

*Multiply my prayer and grant my requests,
that I might become a temple for Your grace.*

Prayer of the 9th hour



Psali Watos For the Great Fast

Come let us fast, perfect fasts,

through prayer and fasting, the Lord will forgive us.

The filth of our hearts, let us purify with love, through prayer and fasting, and befitting deeds.

+ For the Lord taught us, in His Gospel, through prayer and fasting, we can cast out demons.

+ The Master praised, those who fasted to Him, with prayer and fasting, and with undefiled thoughts.

Our fathers repented, with purity and righteousness, through prayer and fasting, they became worthy of the kingdom.

Eve and our father Adam, wept for the sake of Paradise, through prayer and fasting, the Lover of Mankind restored them.

Psali Watos For the Great Fast

+ Elijah shut the heaven, for three years and six months, through prayer and fasting, the clouds did not rain.

+ Father Abraham's sacrifice, God the Master accepted, through prayer and fasting, He made him a patriarch.

Isaac was bound by his father, to offer him as an acceptable sacrifice, through prayer and fasting, a ram replaced him.

And also Jacob Israel, because of his truthful intentions, and through prayer and fasting, he took his father's blessing.

+ The righteous Lot was worthy, to have the angels come to him, through prayer and fasting, he was saved from trouble.

+ Moses took the two tablets, and placed them in the tabernacle, and through prayer and fasting, he struck the sea into two parts.

Psalm 119 For the Great Fast

God directed Noah the just, to build the ark,
through prayer and fasting, he was saved from the flood.

God refrained His anger, from the Ninevites,
through prayer and fasting, He forgave their evil deeds.

**+ Truly Jonah was in the belly, of the whale for three days,
through prayer and fasting, he was thrown forth on dry land.**

**+ The three saintly children, rejected the king's decree,
through prayer and fasting, they quenched the furnace fire.**

The lions' mouths in the den, licked the feet of Daniel,
and through prayer and fasting, he became great in Israel.
Samuel the anointer of kings, his parents offered him to the
Lord's house,

through prayer and fasting, he was called the anointer.

Psali Watos For the Great Fast

+ Truly Joseph the chaste, was saved from the adulteress,
through prayer and fasting, he ruled over Egypt.

+ Behold the twelve apostles, preached in the blessed name,
through prayer and fasting, they raised the dead.

David of the harp, was given the gift of prophecy,
and through prayer and fasting, a kingdom came to him.

Every exalted grace, was received by the ascetics,
through prayer and fasting, and also godliness.

**+ Every soul that has pleased, the Lord God through their deeds,
through prayer and fasting, gained the heavenly kingdom.**

**+ Therefore let us praise Him, and glorify Him, through prayer
and fasting, and worship before Him.**

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 Adam 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.

Psalm for the Great Fast

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

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.**

Psalm for the Great Fast

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.**

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.

Psalm for the Great Fast

**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.

**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.**

Psalm for the Great Fast

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.**

Prayer by St Ephrem the Syrian

O good Lover of man, Who accepted the two mites and praised the good will of the widow, accept the prayers of Thy servant; multiply my prayer and grant my requests, that I might become a temple for Your grace.

May it abide in me and itself teach me how to please it. May it strum my heartstrings and play songs of contrition filled with gladness. May it fasten my mind as with a bridle, that I might not sin before Thee by going astray, and might not be cast out of the light.

Hearken, O Lord, hearken unto my prayer, and grant that I who am unclean might become pure, that I who am senseless might become wise, that I who am useless might become profitable in the flock of Your chosen laborers

Prayer by St Ephrem the Syrian

and of all the saints who have been pleasing to You and that I might be admitted to Your kingdom.

The glad in paradise intercede for me and cry out to You, O only Lover of mankind. Attend to their prayers. Through them will I give You glory in return, for You have hearkened unto their prayers and have been generous to me and not disregarded my prayers.

You, O Lord, have said by Your Prophet: open your lips, and I will fill them. Behold, both the heart and the lips of Your servant are opened; fill them with Your grace, that I may bless You unceasingly, O Christ my God and Savior.

Prayer by St Ephrem the Syrian

My prayer is powerless, but my iniquities are great and might. Sins overwhelm me and my weaknesses dismay me; You are wealthy and good, kindhearted and merciful.

