

Prayer Book For Young People



ORTHODOX CHURCH

SOPHIA PUBLICATIONS
ORTHODOX SEMINARY, P. B. 98
KOTTAYAM, KERALA 686001

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**PRAYER BOOK
FOR
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FOREWORD

This second, enlarged, edition of the Prayer Book for Young People, is being offered in response to a wide demand. The first edition was quickly sold out. So many of our young people outside Kerala do not know Malayalam and need a prayer book in English. We hope we will soon be able to bring out similar prayer books in Hindi and other languages.

In the Orthodox tradition, there are no canonical family or private prayers. All the prayers of the Church are meant for congregational worship or for use in monasteries. As far as I know, there is no Church law that requires laymen to pray seven times a day, or to say all the qaumas of prayer. The present book of prayers is a fairly arbitrary selection for personal and group use.

I would welcome critical comments. Those who would object to the different forms of the Lord's Prayer are requested to let me know which form they prefer. The different translations of the Lord's Prayer have each its own merit.

Some of the additional prayers are meant for private meditation, or for use in meetings and conferences.

May God help us all to grow in prayer and thus grow closer to Him.

Delhi
Great Lent 1978

Paulos Mar Gregorios
Metropolitan of Delhi

WHAT IS PRAYER? WHY PRAY? HOW PRAY?

1. What is Prayer?

Prayer is like breathing. Without breathing we cannot live. When we breathe, air enters our lungs, cleanses the blood in our veins by relieving it of the carbon-dioxide, and supplying it with oxygen. If I do not breathe for a few minutes I die. When I have hard physical work to do, I need more air than when I am sleeping or sitting in a chair.

Fortunately God has so ordained that we do not die spiritually just because we have failed to pray for sometime. But where there is no prayer sin accumulates and the proper functioning of the spiritual life becomes obstructed. And if you have important spiritual work to do you need more prayer than otherwise. Only

those who pray constantly are exercising their spiritual muscles.

Prayer is communion or communication with God—opening ourselves to Him and receiving His love. It is by living consciously in this relationship of love that we can be transformed into the image of God. By prayer we become more like God, more loving, more wise, more powerful, more kind and good.

In prayer we are cleansed of the accumulated impurities of our life and we are supplied with power to live a good, kind and holy life.

Prayer is not a matter of asking God for all kinds of things. Some teen-agers speak to their earthly father only when they need money. We should not become like them in relation to our heavenly Father—going to Him only when we need something. The relationship is valuable in itself, as in all true love. It is not what we get out of it that matters,

but the fact that we are in communion with our loving Heavenly Father.

2. Why Pray?

Does not God know what we need, even before we ask him? Why does He want us to ask? Does prayer change God's will in any way? Can my prayer change the future that God has already determined?

These are legitimate questions that need to be answered. The Bible says clearly "your Father knows what you need before you ask Him" (St. Mathew 6:8). But God wants that we know what is good for others as well as for ourselves. God wants that our will should not incline towards evil, but desire the good with deep yearning. Prayer is therefore a way of training the will to desire the good, as well as of turning our wills towards the highest concentration of all good, namely God.

Prayer is thus a way of becoming good by using our freedom to turn towards the good

and to will the good. By prayer we become like God. God is good and wills the good. We should also become like God in willing and desiring what is good. By communion with God we also learn to desire the good which God also desires.

God said: "Let there be light" and there was light. And God saw that the light was good (Gen. 1:3-4). What God willed became reality. We are to become like God. So we must also acquire the capacity to will the good, and it will happen as we desire, when we become more and more like God. Prayer is an expression of our will in desiring the good and realising it. When we are delivered from selfishness, pride, and evil desires, our prayers will become more like the creative Word of God, which merely by saying "let there be light" can create light.

God has made us partakers of His own divine nature. He has called us to share in God's own glory and excellence (2 Pet. 1:4). When we trust in God and live a life of

discipline, prayer, worship, virtue, knowledge, godliness, brotherly affection and love (2 Pet. 1:5-8), we are transformed into God's likeness and share in His divine power. God wants us to have a part in the task of shaping this world through prayer and knowledge and work.

By prayer we do change reality. God has given us that power. But this power is not available to us until we become more god-like. That is why the prayers of the saints are more effective than our own prayer—because they are more god-like than we are. If the power to change the world by our will is in the hands of evil men, they will make the world evil. We have to grow in the capacity for prayer by developing the habits of prayer and loving service.

And our prayers should not be selfish. In prayer the first focus is God. The second focus is other people. Only in the third place should we ask things for ourselves. In the Lord's Prayer all the first petitions are focused on God—His name, His king-

dom, His will. This is the way our prayer should also be. We pray that God's purposes may be established in the lives of all people, that evil may be banished from the earth, that all men may live together in peace and justice, praising God the centre and source of all good. Even in the prayers that ask for daily food, for forgiveness and for protection from evil, the first person singular (I, me) is not used in the Lord's Prayer. We ask things for us, for all men.

When we all pray with love and faith, without selfishness or pride, our prayer changes things. God has more laws than the laws of physical science. He can make prayer achieve 'miracles' of healing and transformation which cannot be explained by medical science. Our science knows only some of God's laws. Prayer is also subject to certain laws. It is the same power of God which operates in the scientific realm and in the realm of prayer.

In prayer, we are never alone. Not even alone with God. Especially in group prayer,

we commemorate all those who are members of the Body of Christ, for it is as a member of the Body that we pray, and the other members are always with us. This is why we commemorate the Prophets, Apostles, the Blessed Virgin Mary, the Martyrs, the Saints, the great Teachers and all the faithful departed and all the faithful living.

3. How Pray ?

Prayer has to be learned. It is like swimming. When you are first thrown into the water, you may sink. You then may think that the law of gravity is final and cannot be changed. But there are other laws, like those of buoyancy and motion. The mere knowledge of these laws cannot teach you to swim. One jumps in and slowly, by repeated practice, acquires the skills of remaining afloat and of moving on the surface of or under the water. And some people are more skilful swimmers than others, because they have learned the rules and acquired the skills by constant practice.

The first rule in prayer as in swimming, is *not to give up just because you do not succeed in the first three or four attempts*. Prayer is a spiritual skill to be acquired by constant practice.

The second rule, again as in swimming, is to “*let go*”, to let the water support you, to be unanxious and relaxed. In prayer also we have to let ourselves go, relax, trust in God to support you and teach you how to pray.

The third rule is to *keep up the practice, even if you do not feel like it, or enjoy it*. In the life of prayer, our inherent love of sensual pleasures and our selfish love of laziness and comfort, will interfere to make us reluctant to keep up the practice, finding various excuses for not praying. There is no use saying “I don’t feel like praying” or “I do not get anything from it”. It will take years before you get the habit of prayer and really begin to enjoy it. One must strengthen the will to have control over the laziness of the body and the desires of the flesh

if one is to make progress in the art and skill of prayer. There is nothing like regular practice which can teach you to pray.

A fourth rule, closely connected with the third, is : *develop the discipline of prayer through fasting and self-control*. Man does not become free and good like God until he learns to control his own inner drives and passions. Restraint of hunger and thirst, of anger and jealousy, of sexual passion, of the desire for glory and flattery, of the desire for bodily excitement and for sensual stimulation, and of all inner turbulences which make us do things against our own free will, is a necessary preparation for prayer. As good athletes competing for the Olympic Games go through very rigorous self-discipline in order to keep their body, muscles and nerves in good condition, so should the man of prayer keep his body, mind, and spirit in good condition and under conscious control.

A fifth rule is to *use our whole body and even material things in the service of prayer*.

Prayer is an act of the whole man, body, soul and spirit—not simply an act of the mind. The body can participate in prayer through posture, speech, and acts:

- (a) **Posture** In our Eastern tradition, the posture for prayer is standing, facing east, with arms uplifted or folded in adoration and worship.
- (b) **Focus** It is good to have a focal point outside—a cross with two candles on each side, icons or pictures of Christ, of the Blessed Virgin Mother and of the Saints, or even a more elaborate prayer-altar fixed in some part of the house, where the whole family assembles for prayer. Crucifixes, i.e. crosses with the representation of the crucified body of Christ on it, belong to the Western tradition, and are not to be encouraged in our tradition. In choosing pictures, it is best to use Eastern icons. Pictures with the sacred heart of Christ or of the Virgin Mother are to be avoided, because these belong to a particular period in Latin

piety and are not helpful for a balanced spirituality.

