury brimming with varied riches. Praise be to the One
who distributes all His wealth to different corners of the earth.
You are worthy of praise, honour and worship at this time of
prayer, at all festivals, at all times, every moment and all the
days of our lives, now and forever more.
- C. Amen.

Prayer (Sedra)

P. O God our Messiah, by Your salvific deeds and divine love for humanity, You set apart and saved Your catholic and apostolic Church, bought it with the price of Your holy blood and made her Your glorious bride. You have made us Your children and heirs, saved us from death and the bondage of Satan and enabled us to shine with the radiance that comes from knowing You.

O Lord, enable us to meditate and follow Your divine commandments, walk according to them day and night and rejoice in You. Enable us to preach Your life-giving Gospel, share the good news with people of all nations, walk in the course forged by the holy apostles and prophets and follow their exemplary footsteps.

Enable us to be made perfect according to Your holy will and made worthy to be crowned in Your glorious abode. Enable us to reveal the mysteries of Your Word to Your faithful people, to preach the Word of life and joy, to shine with Your glorious light, to be refreshed by Your spiritual spring and to find joy in Your life-giving water.

Make us worthy to ceaselessly offer sweet melodies, suitable praises and joyful thanksgiving. Generously grant peace and harmony to Your Church as we look up to You for Your mercy, acknowledging Your death on the cross and believing Your divinity.

At Your glorious second coming, grant us joy and happiness at Your right hand. Make us worthy to ascribe praise and thanks to You, to Your Father and to Your Holy Spirit, now and forever more.

C. Amen.

Anthem (Kolo)

P. Our Lord Jesus Christ, may Your holy body and holy blood that we have partaken, not be for our judgment and condemnation, but for the redemption and forgiveness of sins and a place on Your right, adorned with radiant faces.

C. Praise to the King who crowned and exalted His worshippers in all the four corners of the world. You have made David Your lyre and as a result, Churches and monasteries proclaim that You are blessed, by singing his psalms.

P. O Father who sent Your Son into this world to save Adam and his descendants from sin and slavery to Satan, bless us with spiritual gifts and enlighten our minds.

C. O Messiah who came down from above to grant salvation to both the righteous and the sinners by Your death on the cross, open Your door so that we may enter Your bridal chamber with You and praise You.

P. O Lord, we tearfully plead for Your mercy to grant us help and support. Receive the petitions and supplications of Your weak servants. May Your holy and righteous gaze dwell on us. Our Lord, answer us.

C. O the One, who through the holy and life-giving Word, commanded us to bring all our supplications to Your Father in Your holy name, we entreat You in our time of need. O merciful One, from Your blessed treasure-chest, bestow on us what is required to affirm salvation.

P. O good Shepherd who went out to search for the lost sheep, do not let us out of Your holy embrace and do not banish us from Your holy presence. Absolve our debts and make us worthy to stand on Your right. Have mercy on us.

- C. Our Lord is noble and mighty. O Lord, You have taught us to sing praises to You on Sundays. O Master of all festivals and seasons, encourage us to sing praises to You on this day, together with the strong warriors of faith.
- P. Just as David pleaded in the Psalms, “Wash me thoroughly from my iniquity”, we beseech You to wash away our transgressions and the stains of our sins. Do not reject us.
- C. O Lord, bless us. O Lord, accept our prayers and worship. In our struggles, grant us also the grace with which You stood by the martyrs and strengthened them.
O Lord bless us and help us.

Anthem (Kolo)

- P. O only begotten Lord, because my debts have increased and my sins have become more potent, I look towards Your ocean of mercy. Shower me with Your pure hyssop. Accept my tears and purify me. Lord, through the love of Your Father, I beseech You to not let those who despise me, humiliate me. May Your angels who rejoice in the return of sinners from unrighteousness, also glorify the Lord who leaves the gates open day and night to accept the penitent sinners.
- C. Our Lord, we come to Your holy presence with tears of sorrow and grief. O Ray of Light who was begotten from Your Father, perfect Your grace in us and increase Your help among us because You know our degenerated nature. Do not look away from us and leave us stranded, nor dishonour us in Your glorious presence. In Your mercy, wash our stains of sin, cancel our debts and forgive our iniquities.

- P. Consider my weakness O Lord, for I have sinned greatly and have angered You. I do not know who else to turn to for refuge. I reached out to other healers and though they tried their medications, my disease has become worse and there is no one left to whom I can turn for healing. I come to You O Lord, because I have heard that You are the great Healer with no dearth of remedies and the One who provides relief to those who reach out to You. Through the love of the Father who begot You and through Your own precious blood, forgive my sins.

- C. Amen. O Lord, bless us and help us.

Chant (Kukliyon)

- P. Praise the Lord O my soul, Halleluiah!
And all my bones, bless His holy name!
He will forgive your sins. Halleluiah!
And heal all your diseases. Bless us O Lord.
Praise be to the Father, to the Son and to the Holy Spirit.
 - C. As it was in the beginning, is now and forever shall be. Amen.
- One Verse Anthem (Ekba)**
- P. O Lord, I have sinned against heaven and against You. I am no longer worthy to be called Your child. Accept me as one of Your hired servants. Because I have sinned against You, I will stay in Your house as a worker.
 - D. Let us stand reverently.
 - C. Lord, have mercy.

Anthem (Kolo)

- P. Our Lord, together with the blessed martyrs who loved You and the saints who pleased You with their deeds, make us worthy to enter Your joyous bridal-chamber and have a place on Your right. May all majesty be Yours. The holy Church cries sorrowfully and appeals to You on behalf of her children. O Lord, we also beseech You to not let Your servants whom you have adorned with the seal of baptism, inherit fiery hell. Our Lord, praise be to You.
- C. O Lord, bless us and keep us.

St. James' Supplication (Baaosa)

- P. O Lord our God, we call on You. Come to our help. Hear our supplications and have mercy on us.
- C. O Lord, as the light of the setting sun fades away in the evening, illuminate us with Your radiance, so that we may glorify You, our Creator.
- P. O Son of God, let Your Word be a light unto our path so that we may walk in its light rather than from the light of the sun.
- C. In the evening, let us offer thanksgiving rather than sacrifices and lovingly offer sincere prayer instead of burnt offerings.
- P. Everyone who has a mouth, a tongue and can speak, has an obligation to be thankful for the creation that does not have the power of speech.
- C. Night has surrounded us and encircled us in its darkness. Our Lord, be our Sun in the midst of darkness so that we may walk in that light. Answer unto us O God. O God, answer unto us and bless us, and turn human hearts to repentance.

An Alternate Hymn of Supplication (Baaosa)

- P. O Messiah who accepted the Lent of the righteous and the saints, accept our Lent and prayers and have mercy on us.
- C. The evil one longed to challenge You in battle but was humiliated instead. When he set the trap, his hands weakened. The famished Lord opened the door to engage the evil one in battle. If the evil one had not seen the Lord hungry and tired, he would not have embarked on this war.
- P. Praise be to the Father who sent His Son for our salvation. Glory be to the Son who overturned the evil one through His Lent. Thanks be to the Holy Spirit who destroyed the devil in the battle. May Your mercy be always upon us.
- C. O Messiah who accepted the Lent of Moses and acknowledged his humility, hear our prayers and have mercy on us.

Prayer of Dedication

All: My God and my Saviour, have mercy on me and forgive my sins. Cleanse me from the stains of sin and absolve my debts. O Lord, keep me safe from conflicts with the cursed evil ones, harassment from the wicked, despicable thoughts, vile temptations, evil attitudes, vain dreams and useless conversations. Guide me away from misleading and difficult pathways that bring destruction, estrangements brought about by sin, abusive language, association with the foolish and all that could separate me from Your love. O Lord, who has saved all those who call upon You with a pure heart and who seek refuge in You, in Your righteousness, do not admonish me nor punish me in Your anger. Instead, by Your grace, have mercy on me and in Your compassion, help me. Deliver me from all the sins I have committed in Your holy

presence that caused You to be angry. O perfect One who in Your own mercy rules over everything, through Your infinite mercy, have pity on me and save me. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]
- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation. May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of Life, God incarnate of the blessed Virgin Mary, [it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

(Please turn to Page 92 for the rest of the service)

Order of Worship for Monday

(The service begins with Adoration (Kauma) on Page 17)

Prayer

- P. O Lord God, at this time when the day has passed and night is approaching, we, Your worshippers, bow down and worship in Your holy presence. May our prayers and supplications be pleasing to You. O Lord, in Your tender compassion, generously grant us pardon for our sins, deliverance from our transgressions, healing for our bodies and salvation for our souls. We plead for Your mercy and goodness from Your blessed treasury. Lord, bless us and include us in Your majesty. We will always offer praise and thanksgiving to You, to Your Father and to the Holy Spirit, now and forever more.
- C. Amen.

Psalm 32 (NIV)

- P. Blessed is the one whose transgressions are forgiven, whose sins are covered.¹
- C. Blessed is the one whose sin the Lord does not count against him and in whose spirit is no deceit.² When I kept silent, my bones wasted away through my groaning all day long.³
- P. For day and night Your hand was heavy on me; my strength was sapped as in the heat of summer.⁴
- C. Then I acknowledged my sin to You and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And You forgave the guilt of my sin.⁵

- P. Therefore let all the faithful pray to You while You may be found; surely the rising of the mighty waters will not reach them.⁶
- C. You are my hiding place; You will protect me from trouble and surround me with songs of deliverance.⁷
- P. I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.⁸
- C. Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.⁹
- P. Many are the woes of the wicked, but the Lord's unfailing love surrounds the one who trusts in Him.¹⁰
- C. Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!¹¹
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

- P. For the one who wishes to attain spiritual life through virtuous living, the day for righteous work is near.
O God, praise be to You, praise be to You, praise be to You.
- C. O merciful One, in Your compassion, have mercy on us.
- P. O lazy ones, awaken and exert yourselves. Do not be idle in battle. Attain eternal life by being vigilant in observing Lent.
O God, praise be to You, praise be to You, praise be to You.
- C. O merciful One, in Your compassion, have mercy on us.

- P. Through His parables, the Lord Jesus calls us to repentance and His workers earn wages for every hour of hard work.
O God, praise be to You, praise be to You, praise be to You.
- C. O merciful One, in Your compassion, have mercy on us.
- P. O Lord, who showers blessings on the human race from Your ocean of mercy and compassion, absolve the debts of Your parish by the blood that flowed from Your holy side.
O God, praise be to You, praise be to You, praise be to You.
- C. O merciful One, in Your compassion, have mercy on us.
- D. Let us stand reverently.
- C. Lord, have mercy.

Preface (Promeon)

- P. O glorious Lord and Master of all, who is worshipped by all creation, and is the source of all knowledge, the abyss of grace and the ocean of mercy, You are worthy of praise, honour and adoration, at this time of prayer and all the days of our lives, now and forever more.
- C. Amen.

Prayer (Sedra)

- P. O God who loves humanity, hear the supplications of us Your servants. Send us peace, salvation, consolation and redemption from our sins. In Your tender compassion, heal our bodies and souls. O Lord, we plead for compassion and the redemption of sins from Your treasury of mercy. O Lord, because You alone are the triumphant and holy God, appear now to help us Your servants. O Lord, as we now stand before Your holy presence, redeem and obliterate our sins

and offences. O Lord, just as You accepted the sinful woman, accept us who are sinful offenders and forgive us our sins. O Lord, forgive us for all the sins we have committed in Your holy presence; willingly or unwillingly, knowingly or unknowingly, by oath or falsehood, or through devious thoughts, words or deeds. O King the Messiah, who was hung on the cross to bring salvation and holiness to the human race, forgive us our transgressions and shortcomings.

Lord, in Your mercy, abundantly grant us all, everything we need in this transient life. At the appropriate times, adorn the year with rain, snow, summer and the monsoon. Lord, in Your grace, abundantly bless the harvests and fruits of the earth, so that the poor may be fed till they are content and will declare thanks and praise to You, who provides and protects everything. Lord, allow peace and love to reign in this world, remove evil thoughts from the minds of its inhabitants and free them from oppression. Save the abused, the sad, those who are far from their homeland, the broken hearted and those who are ruthlessly oppressed by the unjust. O Lord, have mercy on Your people. Be compassionate to us who belong to You. Make us all worthy of Your heavenly abode. Wipe away the stains of sin from our souls. Along with Your chosen ones, we will stand on Your right and offer praise and thanksgiving to You, to Your Father and to Your Holy Spirit, now and forever more.

C. Amen.

Anthem in a Chant (Kolo-Kukkaya)

P. O Lord, even though our hearts have been hardened, we cannot stop the cries from our mouth and the tears from our eyes. These times are full of sadness. Our hearts are filled

with sin. Come brothers and sisters, let us raise our eyes and hearts to the Lord and in faith, shout out, "O Lord, praise be to You." O Lord, have mercy on us.

C. Our heavenly Father, answer unto us who call out to You because we have no other father who can help us. By Your holy will, You created us from nothing. May Your anger not destroy us. Teach us Your statutes and enable us to observe them. Enable us to please You through righteous deeds. In Your compassion, have mercy on us.

Prayer

P. O Lord our God, we pray to You because You have turned this time of the passion of Your only begotten Son, into a time of supplication and solace for us. O perfect One, who sacrificed Yourself for us and endured the cross and death to save us, free our souls from the magnitude of our debts so that we can offer praise and thanksgiving to You, to Your Father and to Your Holy Spirit.

C. Amen.

Anthem (Kolo)

P. As Abraham went to the sacrificial altar, (at dawn), let us all, rich and poor, go and pray together. Let us see the Messiah on that glorious morning that is to come. He will say to us, "Good and faithful servants, come in peace and experience the kingdom and eternal life."

C. For us who belong to the nations who believe in Him, a Lord rose from the Father, a Messiah from the daughter of David and the Bread of Life from Bethlehem. The Father who sent His Son is worthy of worship. Mary who gave birth to You is

blessed among women. The Church who welcomed You is privileged. Behold, the holy Church sings praises to You.

