

The Three Day Fast



Daily Prayers

Malankara Orthodox Church

Monday Ramsho

Prefatory Prayers

Priest: In the Name of the Father, and of the Son and the Holy Spirit, One True God.

People: As it was in the beginning, is now and ever shall be world without end.
Amen

Priest: Holy, Holy, Holy, Lord God Almighty, Heaven and earth are full of Thy Glory, Hosanna in the Highest.

People: Blessed is He, who has come and is to come, in the name of the Lord,
Hosanna in the Highest.

The Kauma

Priest: Holy art Thou, O God

People: Holy art Thou, Almighty.
Holy art Thou, Immortal
‡ Crucified for us, have mercy on us. *(Repeat 3 x).*

Priest: Lord, have mercy on us

People: Lord, be kind and have mercy,
Lord, accept Thou our service and our prayers, have mercy on us.

Priest: Glory be to Thee, O God.

People: Glory be to Thee, O Creator
Glory be to Thee, O Christ, King who has compassion on us, Thy sinful
servants. *Barekmor*

Lord's Prayer

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 trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from the evil one. For Thine is the Kingdom, the Power and the Glory, for ever and ever. *Amen*

Peace be unto you Mariam

Peace be unto you Mariam, full of grace, our Lord is with you. Blessed are you among women and blessed is the fruit of thy womb, our Lord Jesus Christ. Holy Virgin Mariam, Mother of God, pray for us sinners now and at all times, and at the hour of our death. *Amen*

Opening Prayer

Psalm 140 & 141

- All) *Kurielaison*
- A) **Barekmore, I call to you, Lord, help me now! Listen to me when I call.**
- B) **Barekmore, Receive my prayers as incense my uplifted hands as an evening sacrifice.**
- A) Lord, place a guard at my mouth, a sentry at the door of my lips.
- B) **Keep me from wanting to do wrong and from joining evil men in their wickedness. May I never take part in their feast.**
- A) A good man may punish me and rebuke me in kindness, but I will never accept honour from evil men, because I am always praying against their evil deeds.
- B) **When their rulers are thrown down from rocky cliffs, the people will admit that my words were true.**
- A) Like wood that is split and chopped into bits, so their bones are scattered at the edge of the grave.
- B) **But I keep trusting in you, my Sovereign Lord, I seek your protection, don't let me die.**
- A) Protect me from the traps they have set for me, from snares of evil doers.
- B) **May the wicked fall into their own traps while I go by unharmed.**

Psalm 142

- A) I call to the Lord for help, I plead with him. I bring him all my complaints; I tell him all my troubles.
- B) **When I am ready to give up, he knows what I should do. In the path where I walk, my enemies have hidden a trap for me.**
- A) When I look beside me, I see that there is no one to help me, no one to protect me. No one cares for me.
- B) **Lord, I cry to you for help, you, Lord are my protector; you are all I want in this life.**
- A) Listen to my cry for help, for I am sunk in despair. Save me from my enemies, they are too strong for me.
- B) **Set me free from my distress, then in the assembly of your people I will praise you because of your goodness to me.**

Psalm 119: 105-112

- A) Your word is a lamp to guide me and a light for my path. I will keep my solemn promise to obey your just instructions.
- B) **My sufferings, Lord are terrible indeed; keep me alive as you have promised.**
- A) Accept my prayer of thanks, O Lord and teach me your commands.

- B) I am always ready to risk my life; I have not forgotten your law.**
 A) Wicked men lay a trap for me, but I have not disobeyed your commands.
**B) Your commandments are my eternal possession; they are joy to my heart.
 I have decided to obey your laws until the day I die.**

Psalm 117

A&B Praise the Lord all nations! Praise him all peoples! His love for us is strong and his faithfulness is eternal. And to you belongs the praise O Lord.

People : *Barekmore*
Leader : **Glory be to the Father, to the Son and to the Holy Spirit**
People : Unto to the ages of ages and forever more.