- (c) **Lips and Mouth** The body must pray—not merely the mind. Let your lips and mouth sing the praises of God, even if your mind does not always follow. The act of the lips and mouth is also *your* act of prayer, even without the concentration. Singing is better than saying your prayers, for in the very music certain human attitudes and aspirations are expressed.
- (d) **Wandering of the mind** Do not get anxious about the wandering of your mind. When you become aware that your mind is wandering, bring it back by consciously offering your wandering mind also to God. It is part of our confession about ourselves. “This is what I am Lord, distracted and unable to concentrate. I offer myself to Thee as I am. Take my wandering and distracted mind, and heal it by Thy grace.” God will forgive you and transform you gradually.

- (e) **Gestures** Use the gestures of prostration, bowing the head, making the sign of the cross, and giving the kiss of peace. Words are not the only means of expression we have. Folding the hands and bowing is a sign of adoration, and of waiting for a blessing. Lifting up your hands with palms open, can mean petition, penitence, and intercession. Prostration is like *Sashtangapranama*, the sign of complete surrender and submission, placing yourselves in the hands of God with full trust. Making the sign of the cross is a way of reminding ourselves that we have been saved by the Cross of Christ, in fact crucified with Christ. Keep your three fingers together (thumb, index and middle fingers) to touch the forehead (symbolizing the Trinity, the source of all life and all good) and make a descending motion to the lower side of your chest to signify the descent of the Son of God from heaven to earth for our salvation, then take your fingers from your left arm to your right arm signifying both

the horizontal arm of the cross, and the fact that we who were on the left as children of darkness, have now been brought to the right side of God as children of light. Giving the kiss of peace is the symbol of mutual forgiveness and love, and it is a time for us to overcome all feelings of bitterness or anger against members of the family or others outside.

All these signs are part of a language which goes much deeper than words and transforms our sub-conscious minds which words can seldom reach.

A sixth rule is to *keep the balance between group prayer and personal prayer*. Man is not primarily an individual. It is as a member of the Body of Christ that he has any standing before God. Therefore it is important for us to come into the presence of God regularly as a community—as a family, as a youth group, as a local congregation. And a community is composed of all kinds of people, not all of them exactly

like you. They have different tastes, different ways of praying, different habits of prayer. I have to join them even sometimes when I think that their way of worship is not what it should be. Without participating in community worship and making the necessary adjustments necessary for joining them, we cannot get rid of our selfishness and pride, and grow to be a real human being.

But community worship is not enough by itself. We need various levels of community with varying degrees of intensity of relationship. The youth group and the family are more intimate communities than the congregation. New forms can be used in these smaller groups which will be difficult or unfamiliar for the congregation as a whole. The prayers in this book are mainly meant for family and group worship, but can also be used for personal prayer in the privacy of your own room at home or in the hostel.

In addition to these forms, however, some other forms of prayer should be mastered

for personal use. The most effective and useful of these forms is called ejaculatory prayer. These are one-sentence prayers which one can repeat as many times as necessary, no matter where or when. You can say them in your mind when you are waiting for a bus; when you are anxious about something; when you are facing temptation, when you feel bored and lonely, while you are lying in bed, comfortable and too lazy to get up; while going to bed and when sleep does not come immediately, and so on.

The following are some of the possible forms of ejaculatory prayer:

1. Lord Jesus Christ, Son of God, be merciful to me a sinner.
2. O God, Thou art my God. I love Thee. I am Thine for ever.
3. Lord, you are my Master and Lord, I give myself to Thee.
4. Lord, keep me in Thy ways, keep me from all evil.

5. Lord, have mercy, Lord, have mercy,
Lord have mercy upon me.

You can make up your own forms of prayer, for here the Church lays down no rules for personal prayers. Of these forms above, the first was a favourite with the monks, and is known as the "Jesus Prayer." They used to recite it thousands of times in a day as a sort of *Mantra*. In Mount Athos, the monks trained themselves to say this prayer along with every breath. They would say "Lord Jesus Christ, Son of God" with every inhaling breath, hold the breath in the lungs for a few seconds and then exhale, saying "be merciful to me a sinner." The idea was that the prayer should become as incessant an action as breathing, that the Lord Jesus Christ should become established in your heart as a deity is in a temple, and that you should constantly be in an attitude of prayer and repentance.

These forms of personal prayer as well as others should be developed. Each child of God has a right to speak to God any time

and at all times, using his or her own words. There are no Church rules for personal prayer. It is an act of your personal freedom, and therefore is all the more pleasing to God when you use your own personal intimate language. Personal prayer enriches group prayer; common prayer in the family, group or congregation enriches one's personal prayer; neither should be neglected. The two should balance each other. But the use of extemporary prayer is not to be encouraged in group worship.

A seventh rule is that *prayer should be nourished by the reading of the scriptures and meditation*. One can discipline oneself to read a chapter of scripture every day. Do not start with the Old Testament. Use something like the following pattern:

Gospel according to St. John

Book of Acts

Romans

St. Mathew's Gospel

Epistle of St. James

Galatians

St. Luke's Gospel

The three epistles of St. John

First Corinthians

The Psalms

St. Mark's Gospel

The two epistles of St. Peter

Second Corinthians

The Book of Isajah

Colossians, Philippians, Ephesians

Genesis

First and Second Thessalonians

Exodus

First and second Timothy, Titus and
Philemon

The Book of Job

Hebrews and Jude

Hosea, & Amos, & all the prophets up to
Malachi

Revelation

Jeremiah and Lamentations

The rest of the Old Testament including
the so-called Apocrypha.

Read aloud or silently. Meditate on the meaning of the passage. Devotional books may be helpful, but may also obscure the meaning of the scripture. Do not worry

about whether the reading of scriptures gives you a feeling of devotion or not. Feelings are deceptive. What you need to find out is the answer to the following questions: "What was God saying to the people of that time through this passage? What does God say to me now?"

Systematic reading of the scriptures and memorizing some passages which touch you deeply will be found very helpful as life advances. You will be grateful to God in your middle age that you started reading and memorizing when your mind was still impressionable.

CONCLUSION

All these rules are to help you to become a praying Christian. Only your own sustained and disciplined practice will make you perfect. But remember one thing. Prayer can never be isolated from the common worship of the Eucharist and from the continuous, active, compassionate love for your fellowmen. Let us all pray: "Lord, Teach us to pray. Amen."

INTRODUCTION TO MORNING AND EVENING PRAYER

The right time for morning prayer is to begin before sunrise, while it is still dark. The dawn should break while you are at prayer, vigilant and waiting.

Wash your face before you begin the prayers. Keep your mind quiet and receptive to the grace of God. God's presence will cleanse you in the early hours, when your subconscious mind is wide open to the influence of the Spirit.

The Qauma is a prayer complete in itself and is placed at the beginning and end of each service. It is a very rich and deep prayer. Each sentence should be uttered with feeling

and understanding. The word *Qauma* means literally a watch of the night. The idea was that a *Qauma* should be sung every three hours of the night. It is a song of praise, where we join the company of the angels to sing Holy, Holy, Holy, to God our Father. The Lord's Prayer is a prayer which the children of God pray to their loving heavenly Father in bold intimacy, calling Him, "Our Father." The prayer addressed to St. Mary is a greeting to her who is the mother of all the faithful, the mother of God Incarnate, the mother of mankind. Saying the *Qauma* regularly by itself, with deep reverence and a profound sense of adoration can transform our inner being.

In addition to the *Qauma*, 20 other items are given here for the morning prayer. It may be possible for you to use all these 20 items every morning. It should take a little more than half an hour, if you do it slowly and with understanding.