- P. O Father, purify our minds. O Son, make our souls holy. O Holy Spirit, cleanse our bodies from impurities. On the last day, grant us the grace to experience the joy of being one with You and You being in us. O Lord, we praise You in body, mind and spirit.
- C. O Lord, do not turn Your back on us sinners. Enable us to identify ourselves with those who have repented, so that we do not become slaves of the devil. Make us worthy of Your kingdom. O immortal One, do not allow our lives to be destroyed in hell. In Your grace, make us worthy instead, to sing praises to You.
- P. Our Lord, do not punish us on the Day of Judgment because there is no one who is sinless but You. Lord, in Your grace grant us redemption from our sins and help us. Do not abandon us forever into the unquenchable fire that will burn us to ashes. Rescue us instead, from the evil one and all his temptations.
- C. O Lord, when God's angels hasten to claim Your disciples from the clutches of the evil one, do not abandon us who acknowledge Your cross. Do not make us stand on Your left with those who renounced Your holy name. Grant us the privilege of standing on Your right, along with all those who have pleased You.
- P. You have revealed Your door to sinners, so that they can knock and enter. O merciful One, You have declared that anyone who asks will receive. We ask, just as You have taught us, trusting that you will grant as You have promised.

We knock and call out to You, just as You have commanded us. O Lord, open the door for us as You have declared.

- C. O Lord, rescue us from the pit of intense pain, the destructive mire and the darkness outside. After the Judgment, when the martyrs receive their crowns, enable us to enter Your bridal chamber together with them and sing praises to You.
- P. "For I have not come to call the righteous, but the sinners to repentance", declared our Lord. The Lord's door lies open forever. God declared, "Sinners, repent and live."
- C. O Lord, may Your grace never leave us. O Lord, remember Your mercy and love towards humanity. In Your compassion, absolve our debts. In Your grace, forgive our sins. We will sing praises to You, Your Father and the Holy Spirit. Lord, bless us and help us.
- P. When the Messiah and King appears on the awesome throne, all nations will gather in devotion before You and all mysteries will be revealed. In that hour, how heavy will the heart of the sinner be. The judgment, the Judge and the hour are terrible. Lord, the one who is sustained by Your grace is privileged. In the goodness of Your heart, answer unto us.
- C. Lord, bless us and help us.

Chant (Kukliyon)

- P. The one who has received deliverance from transgression and freedom from sin is surely blessed. Hallelujah!
I have been lamenting all day. Hallelujah!
My bones are weary and I am silent. Bless us O Lord.
Praise be to the Father, Son and Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

One Verse Anthem (Ekba)

- P. From Your holy presence, where else can we go? Since our debts are so many and our sins are so great, where can we go to hide? O Lord, through Your holy Word, declare that our debts are absolved and our sins forgiven.
- D. Let us stand reverently.
- C. Lord, have mercy on us.

St James' Supplication

- P. O Lord our Master, we beseech You to come to our aid.
Hear our supplications and have mercy on our souls.
- C. David woke up at midnight to sing praises to God for His wonders. O you who are wise, wake up at night and with the Psalms of David, piously sing, "Praise the Lord!"
- P. O Lord, because You are the light to those who love You, enable me to be illuminated by Your radiance. O radiant One, illumine my eyes to see Your grace. The journey on earth is weary and full of hostility but because You are the light, those who walk with You will not falter.
- C. O God, answer unto me. O God, answer unto me, have mercy on me and turn our hearts to repentance.

Alternative Supplication of St James (Baaosaa)

- P. O Lord Jesus, we beseech You to come to our aid.
Hear our prayer and have mercy on our souls.
- C. O Lord Jesus, a whirlwind has encircled us.
Stretch forth Your holy hand and save us from it.
- P. O Shepherd who came in search of the one lost sheep,
free us from the grip of darkness.

- C. O Lord, who listens to everything and receives our plea,
hear our prayer and have mercy on our souls.

Prayer of Dedication

All: O God, I will not deny Your mercy. I will not denounce the blessings that You have given me. I reaffirm and believe that Your mercy has strengthened me. I confess my sins like the sinful woman. Forgive my sins like You forgave hers. Like the Canaanite woman, I acknowledge my shortcomings. Receive me like You received her. I accept that I have angered You all the days of my life through my thoughts, words and deeds. O Lord, now that I have turned to You, count me among one of the repentant ones in Your holy Church and among one of the sheep in Your flock and in Your grace and mercy, make me like one of the repentant ones in Your holy Church which You have blessed and justified. O Lord, blot out my iniquities, wash away my impurity and rescue me from my transgressions. Sprinkle me with the water of Your grace and cleanse me with the hyssop of Your mercy. Create in me a pure heart which constantly seeks to give You thanks. Make me worthy along with the righteous, to praise and adore You day and night, forever. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.

- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]
- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation, May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of Life, God incarnate of the blessed Virgin Mary, [it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

(Please turn to Page 92 for the rest of the service)

Order of Worship for Tuesday

(The service begins with Adoration (Kauma) on Page 17)

Prayer

- P. Our Almighty, eternal and heavenly Father, in Your immeasurable goodness, You desired that we Your servants be born again by water and the Spirit. Forgive us for all that we have done against the vows made for us on that day. Give us the Holy Spirit and each day, make us dead to the world, the flesh and the devil. May we stand up for justice and walk in the newness of life, so as to bear the fruit of good deeds and make us worthy of Your abundant blessings, through Your only begotten Son.
- C. Amen.

Psalm 38 (NIV)

- P. Lord, do not rebuke me in Your anger or discipline me in Your wrath.¹
- C. Your arrows have pierced me, and Your hand has come down on me.²
- P. Because of Your wrath, there is no health in my body; there is no soundness in my bones, because of my sin.³
- C. My guilt has overwhelmed me like a burden too heavy to bear.⁴
- P. My wounds fester and are loathsome because of my sinful folly.⁵
- C. I am bowed down and brought very low; all day long I go about mourning.⁶

- P. My back is filled with searing pain;
there is no health in my body.⁷
- C. I am feeble and utterly crushed;
I groan in anguish of heart.⁸
- P. All my longings lie open before You, Lord;
my sighing is not hidden from You.⁹
- C. My heart pounds, my strength fails me;
even the light has gone from my eyes.¹⁰
- P. My friends and companions avoid me because of my
wounds; my neighbours stay far away.¹¹
- C. Those who want to kill me set their traps,
those who would harm me talk of my ruin;
all day long they scheme and lie.¹²
- P. I am like the deaf, who cannot hear,
like the mute, who cannot speak;¹³
- C. I have become like one who does not hear,
whose mouth can offer no reply.¹⁴
- P. Lord, I wait for You; You will answer, Lord my God.¹⁵
- C. For I said, "Do not let them gloat
or exalt themselves over me when my feet slip."¹⁶
- P. For I am about to fall, and my pain is ever with me.¹⁷
- C. I confess my iniquity; I am troubled by my sin.¹⁸
- P. Many have become my enemies without cause;
those who hate me without reason are numerous.¹⁹
- C. Those who repay my good with evil lodge accusations
against me, though I seek only to do what is good.²⁰

- P. Lord, do not forsake me; do not be far from me, my God.²¹
- C. Come quickly to help me, my Lord and my Saviour.²²
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

- P. O Light of the world, Son of God,
we come to Your divine presence.
- C. Have mercy on us.
- P. O Light of the Father, Lord the Messiah,
we come to Your divine presence.
- C. Have mercy on us.
- P. O awesome One who is worthy of praise and works
wonders, we come to Your divine presence.
- C. Have mercy on us.
- P. O Lord, because we have sinned and are guilty of breaking
Your commandments, we come to Your divine presence.
- C. Have mercy on us.
- P. O Lord, who is merciful to sinners and favours the
repentant, we come to Your divine presence.
- C. Have mercy on us.
- P. O Lord of those in heaven and the refuge to those on earth,
we come to Your divine presence.
- C. Have mercy on us.

P. O the One and only who is worshipped in the Trinity,
we come to Your divine presence.

C. Have mercy on us.

Preface (Promeon)

P. O invisible Lord the Messiah, the Light whose splendour is unfading, the Sun whose brilliance never burns out, the Daylight whose rays never dim, who is begotten of the Father and has no beginning or end, You are worthy of praise, honour and adoration at this time of prayer and worship, and all the days of our lives, now and forever more.

C. Amen.

Prayer (Sedra)

P. O God who is most magnificent and glorious, You created light to separate the darkness. When You gave us the sky to delight in, you also gave light for us to understand Your infinite wisdom. You established the earth upon the waters. You created the sun, the moon and the stars. You adorned the earth with diverse plants. O Sun of Righteousness, we thank You for these. In Your love and through Your glorious advent, be present in all our actions and lead us into eternal life and joy where we will be able to sing praises to You, to Your merciful Father and to Your Holy Spirit who illumines everything, now and forever more.

C. Amen.

Anthem (Kolo)

P. Lord, hear our voices in the morning. In the morning when sweet smelling incense is offered to You, angels stand in heaven and sing praises. Resplendent priests stand and

offer prayers to God for the remission of sins. O Lord, answer them and grant them their petitions.

C. Praise be to the Messiah who sat by the well, sought water from the Samaritan woman and duly invited her to God. She did not give You the water that You asked for, but You opened the fountain of life and health to her and satisfied her thirst. You saved the Church and her descendants by the blood that flowed from Your sacred side.

P. Merciful Lord, we beseech You to have compassion on Your holy Church. O Lord, we call upon You to answer unto us as You have promised. Incline Your ears and hear the voices of our supplications. Grant us mercy and compassion.

C. We confess that we have deliberately sinned in Your holy presence. Debts and sin have increased because of our offences. Our Saviour, look upon our weakness and in Your compassion, have mercy on us. At Your second coming, graciously grant us life through You. Do not judge us based on Your righteousness.

P. O Lord, the great Physician who came to save us, through Your grace and compassion, heal our diseases. O the One who governs all things, we seek refuge in Your compassion. In Your abundant mercy, sprinkle Your dew upon us as we stand helpless and completely overcome by the magnitude of our sins.

C. O Lord, though we may not accept Your holy will, because You receive the penitent, encourage us to live according to Your holy will and give You thanks. Graciously accept our prayers for Your favour. Though we are unrepentant, enable us to live by Your divine grace.

- P. O Lord who is most noble and compassionate and is the treasury of mercy, open the door of Your mercy for us. Stretch forth Your divine hands and take us back into Your fold. The devil seeks to destroy us and make us fall away from Your love. Lord, on the Day of Judgment, grant that we may reap valuable rewards.
- C. David, on entering the temple in the morning, prayed, "Give ear to my words O Lord, and consider my meditation." O Saviour of the world, listen also to the voice of my petitions. Make me worthy to be forgiven of the sins I have committed.
- P. Let the sinner continue in his sinful ways and let the one who has not sinned be vigilant because justice is waiting at the door, holding a pen in its right hand, ready to make an unbiased account of the deeds of every person. O Lord who knows every secret, have mercy on us.
- C. O Lord, we come and knock at Your door. We all receive answers to our petitions in Your holy presence, because the one who asks, receives; the one who seeks, finds and the door of mercy is opened to those who knock. Blessed is the Lord who leaves His door open for the repentant sinner.
- P. Our debts are becoming more substantial and as for our lives, they are fading and growing dimmer and danger is lurking near. But alas, we still do not repent. Woe unto us, if we do not receive God's mercy on the Day of Judgment. Blessed are those who have strived in this world even if it is for only a while, for they will inherit the everlasting kingdom. O Lord, bless us and help us.
- C. Amen.

Anthem (Kolo)

- P. O virtuous One, as we knock at Your door with our requests, O Lord, do not withhold the granting of our petitions from us, who depend on You. You granted healing to the sinful woman who tearfully called on You. O Jesus, save Your holy Church with Your blood. We accept that we have sinned and our faults are numerous. O Son of Man, in Your mercy, cleanse us today from the filth of sin.
- C. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Anthem (Kolo)

- P. O Father, Son and Holy Spirit, we call upon You day and night to have mercy on us. In the abundance of Your mercy, forgive our debts and sins. O Lord, give comfort to our bodies and souls. Save us from the evil one, his armies and from all his snares and schemes. Do not withhold Your mercy from us by day or by night.
- C. O Son of God, on the day when You appear in righteousness on the shimmering clouds, accompanied with the sound of trumpets and the blowing of horns, to prepare the judgment seat where all secrets will be revealed in Your glorious and holy presence, O Lord, accept us who have acknowledged You. May we enter Your bridal chamber along with all those who have worshipped Your glory.

Chant (Kukliyon)

- P. The righteous will flourish like a palm tree. Praise the Lord. They will grow like the cedars of Lebanon, bearing fruit even

in their old age. Praise the Lord. They will always flourish and be strong and green.

- C. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

One Verse Anthem (Ekba)

- P. O Lord, standing in that glorious light, the angels serve Your Godliness. At the break of dawn, the entire creation comes to worship Your greatness.
- D. Let us stand reverently.
- C. Lord, have mercy.

Anthem (Kolo)

- P. O sinner, turn away from your path. Do not proceed on it because the path to destruction is broad and wide. Consider David who killed the lion and the wolf and the same David who retreated into his chamber, repented over his sin and wept. Like David, we should also weep in repentance and say, "O Lord, against You, You only, have I sinned and done what is evil in Your sight; have mercy on me."
Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. O Son of God, Your Church calls unto You. O good Shepherd, accept the worship and prayers that she offers in Your holy presence and reconcile with her children. O Lord, because she worships Your cross and always proclaims Your praise, save her from all dangers.
- C. O Lord, bless us and help us.

St. Ephrem's Hymn of Supplication (Mar Aprem's Baaosa)

- P. O Lord who liberated us through Your Lent, have mercy on us.
- C. O Almighty, who became the Son of Man and fasted just like Moses and Elijah, enable us through You, to forsake the temptations of this world and worship You like the angels.
- P. O Lord our Messiah who fasted for our sake, praise be to You and to Your Father. Have mercy on us in this world and in the world to come.
- C. O Lord, who liberated us through Your Lent, have mercy on us. O Messiah who fasted for our sake, accept our Lent and prayers.

Prayer of Dedication

All: O God who made tax-collectors and those living immoral lives righteous, forgive my transgressions. You who made thieves and the wayward repent, turn me back to Your righteousness. You who declared, "knock and it shall be opened", open Your door unto me.