Monday Ramsho

Eniyono

1. Lord, we knock at Your door and we plead for mercy and kindness from Your abundant treasure house. In Your mercy forgive our debts so that we may worship You and sing Your praises.
2. Like the Ninevites let us plead to God in deep compunction so that He may remove punishments and rods of wrath from us. Come all nations. Let us prostrate and adore Him.
3. The Prince is preparing an eternal banquet and life giving drink of the Holy Spirit for the righteous group of those who repent. Come all nations. Let us prostrate and adore Him.
4. O Merciful One, we call to You like the Ninevites. Be kind unto us transgressors. In Your mercy accept our entreaties. May we honor, adore and sing Your praises.

People : *Barekmore*
Leader : **Glory be to the Father, to the Son and to the Holy Spirit**
People : Unto to the ages of ages and forever more.

5. O Lord full of mercy, forgive the debts of sinners who seek refuge in You and reward their repentance. May we honor, adore and sing Your praises.

Deacon: Stoumen kalos ...

People : Kurielaison

Proemion and Sedro (Common or alternate prayer read by the Priest and incense offered)

Qolo

1. Praise to You O good and merciful Lord! You earnestly desire the salvation of humanity. O Lord who loves mankind, You did not forsake Nineveh, which departed from truth and enslaved to sin and You let it become victim to Satan. Through Your great and just judgment You turned Nineveh away from her wrong paths and made it good inheritors of Your name. And it received greatness through repentance.

People : *Barekmore*

Leader : **Glory be to the Father, to the Son and to the Holy Spirit**

2. Nineveh, the city of wicked people, left the way of truth and followed the path of vanity. You did not abandon it to become victim to sin, but out of Your love for mankind, You redeemed it from destruction. It took refuge in Your kindness and was saved by Your mercy. O Lord, Your Church wails and calls out to You for her children that You have mercy on them.

People : Unto to the ages of ages and forever more.

3. Lord, the voice of our request knocks on the door of Your mercy. Do not discard the needs of those who adore You. The sinful woman prayed to You in tears and received deliverance. Be kind to Your Church at the tears of the priests of Your Church, which you have earned. Lord, we know that we have sinned and that our transgressions are increasing. O Good One, in Your mercy be compassionate and cleanse us from the filth of all unrighteousness.

People: Moriyorahim [Lord have mercy upon us]

Qolo

1. The city of Nineveh repented before the Lord and the gates of heaven opened to them and they received mercy. The King fasted and lamented in sack cloth. The people too clothed in sack cloth and poured ashes on their heads. The Lord saw that they turned away from their evil way. He withdrew His punishment. Blessed is He who rejoices in those who repent and return to His presence.

People : *Barekmore*

Leader : **Glory be to the Father, to the Son and to the Holy Spirit**

2. The prophet Jonah awaited the destruction of Nineveh who had brought death upon themselves by their sins. The Ninevites decided on a forty days fast and they waited for mercy from the Lord. He saw their tears, poured out His mercy and accepted their petitions. God, answer those who adore You and in mercy grant response to their requests.

People : Unto to the ages of ages and forever more.

3. Lord, we offer You sweet incense and plead for mercy and kindness from Your treasury. For You are deeply compassionate and love those who repent. God Lord, we have no one else to trust and depend upon. With great sadness, tears, love and faith we ask You. O Good One, receive our services and in Your mercy answer our petitions.

B'outho

1. Our Lord God, we call and look to You. Come to our aid, hear our petitions and have mercy on our souls.
2. The prophet Jonah received a revelation from God to turn the people of Nineveh to repentance. God sent Jonah with a pronouncement of judgment and to preach to them repentance and to turn away from wickedness. He said, "Woe to you O Nineveh for your evil ways and injustices have increased. In forty days you will become a sand mound. In forty days all your beauty will diminish and all your light will turn into darkness."
3. The Ninevites did not doubt the words of the prophet and got together for prayer. They listened to Jonah, accepted and believed everything he said. They prepared to petition to the Lord. The King, authorities and residents of the city were moved by the splendor of Jonah's speech. The people were dismayed.
4. Lord who hears everything and accepts prayers, hear our petitions and have mercy on our souls.

