

Malankara Orthodox Syrian Church

# Evening Prayer for Great Lent

*(select lenten prayers translated by Fr. Dr. Baby Varghese)*



Prepared for  
St. Stephen's Orthodox Church  
Houston, TX

2016

## HYMN OF REPENTANCE

*(Tune: Karuna kadale njan...)*

My sins are many, O God  
 And my faults have gained strength so I gaze upon  
 Your sea of mercy  
 I cry out to You, O Lord  
 Sprinkle me with Your hyssop and wash me in  
 The tears of my eyes  
 By the love of Your- Fa-ther  
 Do not let my en`e`mies mock me, rather  
 Lead me to confess  
 That the angels may - re-joice  
 Over one sinner who repents of his faults  
 And let them proclaim  
 Bless`ed is He who opens  
 His door to those who repent Halleluiah  
 By night and by day

Lord, look upon my - weak-ness  
 For I have sinned much and I have angered You  
 And find no refuge  
 I approached the phy-si-cians  
 Who tried medicines on me but the abscess  
 Remains infected  
 Good Physician, I - have - heard  
 That he who approaches You receives Your help  
 With Your medicine  
 By the love of Your - Fa-ther  
 And the pray'rs of Your mother - Halleluiah  
 Forgive all my sins

## PREFATORY PRAYER

*We pray standing upright while facing East as we collect our thoughts on God.*

**† In the name of the Father, and of the Son, and of the Holy Spirit, one true God;**

Glory be to Him, and may His grace and mercy be upon us forever. Amin.

**Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and earth are filled. Hosanna in the Highest!**

Blessed is He, who has come, and is to come, in the name of the Lord; Glory be to Him in the Highest!

## QAUMO

*We make the sign of the Cross and kneel as we pray "Crucified for us..."*

**Holy art Thou, O God!**

Holy art Thou, Almighty!

Holy art Thou, Immortal!

+Crucified for us, Have mercy upon us! *(Three times)*

**Lord, have mercy upon us!**

Lord, be kind and have mercy!

Lord, accept our service and our prayers!

Have mercy upon us!

**Glory be to Thee, O God!**

Glory be to Thee, O Creator!

Glory be to Thee, O Christ the King

Who has compassion on His sinful servants. Barekmor

**Our Father, who art in heaven,**

Hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day, our daily bread and forgive us our debts and sins as we also have forgiven our debtors. Lead us not into temptation, but deliver us from the evil one. +For Thine is the kingdom, the power and the glory, forever and ever. Amin.

*(This prayer is not originally part of the Qaumo, but may be recited.)*

**Hail Mary, full of grace,** / our Lord is with Thee. Blessed are Thou among women,/ and blessed is the fruit of Thy womb, our Lord Jesus, Christ./ O Virgin Saint Mary, Mother of God,/ pray for us sinners, / now and at all times, and at the hour of our death. Amin.

### *Psalms of Vespers*

*[Psalm 141]* **Kurielaison / Lord, I have called upon You, / answer me; hear and receive my words.**

Let my prayer be like incense in Your sight, / the offering of my hands like the evening offering. / Set a guard, Lord, before my mouth, / a guard before my lips, / that my heart may not turn to evil words / and I may not do deeds of wickedness.

**Let me not take salt with impious men; / let the just man teach me and reprove me: / let not the oil of the impious anoint my head; / because my prayer was against their evil-doing: / their judges have been restrained by the side of the rock; / and they have heard how gentle are my words.**

As when a plough cleaves the earth their bones have been scattered at the mouth of Sheol. / I have lifted up my eyes to You, Lord, / and in You have I put my trust, / do not cast away my soul.

**Keep me from the hand of the proud, who have laid snares for me; / let the wicked fall into their nets, while I pass on.**

*[Psalm 142]* With my voice I cried to the Lord; / with my voice I besought the Lord and poured out my prayer before him; / I showed him my affliction, when my spirit was troubled, / but You know my path.

**In the way of my walking they have laid a snare for me; / I look to the right and see none that knows me; / the way of escape has gone from me and there is none who cares for my soul. / I cried to You, Lord, and said: / You are my hope and my portion in the land of the living.**

Hear my petition because I am brought very low; / deliver me from my persecutors because they are too strong for me. / Lead me forth from prison that I may give thanks to Your name: / Your just ones shall have hope when You shall reward me.

*[Psalm 119, 105-112]* **Your word is a lamp to my feet and light to my path; / I have sworn and am resolved to keep the judgments of Your justice. / I am greatly brought low, Lord, / give me life according to Your word; / be pleased with the words of my mouth, Lord, / and teach me Your judgments.**

My soul is ever in my hands, and I have not forgotten Your law; / sinners have laid snares for me and I have not strayed from Your commands. / I shall inherit Your testimony forever because it is dear to my heart; / I have turned my heart to do Your commands forever in truth.