You who will not forget the cry of the destitute, do not forget the cry of this sinner. You who will help all who take refuge in You with Your right hand, help me also. You who will not reject the supplications of the grief-stricken, do not disregard the petitions regarding my deprivation. You who will not reject the broken-hearted, do not turn me away from Your presence. You who will not give up on Your creation, do not abandon me. You who remain close to the heartbroken, enable my soul to hold fast to Your salvation. You who does not sever the refuge of the lost, do not sever the refuge of my life. Lord, draw me close to You so that I do not fall into

the hands of the deceiving enemy. Justify me like You did the tax-collector, accept me like You did the robber and draw me into Your fold. Wash me like You did the sinful woman. Brighten my darkness with the light of knowing You. Forgive the sins and offences I have committed knowingly and unknowingly in Your holy presence. Give me the grace to forgive those who have offended me so that my transgressions may be forgiven. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]
- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation. May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of Life, God incarnate of the blessed Virgin Mary, [it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

(Please turn to Page 92 for the rest of the service)

Order of Worship for Wednesday

(The service begins with Adoration (Kauma) on Page 17)

Prayer

P. O Messiah who offered Yourself on the cross, absolved our debts with Your sacrifice, gave us life through Your own death and raised us through Your resurrection, accept our prayers and supplications and grant us forgiveness of sins and redemption from offences. Lord, remove all heresies, disputes, divisions and selfishness from Your Church that has been redeemed by Your precious blood and adorn her with love, peace, unity and the knowledge of the Triune God, now and forever more.

C. Amen.

Psalm 56 (NIV)

P. Be merciful to me, my God, for my enemies are in hot pursuit; all day long they press their attack.¹

C. My adversaries pursue me all day long; in their pride many are attacking me.²

P. When I am afraid, I put my trust in You.³

C. In God, whose Word I praise,
in God I trust and am not afraid.
What can mere mortals do to me?⁴

P. All day long they twist my words;
all their schemes are for my ruin.⁵

C. They conspire, they lurk, they watch my steps,
hoping to take my life.⁶

P. Because of their wickedness do not let them escape;
in Your anger God, bring the nations down.⁷

C. You have kept count of my tossing; put my tears in Your bottle, are they not in Your record?⁸ (NRSV)

P. Then my enemies will turn back when I call for help.
By this I will know that God is for me.⁹

C. In God, whose Word I praise,
in the Lord, whose Word I praise;¹⁰
in God I trust and am not afraid.
What can man do to me?¹¹

P. I am under vows to You, my God;
I will present my thanks offerings to You.¹²

C. For You have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.¹³
O God, You are worthy of praise. Bless us O Lord.

P. Praise be to the Father, to the Son and to the Holy Spirit.

C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

P. O Lord our Messiah who observed Lent because of Your compassion, shamed the devil and overthrew the wicked one and his powers, we bow before You and worship You.

C. Lord, have mercy on us.

P. O Lord our Messiah who observed Lent for the sake of our salvation like a person in need and gave us its delightful yoke, we bow before You and worship You.

C. Lord, have mercy on us.

- P. O Lord our Messiah who recommended Lent and its intense prayers to Your warriors in order to fight Satan, we bow before You and worship You.
- C. Lord, have mercy on us.
- P. O Lord our Messiah, who destroyed the wicked enemy through Your holy Lent and empowers us to overcome all his tactics, we bow before You and worship You.
- C. Lord, have mercy on us.
- P. O Lord, enable us to observe a meaningful Lent and make us worthy of the absolution of our debts. We bow before You and worship You.
- C. Lord, have mercy on us.
- P. By the Holy Spirit and through the mouth of prophets, You have declared that Lent is genuine when brotherly love is shown to a friend. O God, who in mercy bestowed this precious Lent, make us worthy to treasure it and to observe it in purity. We bow before You and worship You.
- C. Lord, have mercy on us.
- D. Let us stand reverently.
- C. Lord, have mercy.

Preface (Promeon)

- P. O Lord our Messiah who is praised by fiery hosts and extolled by the most holy angels and multitudes, You are worthy of praise, honour and adoration at this time of prayer and worship, and all the days of our lives, now and forever more.
- C. Amen.

Prayer (Sedra)

- P. O good and merciful One, do not withhold Your grace from the Church that You saved with Your victorious arm and powerful hand. Lord, just as You displayed Your wrath, show Your mercy also. Remove from the earth, scorching winds and severe, destructive punishments. Keep us away from evil times and despair. Declare unto us from Your divine presence, that peaceful times will come. O Lord, answer unto us. O Lord, make haste to respond to us. Consider the desperate state of Your people and have mercy on all our souls. Satisfy the needs of orphans, the destitute and widows because they constantly look to You, cry out and plead with You. O God: the Father, Son and Holy Spirit, we offer praise to You, now and forever more.
- C. Amen.

Anthem (Kolo)

- P. As it is written, the day of the Lord will dawn on the earth without forewarning. Come brothers and sisters, let us be awake and pray. Through repentance let us become faultless. Let us stock oil for our lamps, so as to be ready to receive Him when He appears and not hear the words, "Depart from Me, you who are cursed; into the eternal fire; I never knew you."
- C. Sinners, repent of your injustice and penitently turn to Him who is waiting with His treasury open, to apportion to those in need. Let us not slumber like the foolish virgins who did not stock oil for the lamps, but follow instead, the example of the wise virgins who took oil in their vessels and entered the bridal chamber with the bridegroom.

- P. Our Lord, the supreme Judge of all judges, do not allow our heads to be bowed down at the place of judgment, nor allow the fire of hell to be waiting for us.
- C. Direct us to turn to Your wisdom. Enable us to depend on You and be made virtuous by You. By Your gracious mercy, save us from hell and make us inheritors of Your kingdom. O Lord, accept our prayers. Reconcile with us though we have angered You. Do not turn Your face away from Your servants who call on You in faith. Enable Your peace and love to be multiplied in all areas of Your creation. Eradicate schisms and disputes from Your holy Church and among her children. O Treasury of mercy, we praise You for Your compassion.
- P. O Lord who descended from Your glory, redeemed us from the slavery of sin through Your passion and was humiliated so that our race would not be destroyed, have mercy on Your parish who sorrowfully cry to You. Grant her peace and unity so that she may rejoice, exalt and praise You, Your Father and the Holy Spirit.
- C. Lord, have mercy and compassion on us.

Anthem (Kolo)

- P. O Lord of all creation, may our worship rise up to Your holy presence. May Your salvation be multiplied across the whole world. Our Lord, we have not turned to knock at any other door but Yours. O Lord, You also know that we have not rejected You as a stranger. O righteous One who proclaimed that a labourer's wages should not be withheld, as a reward for our service, grant us consolation filled with mercy. Above all, may Your abounding love dwell in our midst.
- C. Bless us O Lord.

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. My beloved, day and night, let us also live a life that is pleasing to God like the righteous ones and become virtuous. Let us beseech God for His mercy. Like David, let us also sing together, "At midnight I will rise to give You thanks for Your righteous judgment."
- C. O Lord, have mercy and compassion on us. Make us worthy to inherit Your kingdom.
- P. O those who fast, be careful how you perceive the Lent that perfects everything and purifies our bodies and souls from all evil.
- C. May our fasting be in accordance to Your holy will, so that all the evil from our bodies and souls are cleansed, we become reconciled and our debts are absolved.
- P. O how swift were the wings of Lent that lifted our ancestors to the most high places. All those who observe a pure Lent, join the saints in the joys of paradise. O Lord, we knock at Your door and plead for mercy from Your great treasury. We are terrible sinners who have strayed from Your path.
- C. As we confess and renounce our sins, graciously allow us to live in Your grace.
- P. O Messiah who liberated our mortal race from the treachery of Satan and from the slavery of sin through Your sacrifice for us on the wooden cross at Golgotha, You are blessed. Lord, send Your life-giving Spirit into the souls of all whom You have purchased. Absolve their debts and welcome them into Your kingdom.

- C. O Jesus the Messiah, like the rich man, may it never be necessary for us to plead for a drop of water from Abraham. Be our life-giving water and enable us to drink this in the land of the thirsty. Spare us from having to cry out to You from the fiery pit and may it be Your holy will that we never enter it.
- P. Here we are O Lord, calling out to You who looks with compassion on everyone. Answer unto us. Open the door of Your kingdom for us.
- C. O Lord, bless us and help us.

Chant (Kukliyon)

- All: The daughter of the king stands in glory. Halleluiah!
 At Your right hand also stands the queen.
 Forget your people and your father's house. Halleluiah!
 The King will be ravished with your beauty. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
 - C. As it was in the beginning, is now and forever shall be. Amen.

One Verse Anthem (Ekba)

- All: O Lord, in Your abundant grace, have mercy.
 O righteous One, hear our prayers and grant us our petitions.
- D. Let us stand reverently.
 - C. Lord, have mercy.

Anthem (Kolo)

All: He is begotten from the Father;
 the Saviour from the daughter of David,
 the Bread from Bethlehem who appeared for us all.
 Bless us O Lord.

- P. Glory be to the Father, to the Son and to the Holy Spirit.
 Blessed is the Father who sent You.
 Blessed is the one who gave birth to You.
 The holy Church who received You, sings Your praises.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. He was born from the virgin.
 He brought destruction to the snake.
 He is the Lord and Saviour
 for sinners who deserved the fiery pit.
 He is the only One who could accomplish justice
 for the anger He felt toward sinners.
 He gave up His life to crush the head of the father-of-sin.
- C. Lord, have mercy on us and help us.

St. James' Hymn of Supplication (Mar Yaakkob's Baaosaa)

- P. O Messiah who accepted the Lent of the righteous and the saints, accept our Lent and prayers and have mercy on us.
- C. The day of reckoning of righteous deeds is near. O sinner, hasten to repent. Accept your wages along with all the servants who have been called to work by the Master of the orchard. May you be a guest in His banquet hall.
- P. Lent is good but if a person fasts without love, his effort is in vain. Prayer is very much desired but if your prayer is not lifted up in love, its wings are weak and neither will it reach the abode of the Almighty.
- C. O Messiah who accepted the Lent and humility of Moses, hear our prayers and have mercy on us.

Song (Another Supplication of St. James)

- P. O Lord, open the door of Your abundant grace.
Hear our petitions and have mercy on us Your servants.
- C. The Master loves the prayer from within the chamber.
It was not loud prayers that gave the saints victory.
- P. Through prayer, gentle Moses divided the sea,
allowing the people to cross and drowning wicked Pharaoh.
- C. God heard David's prayer, had pity on him,
forgave him and restored his prophetic ability.
- P. When the three young men prayed from the fiery furnace,
God rescued them from the scorching flames.
- C. O Lord, the three things that evoke fear in my heart are:
death, the fire of judgment and hell.
- All: O God! O God! Answer us and bless us.
Bring about repentance in human minds.

Prayer of Dedication

All: My Lord, make this a blessed, comforting and joyous day.
Save me this day from cruel people, treacherous neighbours,
aggressive Satan, evil times, destructive traps, sorrowful
events, betraying words, quarrelsome talk, unintentional
mistakes, avenging enemies, unholy transactions and
indecent thoughts.

My Lord, in Your mercy, grant me self-control, a gentle
tongue and restrained thoughts. Generously grant me the
things that are beneficial for my life and pleasing to Your
divinity. Nourish me with sufficient food and blessedness and
protect my soul.

My Lord, empower me to hate violence, avoid plunder, detest
sin and stay away from evil. Enable me to be obedient to my
parents, submissive to my teachers, faithful to my friends and
respectful to my siblings. In everything I do, make me worthy
to glorify Your holy name. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy
to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ
that proclaims life and salvation to the world, as recorded by
the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]
- C. Blessed is He who has come and is to come again.
Praise to the Father who sent Him for our salvation.
May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour,
the Word of Life, God incarnate of the blessed Virgin Mary,
[it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

(Please turn to Page 92 for the rest of the service)

Order of Worship for Thursday

(The service begins with Adoration (Kauma) on Page 17)

Prayer

P. O Lord God, we beseech You to bless Your humble worshippers who have gathered here in Your holy name. May we be equipped with spiritual weapons and clothed in love and unity. Grant us victory over the devil and his hosts. Allow us to rejoice at Your spiritual table. In your mercy absolve our debts, forgive our shortcomings and wipe away our offences. O Lord, through the blood that flowed from Your holy side, grant peace to Your holy Church. O Lord, stretch forth Your divine right hand and in Your grace, bless all of us. In Your mercy, accept our prayers. Protect our lives with the symbol of Your cross. Let the fragrance of purity and holiness rise from our hearts. Help us to ceaselessly praise and glorify You. O God the Father, the Son and the Holy Spirit, Your name is blessed and revered both in heaven and on earth, now and forever more.

C. Amen.

Psalm 102 (NIV)

- P. Hear my prayer, Lord; let my cry for help come to You.¹
- C. Do not hide Your face from me when I am in distress. Turn Your ear to me; when I call, answer me quickly.²
- P. For my days vanish like smoke; my bones burn like glowing embers.³
- C. My heart is blighted and withered like grass; I forget to eat my food.⁴

- P. In my distress I groan aloud and am reduced to skin and bones.⁵
- C. I am like a desert owl, like an owl among the ruins.⁶
- P. I lie awake; I have become like a bird alone on a roof.⁷
- C. All day long my enemies taunt me; those who rail against me use my name as a curse.⁸
- P. For I eat ashes as my food and mingle my drink with tears⁹ because of Your great wrath,¹⁰
- C. for You have taken me up and thrown me aside.¹⁰
- P. My days are like the evening shadow; I wither away like grass.¹¹
- C. But You Lord, sit enthroned forever; Your renown endures through all generations.¹²
- P. You will arise and have compassion on Zion, for it is time to show favour to her; the appointed time has come.¹³
- C. For her stones are dear to Your servants; her very dust moves them to pity.¹⁴
- P. The nations will fear the name of the Lord, all the kings of the earth will revere Your glory.¹⁵
- C. For the Lord will rebuild Zion and appear in His glory.¹⁶
- P. He will respond to the prayer of the destitute; He will not despise their plea.¹⁷
- C. Let this be written for a future generation, that a people not yet created may praise the Lord:¹⁸
- P. "The Lord looked down from his sanctuary on high, from heaven He viewed the earth,¹⁹

- C. to hear the groans of the prisoners and release those condemned to death."²⁰
- P. So the name of the Lord will be declared in Zion and His praise in Jerusalem,²¹
- C. when the peoples and the kingdoms assemble to worship the Lord.²²
- P. In the course of my life He broke my strength; He cut short my days.²³
- C. So I said: "Do not take me away, my God, in the midst of my days; Your years go on through all generations."²⁴
- P. In the beginning You laid the foundations of the earth, and the heavens are the work of Your hands.²⁵
- C. They will perish, but You remain; they will all wear out like a garment. Like clothing You will change them and they will be discarded.²⁶
- P. But You remain the same, and Your years will never end.²⁷
- C. The children of Your servants will live in Your presence; their descendants will be established before You."²⁸
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

- P. Through the Lent that God has instituted, we must pray with steadfast praises. We must thank Him joyfully because His peace reigns among us.