(Moran Yeshu M'shiho)

O Jesus Christ, our Lord, close not the door of Your mercy upon our faces. We confess, we are sinners; have mercy upon us. O Lord, Your love for us did make You to come down to us from Your place. That by Your death, our death might be abolished; Have mercy upon us. *Amen.*

*Kauma**Monday Soutoro**Kauma*

"Glory to God in the highest and on earth peace and goodwill among men with who he is pleased" (*Repeat thrice and prostrate*)

Psalm 4

All) Kurielaison

- Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer.
- How long, O you sons of men, Will you turn my glory to shame? How long will you love worthlessness, and seek falsehood?
- But know that the Lord has set apart for Himself him who is godly; the Lord will hear when I call to Him.
- Be angry, and do not sin. Meditate within your heart on your bed, and be still.
- Offer the sacrifices of righteousness, and put your trust in the Lord.
- There are many who say, Who will show us any good?" Lord, lift up the light of Your countenance upon us.

- You have put gladness in my heart, More than in the season that their grain and wine increased.
- I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.
- And to You belongs the praise O God. *Barekmor*

Eqbo

Lord as You opened Your door of mercy to the sinful woman, open to me Your door of mercy. Accept the tears, which I offer and grant me forgiveness. I trust in You the Water of Life. So that I will not have to ask Abraham for water, I have welcomed You the Water of Life as my travel companion. For I heard the parable of the Rich Man, where he begged Abraham to have pity and send Lazarus to dip the tip of his finger in water and cool his tongue, because he was in agony in hell fire.

All) Staumen Kalos Kurielaison

Qolo

1. Lord, look upon my weakness with care for I have sinned against You and have made You angry. I do not know who to take refuge in. I have approached physicians and they have used up all their medicines on me. Even then my wounds are still serious and they cannot be healed. I have heard that You are the Good Physician who has the perfect medicine and all who come to You will be healed. Through the love of Your Father who begot You, and through the prayers of Mary who gave birth to You and my prayers, forgive my debts.

People : *Barekmore*

Leader : **Glory be to the Father, to the Son and to the Holy Spirit**

People : Unto to the ages of ages and forever more.

2. My Lord, do not let me perish in my sins. I offer You the gifts of my tears, which You love. I do not have a bull, or lamb, or goat, or pigeon, or turtledove to offer You, but just two drops of my tears. Through the love of Your Father who begot You, and through the prayers of Mary who gave birth to You, forgive my debts.

OR

(Karunayulla Deyvame...)

O, Merciful God, the voice of our prayer knocks at Thy door; prevent not from Thy devotees, the petitions of their needs. We call upon Thee, O God to assist us in our infirmities. O Good one, harken to the voice of our supplication and grant our petitions in Thy mercy. *Amen*

B'outho of Mor Jacob

1. Our Lord God, we call to You. Come to our aid, hear our petitions and have mercy on our souls.
2. Lord of the watchers and angels, and Lord of lords, hear our petitions and have mercy on our souls.
3. Father, Son and Holy Spirit illumine my heart. As I have knocked on Your door in faith, answer me with kindness.

4. Illumine my eyes to see Your truth and to praise Your name. Protect me for I take refuge in Your kindness.
5. Lord as I have petitioned to You, give me a clean heart. From Your bounty enlighten my mind with the wisdom of eternal life.
6. Equip me with spiritual weapon to battle against the Evil One. Seal me in Your name and save my life from destruction.
7. Let me not be put to shame for I love Your blessings and have followed Your path. Overshadow me with Your right hand.
8. I desire to be Yours alone; I worship You, who art the Merciful Father and Lord.
9. Let me not be put to shame for I have received mercy and kindness from You. As a merchant let me carry Your treasure in my heart.
10. Enable me to study the Book of Truth. Lord, as I am Your servant and the son of Your handmaiden, enable me to live in Your presence.
11. May I live in You as I have eaten Your Body and drank Your Blood. May Your Cross become a fortress that protects me from harm.
12. May Your right hand rest upon me as I have prayed to You. O Good One, make me a lamb among Your flock.
13. Father of the world and author of life, may my offering be pleasing in Your presence.
14. You who hears all things and accepts prayers, hear our petitions and have mercy on our souls.