If you cannot find the time to say the whole prayer, which is itself an abbreviation of the complete morning prayer, make sure that the Qauma is said slowly and reverently. Items 1 to 7 should not be omitted, nor should the creed and the concluding prayers.

Evening prayers are normally to be said before the sun begins to go down. But quite often in homes it may be more practical to say the prayers immediately before supper. The more desirable practice is to light a candle for the evening prayer before it is time to switch on the lights in the house.

In this book, 15 items are given for evening prayer, in addition to the Qauma. This should not be abbreviated, as far as possible. Item 2 after the Qauma is a special prayer for the particular day of the week, given on pages 35 to 42.

*If evening prayers are said immediately before the evening meal, it is good to have a portion of scripture read **before** the evening prayers. You may sit for the reading of scriptures, but the correct posture for prayer is standing throughout, facing East.*

After prayers or before the prayer begins, it is good to give the kiss of peace among all members of the group, as a sign of mutual forgiveness, love and reconciliation. After each prayer service ends, a few minutes of silence should be kept. After this each person should kiss either the cross or the Holy Bible. The benediction (using the first person plural, i.e. "us", not "you", the second person plural) can be said at the end by the oldest member of the family.

There are special prayers for bed-time, which could be said before going to bed, or as a continuation of the evening prayer.

COMMON PRAYER FOR EVERY DAY

The Qauma

Pray standing, with your face turned toward the east. Fold your hands on your breast, recollect your thoughts in silence, then make the sign of the cross and say :

A. In the name of the Father, Son and Holy Spirit, One True God.

B. From ages unto ages of ages. Amen

A. Holy, Holy, Holy, Lord God of Hosts.¹

B. Heaven and earth are full of Thy glory, Hosanna in the highest.²

A. Can be the head of the family or an older person.

B. Denotes all the rest.

1. Bow your head deeply in reverence; then stand erect, and make the sign of the Cross.

2. Do likewise a second time.

A. Blessed is He who has come and is to come in the name of the Lord God

B. Hosanna in the highest.³

A. Holy art Thou, O God.

B. Holy art Thou, O Mighty One
 Holy art Thou, O Immortal One,
 O Thou Who wast crucified for us,
 Have mercy upon us.⁴

Repeat this three times. After that stand erect, with uplifted hands and eyes, saying with deep reverence:

A. O Lord, have mercy upon us

B. O Lord, in pity have mercy upon us.
 O Lord, accept our service and our prayers and have mercy upon us.

3. *Bow down a third time and make the sign of the Cross.*

4. *Prostrate and worship, touching your forehead on the ground, stand up and make the sign of the Cross.*

A. **Glory be to Thee, O God**

B. Glory be to Thee, O Creator
 Glory be to Thee, O Messiah, King,
 Who hast compassion on us Thy
 sinful servants (Barekmor)⁵

A. **Our Father, Who art in heaven**

B. May Thy Name be sanctified
 May Thy kingdom come
 May Thy will be done
 As in heaven, so on earth.
 Our daily bread give us this day
 Our debts and sins forgive
 Even as we have forgiven our debtors.
 Lead us not into hard testing
 But deliver us from the
 power of evil.

All Together—For Thine is the kingdom, the
 power and the glory, for ever and ever.
 Amen.

5. *Barekmor*—Bless, Sir, a request to the priest to
 begin the Lord's Prayer. Necessary only when
 priest is present. See also p. 52.

- A. Peace be unto you, Mariam, full of Grace,
- B. The Lord is with you. Blessed are you among women. Blessed is the fruit of your womb, even our Lord Jesus Christ. O Lady Mariam, Virgin Mother of God, Pray for us sinners, now and always, and in the hour of our death. Amen.

MORNING PRAYER

1. *Introductory Prayer*

O Lord, who never sleeps but is ever awake, wake us up from our sleep in the sloth of sin, so that we may sing praises to Thine ever-awakeness! O Thou who never dies, but ever lives, give life to us who are dead in the sleep of death and decay, so that we may adore Thy Mercy. Grant us that we may with holiness bless and magnify Thee, in the glorious company of the angels who sing Thy praises in heaven, for Thou art ever blessed and praised, in heaven and on earth, Father, Son and Holy Spirit, now and always and for ages of ages. Amen.

2. *Psalms*

Antiphonally

(i.e. two groups A and B alternating
the verses between them)

Ps. 134

A. Come, bless the Lord, all you servants of
the Lord

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

- B. Lift up your hands to the sanctuary
And bless the Lord.
- A. May the Lord bless you from Zion
He who made heaven and earth.

Ps. 119 : 169

- B. Let my praise come before Thy pre-
sence, O God
Give me life by Thy word.
Let my prayer come before Thee.
Deliver me by Thy word.
- A. My tongue will pour forth Thy hymns
On account of all thy commandments in
righteousness.
My lips shall give utterance to Thy
praises
When Thou teachest me Thy command-
ments.
- B. May Thy right hand be my help
For I have chosen Thy commands

My soul longs for Thy salvation
To Thy law I adhere

- A. Let my soul live and praise Thee
Thy judgment, may it help me
- B. Like a lost sheep I am gone astray
Search for Thy servant
For I would not go astray from Thy
commands

Ps. 117

- A. Praise the Lord, all you nations
Praise him, all you peoples
- B. For his grace has prevailed over us
Truly He is God for ever
Praise be unto Thee, O God.

3. *The Praise of God*

(All together, with joy and enthusiasm)

Halleluiah, Halleluiah, Halleluiah
Glory be to Thee, O God
Halleluiah, Halleluiah, Halleluiah
Glory be to Thee, O God

Halleluiah, Halleluiah, Halleluiah
 Glory be to Thee, O God
 Glory be to Thee, O Holy Trinity
 Glory be to Thee, O Holy Trinity
 Glorious and eternal, without beginning or
 end,
 Glory be to Thee, O Holy Trinity

4. *Prayer of Penitence*

Take pity on us by Thy mercy, O God of
 grace,
 In our qurbanas and prayers
 We remember our fathers who taught us
 while they were alive
 To be children of God
 Son of God, raise them up
 In the kingdom of Heaven
 With the righteous and the upright
 In that world which never perishes.
 Remove far from us, O Lord, the rods of
 Thy wrath
 By the prayers of Thy mother
 Who bore Thee in her womb for nine
 months
 Lord, have mercy upon us

By the prayers of the departed who pleased
 Thee in their lives
 Lord, comfort our departed in thy mansions
 of glory
 Forgive them and us, comfort them and
 have mercy upon us.

5. *The Hymn of the Angels*

Even as the angels and archangels on high
 in heaven
 So also we weak children of the dust sing
 Thy praises,
 Saying at all times and all seasons
 Glory to God in the Highest
 On earth Peace and Grace
 With good hope to the children of men.
 We praise Thee, We bless Thee
 We fall before Thee in worship
 We raise up a hymn of glory to Thee
 We confess Thee for the greatness of Thy
 glory
 Creator Lord, Heavenly King,
 God the Father, Sovereign over all
 Lord God, Only begotten Son, Jesus Christ
 With the Holy Spirit

Lord God, Lamb of God, Son and Word of
the Father
Thou who takest away and hast taken away
the sin of the world

Have mercy upon us
O Thou who takest away and hast taken
away the sin of the world

Incline thine ear to us and hear our prayers
Thou who sittest in the glory
On the right side of the Father
Take pity and have mercy on us
For thou alone art Holy, Thou alone art
Lord

Jesus Christ, with the Holy Spirit
In the glory of God the Father, Amen.
At all times and all the days of my life
I will bless Thee and glorify Thy holy name
Holy and blessed for ever
He who is and abides for ever and ever.
Blessed art Thou, Lord, Sovereign over all,
God of our fathers
And glorious is Thy name, adored is Thy
glory for ever and ever
Glory befits Thee, Praise is comely
Thou deservest honour, God of all
Father of Truth, with the only begotten Son

And the living Holy Spirit
 Now and at all times, for ever and ever.
 Amen

6. *Prayer for Mercy*

Moran Yeshu Meshiha*, Close not the door
 of Thy mercy in our faces, Lord.
 We confess that we are sinners
 Have mercy upon us.
 Thy love brought Thee down from Thy place
 for our sake Lord,
 So that by Thy death our death may be
 destroyed
 Have mercy upon us.