- C. We must observe Lent in purity and stretch forth our hands to help the disadvantaged. Through Lent, God will reconcile with us and His peace will reign among us.
- P. May our tongues renounce itself by avoiding unjust words and may we not disclose the faults of our brothers and sisters so that our observance of Lent will not be the reason for our own transgression and guilt.
- C. Our mouths must diligently abstain from food and injustice. Our tongues must be restrained and be aligned with Lent, so that our Lent will not make us guilty.
- P. O servants of the King, rejoice and delight in the Lent that was taught to us by our Master; it is a victorious weapon. The perfect One who taught us this, is blessed.
- D. Let us stand reverently.
- C. Lord, have mercy.

Preface (Promeon)

- P. Praise be to the Triune God who is recognised as the Trinity and is praised, worshipped and revered by the angels and the people on earth. You are worthy of praise, honour and adoration at this time of prayer and worship and all the days of our lives, now and forever more.
- C. Amen.

Prayer (Sedra)

- P. O Lord God, may the prayers and supplications we offer in Your holy presence be pleasing in Your sight. Out of Your abundant mercy, forgive our sins and offences. O Messiah and King, we knock unceasingly and call out at the door of Your mercy. We plead for mercy and goodness from Your

blessed treasury. Help us O God, for we take refuge in You. Do not put us to shame O Lord, for we acknowledge You. We plead for peace in Your Churches and for the extension of its mission activities.

Support the priests and forgive penitent sinners. Motivate the wealthy to support charities, protect the poor, sustain widows, nurture orphans, strengthen the elderly and safeguard the young with Your cross. Reunite those who have been scattered and restore those who have gone astray. On the day when You judge all people, do not forsake us. We offer praise and thanksgiving to You, to Your Father and to the Holy Spirit, now and forever more.

C. Amen.

Anthem (Kolo)

P. Through Lent, Daniel conquered the lion, Hananiah and the young boys overcame the furnace, Elijah entered heaven on a chariot and Joshua made the sun and moon stand still in the centre of the sky. Blessed is he who joyfully worships and participates in observing Lent because deliverance and the bridal chamber of happiness will be opened to him.

This is the pure Lent that lends spiritual wings to our souls to soar into heaven. Be therefore, mature, virtuous and filled with love. May your mouth shun unjust words, your heart stay away from treachery and be loving to your brothers and sisters. The Lord will then hear your supplications and will have mercy on you.

C. O Lord, bless us and help us.

Anthem in a Chant (Kolo—Kukkaya)

P. O Lord Jesus, the Lamb of God, You loved the worthless sinners in this world and became incarnate. Taking on their lowly human form, You sacrificed Your life on the cross to redeem our race from destruction. Acknowledging Your love and mercy, we praise You O Lord; we praise You. Bless us O Lord. Praise be to the Father, to the Son and to the Holy Spirit.

C. As it was in the beginning, is now and forever shall be. Amen.

P. O God the Father, how great Your love must be that as soon as You saw us fall into the destruction of sin, You felt pity and sent to us Your only-begotten and beloved Son to redeem us. Grant us Your mercy so that we may always serve You as Your servants, live in Your presence with joyful hearts and praise the Lord.

C. Lord, have mercy on us and help us.

Anthem (Kolo)

P. O Lord, we have become like a field full of debt and transgressions. O good and blameless Farmer, root out the weeds from Your field. The devil has locked us under his yoke and enslaved us to work with him. O Lord, destroy his yoke that is on us, Your servants.

C. Come with a blameless heart and a pure and holy body to offer perfectly prudent gifts to the King of kings. When our Lord comes in the glory of His Father, may we be made worthy to see Him appear.

P. O observers of Lent, offer to God the good fruit which are the praises of your hard work and the thanksgiving of your good

deeds. Purify your bodies and souls so that He can abide in you.

- C. O God the Master of truth, redeem us through Your blood and make us Yours. The devil has led us and we have lived in his grasp as a result of his schemes. O great Saviour, who came to give us life, allow us to enter Your fort to seek refuge and guide us safely into the harbour of life. O Lord, bless us and help us.

Song

- P. Let us sing together, praises to the Lord as we remember the holy ones who were clothed in righteousness and purity; Moses, the son of Amram being the first, then Daniel and Isaiah among the prophets, the three young boys who won Babylon and also holy Stephen, the first among the martyrs.
- C. Along with them, St Thomas the apostle also, the founder of this Church and teacher of India. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Thus says the holy Church to its critics: I am built on Cephas the rock and the twelve apostles who are sanctified by the most precious blood are the pillars on which my foundation is established. My base is in the prophets and my foundation is in the apostles which makes it a strong fortress and the martyrs are established in me. They are all joined together in Christ as a complete household. I am the holy bride adorned by the Holy Spirit.
- C. Lord, have mercy on us and help us.

Chant (Kukliyon)

- P. O Lord, hear my prayer. Praise the Lord. O praise the Lord.
May my lamentations enter Your holy presence.
My days drift away like smoke.
Praise the Lord. O praise the Lord.
My bones are blown away like ashes.
- C. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

One Verse Anthem (Ekba)

- P. O Lord, by Your grace, allow our souls to be like good soil where the seeds of Your holy Word may grow.
- D. Let us stand reverently.
- C. Lord, have mercy.
- P. O Almighty and valiant One, enter my troubled heart that is tormented by difficult emotions. Erase these afflictions and heal the bruises of my soul. May my sins be absolved through You, so that I may also be counted as a lamb in Your fold.
- D. Let us stand reverently.
- C. Lord have mercy.

St. Ephrem's Hymn of Supplication

- P. O Lord who liberated us by Your Lent, have mercy on us.
- C. Moses' face shone brighter than the rays of the sun because of his Lent. He observed Lent for forty days on Mount Sinai.

- P. Praise be to the merciful Father who saved us because of His Son's Lent. Thanks be to the Son who fasted to make us victorious. We worship the Holy Spirit, who delights in and advocates Lent.
- C. O Lord who liberated us through Your Lent, have mercy on us. O Messiah who fasted for our sake, accept our Lent and prayers.

Prayer of Dedication

All: O my Lord, here I am with hands outstretched to You and eyes looking expectantly for Your mercy. I yearn for You, seek refuge and plead with You not to forget me nor forsake me. Do not make me an object of contempt and ridicule to those who insult me. Do not let Satan delight over my sins and do not let the envious make fun of my mistakes. Do not banish me from Your fold, let me not wander away from Your path or stray from Your ways. Do not withhold Your grace from me and do not spurn me from the wings of Your mercy. In Your mercy, nurture me and make me Yours. Cleanse me, purify me and save me. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]

- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation. May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of Life, God incarnate of the blessed Virgin Mary, [it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

(Please turn to Page 92 for the rest of the service)

Order of Worship for Friday

(The service begins with Adoration (Kauma) on Page 17)

Prayer

P. O merciful Father, in Your mercy, grant us forgiveness of sins and with Your purifying hyssop, blot out its blemishes. Heal our wounds so that we may give thanks for Your mercy. Lord, we have fallen, and because You are the One who raises the fallen, lift us up and make us stand. Stretch forth Your divine hand to enable us to live by Your mercy. Make us worthy to offer praises and thanksgiving to You, to Your Son and to the Holy Spirit, now and forever more.

C. Amen.

Psalm 129 (NIV)

P. "They have greatly oppressed me from my youth;"
let Israel say;¹

C. "they have greatly oppressed me from my youth,
but they have not gained the victory over me".²

P. Ploughmen have ploughed my back
and made their furrows long.³

C. But the Lord is righteous;
He has cut me free from the cords of the wicked."⁴

P. May all who hate Zion be turned back in shame.⁵

C. May they be like grass on the roof,
which withers before it can grow;⁶

P. a reaper cannot fill his hands with it,
nor one who gathers fill his arms.⁷

C. May those who pass by not say to them, "The blessing of the Lord be on you; we bless you in the name of the Lord."⁸
O God, You are worthy of praise. Bless us O Lord.

P. Praise be to the Father, to the Son and to the Holy Spirit.

C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

P. In every generation, the righteous pleased the Lord through their Lent. Let us also please the merciful Lord with our Lent.

C. Through his Lent, Moses pleased the Lord on Mount Sinai. He gave him the commandments and honoured him greatly.

P. Through his Lent, Moses wondrously saw the multitude of fiery beings on Mount Sinai and the Lord whom they glorified.

C. Through his Lent, the prayers of Elijah were heard. Fire descended from above and his sacrifice was accepted.

P. Through Lent and prayer, Nineveh was saved. Blessed is the one who stays vigilant through his Lent and prayers.

C. By observing Lent, our Lord taught the Church to win over the evil enemy through Lent.

D. Let us stand reverently.

C. Lord, have mercy.

Preface (Promeon)

P. O Lord our Messiah, the Sun of Righteousness who sanctifies sinners who plead for Your mercy and the eternal Light that illuminates the world with wisdom, to You belong praise, honour and adoration, at this time of worship and all the days of our lives, now and forever more.

C. Amen.

Prayer (Sedra)

- P. O Lord God, You have led us from dawn to this evening. Grant us the grace to rejoice and praise You during this fleeting twilight. O Lord Jesus Christ, the true Light and our good Shepherd, have mercy on Your holy Church whom You have redeemed by Your victorious cross. Lead us along the path of Your commandments. Save those who are experiencing various temptations. Lord, just as the children were saved from the fiery furnace at Babylon, save us from the sea of fire and its terrible shore. O Lord, envelope the whole world with Your grace and shower it with Your gifts. Grant Your peace to those who govern and to those who dispense justice. Grant harmony among the clergy and the absolution of debts for us all. May grace, mercy and the indwelling of the Trinity be among us till the end of the world, now and forever more.
- C. Amen.

Anthem (Kolo)

- P. O Lord, hear our cry at dawn. Lord, on that glorious morning when You come again, do not declare that You do not know us. Your holy body was offered as our surety and Your innocent holy blood was shed as the atoning sacrifice for the sins of the world. All races rejoice in this and sing praises.
- C. O eternal Lord, in Your compassion, heal our wounds with Your medication. Lord, we have nothing to offer. Since You abound in blessings, You have no need of anything from us. By Your grace, forgive our shortcomings.
- P. O Lord, we had earlier promised that we would repent, but we neither repented nor intended to repent. Lord, have mercy on us because our hope is in You. May our prayers

be aligned with Your divine will. We plead that our supplications may enter Your heavenly presence.

- C. O Lord, we have been sullied by the stains of unrighteousness. Its fetid stench has disheartened us. Make us exude a scented aroma by cleansing us with Your sacramental oil that purifies everything. Lord, make us rejoice at the renewal of Your Spirit in us. Save us from the destruction wrought by the hand of Satan.
- P. Lord, how awesome the forthcoming dawn will be! It will roar like a lion and creation will shudder. The great Judge will be seated, will open the books and He will reveal all secrets. O Lord who knows all secrets, be compassionate and have mercy on us.
- C. Lord, Your judgment is fearsome and our debts are innumerable. You are angry and we are not able to run and hide. As a consequence of the love that sent You to the court of judgment in our stead, do not allow us to be judged and do not remember our debts. O righteous Judge, in Your mercy, be compassionate to us.
- P. O good Shepherd, we wait longingly to be carried on Your shoulders. It is Your practice to find the sheep who have perished and carry them to safety. Therefore O Lord, show Your compassion for us. O Lord who loves the penitent, praise be to You.
- C. Lord, bless us and help us.

Anthem (Kolo)

- P. You who restores those who are shattered, heal our brokenness. You who consoles all those who lament,

comfort us through Your Spirit. You are the Peace of heights and depths and the harmony of nations and governments.

- C. Lord, bless us.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Our Lord, enable our necks to bear Your yoke which is easy and light. May our prayers and petitions enter Your holy presence. Open our mouths, throats and tongues to praise You, Your Father and the Holy Spirit.
- C. Lord, bless us and help us.

Chant (Kukliyon)

- P. "As a father has compassion on his children, the Lord has compassion on those who fear Him". "As for humanity, their days are like grass; they flourish like the flowers of the field".
- C. Lord, bless us.

One Verse Anthem (Ekba)

- P. Paradise is the dwelling place of the saints. Paradise is the abode of the righteous. Paradise is the place of eternal life. Paradise is the everlasting bridal chamber. Blessed is the one who is worthy of this inheritance.
- D. Let us stand reverently.
- C. Lord, have mercy.

Anthem (Kolo)

- P. O Lord, just as You accepted the sacrifices offered by Your servants Noah and Abraham, accept the sacrifices we offer to You. Praise be to You, who gives life to the dead. Praise

be to You, who raises those who are buried. Thanks be to the Holy Spirit and the Father who sent You.

- C. O Lord, bless us and help us.

St James' Hymn of Supplication (Mar Yaakkob's Baaosa)

- P. O Messiah who accepted the Lent of the righteous and the saints, accept our Lent and prayers and have mercy on us.
- C. Why does the perpetual pursuit of worldly assets mislead us and make us go astray? Here we are, perpetually trying to increase our possessions even though it lasts but a moment after we have finished accumulating it.
- P. Consider your assets, investments and accumulated wealth. If these are capable of rescuing you from danger, then let them remain. However, if your wealth does not have the power to satisfy your desires, what is its desirability? If there is no advantage, why then do you accumulate it?
- C. O Messiah, who accepted Moses' Lent and his humility, hear our supplications and have mercy on us.