Memro Mor Ephrem

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|---|---|
| <ol style="list-style-type: none"> 1. Lord have mercy upon us
Accept Thy servant's office
Pardon, mercy and blessings
Grant us from Thy treasure vast. 2. Help me stand before Thee, Lord
As I wake up from my sleep
If again to sleep I fall
Guard Thou me from transgressions. 3. If I go wrong while awake
Pardon me Lord by Thy grace
If I do wrong while I sleep
Absolve me by Thy mercy. 4. By Thy cross of lowliness
Grant Thy servant restful sleep
Spare me Lord from evil dreams
Wash Thou me from sinful thoughts. 5. As I sleep in peace and calm
Watch me over through the night
Let not foul thoughts and evil
Men have rule over me Lord. | <ol style="list-style-type: none"> 6. Send an angel of the light
Guard my limbs from perdition
Remove hateful lusts from me
Lord, I ate Thy living flesh. 7. As I lie and sleep in calm
May Thy blood my keeper be
Thy freedom grant unto me
Who is made in Thy likeness. 8. Extend on me Thy right hand
Lord, I am Thy handiwork
May Thy mercy like a shield
In Thy fortress, keep me safe. 9. While I sleep in peace and calm
May Thy power keep me safe
Accept, Lord, as incense sweet
My sleep always in Thine eyes 10. Let not evil touch my bed
By Thy mother's pleas for me
May Thy sacrifice confound
Satan's designs over me. |
|---|---|

11. Accomplish Thy words in me
Protect my life by Thy cross
So that when I wake from sleep
I may praise Thy saving grace.
12. Grant me Lord, a joyful eve,
And a night of righteousness
That I heed Thy divine will
And forever make it mine.
13. Saviour, Christ! Thou art our light
Thou always abide in light
Forever, children of light
Worship Thee unceasingly.
14. Jesus, saviour of the world
Thou, who dwelleth in the light,
Let Thy mercy be on us
In both worlds for ever more.
15. Praise to Thee Lord praise to Thee
Praise a thousand, thousand times
Praise unceasing to Thee Lord
Grant Thy mercy forever.
- 16.* *Praise to Thee whom angels serve
Watchers worship Thee on high
Accept these entreaties
Lord of angels and watchers.*
- 17.* *Praise to Thee Thou Lord of all
One true God and one alone
Father, Son and Holy Ghost
One in Three and Three in One.*
- 18.* *Praise to Thee Lord, who always
Receives prayers of the weak
Tears of penitence as those
Early gifts offered to Thee.*
- 19.* *Worshipped and glorified by
Angels and watchers above
Earthly ones give praise to Thee
Countless as the leaves of trees.*
- 20.* *With a conscience pure and bright
Let us come and praise the Lord
Who abides as one true God
Father, Son and Holy Ghost.*
- 21.* *Seek ye not gold or silver
Treasure of deadly hemlock
Rather seek counsels of God
He shall bless you with his love.*
- 22.* *Fast and pray for forty days
Share thy food with hungry folk
Pray Thou seven times a day
As did David, Jesse's son.*
- 23.* *Moses, great, and Elijah
Fasted they for forty days
Satan was defeated by
Lord by fasting forty days.*
- 24.* *By the prayers that rose from
Sea and den and raging fire
Listen to our pleas, O, Lord!
And open door of mercy.*
25. He who listens to prayers
And answers supplications
Hear us and be reconciled
Lord in mercy grant our pleas

** Note: (Stanzas 16 to 24 are usually sung during the Nineveh Lent and the Great Lent.)*

ALL: KURIE ELEISON, KURIE ELEISON, KURIE ELEISON

Psalm 91 & 121

- A) *Barekmor*, whoever goes to the Lord for safety, whoever remains under the protection of the Almighty can say to him.
- B) ***Barekmor***, You are my defender and my protector. You are my God, in you I trust.