*[Psalm 117]* **Praise the Lord, all your nations; praise him, all you peoples; / for His grace is strong over us, / truly the Lord is forever.**

*And to You belongs praise, O God. Barekmor.*

### QOLO

**L.** O Lord Jesus Christ who fasted for our sake / even while you never lacked in your holiness, / grant us your grace / to fast according to your pleasure

**P.** Moses fasted for forty days / and Elijah also for forty days. / Our Lord fasted for forty days / and overpowered the enemy.

**L.** Moses fasted and brought down the stone tablets of the commandments for Israel. / Let us also fast with purity, / that we may inherit the kingdom.

**P.** Elijah fasted for forty days / and ascended into heaven in a chariot of fire. / He who fasts is always in heaven.

**L.** Holy lent is the symbol of victory / and a weapon undefeatable before the enemy. / O Lord may our prayers be pleasing to you. / May our requests enter before you as sweet-smelling incense.

**P.** The righteousness from many people is greatly loved. / It always has the power to grant every request. / Though the drops of rain are separate drops, / when they are gathered together, / they become a flood that cannot be crossed.

**L.** Our Father, have pity and mercy on us. / In the manner of the prodigal son, we cry in grief. / We have sinned against heaven and you. / We are not worthy to be called your children. / Accept us at least as hired servants. / O merciful God, / forgive us all the sins we have committed against you.

**P.** The fasting from bread and water is counted as a minor fasting. / If there is almsgiving in it, / it is great before the Lord. / Great is the reward of him who fasts / and gives alms to the needy / and his fasting is accepted.

**L.** When the poor man knocks at your door / do not tell him that the Lord will provide. / This word is in vain, / and it brings no reward to him who says it. / Rather, give him something to eat, / and then the word is not faulty. / For the poor man knows better than you / that the Lord provides for him.

**P.** O you who fast, / call the poor and give him bread. / Do not wait for him to come to you, / but go after him and fill his stomach. / The fields do not go after those who sow. / But the sower carries the seeds / and goes to the fields to sow.

L. If gold and silver could speak, / they would have told those who possess them: 'Do not approach me! / You have stolen me from the orphans and the needy, / from the widows and from the fields of the poor.

P. Gold is a burden and a bond to the one who has it. / True are the riches of the one / whose soul is united with God. / The treasures of all the kings of the world / are less in worth than one who trusts in God.

L. Who does not know that the end of life is death, / and that moment of death is just above our head like a sudden misfortune. / Who does not know that this world is a dream, / as well as a shadow, / which passes away and cannot be possessed forever by those who love it.

P. Who does not know, even if he gives all his wealth, at the end of life / it will not be accepted as a bribe from him? / Who does not know, / even if he is rich like the day, / at the time of his death, all his riches remain here.

L. Since both the body and soul have to observe the lent, / when the body denies food, / the soul should deny evil. / A lent which denies food / and does not deny evil thoughts is worthless. / O Lord help us to observe the lent diligently / in body and soul.

P. If your fasting resembles honey / and your tongue takes part in bitterness, / the sweetness is turned into the taste of bitterness.

L. What can I offer to the judge who does not receive a bribe? / I have heard that tears are more loved by You / than pure gold and precious stones. / Receive O Lord, my tears / and pardon my debts and sins, / and according to Your grace, / have pity and mercy on me.

**P.** If anyone gains the whole world and loses his soul / his gain is nothing; / grant us Lord to hate the world / and to gain our souls, and to inherit life forever. *Lord have mercy upon us and help us*

### PETITIONS

**L.** Christ who accepted the fasting of the just and the righteous, / accept our fasting and prayer and have mercy upon us.

**P.** Because the rich man got burned by the flames of fire, / with long sighs he cried out and said / "Blessed is the man who has not seen wealth as I have seen. / For I have acquired much wealth / and have been suffering terrible pain"

**L.** Blessed is he / who does not live lavishly in the temporal life / and comes here and lives happily like Lazarus. / Blessed is he who completes his life in struggle / and does not require a drop of water which is denied to him.

**P.** Christ who accepted the fasting and humility of Moses, / accept our prayer and have mercy upon our souls.

All: Kurielaison, Kurielaison, Kurielaison

### *Psalms of Compline*

*[Psalm 91]* **Barekmor. / He who sits under the protection of the Most High / and glories in the shelter of God will say to the Lord,**

"My trust is in You, / God is my refuge in whom I trust".