Song: Another Hymn of Supplication of St. James

- P. Lord, Lord, we call on You; come to our aid. Hear the prayers of Your servants and have mercy on us.
- C. O Lord, in Your grace, let me live with Your blessings. Let me not lament in hell like the rich man.
- P. In Your grace allow us to overcome the sea of fire, in a boat made of water. Shield us from the flames of fire.
- C. In Your grace, guide me towards the harbor of comfort. Let me not drown in the waves of the flaming fire.

- P. As Daniel from the lion's den and Hananiah and those with him praised You while in the flames of fire, may we also praise You.
- C. Answer us O God, answer and bless us.
Bring repentance to human minds.

Prayer of Dedication

All: O Lord who sits at the right hand of the Father, grant me a place on Your right. Let the abundance of Your mercy dwell on me. O Lord, who abounds in patience, holiness and grace, be patient with me. O Lord who stilled the waves of the raging sea, calm the waves of my sinful emotions. O Lord who abides with the broken-hearted, draw my spirit close to You. O Lord who forgives iniquity and sin, forgive mine. O Lord who guards and sustains Your own servants, send a guardian to keep watch over my words, lips and heart so that I will not think, speak or commit evil. Enable my inquiry, thoughts, actions, conduct and everything about me, lead to goodness. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]

- C. Blessed is He who has come and is to come again.
Praise to the Father who sent Him for our salvation.
May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of Life, God incarnate of the blessed Virgin Mary, [it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

(Please turn to Page 92 for the rest of the service)

Order of Worship for Saturday

(The service begins with Adoration (Kauma) on Page 17)

Prayer

P. Almighty and merciful Lord our God, at this time, we stand before You in prayer and supplication, convicted of the enormity of our transgressions. Do not judge us according to the magnitude of our iniquities. May we draw near to Your holy presence, plead for Your mercy and continuously experience Your blessings. O God, the Lord and Master of all creation, make us worthy to turn to You and live according to Your divine Word. You are forever worthy of praise, thanksgiving and adoration, now and forever more.

C. Amen.

Psalm 112 (NIV)

- P. Praise the Lord. Blessed are those who fear the Lord, who find great delight in His commands.¹
- C. Their children will be mighty in the land; the generation of the upright will be blessed.²
- P. Wealth and riches are in their houses, and their righteousness endures forever.³
- C. Even in darkness, light dawns for the upright, for those who are gracious and compassionate and righteous.⁴
- P. Good will come to those who are generous and lend freely, who conduct their affairs with justice.⁵
- C. Surely the righteous will never be shaken; they will be remembered forever.⁶

P. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.⁷

C. Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes.⁸

P. They have freely scattered their gifts to the poor, Their righteousness endures forever; their horn will be lifted high in honour.⁹

C. The wicked will see and be vexed, they will gnash their teeth and waste away; the longings of the wicked will come to nothing.¹⁰ O God, You are worthy of praise. Bless us O Lord.

P. Praise be to the Father, to the Son and to the Holy Spirit.

C. As it was in the beginning, is now and forever shall be. Amen.

Responsory (Eniyana)

- P. On the Day of Resurrection, blessed are those who observed Lent, for they will be clothed in splendour, radiance and glory.
- C. Through the Lent our Lord observed, He taught His Church how to overcome the devil and all his powers.
- P. The Lord is pleased with prayers and Lent observances and those who observe this diligently become the dwelling place of the Holy Spirit.
- C. The people of Nineveh observed their holy Lent by covering themselves in sackcloth and ashes and they repented and reconciled with God.
- P. On the mountain, Moses observed the holy Lent and his face became radiant as he stood surrounded by the thick cloud.

- C. Praise be to the Father who sent His only begotten Son. He fasted for us and also taught us how to fast.
- P. O good Lord who promised heavenly benefits and rewards for the righteous and for those who observe Lent, we praise You.
- D. Let us stand reverently.
- C. Lord, have mercy.

Preface (Promeon)

- P. Praise be to the One God the Creator, the One Lord who is the treasury of mercy and the Holy Spirit; the God who is known in three Persons. To You belong praise, honour and adoration at this time of prayer and worship and all the days of our lives, now and forever more.
- C. Amen.

Prayer (Sedra)

- P. O Lord, the Creator of heaven and earth and the One who descended from heaven for the salvation of the human race, accept the prayers and supplications we offer in Your holy presence. Forgive our sins and transgressions. Transform the transgressors, make the unrighteous just, draw near to those who have become distant and show mercy to sinners. Guide those who have gone astray, back to the path of truth. Purify those who are unclean and grant maturity to those who are infatuated with the world.

Support the weak, console the broken hearted and raise the fallen. Encourage those with burdened souls, protect those who have found fulfilment and bless those who do good deeds. Rejoice in the repentant, grant fulfilment to the

celibate and always abide with the saints and with those who do righteous deeds. Dwell in those who are humble and reconcile those who are estranged. Eliminate wars, grant peace to those who govern and those who dispense justice.

Raise the horn of the holy Church and grant peace to her children. Remove all schisms and destructive heresies within her and raise those who can work for this, to shepherd her. We will offer praise and thanksgiving to You, to Your Father and to Your Holy Spirit, now and forever more.

- C. Amen.

Anthem (Kolo)

- P. I have examined everything and I have not found anything of greater worth than the fear of God and those who love this are blessed. Righteous Joseph loved it and he became the ruler of Egypt. The great Moses loved it and he divided the sea with his staff. Hananiah and the others loved it and it rescued them from the fire. It is more desirable than gold and sweeter than crystallised honey. Blessed are those who love to be God-fearing.

O Lord, in the abundance of Your grace, have mercy on us. In Your compassion, absolve our debts. Just as You stretched Your holy arm to save Peter from drowning amidst the stormy waves, stretch forth Your holy hand from heaven and rescue us. O Lord, we confess that we have sinned and we cry out as the sinful woman did and we plead to You as the tax collector did. O Jesus who abounds in mercy, in Your grace, have mercy on us.

- C. Lord, bless us and help us.

Anthem (Kolo)

- P. Ministers are servants who labour in our Lord's vineyard, do the will of the Master and receive their wages from Him. They will say, "We laboured from dawn to dusk. Give us our wages". He will reply, "I will give You what I promised. At the resurrection, I will give You a face of infinite radiance."
- C. Lord, accept our worship, acknowledge our prayers and do not turn Your holy face away from us. Good Lord who is full of mercy, bring Your peace and unity to all parts of the world. Lord God, remove all divisions from within the holy Church.
- P. Lord of all creation, Your judgment is terrifying and Your punishment is severe. Who can stand before Your throne? May the body and blood that You fed us with and the robe of baptism You adorned us with, stand before us. On the day You come, do not sentence punishment on us.
- C. David who fell into sin, prayed to You and You granted him forgiveness. O good Shepherd, have mercy on Your Church. We acknowledge that we have sinned in Your presence and our iniquities increase every day. Cleanse us from all the stains of sin with Your hyssop.
- P. O Lord Jesus, guide us along the path to Your kingdom because You abide in us and we abide in You. In Your mercy, forgive us our sins. O Messiah who has mercy on sinners, rescue us from the devil who contends with us.
- C. Lord, bless us and help us.

Chant (Kukliyon)

- P. "Your priests will wear righteousness and Your righteous ones, glory. Because of Your servant David, do not turn the face of Your Anointed." "If your sons keep my covenant and

the statutes I teach them, their sons will sit on Your throne forever." Praise be to the Father, Son and Holy Spirit.

- C. As it was in the beginning, is now and forever shall be. Amen.

One Verse Anthem (Ekba)

- P. The thunder-bolt of resurrection will echo in the pit of hell. Death will hear it and tremble and all those who had decayed will be renewed. O most merciful Lord, renew those who believed in Your Gospel.
- D. Let us stand reverently.
- C. Lord, have mercy.

Anthem (Kolo)

- P. O Lord, may the bishops, priests, deacons and all Your people who worship You in Churches and monasteries praise Your Godliness and sing sacred songs during their lifetimes and may their debts be redeemed by Your holy body. Forgive their sins by Your holy blood. May they stand on Your right and sing "O Lord, praise be to You."
- C. O Lord Jesus, we appeal to Your grace and Your righteousness to forgive our sins. Have You not given Your word that, "Whoever confesses me before the people, I will mercifully answer and also acknowledge him before My Father in heaven"? O Lord, in accordance with that promise, on the day that Your judgment throne is established, make us also worthy to experience the joy that the righteous enjoy. Bless us and help us O Lord.

St. James' Hymn of Supplication (Mar Yaakkob's Baaosaa)

- P. O Lord our Master, we call on You. Come to our help, hear our supplications and have mercy on our souls.

- C. Prayer is the weapon that exalts the brave. Because the righteous need it in times of trouble, the Son of God has perfected it and given it to the King's servants, to be used as a weapon in battle.
- P. Those who pray must be brave and not be lazy because the Son of God himself intercedes for you. Combine your prayer with His powerful prayer so that He will accept your prayer.
- C. O God, answer unto me. O God, answer and have mercy on me. Turn the hearts of humanity to repentance.

Hymn of Supplication (Baaosaa)

- P. O Lord Jesus, we cry to You to come and help us.
Hear our prayer and shower our souls with grace.
- C. O Lord Jesus, Lord of hosts and God of angels,
hear our prayer and shower our souls with grace.
- P. O Father, Son and Spirit, shine upon my heart.
Answer unto me as I knock at Your door.
- C. Illumine my eyes so that I may see Your truth.
Protect me as I take refuge in Your mercy.
- P. Grant me a pure heart as I pray to You.
From Your bounty, grant me the wisdom to see You.
- C. Grant me spiritual weapons to guard against the evil one.
Seal me with Your name and protect me.
- P. I came after You and loved Your blessedness.
I am not ashamed to ask for Your right hand on me.
- C. My desire is only to belong to You,
and worship You O Lord, Father and merciful One.

- P. I am not ashamed to receive Your mercy.
In my heart I will receive Your gift like a treasure.
- C. May my wisdom increase by reading the holy Scripture.
Grant life to this servant, the child of Your maid servant.
- P. Grant me life through Your body and blood.
May Your cross guard me like a fortress.
- C. I pray that Your right hand may rest on me.
Good Shepherd, make me a lamb among Your sheep.
- P. O Father of the world, Master of life, Your name is revered.
May my petition reach Your presence like an offering.
- C. O You who receives our requests after hearing everything,
hear our prayers and shower us with Your grace.

Prayer of Dedication

All: My Lord, I have depended on You and have received my security. I call on You and pray to You. I constantly entreat You to heal my pain and pardon my debts. My Lord, make me worthy to observe Your commandments, to dwell under Your care and to receive Your mercy. My Lord, in Your grace allow me to live in this world, detached from abominations and free of evil. Make me worthy to receive the blessed end given to people of peace. Grant me the grace to appear before Your awesome throne with a radiant face. Make me also worthy of the joyful experience of blessedness and the rapture of the bridal-chamber. Amen.

Bible Readings

(The priest faces the congregation to read from the Gospel)

- P. Peace be with you all †

- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the [Apostle (Matthew/John) / Evangelist (Mark/Luke)]
- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation. May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of Life, God incarnate of the blessed Virgin Mary, [it happened in this way / He taught in this manner.]
- C. So we believe and affirm.

Gospel Reading

- P. Peace be with you all †
- C. And also with your spirit.

Message

Nicene Creed

- P. **We believe in the one true God, the Father Almighty;**
- C. Maker of heaven and earth and of all things visible and invisible.

We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; Light of light, very God of very God; begotten not made, being of one substance with the Father by whom all things were made; who, for us and for our salvation, came down from heaven and was incarnate by the Holy Spirit of the Virgin Mary and was made man; He was crucified also for us in the days of Pontius Pilate; He suffered and died and was buried; on the third day He rose again by His own holy will, ascended into heaven and sits at the right hand of the Father; He shall come again with glory, to judge both the living and the dead; and of His kingdom, there will be no end.

We believe in the Holy Spirit, the Lord and giver of life; who proceeds from the Father; who with the Father and Son together is worshipped and glorified; who spoke by the prophets and the apostles.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins and look forward to the resurrection of the dead and the new life of the world to come. Amen.

- D. Bless us O Lord. Let us stand reverently.
- C. Lord, have mercy.

Litany (Luthiniya)

- P. O Lord God of truth, save us:
from all evil, sin and wicked thoughts,
- C. O Lord, save us.
- P. from unclean emotions, impure desires,
frightening dreams and Satanic thoughts,
- C. O Lord, save us.
- P. from all enemies, deceitful friends,
temptations from Satan and schemes of evil men,
- C. O Lord, save us.
- P. from hidden traps, idle gossip, subtle deceptions,
unholy alliances, all the tribulations of this world
and everything that keeps us away from You,
- C. O Lord, save us.
- P. from the rod of anger, sudden death,
rage and resentment, thunder and lightning,
earthquake, famine, war and pestilence,
- C. O Lord, save us.
- P. from agonising sorrow, evil times,
difficult regimentations and all unbearable punishments,
- C. O Lord, save us.
- P. from the fire of hell, unbearable pain, the undying worm,
everlasting fire, gnashing of teeth, tears of sorrow
and the words of judgment that say, "Get away, I do not
know you."
- C. O Lord, save us.

Supplication

- P. Our Lord Jesus Christ,
shut not the door of Your blessings against us.
- C. O Lord we confess that we are sinners.
Shower us with Your blessings.
- P. O Lord, it was Your love that brought You down to us,
so that by Your death, our death could be abolished.
- C. O Lord, bless us. Amen.

Vespers: St Ephrem's Discourse

*(Can be sung to the tune of 'Gentle Jesus Meek and Mild' (SS No. 1149) or
'Jesus, Lover of my Soul' (SS No. 227) or 'Njangalkulla Karthave')*

1. O Thou dear Lord and our God,
help me wake up from this sleep
and then may I stand awake
in Thy holy presence Lord.
2. If You grant me sleep again,
may my sleep then also be
considered before Thee Lord
perfect and without a fault.
3. If I blunder when awake,
Thy grace will deliver me.
If I falter in my sleep,
may Thy mercy pardon me.
4. By the pe-ace of Thy cross,
grant me Thou a restful sleep.
Vain dreams and ungodliness,
keep them far away from me.