7. *Greeting the Morning*

O God, Creator of the morning, who scatters
 the darkness and brings light and joy to the
 creation, create in us habits of virtue and
 scatter the darkness of our sin. Give us
 light and joy by the glorious radiation of
 Thy Grace, O Lord our God, for ever and
 ever. Amen

*means our Lord Jesus Christ

8. *Psalm 51 (Antiphonally)*

- A. Have mercy on me O God,
According to Thy steadfast love
- B. According to Thine abundant mercy
Wipe out my transgressions
- A. Wash me completely from my iniquity
Cleanse me thoroughly from my sin
- B. For I know my transgressions
My sin is always before me to see
- A. Against Thee, Lord, against Thee have I
sinned
I have done what is evil in Thy sight
- B. So Thou art right when Thou con-
demnest me
Thy judgment of me is blameless.
- A. See, I was born in sinfulness
From the time my mother conceived me
I am a sinner.
- B. Look, Thou demandest truthfulness on
the inside

Then teach me wisdom in the depth of
my heart

A. Cleanse me with hyssop, and I shall be
clean
Wash me, let me become whiter than
snow.

B. Fill me with joy and gladness
Let these broken bones rejoice in Thee.

A. Do not look upon my sins
Wipe out all my iniquities.

B. Create in me a clean heart, O God
Set a new and steadfast spirit inside
me.

A. Do not throw me out from Thy presence
Do not take away Thy Holy Spirit from
me.

B. Give back to me the joy of Thy sal-
vation
Keep me straight with a willing spirit

A. Only then can I teach evil men Thy
ways

Then sinners will come back to Thee.

- B. Deliver me from the death of vengeance, O God, God of my salvation, My tongue will sing aloud of Thy saving act.
- A. O Lord, open Thou my lips
And my mouth shall sing forth Thy praise
- B. For it is not in sacrifices that Thou takest delight
If I were to offer a burnt offering that would not please Thee
- A. My sacrifice, O God, is a broken spirit;
A broken heart, penitent, O God, Thou wilt not despise
- A. Do good to Thy people in Thy good pleasure
Build again the walls of Jerusalem, Thy Church
- B. So wilt Thou be pleased with the right sacrifices

Burnt offerings, bulls offered on Thine altar.

A & B. Glory be to The Father and to the Son and to the Holy Spirit from ages unto ages of ages—Amen.

9. *Psalm 63*

Antiphonally

- A. My God, Thou art my God, Thee I seek;
My soul thirsts for Thee, My flesh
yearns for Thee,
Like parched earth, thirsty and yearning
for water.
- B. Thus have I looked towards Thee in the
Holy Place
So that I could behold Thy power and
Thy glory
For Thy loving kindness is better than
life
- A. So my lips shall sing Thy praises;
So I will bless Thee all through life.
I will lift up my hands in Thy name.

B. As with fat and marrow my soul is enriched
 With lips of joyful praise my mouth
 shall glorify Thee

A. Upon my bed I meditate of Thee
 In the nights I contemplate Thee

B. For thou art my helper
 In the shadow of Thy wings is my joyful
 refuge

A. My soul runs after Thee

B. Thy right hand upholds me

A & B. Glory be to the Father, and to the
 Son, and to the Holy Spirit.
 From ages unto ages of ages. Amen.

10. Prayer of Praise and Penitence

Lord, in the morning I have come before
 Thy throne
 Thee I adore, Thee I worship
 Forgive me all the sins I have committed
 against Thee,
 Good God and merciful Lord, I pray Thee
 I beseech Thee for Thy mercy

- A. Who is there like the Lord our God
Who while seated on high,
Does yet look far down on heaven and
earth !
- B. The poor he lifts up from the dust
He raises the down-trodden from the
ash-heap
- A. He makes them sit with the princes
Even with the nobles of his people
- B. He grants a home to the barren woman,
Where she rejoices with her children.
Praise you the Lord.
- A & B. Glory be to the Father and to the
Son, and to the Holy Ghost
From ages unto ages of ages—Amen

12. Prayer for Mercy

O God our Lord, help us. The waves and
billows of our sins encircle us. Be Thou
the haven of peace that we may not sink
in the sea of sin. We want to repent.
Stretch forth Thy hand to us, O Lord, as
Thou didst to Peter when he was about to

sink, have mercy upon us and lift us up into Thy presence. Amen.

13. Petitions

- A. Lord our God, who hast compassion and mercy on Thy sinful servants, by Thy mercy remove far from us the rods of thy wrath. Grant us times of peace and joy that we may truly worship and adore Thee. Protect us from the evil one by the power of Thy cross.
- B. May we never desist from praising Thee, from singing hymns of praise to Thy glory. Lord, be not too severe in Thy judgment of us. We know that we are sinners, guilty before Thee. If Thou punish us according to our sins, we will have no hope, and we will sink into despair. But Thou art good. Have mercy and forgive us.
- C. By the prayers of the Blessed Virgin, of the Saints who have pleased Thee, of the Apostles and Martyrs, have mercy upon us, and upon all mankind, especially upon those that suffer in

body, mind or soul. Have mercy also on our faithful departed. Comfort them and grant them a place among Thy worshippers. Show mercy to them on the day of the Resurrection.

- D. O God, we would pray at this time for all those who suffer, for all who are in want, for those who have no home, for widows and orphans, for refugees, for prisoners, for those who are in despair and on the verge of madness or suicide, for those who are tortured and persecuted, for the aged, for the sick, for those about to undergo operations in hospitals, for the hungry and the poor, for those against whom men discriminate on account of race or caste, and for all who have need of our prayers.

*(Silence—Time for remembering
specific matters for prayer)*

14. Lord, how wondrous it is to sing Thy praises in the morning ! How joyful it is to declare Thy glory and faithfulness in the night !

Make me ready this morning to sing thy praises,

With every word and act that I shall this day say or do.

Lord, be merciful to Thy people, forgive us all.

O Holy One, may Thy right hand abide upon us

Healing us from sin and sickness

Giving us strength to do Thy will always.

Amen.

15. *Qauma.*

16. *The Creed of Nicea—Constantinople*
(page 31.)

17. *Concluding Prayers.*

Good and kind Father Lord, though I am unworthy, grant to me that I may fear and love Thee. Give to me all that is necessary for a human life that is well pleasing to Thee. Lord my God, if Thou willest, Thou canst make me clean. Lord, have mercy on this sinner. My Lord, when Thou comest with Thy holy angels in the great

glory of Thy Father, remember this poor sinner also. Lord, come to my aid, bless me, and help me in my unbelief. Protect me from all evil, and keep me in Thy grace. I have sinned before Thee and against heaven. I am no longer worthy to be called Thy child. Accept me even as a hired servant in Thy home. I have sinned, accept me even as a slave. For Thou art good and loving, kind and merciful. Amen.

18. Holy Father, keep us holy in Thy holy name. Saviour Son, Lord, protect us by Thy victorious Cross. Holy Spirit, Make us abodes for Thy holy indwelling. Lord our God, keep us and protect us always under the wings of thy Divine Love. Amen.

20. *(In silence, give thanks to God from your heart for all His goodness
Express before Him once again your own unworthiness
Ask God to forgive you and to keep you in His ways for ever)*

EVENING PRAYER

The right time for evening prayer is the time when the sun is beginning to set in the west. If this is not possible, then the second best is immediately before the evening meal.

If at sunset, the reading of the scriptures can be immediately after the prayers. At this time people may be seated. If evening prayer is just before the evening meal, it is best to have the Bible reading immediately before the prayers begin.

For Evening Prayers, say the introduction and the Qauma first, and then continue with the following prayers.

1. Introduction and Qauma (see page 1)

COMMON PRAYERS FOR ALL EVENINGS

2. Renew, O Lord, full of mercy, Thy
creation by the Resurrection
Give rest and forgiveness to the
departed, Lord,
Those who have fallen asleep
trusting in Thee

And are waiting for Thy coming.

