



*“Your grace comforts me,  
enlightens me and strengthens me”*

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



# How could I forget?

(How could I forget, the One who died for me  
How could I forget His side that had to bleed) x2

**He who saw me in my misery**

**so He came running to meet me**

**He who bought me and redeemed me**

**broke my chains and set me free**

(How could I forget your kindness through the years  
Your right hand always reaching out to me) x2

# How could I forget?

**In my joys and in my sorrows, in all of lives storms  
You've become my friend and fortress,**

**You are the One to whom I call**

(Help me Lord I want to lose myself in You  
All my pride has blinded me from seeing You.) x2

**So I'll keep watching and praying**

**setting my eyes on You**

**Trusting in your sure promises**

**that You will be there for me soon**

# Prayer of Sirach

I will confess to you, O Lord and King, and I will give praise to You, O God my Savior. I will acknowledge Your name. For You have been my Helper and Protector. And You have freed my body from perdition, from the snare of the iniquitous tongue, and from the lips of those who forge lies. And You have been my Helper in the sight of those who stood nearby. And You have freed me according to the multitude of the mercy of Your name: from those who roared and prepared to devour, from the hands of those who sought my life, and from the gates of tribulation that surrounded me, from the oppression of the flames that surrounded me, and so I was not burned in the midst of the fire, from the depths of the bowels of hell, and from the defiled tongue, and from lying words, from an iniquitous king, and from an unjust tongue. My soul shall praise the Lord, even unto death. For my life was drawing near to hell below.

# Prayer of Sirach

And they surrounded me on every side. And there was no one who would help me. I looked around for the assistance of men, and there was none. Then I remembered Your mercy, O Lord, and Your works, which are from the very beginning. For You rescue those who persevere for You, O Lord, and You free them from the hands of the Gentiles. You exalted my habitation upon the earth, and I made supplication that death would pass away. I called upon the Lord, the Father of my Lord, so that he would not abandon me in the day of my tribulation, nor in the time of arrogance without assistance. I will praise Your name unceasingly, and I will praise it with thanksgiving, for my prayer was handed. And You freed me from perdition, and you rescued me from the time of iniquity. Because of this, I will give thanks and praise to You, and I will bless the name of the Lord.

# Psalm for the Great Fast

I cried with my voice, to You O my God,  
because of fasting, grant me salvation.

**Help my weakness, O Savior,  
because of fasting, clean our dirt.**

For our forefathers, have taught us,  
that because of fasting, they gained salvation.

**David Jesse's son, in his kingdom,  
because of fasting, he received victory.**

The serpent deceived, Eve and Adam,  
and because of fasting, the Lord had compassion on them.

**Truly Enoch's mind, was enlightened,  
and because of fasting, he was taken to heaven.**

# Psalm for the Great Fast

Elijah in his prayer, asked and received,  
and because of fasting, he stopped the rain.

**Abraham's sacrifice, the Lord accepted,  
and because of fasting, he hosted God.**

Isaac the beloved, was offered to the slaughter,  
and because of fasting, he was joyfully saved.

**And also Jacob, his eyes were darkened,  
and because of fasting, he saw the ladder.**

Moreover Joseph, was sold to men,  
and because of fasting, he reigned over Egypt.

**Moses the prophet, spoke with God,  
and because of fasting, he received the two tablets.**



# Psalm for the Great Fast

Noah the righteous, before the flood,  
because of fasting, he made the ark.

**Suddenly the men, of Nineveh,  
because of fasting, the Lord heard their voices.**

And Lot in the fire, through his deeds,  
and because of fasting, was saved with  
his daughters.

**And likewise Jonah, in the whale's belly,  
because of fasting, he came out safely.**

The lions' mouths, could not approach Daniel,  
and because of fasting, they were subdued through his  
prayer.

# Psalm for the Great Fast

**Samuel the anointer, of the kings,  
because of fasting, his days increased.**

And the three children, of Babylon,  
because of fasting, they quenched the fire.

**My masters and fathers, the Apostles,  
because of fasting, they restored the nations.**

God of all gods, Jesus the Judge,  
because of fasting, confirmed the strugglers.

**Coolness and rest, and repose,  
because of fasting, will come on Judgment [Day].**

The Savior taught us, in His Gospel,  
that because of fasting, we can cast out demons.

**O Kind One, to the sinners,  
because of fasting, forgive us our sins.**

# Pray by St Ephrem the Syrian

Like the publican I sigh, like the harlot I shed tears, like the thief I call out, like the prodigal son I entreat You. O Christ my Savior and Lover of mankind, strengthen my soul which has grown faint, which has been paralyzed with the intoxication of delights; heal its scabs and wash it, blackened with sin, with Your honorable blood! According to the multitude of Your loving kindness, convert me, O only Long-suffering One, and deliver me from all sensual indulgence. Extinguish the furnace of my passions, so that they will not burn me up in the end.

Woe is me! You, O Lord, have given me the light of knowledge, and I have clouded it. Your grace comforts me, enlightens me and strengthens me, but I in my negligence turn my attention to vain things and I always sink once again into the bile and bitterness of my passions.

# Pray by St Ephrem the Syrian

You, O All-good One, remind me of death and of eternal torments and draw me toward life in order to save me, but I ever shun these saving thoughts. I drive them out and occupy myself with that which is of no benefit to me. Thus have I no justification before You. I knock at the door of Your loving-kindness, O Lord, that it may be opened to me.

I do not cease to pray that I may receive what I request, and unwavering I seek pardon. Be ever patient with me, depraved as I am; deliver me from the sins which possess me that, having become whole, I may arise from the deathbed of corrupting sin. Free me from my wanton habits before the end overtakes me, for who will confess You in hell?

# Pray by St Ephrem the Syrian



Make white my garment before the terrible command catches me  
unprepared and ashamed.

Deliver my contrite soul from the mouths of the lions and save it  
according to Your grace and mercy, by the prayers of our All-pure  
Lady the Theotokos and of all the saints. 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.