"Grant us purity of heart and strength of purpose"



# Hear my cry 7 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)

# Hear my cry 7 pray to thee

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)

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)

# Hear my cry 7 pray to thee

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;

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

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."

# Psali Watos — Wednesday Let them rejoice and be happy, those who seek the

Let them rejoice and be happy, those who seek the Lord, who are constantly, calling upon His holy name.

These are the trees, that David the psalmist spoke about, for they are planted by the rivers of water, bringing forth perfect fruit.

- + The river of water is our Savior, Jesus Christ our Lord, and the souls of those who abide, in Him will live forever.
  - + They teach us in the holy books, the breaths of God, to be merciful to the creation, which He has created.

#### Psali Watos - Wednesday

And also "Love, will never fail," as said by the wise, Paul the Apostle.

The love that, the holy apostle speaks of, is the name of salvation, of our Lord Jesus Christ.

- + When we love the name of salvation, of our Lord Jesus Christ, and have mercy upon each other, we fulfill all the law.
  - + Through mercy, Abraham was pleased, to host God, and His holy angels.

## Psali Watos - Wednesday

- Through mercy, the righteous Lot was saved, from the tribulations, that came upon Sodom.
  - Through mercy, Cornelius was worthy, to be baptized, at the hands of our father Peter.
  - + If we are needy, for the money of this world, and we have nothing, to offer as alms.
    - + Yet we truly have, the precious pearl of great price, which is the sweet name full of glory, of our Lord Jesus Christ.

## Psali Watos - Wednesday

When we continue to keep Him, in our inner being, He will make us rich, that we can give to others.

We do not ask for, the wealth of this world, but for the salvation of our souls, by calling upon His holy name.

## 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.

#### Prayers by St Augustine

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.

Almighty God, in whom we live and move and have our being, You have made us for Yourself

## Prayers by St Augustine

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 good things to come.

#### Conclusion of every hour

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.