Establish, Lord, Thy servants

In the bosom of Abraham,

Isaac and Jacob

May their bodies and their souls

cry together

Blessed is he that has come and is to

come

Even He who raises the dead. Amen

3. *[After this follows the special prayer for the day of the week—See pages 35 and following.]*

4. Grant us, O Lord God, that while our bodies rest from the labours of the day and as our souls are released from the thoughts of this world, we may stand in Thy presence with tranquillity and quietness in this evening hour. Make us worthy to offer Thee ceaseless praise and thanksgiving without interruption. May we acknowledge Thy loving kindness and mercy by which Thou dost rule and direct our lives, protect and save our

To Him I tell my troubles when my
spirit is distressed,
For Thou knowest my ways
I cry to Thee Lord, saying, Thou
art my hope,
My portion in the land of the living.

Ps. 119 : 105. Thy word is a lamp unto
my feet,
A light for my paths
I have taken a pledge, I confirm it,
To observe Thy righteous commands.
I am sore afflicted, Lord
Make me alive, according to Thy word
Be pleased to accept the words of my
mouth
And deign to teach me Thy laws.

Ps. 117. Praise the Lord, all ye nations,
Praise Him, all ye peoples,
For great is His grace toward us,
And steadfast His love for ever,
Unto Thee belongs all praise, Lord.

6. Our Lord Jesus Christ, close not the

door of Thy mercy in our faces. We confess that we are sinners. Have mercy upon us. Thy love didst make Thee descend from Thy high glory to our low estate. O Lord, who didst by Thy death put an end to our death, have mercy upon us.

7. Protect us, Lord, beneath the wings of Thy loving kindness. Turn our hard hearts to the knowledge of Thy truth. Grant us to understand and realize that the evening which calls us to rest from our labours and be refreshed is a figure of the end of this present life, so that we may be diligent in the doing of good deeds which are pleasing to Thy purpose. We offer unto Thee praise and thanksgiving, glory and honour, Father, Son and Holy Spirit, now and always, and unto ages of ages. Amen.
8. Halleluiah, Halleluiah, Halleluiah,
Glory to God, from ages unto ages
of ages. Amen.
9. O Thou who dwellest in the mystery
of the heights,

Hide us beneath the shadow of the
wings of Thy loving kindness

Protect us and have mercy upon us.

O Thou who hearest all, have mercy
upon us and hear our prayers.

Christ, our Saviour, King of Glory,
Grant us an evening full of peace and
a holy night.

Unto Thee our eyes are lifted up,

Forgive us our sins and offences.

Have mercy upon us, in this world and
the next.

Lord, let Thy mercy protect us,

And may Thy Grace rest upon us

May Thy Cross protect us

From the evil one and all his forces.

May Thy right hand rest upon us

All the days of our life.

May Thy peace dwell amongst us.

Give hope and salvation to the souls
that beseech Thee

By the prayers of Mary who bore Thee

And by the intercessions of all Thy
Saints,

Pardon us, Lord, and have mercy

upon us, O God. Amen.

Grant good remembrance to the
faithful departed.

11. Blessed be for ever the glory of the
Lord from His place (Ez. 3; 12)
Blessed be for ever the glory of the
Lord from His place
Blessed be for ever the glory of the
Lord from His place*
Holy and glorious Trinity, have
mercy upon us
Holy and glorious Trinity, have
mercy upon us
Holy and glorious Trinity have pity,
have mercy upon us*
Holy art Thou and glorious for ever
Holy art Thou and glorious for ever
Holy art Thou, and blessed is
Thy name for ever*
Glory for Thee, our Lord, glory to
Thee, our Lord
Glory to Thee, our refuge and hope
for ever. Amen-Barekmor
12. *The Lord's Prayer* (p. 3)
13. Peace be unto you, Mariam... (p. 4)

* Make a deep bow and make the sign of the Cross

14. The CREED of NICEA and CONSTANTINOPLE

We believe *In one true God,*
The Father Almighty
Creator of heaven and earth,
And of all things visible and invisible;

And *In one Lord Jesus Christ,*
Only-begotten Son of God
Born of the Father before all ages
Light of light, true God from true God,
Begotten, not made,
Consubstantial with the Father,
By whom all things were made
Who, for us men and for our salvation,
Came down from heaven,
Was incarnate from the Holy Spirit
And from the Holy Virgin Mary,
Mother of God,
Became man, was crucified for us
under Pontius Pilate,
Suffered and died and was buried,
Who rose again on the third day,
according to the Scripture,
Ascended to heaven,

And sits at the right hand of His Father;
Who will come again in His great glory
To judge the living and the dead
And whose kingdom has no end;

And in *One Living Holy Spirit*,
 Lord and giver of life
 Who proceeds from the Father
 And with the Father is worshipped
 and glorified,
 Who spoke by the Prophets and
 Apostles;
 And in One, Holy, Catholic and Apostolic
 Church,

We confess that there is one Baptism for
the remission of sins,
We look for the resurrection of the
dead
And the new life in the world to come.
Amen.

(Silence)

15. *(After the Creed, pray for all those for whom you should pray—parents, brethren, sisters, friends, the poor, the suffering, victims of injustice and oppression*

etc. Pray in silence using your own words.)

16. Holy Father, keep us in Thy Holy
Name
Saviour Son, Protect us by Thy
victorious Cross.
Holy Spirit, prepare us to be holy
abodes for Thine indwelling.
Lord our God, shelter us at all times
and all seasons
Under the wings of Thy Godhood,
for ever and ever Amen.

OR

Kurie eleison, Kurie eleison,
Kurie eleison, Lord have mercy,
Lord have mercy, Lord have mercy.
Our Lord, have mercy upon us
Our Lord, take pity and have mercy
 upon us.
Our Lord, answer us, have mercy
 upon us
Glory be to Thee, our Lord,
 Glory be to Thee our Lord
Glory be to Thee, Our hope and our
 refuge for ever. Amen.

Lord's Prayer (p. 3)

Peace be to you, Mariam... (p. 4)

17. Final Benediction

The Grace of our Lord Jesus Christ,
the Love of God, and the Communion
of the Holy Spirit be upon us, upon our
loved ones, and upon our faithful
departed. Amen.

SPECIAL PRAYERS

FOR SUNDAY EVENING

3. Great is this first day of the week
On which our Lord rose from the dead.
May the nations confess one God,
Father, Son and Holy Spirit,
Halleluiah.
On this Sunday, Thou hast given me
Thy body and blood to eat,
O Son of God.
On that eternal Sunday make us
worthy
To know Thy compassion and to sing
Thy praises
Rejoicing at Thy right hand,
Halleluiah. Amen

FOR MONDAY EVENING

3. Unto the ocean of Thy mercies
I look up,
Only begotten Son of God, for my
sins are many.
My faults have overpowered me, I am
unclean.
Wash me in the tears of my repentance,
And cleanse me by Thy grace.
I beseech Thee, Lord, by the love of
Thy Father
Forsake me not, let not the evil ones
rejoice over me.
May the angels rejoice over one sinner
that repents.
May they praise Thy name for Thy
mercy to me.
By the prayers of her who bore Thee
in her womb,
Have mercy upon me and forgive me,
Lord. Amen.

FOR TUESDAY EVENING

3. Blessed is the Lord who gives us an
evening of peace,
And makes us to rest in quietness after
the toils of the day.
Take up your harps, my brothers, and
sing praises,
As David the harp of the Holy Spirit
sang to the Lord
Let us pray that the peace and joy of
Christ
May dwell in our hearts in the calm of
trust.
May the grace of God fall this night on
the four corners of the earth,
Bringing peace and joy to all men and
causing them to rejoice in the morning,
Unto Thee we call, O Father, Lord
God,
Forgive our sins, give us rest, make us
rejoice in Thee. Amen.