**For the Lord shall deliver you from the snare, which makes you stumble / and from talk of vain things.**

He will keep you safe under his feathers / and you shall be protected beneath His wings. / His truth shall enclose you as an armor.

**You shall not be afraid of the terror of the night / nor of the arrow, which flies by day.**

Nor of the word, which walks in the darkness / nor of the spirit that destroys at midday.

**Thousands shall fall at your side / and ten thousand at your right hand, / but it shall not come near you**

But with your eyes alone / you shall see the reward of the wicked

**Because You have made the Lord your trust; / You have made Your dwelling in the heights**

Evil shall not come near you, / affliction shall not come near your tent

**Because He has commanded his angels concerning you; / that they should keep you in all your ways**

And receive you in their arms; / that you may not stumble with your foot

**You shall tread upon the adder and the basilisk; / You shall trample upon the lion and the dragon**

“Because he has cried to me”, says the Lord, / “I will deliver him and strengthen him.”

**Because he has known my name, He shall call upon me and I will answer him, / I will be with him in distress.**

I will strengthen him and honor him; / I will satisfy him with length of days and show him my salvation”.

**[Psalm 121] I have lifted up my eyes to the hills - from where will my help come?**

My help is from the Lord, / who made heaven and earth

**He will not suffer your foot to slip, / your guardian shall not sleep.**

Indeed, He neither slumbers nor sleeps, / the guardian of Israel.

**The Lord is your guardian. / The Lord shall shelter you with His right hand**

The sun shall not harm you by day / nor the moon by night,

**The Lord shall guard your going out and your coming in. / From henceforth and forevermore.**

*And to You belongs the praise, O God. Barekmor.*

***Priest: + Glory be to the Father, Son, and Holy Spirit.***

People: Halleluiah, Halleluiah, Halleluiah. Unto the ages of ages and forevermore.

*Prayer of St. Severus*

**He who sits under the protection of the Most High, / beneath the shadow of the wings of Your loving kindness will say,**

“Protect us, O Lord, and have mercy upon us; / You who hear all, / hear the prayer of Your servants in Your loving kindness.

**Grant us, O Christ our Savior, / an evening full of peace and a night of holiness, / for You are the King of Glory.**

Our eyes are turned to You. / Pardon our offences and our sins; / Have mercy upon us / both in this world and in the world to come;

**O Lord, / may Your mercy protect us / and Your grace rest upon our faces. / May Your + Cross guard us from the evil one and his powers.**

May your right hand rest upon us / all the days of our lives, / and Your peace reign among us. / Give hope and salvation to the souls of those who pray to You.

**By the prayer of Mary, who bore You and of all Your saints, / pardon us and have mercy on us, O God”. Amin.**

***Praise of the Cherubim***

*We make the sign of the Cross and kneel as we pray, "Blessed is the glory..."*

† **Blessed is the glory of the Lord, from His place forever!**

† Blessed is the glory of the Lord, from His place forever!

† Blessed is the glory of the Lord, from His place forever and ever!

**Holy and glorious Trinity, have mercy upon us;**

Holy and glorious Trinity, have mercy upon us;

Holy and glorious Trinity, have compassion and mercy upon us.

**You are holy and glorious forever**

You are holy and glorious forever

You are holy and blessed is Your name, forever and ever.

**Glory be to You, O Lord.**

Glory be to You, O Lord;

Glory be to You, our hope forever. Barekmor.

Our Father who art in Heaven ...

**NICENE CREED**

*( We make the sign of the cross and kneel three times when we recall Christ's Incarnation, Crucifixion, and Resurrection.)*

We believe in one true God, the Father Almighty / Maker of heaven and earth / and of all things visible and invisible. And in One Lord Jesus Christ / the Only-Begotten Son of God / begotten of the Father before all worlds / Light of Light / True God of True God / begotten,/ not made / being of one essence with the Father / and by Whom all things were made; / Who for us men and for our salvation / came down from heaven

+ And was incarnate of the Holy Spirit and of the Holy Virgin Mary / Mother of God/and became man,

+ And was crucified for us / in the days of Pontius Pilate / and suffered, and died, and was buried,

+ And on the third day He rose again/ according to His Will / and ascended into heaven / and sits at the right hand of His Father / and shall come again in His great glory / to judge both the living and the dead / whose kingdom shall have no end.

And in the one Living Holy Spirit / the life-giving Lord of all / Who proceeds from the Father / and Who together with the Father and the Son is worshipped and glorified/ who spoke through the prophets and the apostles. And in the One, Holy, Catholic and Apostolic Church.

And we confess one baptism for the remission of sins / and we look for the resurrection of the dead / and the new life in the world to come. Amin.