- A) He will keep you safe from all hidden dangers and from all deadly diseases.
- B) He will cover you with his wings, you will be safe in his care, his faithfulness will protect and defend you.**
- A) You need not fear any danger at night or sudden attacks during the day.
- B) Or the plagues that strike in the dark or evils that kill in daylight.**
- A) A thousand may fall dead beside you, ten thousand all around you but you will not be harmed.
- B) You will look and see how the wicked are punished.**
- A) You have the Lord your defender, the Most High your protector.
- B) And so no disaster will strike you, no violence will come near your home.**
- A) God will put his angels in charge of you to protect you wherever you go.
- B) They will hold you up with their hands to keep you from hurting your feet from the stones.**
- A) You will trample down lions and snakes, fierce lions and poisonous snakes.
- B) God says, "I will save those who love me and will protect those who acknowledge me as Lord".**
- A) When they call to me, I will answer them, when they are in trouble, I will be with them. I will rescue them and honour them.
- B) I will reward them with long life, I will save them.**
- A) I look to the mountains, where will my help come from?
- B) My help will come from the Lord, who made heaven and earth.**
- A) He will not let you fall, your protector is always awake.
- B) The protector of Israel never slumbers or sleeps.**
- A) The Lord will guard you, he is by your side to protect you.
- B) The sun will not hurt you during the day, or the moon during the night.**
- A) The Lord will protect you from all dangers, he will keep you safe.
- B) He will protect you as you come and go now and forever.**
- A & B And to you belongs the praise O Lord, *Barekmor*.**

Leader: Glory be to the Father, the Son and to the Holy Spirit.

People: Halleluiah, Halleluiah, Halleluiah, from ages unto ages forever and ever. Amen.

Prayer of Mor Severios

- A) O Thou who dwellest in the mystery of the heights, hide us beneath the shadow of the wings of Thy loving kindness. Protect us and have mercy upon us.
- B) O Thou who hearest all, have mercy upon us and hear our prayers.**

- A) Christ our Saviour, King of Glory, Grant us an evening full of peace and a holy night.
- B) Unto Thee, our eyes are lifted up, forgive us our sins and offences. Have mercy on us in this world and the next.**
- A) Lord, let Thy mercy protect us, and may Thy grace rest upon us. May Thy Cross protect us from the Evil one and all his forces.
- B) May Thy right hand rest upon us all the days of our lives.**
- A) May Thy peace dwell amongst us, give hope and salvation to the souls that beseech Thee.
- B) By the prayers of Mary who bore Thee, and by the intercessions of all Thy saints pardon us Lord and have mercy upon us O God. *Barekmor***

Praise of the Cherubim (Ez3:12)

Priest: Blessed be forever the glory of the Lord from his place †

People: Blessed be forever the glory of the Lord from his place †
Blessed be forever the glory of the Lord from his place †

Priest: Holy and glorious Trinity, have mercy upon us

People: Holy and glorious Trinity, have mercy upon us
Holy and glorious Trinity have pity, and have mercy upon us

Priest: Holy art Thou and glorious forever

People: Holy art Thou and glorious forever
Holy art Thou and blessed is Thy Name forever

Priest: Glory to Thee our Lord

People: Glory to Thee our Lord
Glory to Thee, our refuge and hope forever, *Barekmor*

Lord's Prayer

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 trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from the evil one. For Thine is the Kingdom, the Power and the Glory, for ever and ever. *Amen*

Peace be unto you Mariam

Peace be unto you Mariam, full of grace, our Lord is with you. Blessed are you among women and blessed is the fruit of thy womb, our Lord Jesus Christ. O! Virgin St. Mary mother of God, pray for us sinners now and at all times, and at the hour of our death. *Amen*

The Nicene Creed

Leader : **We Believe In One True God**

The Father Almighty, Maker of heaven and earth and all of 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, Very God of Very God; begotten not made, being of the same substance 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 Virgin Mary, the Theotokos, by the Holy Spirit; 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 rose again according to his will, ascended into heaven, sat on the right hand of the 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 one Living Holy Spirit, the life giving Lord of all, who proceeds from the Father and Who with the Father and the Son is worshipped and glorified; who spoke by the prophets and the Apostles.

And in One, Holy, Catholic and Apostolic Church.

And we acknowledge one baptism for the remission of sins, and look for the resurrection of the dead, and in the new life in the world to come. *Amen*

Concluding Prayer

O Holy Father, Keep us by your Holy name.
 O Saviour Son, Protect us by your victorious Cross-.
 O Holy Spirit; Make us worthy abodes, for your Holy dwelling.
 O Lord God, hide us under the shadow of your wings and at all times. *Amen*

Kurie eleison, Kurie eleison, Kurie eleison

Lord, have mercy on us, Lord, have mercy on us, Lord, answer and have mercy on us.