FOR WEDNESDAY EVENING

3. O Christ our King, at the doors of Thy
mercy we knock,
From the treasury of Thy grace, we beg
for compassion and mercy.
In Thee alone we take refuge, O Lord,
help us,
Thy name we confess as our Lord,
Save us and protect us.
When the light appears darkness is
dispelled,
Thy light has arisen for us in the midst
of the darkness of our sin.
Glorious is Thy creation, Lord.
Thou has decked it with beauty as a
bridal chamber
Glory to Thee O Creator, who rested
also in the womb of a Virgin for our
salvation.
Glory to Thee, O Christ, for Thou didst
become like us,
So that by Thy grace and mercy we
might become like Thee.

FOR THURSDAY EVENING

3. We lift up our hearts before Thee,
O Lord
With the voice of praise we come
before Thee, O God
We confess our sins in Thy presence,
We do not hide from Thee the
multitude of our offences.
Pardon our sins by Thy grace and
mercy.
Forgive us, cleanse us, deliver us from
the power of evil,
In the evening we have come before
Thee, Lord,
Grant us that we may behold Thy light
and rejoice.
Grant us that when Thou appearest
with all the angels
We may stand with open faces and
rejoice in the glory of Thy vision
O God, Holy and Pure, grant us purity
of heart at all times
Remove far from us all vain anxieties
and cares of the flesh
Shed Thy peace and calm in our hearts

Grant us also that we may deny our-
selves
Take up Thy Cross, and follow Thee
where Thou callest us. Amen

FOR FRIDAY EVENING

3. O Lord our God, who bears up the
whole creation
And who, yet for our sakes was borne
by the wood of the cross,
Thou who art the living one who gives
life to all
And yet did taste death be Thine own
will for our sake,
Thou whom the boundaries of the
universe cannot hold
And yet was pleased to rest in the
tomb for our sake,
Praise be to Thee, O Lord our Saviour
and Saviour of the World,
We thank Thee, we worship Thee,
We laud and magnify Thy holy name
Extend, O Lord, Thy grace and mercy
to the whole creation :
Grant peace to the nations, joy to the
world and holiness to Thy Church!
Thou hast granted good hope to the
departed, even life to those in the
tombs.

Grant Thy peace to the nations of the
earth
May the poor rejoice, and may the
orphans exult
That thou hast given them riches and
art become their father. Amen.

FOR SATURDAY EVENING

3. In Thee, O God, we trust, for Thou art
our Creator and Lord,
Thou art the hope of the living and the
departed
We call upon Thee, O Lord, and stretch
forth our hands to Thee
For Thou art our Saviour, the giver of
life to the dead
Let the tombs be opened and let the
dead rise up to praise Thee,
May we also share in the heritage of
the just who have pleased Thee
We beg and beseech Thee, O Lord of
the Resurrection
Grant us that on that great day we may
stand on Thy right hand
Receive our departed and us in peace
and joy
Make us worthy to enter Thy wedding-
feast
Place us at Thy table that we may
rejoice
And offer praise and thanksgiving to
Thee for ever and ever Amen.

A PRAYER FOR BED-TIME

1. *Introduction and Qauma*

2. Protect us, Lord, under the shadow of
Thy wings.
May Thy loving kindness keep watch
over me.
Keep me from all sin, grant me good
rest.
May Thy Spirit refresh my body and
cleanse my soul
That I may wake up in good health of
body and soul
To sing Thy praises and to glorify Thy
holy name.

3. Lord have mercy, grant us grace.
Accept our prayers, Forgive our sins.
Make me vigilant and wakeful in Thy
presence
Protect me from sin in my sleep.
Grant me good sleep, by the cross of
Thy lowliness.
Make flee all evil thoughts and evil
desires

Grant me an angel of peace, to watch
over me in my sleep
May Thy Body and Blood be my
protection against the Evil one
Keep this Thy image in the purity of
Thy holiness.
May Thy grace defend me like a shield
and a fortress
May my sleep be well-pleasing in Thy
sight.
O God, Light of Light, may not
darkness triumph over me.
May Thy light make the darkness flee
from my soul.
Father, Son, and Holy Spirit, one God
Almighty,
Into Thy loving hands I commend my
spirit. Amen.

A LITANY OF INTERCESSION FOR USE IN GROUPS

Deacon or

Leader : Let us pray in peace to the
Lord our God.

People : *Kurie eleison, Lord, have mercy*

Deacon : For the peace from above, and
for the salvation of our souls, let
us pray to the Lord.

People : *Kurie eleison, Lord, have mercy*

D : For the peace of the whole
world, for the welfare of the holy
churches of God, and for the
unity of all, let us pray to the
Lord.

P : *Kurie eleison, Lord have mercy.*

D : For this home, for all who dwell
here, that they may live in faith,
love and the fear of God, let us
pray to the Lord.

P : *Kurie eleison, Lord, have mercy*

D : For the whole of mankind, that men may turn away from all wickedness, and pursue peace and justice, and seek to know God, let us pray to the Lord.

P : *Kurie eleison, Lord, have mercy*

D : For the rulers of our people, for our Prime Minister and Central Government, for our Chief Minister and State Government, for our parliament, judiciary and executive, that they all may be guided by the desire for the Kingdom of God, with peace, justice and dignity for all, let us pray to the Lord.

P : *Kurie eleison.*

D : For our Church, for all Christians in our land, that they may all walk in the ways of the Lord and bring honour and glory to

the name of God, let us pray to the Lord.

P : *Kurie eleison.*

D : For our Catholicos and our bishops, that they may be guided by the Holy Spiril, endowed with all wisdom and strength, to feed the flock of the Lord, let us pray to the Lord.

P : *Kurie eleison.*

D : For our parish priest, for our youth league, for our unit of the Student Movement, for our St. Mary's Association, for our Sunday School, and for all activities in our parish, that they may be used for the greater glory of God's name through many more people knowing the love of God, let us pray to the Lord.

P : *Kurie eleison.*

D : For all people who are poor or in

need, that poverty may not make them bitter or desperate, that a just socio-economic order would soon come and drive out all poverty and want, let us pray to the Lord.

P : *Kurie eleison*

D : For the refugees, for the homeless, for widows and orphans, for the aged, for the handicapped, for all afflicted with mortal diseases, for the blind, the deaf, the lame, the leper, the paralytic, that they may find strength to bear their infirmity, that they may be drawn closer to Thee by their suffering, and that they may be helped generously by others, let us pray to the Lord.

P : *Kurie eleison*

D : For all sick people, for those about to undergo operations, for all who are admitted in hospitals,

for those who cannot afford a physician or medicine for their ailment, that they may be healed by the power of God, let us pray to the Lord.

P : *Kurie eleison*

D : For our parents, for our brothers and sisters, for our student colleagues, for all our friends and relatives, and for all those who have asked us to pray for them, that they may be protected from all evil, and be richly blessed by God, let us pray to the Lord.

P : *Kurie eleison.*

D : *(Any other special request for prayer may be said here)*

P : *Kurie eleison.*

D : Now commending our bodies, souls and spirits, to the care of

D : Peace be unto you, Mariam,
full of grace

P : The Lord is with you
Blessed are you among women
Blessed is the fruit of your
womb
Even our Lord Jesus Christ
O Lady Mariam, Virgin Mother
of God,
Pray for us sinners, now and
always,
And also in the hour of our
death. Amen

1. AN OLD TESTAMENT HYMN OF PRAISE

Ps. 92 : 1-4 It is good to give thanks to
Yahweh
To sing praises to Thy Name,
O Lord Most High !
To show forth Thine unwavering
love every morning
To proclaim Thy faithfulness
every night !
To the music of flute and harp
To the melody of the lyre
For Thou dost make me rejoice
Yahweh !
In the work of Thy hands I
rejoice and sing !

Ps. 95 : 1-7 O come, let us sing unto
Yahweh
Let us shout with joy to the
Rock or our Salvation !
Let us present ourselves before
him with thanksgiving
Let us shout to him with
psalms and hymns !
For Yahweh is indeed great,

The Great King above all gods.
 In his hands are the hidden
 depths of the earth,
 To him belong the high peaks
 of the mountains,
 The sea is his; he made it,
 The dry land too, for his hands
 formed it.
 O come, let us worship and
 bow down,
 Let us bend our knees before
 Yahweh our Maker
 For he is our God; we the
 the people whom he shepherds
 The sheep led by His hand.