5. Through a calm and peaceful sleep,
grant me peace throughout the night.
May wrong thoughts and wickedness
not have their hold over me.
6. O Lord, since I am Thine own,
keep me safe under Thy wings.
Send to me an angel bright.
Guard me from all evil things.
7. From all vain and evil thoughts
guard and keep me safe O Lord
for I have experienced Thy
body which gives me true life.
8. When I am in peaceful sleep,
Thy blood keeps watch over me.
By Thy mercy, grant O Lord,
freedom to Thy creation.
9. May this body Thou has made
be governed by Thy right hand.
May Thy mercy like a fort
be around me when I stand.
10. While I am in deep slumber,
vigil keeps Thy strength and power.
May my sleep in Thy presence
be fragrant like sweet incense.
11. O Master who nurtures me
this is what I ask of Thee;
may my slumber never be
hindered by the evil one.

12. O my Lord, to strengthen me
Thou gave up Thy life for me
and now to stop hurting me
keep Satan away from me.
13. O Lord all Thy promises
may they be fulfilled in me.
By Thy death on Calvary,
guard my life I ask of Thee.
14. All my moments when awake
help me to glorify Thee.
All my moments when I sleep,
O Thy mercy let me see.
15. Help me see Thy will for me,
help me do what Thou wants me.
From the goodness of Thy heart
grant me Thou a pure clean heart.
16. I have now been reconciled
and I have been justified.
O my Saviour and my Lord,
Thou hath made me wholly Thine.
17. O Thou art the Light of light
and Thou dwellest in the light.
We the children of Thy light
humbly bow and worship Thee
18. Praise Thee and may Thy blessings
dwell on us for evermore,
both in this world and also
in heaven for evermore.

19. My Lord, praise be unto Thee,
praise Thee, praise Thee, we praise Thee
hundred fold and thousand fold
endless praise be unto Thee.

20. O our Lord who hears our prayers,
O our Lord who grants our pleas,
hear the prayers we ask of thee,
grant our pleas we beseech thee.

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

Adoration (Kauma)

P. Praise be to the Father, to the Son and to the Holy Spirit.

C. As it was in the beginning, is now and forever shall be. Amen.

P. Holy, Holy, Holy, Lord God of power and might,
heaven and earth are full of Thy glory. Praise in the highest.

C. Blessed is He who has come and is to come again in the
name of the Lord. Praise in the highest.

P. Holy art Thou, O God.*

C. Holy art Thou, Almighty Lord.*

P. Holy art Thou, Immortal Lord.*

C. O Lord the Messiah, who was crucified † for us,
have mercy on us.*

(To be said three times)*

P. O Lord, have mercy on us.

C. O Lord, have mercy on us and bless us.

P. O Lord, accept our prayers and worship,
and have mercy on us.

C. Praise be to Thee, O God.

P. Praise be to Thee, O Creator.

C. Praise be to Thee, O King the Messiah,
who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

P. Our Father in heaven,

C. 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.
Forgive us our sins and offences as we forgive those who
sin against us. Lead us not into temptation but deliver us
from the evil one; for Thine is the kingdom, the power and
the glory forever and ever. Amen.

Closing Prayer 1 (Hoothama)

P. Our Lord and our God, praise be to You forever, praise be
to You, praise be to You. O Lord Jesus Christ, by Your grace
and infinite mercy, hear our prayers and accept our worship.
Our Lord and our God, come to our help and make us holy
forever. Our Lord, may our worship be pleasing to You, our
adoration agreeable, our supplications acceptable, and our
prayers honourable to You. O Lord, may Your blessings,
mercy, help, grace and all Your divine gifts, descend upon
us who are weak and dwell with our weak human race
forever.

C. Amen.

Closing Prayer 2 (Hoothama)

P. May we be guarded and protected day and night by the glorious cross of the Son of God which is the strong fortress for true believers, the terror for devils and the glory of the angels. May the Lord save us and protect us all through our lives, from the wrath of evil human beings, the envy of Satan and non-believers, harassing authorities, the clutches of merciless superiors, all known and unknown enemies, the snares of Satan, evil desires that affect both body and soul and all the powers of sin.

C. Amen.

Benediction

P. Blessed are you by the Lord who created the heavens and the earth. May the Lord God bless and sanctify all of you, who have come prepared and joined us in this spiritual worship. May our humble and inadequate prayers be heard and accepted before the glorious throne of the Triune God; the Father, the Son and the Holy Spirit.

C. Amen.

Please take note:

1. When the Kauma is said at the beginning and end of worship, please bow.
2. Glorification, Promeon, Benediction etc. that begin with, 'Praise be to the Father, to the Son and to the Holy Spirit', should be said only by the priest.

ORDER OF WORSHIP

FOR MID-LENT

25th DAY

(Wednesday)

Order of Worship for Mid-Lent 25th Day (Wednesday)

(The Adoration on Page 1 is used when this service is not followed by a Holy Communion Service)

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. Grant that Your blessings and mercy are showered on us who are weak and sinful, in both worlds forever. Amen.

Prayer of the Cross

Prayer 1 *(Facing the east)*

- P. O God, Lord and Messiah, through Moses, the chief of the prophets, You raised the bronze serpent in the wilderness in the midst of the Israelite camp, as a precursor to Your wooden cross. Remembering Your glorious cross, Your crucifixion for the salvation of our souls, the safety of the people of the holy Church, blessings throughout the year, the gift of abundant harvests, deliverance from all difficulties and destruction, and relief from wrath and harsh punishments, we thank and glorify You, Your Father and the Holy Spirit.
- C. Through You, we will destroy our enemies. In Your name, we will trample those who hate You.
- P. Everyone who looked up to the bronze serpent was healed. All those who lift their eyes to the cross, will recover from all their pain.
- D. O most merciful Lord, we therefore pray, 'Kyrie eleison', imploring You O Lord, to bless us.
- C. Kyrie eleison. Kyrie eleison. Kyrie eleison.

Prayer 2 *(Turn 180° and face the west)*

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. Grant that Your blessings and mercy are showered on us who are weak and sinful, in both worlds forever. Amen.
- P. O God, Lord and Messiah, after we have been cleansed from pride and arrogance, make us worthy to commemorate Your holy sacraments. Inscribe the life-giving sign of Your cross in our hearts. When we look to the cross, may our thoughts be sanctified and all evil and discord be uprooted from us. Strengthened by the symbol of Your cross, allow us to stand against deceitful souls and worship and adore You, Your Father and the Holy Spirit.
- C. Do not let the faces of us who look to You and set our hope on You, be disgraced.
- P. In the midst of Lent, how priceless and amazing are the works of the Gospel of our Saviour, who established the symbol of the living cross.
- D. O most merciful Lord, we therefore pray, 'Kyrie eleison', imploring You O Lord, to bless us.
- C. Kyrie eleison. Kyrie eleison. Kyrie eleison.

Prayer 3 *(Turn 90° to the right and face the north)*

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. Grant that Your blessings and mercy are showered on us who are weak and sinful, in both worlds forever. Amen.
- P. O Lord our God of whom the prophets had foretold from ancient times and who through Moses, raised the bronze serpent in the midst of the camp, when You were raised on

the cross, You invited Your creation to worship You. You destroyed Pharaoh and Amalek but hide us O Lord, under the branches of Your cross. Just as You gave Hezekiah an answer to his plea and healed him from his pain and sickness, accept the Lent and prayers of Your weak and sinful servants and through Your crucifixion, pardon our sins and offences.

- C. Save us from those who despise us O Lord, and dishonour our enemies.
- P. He gave our weak human race the strength to stand and fight the devil and through Lent, gave us the living cross to enhance our power.
- D. O most merciful Lord, we therefore pray, 'Kyrie eleison', imploring You O Lord, to bless us.
- C. Kyrie eleison. Kyrie eleison. Kyrie eleison.

Prayer 4 (*Turn 180° and face the south*)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. Grant that Your blessings and mercy are showered on us who are weak and sinful, in both worlds forever. Amen.
- P. O God, Lord and Messiah, who was exemplified through the bronze serpent, we pray to You to remove from us the deadly poison of sin and redeem our bodies and souls from the poisonous fangs of Satan, the serpent. Just as those who gazed on the bronze serpent were healed, heal our sickness and pain because we look to You and Your cross, keeping our desire and dependence always focused on You. Acknowledging You as our Saviour and the Redeemer of our lives, we praise You, Your Father and Your Holy Spirit.

- C. You gave us the shield of salvation. Your right hand upholds us and Your guidance helps us grow.
- P. In the midst of Lent, our Saviour has established for us the banner of life, so that we may gain victory over the devil and his power, and attain a spiritual life.
- D. O most merciful Lord, we therefore pray, 'Kyrie eleison', imploring You O Lord, to bless us.
- C. Kyrie eleison. Kyrie eleison. Kyrie eleison.

Bible Readings:

First Lesson: Numbers 21:4-9

Second Lesson: 1 Corinthians 1:18-31

Epistle: Galatians 6:11-16

(The Priest faces the congregation to read the Gospel)

- P. Peace be with you all †
- C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.
- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the Apostle John.
- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation. May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, He taught in this manner.
- C. So we believe and affirm.

Gospel Reading: John 3:1-17

P. Peace be with you all †

C. And also with your spirit.

Litany of Praise and Glorification

P. O God, who is worshipped by the angels,

C. You are Holy.

P. O Almighty, who is glorified by the Cherubim,

C. You are Holy.

P. O Immortal One, whose holiness is celebrated by the Seraphim,

C. You are Holy.

P. We, the children of Your faithful Church, pray to You;

C. O Lord the Messiah, who was † crucified for us,
shower Your blessings on us

P. O God, who is praised by the angels,

C. You are Holy.

P. O Almighty, who is celebrated by the spiritual beings,

C. You are Holy.

P. O Immortal One, who is glorified by the fiery beings,

C. You are Holy.

P. We, the children of Your faithful Church, pray to You;

C. O Lord the Messiah, who was † crucified for us,
shower Your blessings on us.

P. O God, who is praised by those on high,

C. You are Holy.

P. O Almighty, who is extolled by those in the middle,

C. You are Holy.

P. O eternal One, who is worshipped by those below,

C. You are Holy.

P. We, the children of Your faithful Church, pray to You;

C. O Lord the Messiah, who was † crucified for us,
shower Your blessings on us.

P. Our Lord, bless us.

C. Our Lord, graciously bless us.

P. Our Lord, accept our adoration and worship and bless us.

C. Praise be to You, O God.

P. Praise be to You, O Creator.

C. Praise be to You, O Messiah the King,
who is gracious to Your sinful servants. Bless us O Lord.

The Lord's Prayer

P. Our Father in heaven,

C. 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. Forgive us our sins and offences, as we forgive those who sin against us. Lead us not into temptation but deliver us from the evil one; for Thine is the kingdom, the power and the glory, forever and ever. Amen.

Nicene Creed

- P. **We believe in the one true God, the Father Almighty;**
C. Maker of heaven and earth and of all things visible and invisible.

We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; Light of light, very God of very God; begotten not made, being of one substance with the Father by whom all things were made; who, for us and for our salvation, came down from heaven and was incarnate by the Holy Spirit of the Virgin Mary and was made man; He was crucified also for us in the days of Pontius Pilate; He suffered and died and was buried; on the third day He rose again by His own holy will, ascended into heaven and sits at the right hand of the Father; He shall come again with glory, to judge both the living and the dead; and of His kingdom, there will be no end.

We believe in the Holy Spirit, the Lord and giver of life; who proceeds from the Father; who with the Father and Son together is worshipped and glorified; who spoke by the prophets and the apostles.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins and look forward to the resurrection of the dead and the new life of the world to come. Amen.

- D. Bless us O Lord. Let us stand reverently.
C. Lord, have mercy.

Closing Prayer

- P. May we be guarded and protected day and night by the glorious cross of the Son of God which is the strong fortress for true believers, the terror for devils and the glory of the angels. May the Lord save us and protect us all throughout our lives, from the wrath of evil human beings, the envy of Satan and non-believers, harassing authorities, the clutches of merciless superiors, all known and unknown enemies, the snares of Satan, evil desires that affect both body and soul and all the powers of sin.

- C. Amen.

Benediction

- P. May the beginning of this holy Lent be blessed and may its end be sanctified. May He help you and strengthen you to observe it according to His will. May He remove from your path, the snares cast by known and unknown enemies and the deception of Satan, who is the adversary of believers. Like our Lord Jesus the Messiah who at the end of fasting commanded, "Satan, depart from me", may He deliver and protect you from the temptations of Satan.

- C. Amen.

ORDER OF WORSHIP

FOR THE

40th DAY

(Friday)

Order of Worship for the 40th Day (Friday)

(Adoration (Kauma) on Page 1 is used when this service is not followed by a Holy Communion Service)

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. Grant that Your blessings and mercy are showered on us who are weak and sinful, in both worlds forever. Amen.

Opening Prayer

- P. Lord God, make us worthy to celebrate this festival of purity and spiritual radiance with fasting and prayer. Empower us to give praise and thanksgiving to You, to Your Father and to Your Holy Spirit, now and at all times.
- C. Amen.

Psalm of Confession: Psalm 51

- P. Have mercy on me O God, according to Your graciousness; according to the multitude of Your mercies, blot out my transgressions.¹
- C. Wash me thoroughly from my iniquity, and cleanse me from my sin.²
- P. For I know my transgressions, and my sin is always before me.³
- C. Against You, You only, have I sinned, and done what is evil in Your sight;⁴
- P. So that You are proved right when You speak, and justified when You judge.⁴
- C. Because in evil I was formed in the womb, and in sin my mother conceived me.⁵

- P. But You delighted in the truth, and You have shown me the secrets of Your wisdom.⁶
- C. Sprinkle me with Your hyssop and I will be pure; wash me with it, and I will be whiter than snow.⁷
- P. Satisfy me with Your joy and gladness, and my weary bones will rejoice.⁸
- C. Hide Your face from my sins, and blot out all my iniquities.⁹
- P. Create in me a pure heart O God, and renew a steadfast spirit within me.¹⁰
- C. Do not cast me away from Your presence, and take not Your Holy Spirit from me.¹¹
- P. Restore to me Your salvation and joy, and may Your glorious Spirit uphold me.¹²
- C. For I will teach transgressors Your way, and sinners will turn back to You.¹³
- P. My God, O God of my salvation, save me from the guilt of bloodshed, and my tongue will praise Your righteousness!¹⁴
- C. O Lord, open my lips, and my mouth will sing Your praises.¹⁵
- P. You do not delight in sacrifice, or I would bring it; You do not take pleasure in burnt offerings.¹⁶
- C. My sacrifice O God, is a broken spirit; a broken and contrite heart, You God, will not despise.¹⁷
- P. May it please You to prosper Zion, to build up the walls of Jerusalem.¹⁸

- C. Then You will delight in the righteous, in burnt offerings offered whole; then bulls will be offered on Your altar.¹⁹
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.