Glory to thee, O Lord, glory to thee, glory to thee, our hope forever. *Barekmor*

*Midnight Office (Common)**Kauma**Psalm 134*

- A. Bless the Lord, all you servants of the Lord.
- B. You who stand by night in the house of the Lord.
- A. Lift up your hands to the holy place and bless the Lord.
- B. May the Lord bless you from Zion, he who made heaven and earth.

Psalm 119: 169-176

- A. Let my praise enter before you, Lord, and give me life by your word; let my cry enter before you, Lord, and deliver me by your word.
- B. My tongue shall pour forth your word, because all your commands are just.
- A. My lips shall speak your praise when you have taught me your commands; let your hand help me because I have taken pleasure in your commands.
- B. My soul has longed for your salvation and I have meditated on your law; let my soul live and I will praise you and your judgments shall help me.
- A. I have gone astray like a lost sheep; seek for your servant, because I have not forgotten all your commands.

Psalm 117

- B. Praise the Lord all you nations; praise him all you peoples; because his grace it strong over us, truly the Lord is forever.
- All. And to you belongs the praise, O God.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more.

*First Watch**Kolo*

- A. Why do you love sleep more than praise my soul, and how long will you be engrossed in pleasures which do not profit? Awake now and rise and sing praise: Lord of all, to you the praise
- B. Behold the time of repentance, let every man turn from his iniquity before the time passes and there is no place for repentance do not reward us according to our iniquity; Lord of all to you the praise
- A. Lord there is no night in which I fail to remember you on my bed. In the night I was thinking how severe you are, to those who do not repent. I heard the voice of Daniel telling that fiery river flows from you. Woe unto me, as my sins are numerous. If your grace does not plead for me and you do not have mercy on me, how can I cross that river! O Lord, have mercy upon me, according to your kindness.

People: Moriyorahim [Lord have mercy upon us]

Bovooso – First Watch

- Lord we call upon you, come to our aid, hear our petitions and have mercy on our souls
- At midnight David rose up to sing praises of the wonders of God. Those who have discernment! Rise and with David's psalms with piety sing halleluiah
- Lord, Let me be illumined by you for you are light for those who love you. O full of light! Illumine my eyes so that I may see your mercy. The journey of the world is vain and full of impediments. Since you are light those who walk with you will not stumble.
- Answer me O Lord, Answer me O Lord and bring the hearts of sons of men to repentance
- Blessed is the Glory of the Lord...

Second Watch***Kolo***

- Forgive me forgive me cried the sinful woman at the house of Simon, and our Lord answered and said to her; go woman your sins are forgiven your iniquity is blotted out; Lord of all, to you the praise
- Lord, where am I to go from your presence, where am I to go hide myself? If I go to the heights, you are there without beginning and end. If I go to Hades, your authority is there also. Therefore, O Lord, have mercy upon me and make me stand on your right hand side, in your kindness, because before you there is no one sinless.
- The robber on the cross, the publican and the adulterous woman who repented of her sins with tears, all these bear witness to the truth that God's door is always full of mercy and that He will never refuse to open that door to anyone who knocks. O Savior of the world, grant us forgiveness of sins like unto them.

People: Moriyorahim [Lord have mercy upon us]

Bovooso – Second Watch

- Lord, have mercy upon us and accept our prayers May those below at night sing praises with those above. May they offer loud voices to the one who watches and never sleeps.
- My brothers, like sleep let us not slumber in our sins. Let us be watchful so that we may enter into the bridal chamber with the bride.
- You who hear prayers and responds to requests, hear our prayer and be reconciled to us and respond in your mercy to our requests
- Blessed is the Glory of the Lord...

*Third Watch**Kolo*

- Lord do not rebuke us in your anger, for we have not strength to bear it, and do not punish us in your wrath for we are not able to stand before you and do not reward us according to our iniquity; Lord of all, to you the praise
- Lord, as there is no leniency in you, we the sinful are sorry. Have mercy upon us in your kindness when the Book of Life is opened and your justice examines our wrong doings, let your mercy plead with your justice and we the guilty, receive forgiveness. O Lord, we confess that we have sinned against you. Have mercy upon us in your kindness.
- Woe to us. We have not benefited by our fellowship with the righteous as we have not learned from their good works. We have alienated ourselves from their festivities. Our evil deeds cast us away from their ranks.