Ps. 96 : 8 Give unto Yahweh the glory
 due to his name
 Bring an offering, come into the
 courts of his temple !
 Worship the Lord, clad in
 garments of holiness
 Dance before him, all the
 nations of the earth !
 Proclaim to the nations :
 Yahweh is King !

Yes, the world is now set on a
firm foundation !
God reigns ! The world shall
not be shaken !
For God Himself shall rule the
nations in justice.
Let the heavens rejoice, let the
earth be glad
Let the sea roar, and all that is
in it!
Let the dry land exult and all
that lives on it !
Even the trees of the forest
shall sing for joy
Before Yahweh, for He comes,
He comes to rule the earth !

2 ANOTHER OLD TESTAMENT HYMN

(David's song before the Ark)

1 Chron : Give thanks to Yahweh,

16 : 8-10 Call upon his name

Proclaim his deeds to the peoples,

Sing to him, play to him

Tell about all his marvels

Glory in his holy name

Let the hearts that seek Yahweh
rejoice !

*

*

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16 : 30 Firm has he made the world

Stable and unshakeable

Let the heavens be glad

Let earth rejoice !

Say among the nations,

Yahweh is King !

Let the sea roar

And all that it holds

Let the fields exult

And all that is in them

Let all the trees of the woods

Cry aloud with joy
At the presence of Yahweh
For he comes, he comes
To rule this earth !
Give thanks to Yahweh
For he is good,
And his love everlasting.

3 A PRAYER FROM THE OLD TESTAMENT A HYMN OF TOBIT

Blessed be God who lives for ever
For his reign endures for all ages
Extol him before all the living !
He is our Master
And he is our God
And he is our Father
He is God for ever and ever !
Though he punish you for your sins,
He will take pity on you all
If you return to him
With all your heart and all your soul,
Behaving honestly towards him,
Then he will also return to you
And hide his face from you no longer.
Consider how well he has treated you;
With a loud voice give thanks to him
Bless the Lord of goodness
And extol the King of the Ages
Sinners, return to him
Let your conduct be upright before him;
Perhaps he will be gracious to you
And take pity on you.

*

*

*

A bright light shall shine
Over all the regions of the earth;
Many nations shall come from far away
From all the ends of the earth,
To dwell close to the holy name of the Lord
God
With gifts in their hand for the King of
heaven.

4 A NEW TESTAMENT PRAYER

Blessed be the Lord God of Israel
For He has visited and delivered His people
He has raised up a saving power for us
From the house of David his servant.....
My soul magnifies the Lord
My spirit leaps with joy in God my Saviour
He had seen the humiliation of his servant
But now, all generations will call me blessed
For the mighty One has done great things
for me
Holy is His name, from age to age
And His mercy is upon those who stand in
awe of Him.
With His mighty arm He has shown
strength,
The proud of heart He has scattered and
set to flight
The mighty He has cast down from their
thrones
The small and the lowly He has exalted.
The hungry He has filled with good things
But the rich He has sent empty away.

5 A PRAYER OF THE APOSTOLIC COMMUNITY

Philippians. Christ Jesus our Lord
2 : 6-11 Ever existent as God
Yet he did not cling
To his equality with the Father
But emptied himself
Assumed the form of a servant
Became just like other men
Finding himself in the form of
men
He lowered himself even further
Even to the point of accepting
death,
Death on a criminal's cross
And so God has exalted Him
high
Granted to Him the name
above all names
So that before the name of Jesus
Every knee shall bend,
Whether in heaven or on earth
Or in the underworld of dark-
ness;
And every tongue shall acclaim
He is the Lord Jesus Christ
For the glory of God the Father.

6 THE FIRSTBORN

Colossians. Christ, visible form of God
1 : 15-20 invisible
First-born of all creation
Since by Him were all things
created
Whether in the heavens or on
earth;
The visible and the invisible
Thrones, Authorities, Sovereign-
ties, Powers
All were created through Him
and for Him
The universe itself came to be
through Him
He is thus before all, the
First-born
He holds all things together
He is also now the Head of
the Church
Which is His body.
He besides is the First-born
from the dead
So that in all things He is first
For it was God's good pleasure

7. A LITANY FOR PEACE

Liturgist : Lord and Father of humanity,
have mercy on this race of ours.
In Thine image it was created,
to live in peace and joy, reflecting
Thy glory. Look at us now
and

People : have mercy on us, Lord.

Liturgist : Swords and spears we have learned
to make, to maim and kill, to
oppress and to exploit. Also
guns and rockets, bombs and
tanks. Look in pity upon us and

People : have mercy upon us, Lord.

Liturgist : We lust and covet, we fight and
destroy, for our lusts and desires
have overpowered us. Our greed
has become insatiable. Take pity
on us, and

People : have mercy upon us, Lord.

L : We leave the borders of our own lands and seek fellowship with others, only as our desires and our greed drive us. We go out only to plunder and rob, to steal and exploit, through our trade policies and our commercial strategies. We are still as greedy as ever, still as violent, still as oppressive. Take pity on us, and

P : have mercy upon us, Lord.

L : By our greed and lust, by our pride and selfishness, we have made this world a place of strife and struggle, of war and oppression. We still spend a good part of the fruit of our labours to fight our brothers and sisters in other lands or in our own. Have compassion for our miserable plight, and

P : have mercy upon us, Lord.

L : Teach us to seek justice and to

pursue peace, not seeking our own, but serving the interests of the poor, the oppressed and the exploited. Teach us to labour in love, without greed, in order to serve in dignity and serve the needs of our fellow human beings.

P : Teach us the ways of peace, Lord.

L : Teach us not to covet, not to exploit, not to oppress. Help us who are gathered here to see our own role in a greed-based, oppressive and exploitative economy. Rescue us from this oppressive set-up, in which we are more often on the side of the oppressor than the oppressed. Help us to change our partisanship, so that we may always stand with the poor, with the oppressed, with the victims of injustice.

P : Teach us the ways of peace, Lord.

L : Rescue us from our narrow loyalties, from our addiction to privilege and comfort, from our local or racial or national parochialism. Teach us to look upon all humanity as one family, to whose common interests we are all committed in Jesus Christ who died and rose again for all humanity.

P : Teach us the ways of peace, Lord.

L : Kindle in us the quest for peace with justice, Lord! We know not where to seek it, though we know that it is only as we commit ourselves and apply ourselves to the pursuit of peace with justice, that we can know the way forward. Deliver us from the shackles of indifference and self-interest, from laziness and love of comfort, from the desire for empty praise and unearned glory, from the distracting pursuit of a thousand follies,

from a false perception of what is the true good, from every lie and terror, from words without verity, from all that alienates from Thee.

P : Teach us the ways of peace, Lord.

L : Help us with courage, Lord. We need courage to stop stockpiling and start disarming. We need courage not to waste and not to consume more than is good for all of us together. We need courage to trust our fellow-human beings. We need courage to start shaping a new world economy based on peace with justice. Help us Lord, and grant us courage.

P : Grant us courage, Lord.

L : We need wisdom to know how to order our lives as a world community. We need wisdom to know what are the values worth

living for, so that we do not lose our souls in the mad pursuit of a foolish affluence. We need wisdom to know how to achieve the training of the masses of men and women for seeking their own liberation and for building the right kinds of societies.

P : Grant us wisdom, Lord.

L : We need power, power to withstand the unjust oppressors, power to liberate the poor, power to resist the blindishments and seductions of power itself. We need power to imagine and to create. We need power to see visions and to pursue the truth. We need power to build a world of peace with justice. We need power to hope, to struggle, and to strive. We need power to create what is good and joyous, peaceful and just.

P : Grant us the right kind of power, Lord.

L : And most difficult of all, we need power to love. We need to know Thy love, so that in that love alone we seek our security. We need to know Thy love, in order that we may not be afraid to love. We need to love, for love is the sign of Thy presence, and without love, neither peace nor justice is worth very much.