**L. O Merciful God, the voice of our prayer knocks at Your door.**

P. Prevent not from Your worshippers the petitions of their needs. / We call upon You, O God, to assist us in our infirmities. / O Good One, hear the voice of our supplication and grant our petitions in Your mercy. Amin.

### **Petition of St. Ephrem**

1. Lord have mercy upon us  
O Lord receive our service  
Send us from Your treasure-house  
Mercy, grace, and forgiveness
2. Help me to keep vigil and  
Stand watchfully before You  
But if I were to slumber  
May my sleep be without sin

3. If I sin while keeping watch  
Lord, forgive me by Your grace  
And if I sin in my sleep,  
Absolve me by Your mercy!
4. O Lord, grant me peaceful sleep  
By the Cross of Your meekness  
Save me from all evil dreams  
And from obscene images
5. While I sleep throughout this night  
Lord, protect me and prevent  
Evil men and sinful thoughts  
From taking control of me
6. Send me an angel of light  
To protect my whole body  
By Your flesh which I've consumed  
Save me from hateful passions
7. Lord, when I lie down to sleep  
May Your blood be my guardian  
Granting freedom to my soul  
Which is formed in Your image
8. Overshadow my body  
With Your right hand which formed it  
May Your fortress of mercy  
Be a shield surrounding me
9. May Your strength be my guardian  
As my body sleeps in peace  
May that sleep be like incense  
before Your great majesty
10. By the pray'rs of Your Mother  
Let not Satan near my bed  
By Your sacrifice for me  
Forbid him from harming me

11. Lord fulfill what You promised  
Guard my life by Your Cross that  
I may praise You when I wake  
For you loved my feebleness
12. Grant, by Your compassion, Lord  
That I may obey Your will  
Grant us an evening of peace  
And a night of righteousness
13. Christ our Savior, O True Light  
Whose honor dwells in the light  
You are indeed the True Light  
Whom the sons of light worship
14. Jesus, Savior of the world  
Who dwells truly in the light  
Have mercy upon us in  
This world and the world to come
15. Glory to You! Praise to You!  
Thousands of praises to You  
Glory Lord! Glory to You,  
Lord, have mercy on us all
16. Praise the One Watchers worship  
Praise the One the angels serve  
Lord of Watchers and angels  
Hear the pleas of Your faithful
17. Praise Him Who is one essence  
Praise Him Who is three persons  
Father, Son, Holy Spirit  
Who is the One and True God
18. Glory to Him who accepts  
Like first-fruits and offerings  
The tears of the penitent  
And the pray'rs of the feeble

19. Countless as the leaves of trees  
are those on earth who praise You  
Whom Watchers in Heaven serve  
and whom angels glorify
20. With wisdom and purity  
let us glorify our God  
Father, Son, Holy Spirit  
Who is the one and true God
21. Do not keep gold and silver  
Which contain deadly poison  
Rather, obtain sound doctrine  
That you are loved by the Lord
22. Observe the forty-days' fast  
And give bread to the hungry  
And as you learned from David  
Pray seven times every day (*Ps 119:164*)
23. Both Moses and Elijah  
Fasted forty days and nights  
As our Lord also fasted  
And conquered the evil one
24. May the pray'r which ascended  
From the furnace, sea and pit  
Open the door of mercy  
For our pray'r and petition
25. Lord, who hears our petitions  
Answer us in Your mercy  
Lord, be reconciled with us  
Have compassion upon us

All: Kurielaison, Kurielaison, Kurielaison

***[Psalm 4] O God, the salvation of my righteousness, You have answered me when I called/ You have comforted me in my affliction. / Have mercy upon me and hear my prayer.***

O sons of men, how long will you hide my honor? / How long will you love vanity and seek after lies? / Know that the Lord has wondrously set apart the chosen one. / The Lord will hear when I call to Him.

**Be angry, but do not sin. / Meditate within your hearts and upon your beds / Offer sacrifices of righteousness and put your trust in the Lord.**

There are many who say: / "Who will show us any good and shed the light of His face upon us?"

**O Lord, You have placed Your joy in my heart, / more than the time when their grain, wine, and oil abounded.**

In peace I will lie down and sleep. / For You alone, O Lord, make me dwell in tranquility./

And to You belongs the praise, O God. / Barekmor.

### **BENEDICTION PRAYER**

**O Holy Father, guard us by Your sacred name.**

O Son of God, our Savior, protect us with Your victorious Cross.

O Holy Spirit, make us worthy temples of Your holy habitation.

O Lord our God, forever shelter us under Your divine wings at all times forever Amin.