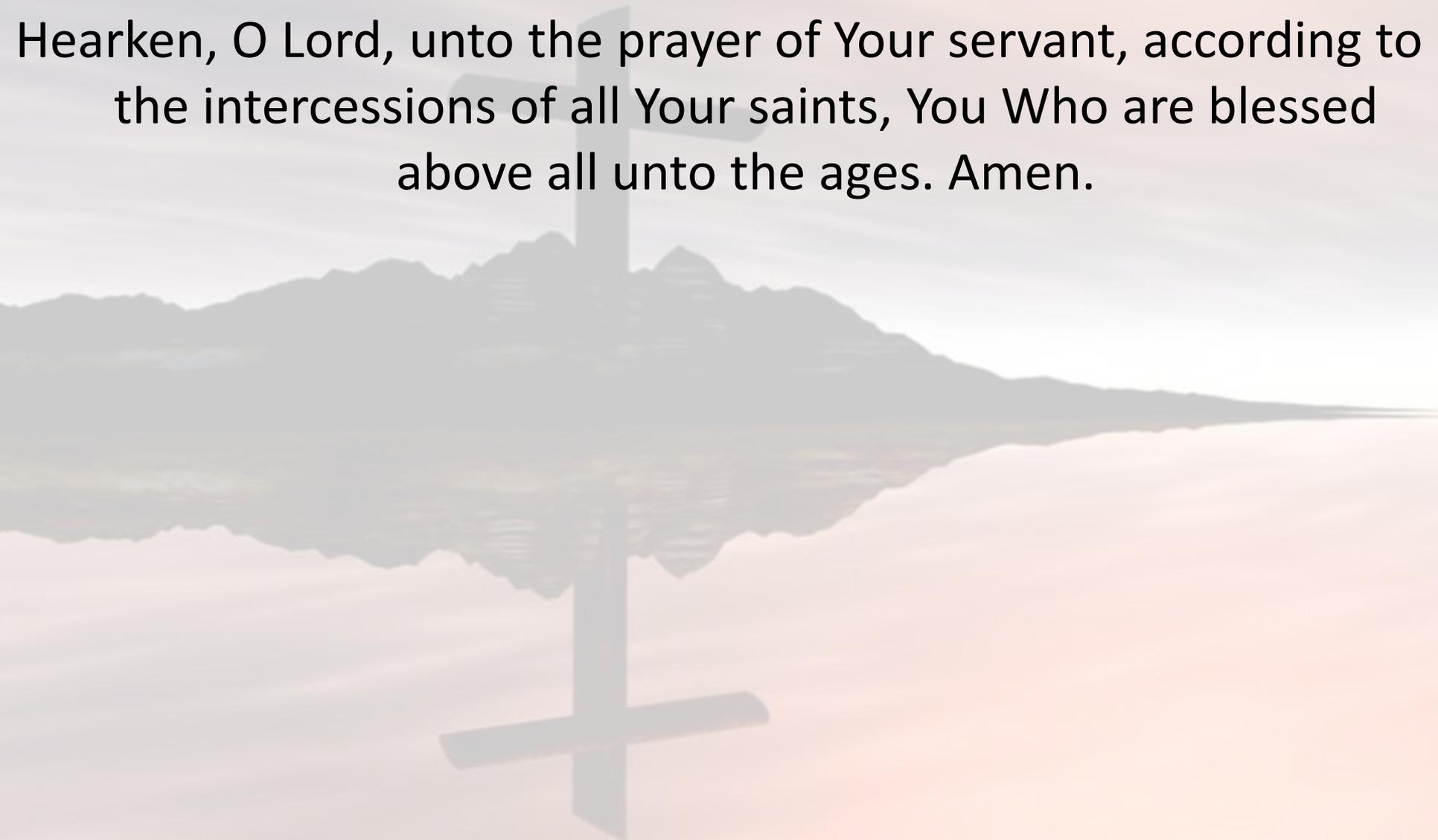
You Who did open the eyes of the blind man, open the eyes of my mind that I may unceasingly contemplate on Your beauty. You Who did establish bounds for the sea by Your command, establish bounds for my heart by Your grace, that it might not turn aside to the right hand or to the left from Your beauty.

You Who gave water in the desert to the people who did not humble themselves and contradicted You, give me contrition and grant tears to my eyes, that I might weep day and night throughout the length of my life

Prayer by St Ephrem the Syrian

with meekness, with love and with a pure heart.

Hearken, O Lord, unto the prayer of Your servant, according to the intercessions of all Your saints, You Who are blessed above all unto the ages. Amen.



Silent personal prayers