Preface (Promeon)

- P. Let us all pray to the Lord, and plead for His blessings and mercy.
- C. Lord of all blessings, bless us and help us.
- P. Make us worthy O Lord, to continually offer You praise, thanksgiving, glory, adoration and everlasting exaltation. Praise the Lord who is infinite in His glory, inconceivable in essence and absolute in Lordship. You have made us, Your sinful servants, worthy to receive Your holy and life-giving passion and through Your grace, made us worthy to celebrate the festival of Passover and Your glorious resurrection. You are worthy of unceasing praise, unfading honour and undivided exaltation at this time, at all festivals, seasons, periods and throughout our lives, now and forever more.
- C. Amen.

Prayer (Sedra)

- P. O our great God and Saviour Jesus Christ, as a human, You observed Lent for our sake, and through Your Lent and struggle, showed us the imperishable way of life. We give thanks to You because at the end of Your Lent, which was the war against the devil, You made our enemy surrender. Through Your great victory, You have made us who were

wrongdoers, blameless. At the end of our Lent, by Your grace, make us worthy of Your special gifts and Your divine blessings.

Our Lord, at the end of our struggle, make us worthy of the glorious wages You promised to those who genuinely observe Lent, the joy assured in paradise for Your saints, the radiant bridal chamber prepared for those who toil, the high and honourable status to which those who are perfected are entitled, the splendour, adornment and beauty assigned for those who are gracious and the place of refuge prepared for those whom You have graciously and carefully chosen to observe Lent. Make us worthy of the victory, overwhelming joy, delight and exhilaration experienced by the truly virtuous and honourable.

Our Lord, at the end of our struggle, make us worthy of the privilege and glorious joy in the heavenly Eden of radiant people, which is the entitlement of the righteous, the blessedness of the merciful, the everlasting crown of martyrs and confessors, and the harbour and comfort of the distressed and those who are persecuted because of their love for You. Make us worthy of the feast prepared for Your co-workers, the food laid out for the nobles, the enlightenment prepared for celibates, the great consolation prepared for those who toil, the spiritual feast enjoyed by the righteous, the saints and the grief-stricken, the security longed for by those who fast, the fellowship with the saints and the blessed splendour of those who genuinely observe Lent.

Our Lord, at the end of our struggle, make us worthy to rejoice with the poor, to be seated at the blessed table with those who were invited to the feast, to be in the spiritual Zion, the mother of all saints, and in the Church of the firstborn

served by teachers and perfect ministers, to have a position with the chosen lambs on Your right, to hear the sound of the invitation to the kingdom of heaven, the exaltation of the humble and the glory of the mature. Make us worthy of the praise of the heavenly angels, the hallelujahs of the fiery beings and the majesty of Your Lordship and to give thanks to Your divinity. Make us worthy to welcome You with characteristic hosannas, pure deliberations, clean thoughts and unblemished tongues, along with Your trustworthy children and to receive You appropriately with lighted lamps, alongside the wise virgins.

Make us worthy to rejoice with You as we partake at the mysterious meal with the holy apostles, to suffer with You, along with Your creation, as if we are partaking in Your suffering, to faithfully honour Your burial along with Joseph, Nicodemus and the thief on Your right, to be buried with You for three days, to be resurrected with You and become justified and imperishable, to publicly proclaim Your resurrection along with Your angels and to rejoice in Your peace. Make us worthy to spiritually receive the divine breath of life from You, to touch the life-giving pierced side of Your body, to be joyful in being rightfully received in Your abode, to spiritually rise with You to heavenly heights, to sit in glory along with You at the right hand of Your Father, to have the consoling presence of the Holy Spirit in us as it did in Your holy apostles and to not be reticent until we receive these. Along with the holy apostles, make us worthy to adequately proclaim You, and to ultimately always glorify You, Your Father and Your Holy Spirit, now and forever more.

C. Amen.

Prayer of Incense (Ethra)

P. Our Lord, in Your grace, accept the sweet incense of prayer that we offer to Your Lordship at the end of our Lent. Accept the spiritual fruits we have offered from our hearts with a pure conscience and sound understanding. In Your holy presence, may they be like the offerings of the righteous and the saints of the past. From the whole of Your holy Church, eradicate the epidemic of sin, the deprivation that destroys souls and the oppression that represses hearts. May we become worthy of the joy that You have prepared for those who do Your holy will and make us worthy to praise You, Your Father and Your Holy Spirit now and forever more.

C. Amen.

Bible Readings:

First Lesson: Jeremiah 7:1-17

Second Lesson: 1 Peter 1:13-22

(The Priest faces the congregation to read the Gospel)

P. Peace be with you all †

C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.

P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the evangelist Luke.

C. Blessed is He who has come and is to come again.
Praise to the Father who sent Him for our salvation.
May His blessings be on all of us forever.

P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, it happened in this way.

C. So we believe and affirm.

Gospel Reading: Luke 4:1-13

- P. Peace be with you all †
C. And also with your spirit.

Supplication (Apeksha)

- P. Our Lord Jesus Christ,
shut not the door of Your blessings against us.
C. O Lord we confess that we are sinners.
Shower us with Your blessings.
P. O Lord, it was Your love that brought You down to us,
so that by Your death, our death could be abolished.
C. O Lord, bless us. Amen.

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
C. As it was in the beginning, is now and forever shall be. Amen.
P. Holy, Holy, Holy, Lord God of power and might,
heaven and earth are full of Thy glory. Praise in the highest.
C. Blessed is He who has come and is to come again in the
name of the Lord. Praise in the highest.
P. Holy art Thou, O God.*
C. Holy art Thou, Almighty Lord.*
P. Holy art Thou, Immortal Lord.*
C. O Lord the Messiah, who was crucified † for us,
have mercy on us.*

*(*To be said three times)*

- P. O Lord, have mercy on us.
C. O Lord, have mercy on us and bless us.
P. O Lord, accept our prayers and worship,
and have mercy on us.
C. Praise be to Thee, O God.
P. Praise be to Thee, O Creator.
C. Praise be to Thee, O King the Messiah,
who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

- P. Our Father in heaven,
C. 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.
Forgive us our sins and offences as we forgive those who
sin against us. Lead us not into temptation but deliver us
from the evil one; for Thine is the kingdom, the power and
the glory, forever and ever. Amen.

Nicene Creed

- P. **We believe in the one true God, the Father Almighty;**
C. Maker of heaven and earth and of all things visible and
invisible.

**We believe in one Lord Jesus Christ, the only-begotten
Son of God, begotten of the Father before all worlds; Light
of light, very God of very God; begotten not made, being of
one substance with the Father by whom all things were
made; who, for us and for our salvation, came down from
heaven and was incarnate by the Holy Spirit of the Virgin
Mary and was made man; He was crucified also for us in the**

days of Pontius Pilate; He suffered and died and was buried; on the third day He rose again by His own holy will, ascended into heaven and sits at the right hand of the Father; He shall come again with glory, to judge both the living and the dead; and of His kingdom, there will be no end.

We believe in the Holy Spirit, the Lord and giver of life; who proceeds from the Father; who with the Father and Son together is worshipped and glorified; who spoke by the prophets and the apostles.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins and look forward to the resurrection of the dead and the new life of the world to come. Amen.

D. Bless us O Lord. Let us stand reverently.

C. Lord, have mercy.

Closing Prayer

P. Our Lord and our God, praise be to You forever, praise be to You, praise be to You. Our Lord Jesus Christ, in Your grace and infinite mercy, hear our prayers and accept our worship. Our Lord and our God, come to our help and make us holy forever. Our Lord, may our worship be pleasing to You, our adoration agreeable, our supplications acceptable, and our prayers honourable to You. O Lord, may Your blessings, mercy, help, grace and all Your divine gifts, descend upon us who are weak and dwell with our weak human race forever.

C. Amen.

Benediction

P. Blessed are you by the Lord, who created the heavens and the earth. May the Lord God bless and sanctify all of you, who have come prepared, and joined us in this spiritual worship. May our humble and inadequate prayers be heard and accepted before the glorious throne of the Triune God; the Father, the Son and the Holy Spirit.

C. Amen.

ORDER OF WORSHIP
FOR THE
FEAST OF THE ANNUNCIATION
TO
VIRGIN MARY

Feast of the Annunciation to Virgin Mary

Order of Worship

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Holy, Holy, Holy, Lord God of power and might, heaven and earth are full of Thy glory. Praise in the highest.
- C. Blessed is He who has come and is to come again in the name of the Lord. Praise in the highest.
- P. Holy art Thou, O God.*
- C. Holy art Thou, Almighty Lord.*
- P. Holy art Thou, Immortal Lord.*
- C. O Lord the Messiah, who was crucified † for us, have mercy on us.*

(To be said three times)*

- P. O Lord, have mercy on us.
- C. O Lord, have mercy on us and bless us.
- P. O Lord, accept our prayers and worship, and have mercy on us.
- C. Praise be to Thee, O God.
- P. Praise be to Thee, O Creator.
- C. Praise be to Thee, O King the Messiah, who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

- P. Our Father in heaven,
- C. 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. Forgive us our sins and offences, as we forgive those who sin against us. Lead us not into temptation and deliver us from the evil one; for Thine is the kingdom, the power and the glory, forever and ever. Amen.

Opening Prayer

- P. O Lord God, make us worthy to glorify You like the fiery angel who announced Your advent to the daughter of David and help us to obey You like that holy Virgin. Enable us to be awed and amazed by You like the righteous Joseph when he grasped the mystery of Your conception and make us worthy to sing 'Hallelujah' to You, Your Father and the Holy Spirit, in a holy and wondrous way.
- C. Amen.

Psalm of Confession: Psalm 51(NIV)

- P. Have mercy on me, O God, according to Your unfailing love; according to Your great compassion, blot out my transgressions.
- C. Wash away all my iniquity and cleanse me from my sin.
- P. For I know my transgressions, and my sin is always before me.
- C. Against You, You only, have I sinned and done what is evil in Your sight;

- P. So You are right in Your verdict
and justified when You judge.
- C. Surely I was sinful at birth,
sinful from the time my mother conceived me.
- P. Yet You desired faithfulness even in the womb;
You taught me wisdom in that secret place.
- C. Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
- P. Let me hear joy and gladness;
let the bones You have crushed rejoice.
- C. Hide Your face from my sins and blot out all my iniquity.
- P. Create in me a pure heart, O God,
and renew a steadfast spirit within me.
- C. Do not cast me from Your presence
or take Your Holy Spirit from me.
- P. Restore to me the joy of Your salvation
and grant me a willing spirit to sustain me.
- C. Then I will teach transgressors Your ways,
so that sinners will turn back to You.
- P. Deliver me from the guilt of bloodshed O God;
You who are God my Saviour,
and my tongue will sing of Your righteousness.
- C. Open my lips Lord, and my mouth will declare Your praise.
- P. You do not delight in sacrifice, or I would bring it;
You do not take pleasure in burnt offerings.

- C. My sacrifice O God, is a broken spirit;
a broken and contrite heart, You God, will not despise.
- P. May it please You to prosper Zion,
to build up the walls of Jerusalem.
- C. Then You will delight in the righteous, in burnt offerings
offered whole; then bulls will be offered on Your altar.
O God, You are worthy of praise. Bless us O Lord.
- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be.
Amen.

Preface (Promeon)

- P. Let us all pray to the Lord, and plead for His blessings and
mercy.
- C. Lord of all blessings, bless us and help us.
- P. Make us worthy O Lord, to continually offer You praise,
thanksgiving, glory, adoration and everlasting exaltation.
O God the Word, who by Your holy will and that of Your
Father and the Holy Spirit, sent Your angel Gabriel to Virgin
Mary, to announce Your amazing and wonderful conception,
we ascribe praise and thanksgiving to You. You descended
from the most high and without change of nature, dwelt
within the holy Virgin and through Your birth, took on human
form. Because of this, we cherish this commemoration-day
of the annunciation to Virgin Mary and offer praises and sing
Hallelujahs. O most merciful Lord, make us worthy for the
redemption of sin and spare us from all punishment, the rod
of wrath and excruciating pain in eternity. Lord, for all Your
graciousness, enable us to offer praise, thanksgiving,
honour and adoration to You, Your Father and the Holy

Spirit, at this time, during all festivals, seasons and times and all the days of our lives, now and forever more.

C. Amen.

Prayer (Sedra)

P. O most merciful and Almighty God who abounds in grace, You are beyond all imagination, the One who resides in unapproachable Light, and the One who brought all creation into being through Your indescribable love. In order to offer forgiveness to sinners, save weak humanity from the clutches of Satan and give us a new character and wholeness, You sent the fiery angel Gabriel, Your emissary, minister and chief of the angels, to announce Your magnificent and amazing conception to the spotless Virgin Mary before her marriage. The One who was incarnated through her and became the second Adam, and the One who brought families and communities into existence through His revelation through a woman, brought glory and honour to the entire company of virgins. We therefore glorify You who were born of the Virgin in whom all beauty was summoned.

O Joy of the entire universe, we praise You. O Word that proceeds from the heavenly Father, we praise You. O Source of life, joy and all goodness to the whole world, we praise You. O Weapon for all of humanity who defeated Satan, his army and his hosts, we praise. O Refuge and safe Haven for all people, we praise You. O Fountain of life-giving water and the Spring of all blessings, we praise You. O Light for all who live in darkness, we praise You. O Truth of the angels, the Praise of the prophets, the Happiness of the disciples and the Joy of the martyrs, we praise You.

O Lord our Messiah, console us in our sorrow, save us from harm and shelter us from harassment. Strengthen us in our weaknesses, bestow courage on the broken hearted, justify sinners and reaffirm those of us who lack faith. Enable us to honour the festivals associated with Your salvific deeds and be found eligible for Your call from above. Make us worthy to praise You, Your Father and the Holy Spirit, now and forever more.

