

*“You have made us for Yourself,  
and our hearts are restless until  
they find rest in You”*

*St Augustine*

*Prayer of the 9<sup>th</sup> hour*

# Hear my cry I pray to thee

- Hear my cry I pray to thee  
And to my voice incline Your ear  
Hold me and have mercy upon me (2)  
For You O' Lord I'm in great need (2)
- **My soul is troubled in the deep**  
**And my eyes are full of tears**  
**Now I remember you indeed (2)**  
**For your salvation is near (2)**
- All the waves came upon me  
I was drowned in the deep sea  
I asked for help where it could be (2)  
But in the hands of my dear Lord (2)

# *Hear my cry I pray to thee*

- **My heart is trembling in great fear  
And my head is wrapped in weeds  
Out of the depths I cried to Thee (2)  
Save my soul and set me free (2)**
- **God ordered the whale in the sea  
To safely drop Jonah in peace  
In the whale's belly Jonah kneels (2)  
And thanked the Lord for his great deeds (2)**

# *Jonah's prayer* (Jonah 2:1-10)

“I cried out to the LORD because of my affliction, And He answered me.

“Out of the belly of Sheol I cried, And You heard my voice. For You cast me into the deep, Into the heart of the seas, And the floods surrounded me; All Your billows and Your waves passed over me. Then I said, ‘I have been cast out of Your sight; Yet I will look again toward Your holy temple.’ The waters surrounded me, even to my soul; The deep closed around me; Weeds were wrapped around my head. I went down to the moorings of the mountains; The earth with its bars closed behind me forever; Yet You have brought up my life from the pit, O LORD, my God.

“When my soul fainted within me, I remembered the LORD; And my prayer went up to You, Into Your holy temple. “Those who regard worthless idols Forsake their own Mercy. But I will sacrifice to You With the voice of thanksgiving; I will pay what I have vowed. Salvation is of the LORD.”

# *Adam Psalm For the Third Hours - Great Lent*

I remembered the sins, of my ignorance,  
so I released my tears, and wept.  
Every sigh, on my chest,  
is burning like fire, within my heart.

**+ The thoughts of my mind, I have followed,  
the commandments of Jesus, I have abandoned.**

**+ Every evil thing, of my nature,  
I have followed, without my hope.**

Therefore I have fallen, very lowly,  
like the house, built on sand.

The heavenly beings, but also the earthly,  
were amazed at my sins, as I have become mire.

# *Adam Psalm For the Third Hoos – Great Lent*

**+ Behold I see that, my soul is lifeless,  
placed in a tomb, like the dead.**

**+ Gather O my brethren, and weep with me,  
until the end of time, for I have fallen.**

Wash my wounds, with the tears of repentance,  
and prayers with tears, in the night.

For You have snatched me, from humiliation,  
I who have fallen, among the thieves.

**+ The sense of sin, uproot O God, from my heart,  
with the ignorant thoughts.**

**+ Grant unto me, spiritual wisdom,  
and fertility, in my prayer.**

# *Adam Psalm For the Third Hours – Great Lent*

That I may be fervent, in the wisdom of speech,  
and be in fellowship, after the enmity.

You know O my Master, that my senses,  
lean towards the ignorance, of this world.

**+ Woe to me if You, consider my trespasses,  
for weak spirit, is greatly disgraced.**

**+ O Lord remit, the trespasses,  
of my nature, and the weakness of my flesh.**

Incline Your ear, speedily to my weakness,  
as You have heard, the prayer of the publican.

Save me O Lover of Man, for my senses,  
have drowned in, the waves of this world.

# *Adam Psalm For the Third Hours - Great Lent*

**+ We ask You, O great King,  
remember Your servant, in Your kingdom.**

**+ Behold a thief, likewise said to You,  
and You visited him O Lord, with mercy and salvation.**

Yours is the honor, Yours is the majesty,

O Creator, of heaven and earth.

Slightly forgive me, that I may rest,

for my faults and injustice, became heavy upon me.

**+ Make me worthy, of the Body of Your Son,  
to renew me, as pleases Him.**

**+ O the Shepherd, and the Savior,  
seek Your lamb, I the lost one.**

# *Prayers by St Augustine*

Look upon us, O Lord, and let all the darkness of our souls vanish before the beams of Your brightness. Fill us with holy love, and open to us the treasures of Your wisdom. All our desire is known unto you, therefore perfect what You have begun, and what Your Spirit has awakened us to ask in prayer. We seek Your face, turn Your face unto us and show us Your glory. Then shall our longing be satisfied, and our peace shall be perfect.

Almighty God, who knows our necessities before we ask, and our ignorance is asking: set free Your servants from all anxious thoughts for tomorrow; give us contentment with Your good gifts; and confirm our faith that according as we seek Your kingdom, You will not let us lack any good thing; through Jesus Christ our Lord.

# *Prayers by St Augustine*

Almighty God, in whom we live and move and have our being,  
You have made us for Yourself, and our hearts are restless  
until they find rest in You; grant us purity of heart and  
strength of purpose, that no selfish passion may hinder us  
from knowing Your will, no weakness from doing it; but that in  
Your light we may see light, and in Your service we may see  
perfect freedom; through Jesus Christ our Lord. Amen

*Silent personal prayers*

# *Conclusion of every hour*

Have mercy on us, O God, and have mercy on us, who, at all times and in every hour, in heaven and on earth, is worshipped and glorified, Christ our God, the good, the long suffering, the abundant in mercy, and the great in compassion, who loves the righteous and has mercy on the sinners of whom I am chief; who does not wish the death of the sinner but rather that he returns and lives, who calls all to salvation for the promise of the blessings to come. Lord, receive from us our prayers in this hour and in every hour. Ease our life and guide us to fulfill Your commandments. Sanctify our spirits. Cleanse our bodies Conduct our thoughts. Purify our intentions. Heal our diseases. Forgive our sins. Deliver us from every evil grief and distress of heart. Surround us by Your holy angels, that, by their camp, we may be guarded and guided, and attain the unity of faith, and the knowledge of Your imperceptible and infinite glory. For You are blessed forever. Amen.