P : Teach us both to know Thy love, and to be unafraid to love, Lord.

L : And now committing ourselves along with the whole of humanity into Thy loving hands, we would sum up our aspirations in the prayer Thy Son taught us, saying:

P : Our Father, who art in heaven.
 May Thy name be holy
 May Thy Kingdom come
 May Thy will be done
 As in heaven, so on earth
 Give all of us this day our daily
 bread

Forgive our many sins and errors
As we also forgive others who
 sin against us.
Lead us not to severe testing
But deliver us from the power
 of evil.

All
Together

For Thine is the Power
Thine the glory
Thine the Kingdom
For ever and ever.

Amen

8 A SERVICE FOR THE OPENING OF A CONFERENCE ON PEACE AND JUSTICE.

Invocation.

Liturgist : Let us set ourselves to know
Yahweh.
That he will come is as certain as
the dawn.
His judgment will rise like the
sun.
He will come to us as the rains
come.
Like season's rains watering the
earth. (Hosea 6:3-5)

People : Blessed be the Person of the
Lord
Who does marvels, whose name
is glorious.

L : All nations shall serve Thee,
Lord
All the peoples shall bow down
and worship before Thee.

P : Thou art the King of Kings who

came down as the servant of the
poor!

Hymn : Dear Lord and Father of
Mankind
 Forgive our foolish ways
 Drop Thy still dews of quietness
 Till all our striving cease
 Take from our souls the strain
 and stress
 And let our ordered lives confess
 The beauty of Thy peace!
 Breathe through the heats of our
 desire
 Thy coolness and thy balm!
 Let sense be dumb, let flesh
 retire
 Speak through the earthquake,
 wind and fire,
 O still small voice of calm!

The Antiphonal

South
 Wing : Give thanks to the Lord
 For he is good!

- North
Wing : Bless his holy name,
For He is good!
- S : Yahweh rules over the earth
The poor shall triumph!
- N : I will sing the praise of the Lord
Who sets the captives at liberty!
- S : Who proclaims a jubilee
And makes the hearts of the
oppressed rejoice!
- N : Yahweh, God of Peace and
Justice
Tremble before him, all Ye
oppressors!
- S : All ye that practice injustice,
The day of the Lord is at hand!
- N : Rescue the poor, O Lord
From the hands of their
oppressors!
- S : Restore Thy peace to the world
In Thy mercy let justice triumph!

N : Swords into ploughshares
 Missiles into fertilizer
 May wars cease
 And the days of peace begin!

S : Blessed be the Lord our God
 He has promised, he will fulfill
 Strife shall cease, Peace will
 Justice shall reign, joy will
 come
 overflow.

N & S : Give thanks to the Lord
 For He is good. (People sit)

Lesson James 4:1-3 5:1-4
 Where do these wars and battles
 between yourselves first start?
 Is'nt it precisely in the desires
 fighting inside your own selves?
 You want something and you
 have'nt got it; so you are pre-
 pared to kill. You have an
 ambition that you cannot satisfy,
 so you fight to get your way by
 force. Why do you not have
 what you want? Because you

don't pray for it; when you do pray and don't get it, it is because you have not prayed properly; you have prayed for something in order to indulge your own desires...Now to you rich! Start crying, weep for the miseries that are coming to you. Your wealth is all rotting, your precious clothes are all eaten up by moths. All your gold and your silver are corroding away, and the same corrosion will be your own sentence, and eat into your body. It was burning fire that you stored up as your treasure for the last days. Labourers mowed your fields, and you cheated them—listen to the wages that you kept back, calling out; realize that the cries of the reapers have reached the ears of the Lord of Hosts.

People : Silence (for one minute)

Brief Meditation

Intercessions: (write out petitions)

PRAYER OF DEDICATION OF THE CONFERENCE

Into Thy hands, O Lord of all,
we commend ourselves. Take
us, break us if need be, then
make us anew that in Thee we
may be healed, restored and
united. Send us Thy Spirit, that
He may guide our thoughts and
direct our wills. Grant us wis-
dom to know what is right and
power to do what is good. May
our being together be for the
glory and honour of Thy holy
name—O Father, Son and Holy
Spirit. By the prayers of the
Blessed Virgin, the Holy Apostle
Thomas and all the saints,
Amen.

Come, Holy Spirit, Come
Come as the Fire, and burn
Come as the Wind, and cleanse

Come as the Rain, and soothe,
Come as the Light, and reveal
Convict, convert, comfort
Consecrate us to do Thy will.

A PRAYER FOR BED-TIME

Have mercy upon me, O
Heavenly King,
Thou art the Lord of all grace
and mercy
My sins are many, but Thy mercy
is bountiful
My feelings run amok, my
desires lead me astray
But Thy power is above all, and
all things obey Thy command
Restrain my thoughts and
feelings, O Lord,
That the Enemy may not triumph
over me.
I have sinned against Thee, I
have not always heeded Thy
word,
Take pity on my weakness, give
me Thy strength.
That I may walk in Thy ways
and always do Thy will
All bitterness of heart and
unclean desire
Remove far from me, O Lord,

Keep my body and mind clean
That they may be for Thy holy
indwelling.

By the prayers of the Blessed
Virgin Mother,

By the prayers of all the saints,
Have mercy upon me a poor
sinner.

That I may be renewed by Thy
Spirit

That the bones which Thou hast
broken may rejoice.

The day is past, the night has
come;

I shall not fear the darkness,
For the power of Thy cross shall
protect me from all evil.

Help me to walk in the way of
light

Never needing to hide or conceal
anything,

Never stumbling, never falling in
sin,

Kept by Thine indwelling Spirit.

Into Thy hands, O Loving Master

My body and soul I commend.

In Thee I trust, I shall never be

ashamed

Thy right hand is my shield

Thy mercy the ground of my

hope

By Thy love, O Loving Lord,

keep me

Lead me, guide me, grant me

rest

Through Christ our Lord.

Amen.

A PRAYER FOR THE MORNING

Thy light has come, O Christ our
Light!

In Thy light we rejoice, Thy
light is our strength.

Thou art the Sun of
Righteousness

Who dispels the darkness of sin
and death!

The shadows flee, the darkness
disappears

At the approach of thy
gladdening light.

Hail, gladdening light, Life-
giving Light,

Light of Life, Light of Peace and
Joy

Light of Wisdom, Light of Grace
and Mercy

In Thy light may we see light,
May we walk by Thy light, May
we rejoice in Thy light.

May Thy Light be our lode-star
and the lamp of our ways.

Lift the shroud of gloom,
The evil of sadness that lies over
this earth.

Grant us joy, Grant us peace
Make us rejoice in Thy love
Scatter our darkness, wipe every
tear from the eyes of the
suffering,

Grant food to the hungry, shelter
to the homeless, peace to the
warring,

Justice to the oppressed, comfort
to the miserable

May the world also rejoice in
Thy gladdening light

O Light of the Universe, and
Light of my heart

Glory be to Thee, O Christ our
Lord

With the Father and the Holy Spirit

For ever and ever. Amen.

A PRAYER OF PRAISE AND THANKSGIVING

Holy, Holy, Holy, Lord God
Almighty

Heaven and earth are full of the
 glory of Thy Majesty
 We praise Thee, We worship
 Thee,
 We laud and magnify Thy Holy
 Name
 With the angels and archangels
 With the whole host of heaven
 With the whole company of
 saints,
 With bird and fish, with all trees
 and animals
 With all that has breath, with
 all that has life,
 We lift up a hymn of praise to
 Thee,
 O Christ, our Lord, with the
 Father and the Holy Spirit
 One God, world without end.
 Thou art good, Thou alone art
 good
 Apart from Thee there is nothing
 good
 All good comes from Thee
 Thou art glorious in Thy
 goodness, O God,

Before Thy perfect goodness we
bow our heads
Into Thy hands we surrender our
souls and our bodies.
May Thy Kingdom come, May
Thy will be done.

Printed at PRINTAID, New Delhi