C. Amen.

Prayer of Incense (Ethra)

P. O Almighty, who descended from Your most glorious Father, dwelt in the womb of the holy Virgin Mary, took on mortal flesh from her and died to redeem mortal humanity from the bondage of sin, on this day of the great annunciation, accept the sweet incense of our prayer. O glorious and only begotten Son of God, who came for our salvation, and through Your human incarnation, saved us by Your priceless cross, grant absolution of sins to Your parish who have gathered in Your holy presence, now and forever more.

C. Amen.

Bible Readings

First Lesson: Deuteronomy 18: 9-22

Second Lesson: Galatians 3:15-25

(The Priest faces the congregation to read the Gospel)

P. Peace be with you all †

C. Along with your spirit, may the Lord God make us also worthy to listen to His Word.

- P. The holy Gospel of our Lord Jesus Christ that proclaims life and salvation to the world, as recorded by the evangelist, Luke.
- C. Blessed is He who has come and is to come again. Praise to the Father who sent Him for our salvation. May His blessings be on all of us forever.
- P. In the days of Jesus the Christ, our Lord God and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, it happened in this way.
- C. So we believe and affirm.

Gospel Reading: Luke 1:26-38

- P. Peace be with you all †
- C. And also with your spirit.

Praise of the Angels

- P. Just as the heavenly angels praise You in the highest, we who are weak and sinful, also praise You.
- C. At all times and in all seasons, may praise be to God in the highest, peace and goodwill reign on earth and may humanity experience righteous hope. Almighty Father, heavenly King, Lord the Creator, we praise You, glorify You, worship You, raise our voices of praise to You and also give thanks to You because of the greatness of Your majesty. O God, who is One with the Holy Spirit and with Jesus Christ, the only begotten Son of the Father, the Word, the Lamb of God who took away the sins of the world, have mercy on us. You, who took away the sins of the world, incline Your ear towards us and receive our supplications. You, who sits at the right hand of the Father in majesty, have mercy on us

and bless us. For You alone are Holy! For the glory of God the Father, together with the Holy Spirit and Jesus Christ, You alone are also the Lord. Amen.

Supplication

- P. Our Lord Jesus Christ, shut not the door of Your blessings against us.
- C. O Lord, we confess that we are sinners. Bless us.
- P. O Lord, Your love brought You down to us from Your abode, so that our death may be averted by Your death.
- C. O Lord, shower Your blessings on us. Amen.

Adoration (Kauma)

- P. Praise be to the Father, to the Son and to the Holy Spirit.
- C. As it was in the beginning, is now and forever shall be. Amen.
- P. Holy, Holy, Holy, Lord God of power and might, heaven and earth are full of Thy glory. Praise in the highest.
- C. Blessed is He who has come and is to come again in the name of the Lord. Praise in the highest.
- P. Holy art Thou, O God.*
- C. Holy art Thou, Almighty Lord.*
- P. Holy art Thou, Immortal Lord.*
- C. O Lord the Messiah, who was crucified † for us, have mercy on us.*

(* To be said three times)

- P. O Lord, have mercy on us.
- C. O Lord, have mercy on us and bless us.
- P. O Lord, accept our prayers and worship, and have mercy on us.
- C. Praise be to Thee, O God.
- P. Praise be to Thee, O Creator.
- C. Praise be to Thee, O King the Messiah, who has mercy on us sinners. Bless us O Lord.

The Lord's Prayer

- P. Our Father in heaven,
- C. 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. Forgive us our sins and offences, as we forgive those who sin against us. Lead us not into temptation and deliver us from the evil one; for Thine is the kingdom, the power and the glory, forever and ever. Amen.

Nicene Creed

- P. **We believe in the one true God, the Father Almighty;**
- C. Maker of heaven and earth and of all things visible and invisible.

We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; Light of light, very God of very God; begotten not made, being of one substance with the Father by whom all things were made; who, for us and for our salvation, came down from heaven and was incarnate by the Holy Spirit of the Virgin Mary and was made Man; He was crucified also for us in the

days of Pontius Pilate; He suffered and died and was buried; on the third day He rose again by His own holy will, ascended into heaven and sits at the right hand of the Father; He shall come again with glory, to judge both the living and the dead; and of His kingdom, there will be no end.

We believe in the Holy Spirit, the Lord and giver of life; who proceeds from the Father; who with the Father and Son together is worshipped and glorified; who spoke by the prophets and the apostles.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins and look forward to the resurrection of the dead and the new life of the world to come. Amen.

- D. Bless us O Lord. Let us stand reverently.
- C. Lord, have mercy.

Closing Prayer

- P. Our Lord and our God, praise be to You forever, praise be to You, praise be to You. Our Lord Jesus Christ, in Your grace and infinite mercy, hear our prayers and accept our worship. Our Lord and our God, come to our help and make us holy forever. Our Lord, may our worship be pleasing to You, our adoration agreeable, our supplications acceptable, and our prayers honourable to You. O Lord, may Your blessings, mercy, help, grace and all Your divine gifts, descend upon us who are weak and dwell with our weak human race forever.
- C. Amen.

Benediction

- P. Blessed are you by the Lord, who created the heavens and the earth. May the Lord God bless and sanctify all of you, who have come prepared, and joined us in this spiritual worship. May our humble and inadequate prayers be heard and accepted before the glorious throne of the Triune God; the Father, the Son and the Holy Spirit.
- C. Amen.

Glossary of Syriac and Greek Words

Baaosaa	A hymn of supplication
Ekba	A short one verse anthem; stanza
Eniyana	A responsory
Ethra	A prayer when incense is put into the censer
Hallelujah	A Hebrew phrase meaning "Praise be to God"
Hoothama	A closing prayer (seal)
Kolo	An anthem modelled on the Psalms
Kukkaya, Madhrasha, Sugeesa	Songs, canticles and chants which reflect music and rhythm in Syriac
Kukliyon	A chant arranged in a standard pattern (cycle) usually beginning with a Psalm and Ekba and leading to a Promeon and Sedra
Kyrie eleison	Lord, have mercy
Luthiniya	A litany of petitions with responses
Promeon	An introductory prayer or preface, which is followed by the Sedra
Sedra	A long meditative prayer that is usually based on the main theme of the service. It follows the Promeon

Lectionary for the Great Lent

(These Bible readings are taken from 'Palli Kramapusthakam' (Book of Church Orders) and the current Lectionary used by the Malankara Mar Thoma Syrian Church)

1st Week

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Sunday	Isa. 58:1-14 Rom. 2:1-10	2 Cor. 5:16-21 John 2:1-11	Ex. 17:1-6 Gal. 5:16-24
Monday	1 Kings 3:5-12 James 1:2-12	Matt. 4:1-11	Isa. 29:15-24 1 John 4:11-21
Tuesday	Jer. 11:1-8 Eph. 4:32-5:4	Luke 4:1-13	Isa. 30:1-4 James 1:13-21
Wednesday	Gen. 1:14-18 Rom. 2:7-24	Matt. 6:19-24	Isa. 13:6-13 James 1:20-2:15
Thursday	Job 8:1-22 James 2:14-26	Matt. 7:13-27	1 Kings 18:16-24 Rom. 2:28-3:8
Friday	Zech. 1:1-6 Rom. 3:9-26	Matt. 5:17-37	Isa. 1:1-9 James 3:13-4:5
Saturday	Gen. 2:8-25 Rom. 12:10-21	John 4: 46-54	Jer. 17:19-23 Rom. 12:10-21

2nd Week

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Sunday	Esther 4:1-17 Acts 15:8-21	Rom. 15:7-13 Mark 1:40-45	Gen. 16:7-16 1 John 1:5-10
Monday	Gen. 34:25-35:5 James 4:7-5:6	Luke 6:27-36	2 Sam. 16:5-12 1 Tim. 2:1-15
Tuesday	Ex. 16:17-27 1 Cor. 6:1-11	Mark 4:21-34	Isa. 33:1-6 1 Cor. 1:21-31
Wednesday	Zech. 8:1-8 3 John 1:1-15	Luke 11:1-13	Ex. 34:1-7 1 Cor. 8:1-13
Thursday	Isa. 22:20-25 1 Cor. 9:1-12	Luke 16:1-13	Num. 16:1-10 1 Cor. 9:13-27
Friday	Ex. 21:20-27 Rom. 1:13-25	Matt. 16:21-28	Job 25:1-6 Rom. 1:26-32
Saturday	Deut. 30:1-7 2 Cor. 8:1-8	Mark 1:21-28	Isa. 35:1-10 2 Cor. 7:9-16

3rd Week

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Sunday	2 Sam. 12:1-14 Acts 8:9-17	Gal. 3:10-14 Mark 2:1-12	2 Kings 4:1-7 Acts 5:12-16
Monday	Gen. 18:20-33 1 Tim. 6:1-12	Mark 2:13-22	Judg. 1:1-22 1 Tim. 1:3-20
Tuesday	Ex. 20:1-19 Eph. 2:4-18	Mark 4:1-20	Job 31:1-15 Eph. 3:1-13
Wednesday	Lev. 25:35-46 Eph. 6:1-9	Luke 12:32-40	1 Sam. 9:18-27 James 2:14-26
Thursday	Num. 12:1-10 James 4:1-17	Mark 9:32-42	Micah 6:1-8 Phil. 1:1-11
Friday	Isa. 1:10-20 1 Peter 2:2-13	Luke 18:9-17	Job 22:13-30 Rom. 2:1-13
Saturday	Ex. 16:4-10 1 Peter 2:1-10	Mark 8:1-10	Hosea 2:18-33 Phil. 2:1-11

4th Week

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Sunday	Isa. 45:1-8 Acts 10:24-33	1 Cor. 1:20-25 Matt. 15:21-28	Neh. 1:1-11 John 4:19-26
Monday	Lev. 16:1-10 2 Cor. 11:1-15	Mark 12:35-44	2 Kings 12:7-16 2 Cor. 11:16-23
Tuesday	Num. 28:1-8 1 Cor. 16:13-24	Matt. 20:1-16	Jer. 6:16-21 1 Cor. 16:1-12
Wednesday (Mid-Lent)	Zech. 12:6-14 2 Cor. 9:1-15	John 3:13-21	1 Sam. 7:5-12 Ps. 34:1-9
Thursday	Deut. 5:6-22 2 Cor. 12:14-21	Luke 15:11-32	Dan. 4:24-37 Ps. 41:1-13
Friday	Lev. 19:9-20 2 Cor. 12:19-13:13	Luke 16: 19-31	Dan. 9:1-11 2 Cor. 12:1-18
Saturday	Gen. 18:1-15 1 Cor. 9:14-27	Luke 9:10-17	Isa. 55:1-11 1 Cor. 1:9-13

5th Week

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Sunday	Nah. 1:1-15 Acts 16:25-34	Acts 4:32-37 Luke 13:10-17	Josh. 3:1-17 Rom. 8:31-39
Monday	Gen. 20:8-18 Rom. 9:14-21	Luke 4:31-41	Jer. 33:6-11 Rom. 9:1-13
Tuesday	Ex. 14:21-31 Rom. 1:26-32	Mark 5:2-20	Isa. 40:12-24 Rom. 1:7-17
Wednesday	Deut. 31:16-23 1 Cor. 10:1-13	Mark 6:30-46	Isa. 41: 8-17 1 Cor. 10:14-22
Thursday	Eccl. 5:1-9 Col. 3:1-17	Matt. 14:24-36	Isa. 42:1-9 Col. 3:1-17
Friday	2 Kings 4:32-37 1 Tim. 1:1-20	Mark 5:21-43	Hosea 6:1-6 1 Tim. 2:1-15
Saturday	Deut. 30:1-7 1 Thess. 2:13-20	Luke 6:1-11	Ezek. 15:1-8 Ps. 78:1-28

6th Week

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Sunday	Gen. 26:12-33 2 Cor. 11:20-31	2 Cor. 1:3-11 Mark 10:46-52	Dan. 3:14-25 2 Cor. 4:1-12
Monday	Gen. 49:8-12 1 Thess. 4:1-12	Luke 19:1-10	Jer. 35:1-11 1 Thess. 4:1-12
Tuesday	Gen. 41:38-52 Rom. 8:12-27	Mark 10:32-45	Zech. 9:9-17 Rom. 8:12-27
Wednesday	2 Chron. 20:1-20 Gal. 5:12-26	Matt. 9:2-8	Dan. 7:9-18 Gal. 5:12-26
Thursday	Ex. 15:1-21 2 Cor. 6:1-10	Luke 18:4-13	Isa. 51:1-8 2 Cor. 6:1-10
40 th Friday	Jer. 7:1-17 1 Peter 1:13-22	Luke 4:1-13	Isa. 58:1-8 1 Peter 1:13-22
Saturday	Num. 16:42-48 1 Peter 2:6-10	John 11:28-46	Is. 61:1-9 Eph. 1:15-2:7

7th Week (Passion Week)

	1 st & 2 nd Lessons	Epistle / Gospel	Evening Readings
Palm Sunday	Zech. 9:1-12 1 Tim. 4:6-16	Heb. 5:5-10 Luke 19:28-40	Isa. 56:1-8 2 Cor. 6:11-17
Monday	Lev. 2 Acts 13:13-25	Matt. 22:41-23:12	Isa. 63 Heb. 2
Tuesday	Isa. 52 Acts 13:44-52	Matt. 23:13-39	Num. 21:1-16 Eph. 2
Wednesday	Isa. 28:14-22 Col. 1	Matt. 25:1-13	Lev. 16:1-22 1 Peter 4
Thursday (Passover)	Ex. 12 Heb. 9	Matt. 26:16-20	Gen. 22:1-14 Heb. 5:1-11
Good Friday	Isa. 53 1 Peter 1	Matt. 27:1-44	Dan. 2:26-40 1 Thess. 2:1-12
Holy Saturday	Isa. 56:1-8 2 Cor. 1:1-7	Matt. 18:12-22	Isa. 60 1 Thess. 2:13-16
Easter Sunday	Gen. 23:1-19 Col. 3:1-11	1 Thess. 4:13-18 Matt. 28:1-10	Isa. 12:1-6 John 20:1-18

The Order of Worship for Passion Week is in Volume 1 and 2 of:
Order of Worship for Passion Week
(English Transliteration and Translation)

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