People: Moriyorahim [Lord have mercy upon us]

Bovooso - Third Watch

- Lord who are merciful to sinners, have mercy upon us on the day of judgment
 - Merciful Lord, the afflicted knocks at your door, respond to their requests by your mercy
 - Heavenly Father, we pray to you, accept our prayers and have mercy upon us
 - Lord of those above and hope of those below accept our prayers and have mercy upon us.
- +Halleluiah, Halleluiah, Halleluiah Glory be to thee O God (3x)**
- Be compassionate towards us in your mercy, O God of compassion; in our sacrifices and our prayers we make memory of our fathers who taught us, while they were alive, to be children of God; Son of God, raise them up in the heavenly kingdom with the just and the righteous in the world which does not pass away

Psalm 148

- A. Praise the Lord from the heavens, praise him in the heights.
 B. Praise him, all his angels; praise him, all his hosts.
- A. Praise him, sun and moon; praise him, all stars of light; praise him, heaven of heavens, and the waters above the heavens: let them praise the name of the Lord.
 B. For he spoke and they were made, he commanded and they were created; he established them for ever and ever, have gave them a law which shall not pass away.
- A. Praise the Lord from the earth, sea-monsters and all ocean depths; fire and hail, snow and mist, stormy winds that fulfill his word.
 B. Mountains and hills, fruit trees and all cedars; wild beast and all cattle, creeping things and birds that fly.
- A. Kings of the earth and all peoples, princes and all judges of the earth; young men too and maidens, old men and boys: let them praise the name of the Lord.

- B. For his name alone is exalted; his praise is on earth and heaven, and he has lifted up the horn of his people; praise for all the just, the children of Israel, the people who draw near to him.

Psalm 149

- A. Praise the Lord with a new praise in the assembly of the just; let Israel be glad in her Maker, let the children of Zion be glad in their King.
- B. Let them praise his name with the timbrel and the drum, let them sing to him with the harp; for the Lord takes pleasure in his people, and give salvation to the poor.
- A. Let the just exalt in glory, let them praise him on their beds: let the high praise of God be in their throats, and two-edged swords in their hands.
- B. To execute vengeance on the nations, and to rebuke the peoples; to bind their king with chains, their nobles with fetters of iron: to execute on them the judgment is written: that is glory of the just.

Psalm 150

- A. Praise the Lord in his holy place, praise him in the firmament of his strength.
- B. Praise him for his mighty deeds, praise him for his abounding greatness, praise him with the sound of the trumpet, praise him with lyre and harp.
- A. Praise him with the timbrel and the drum, praise him with the soft strings, praise him with the loud cymbals; praise him with the sound of the voice; let everything that has breath praise the Lord.

Psalm 117

- B. Praise the Lord all you nations; praise him all you peoples. For his grace it strong over us, truly the Lord is forever.

All. And to you belongs the praise, O God. *Barekmor.*

Praise to the Holy Trinity;

Praise to the Holy Trinity;

We praise the glorious Trinity,

Eternal and everlasting; And to you belongs the praise O God, at all times.

O Christ who accepted the fast of the just and the righteous accept our fast and prayers and have mercy on our souls

Why do you fast if you don't pity on your neighbor? The fast that the Lord selected was that of mercy. O wealthy one, select the fast of mercy in this world. O' poor one, do not grumble over alms-giving

It is a duty for anyone to show mercy to his fellow-creature; otherwise he will be punished by justice. Let the rich man understand that he is entrusted with wealth by the Lord to use or his fellow-man.

Hymn of The Angels

As the angels and archangels on high in heaven sing praise, so we poor children of earth sing praise and say:

At all times and at all seasons, Glory to God in the heights and on earth, peace and tranquility and good hope for the sons of men.

We praise you, we bless you, we worship you, we raise a hymn of praise to you.

We give thanks to you because of your great glory, Lord our creator, king of heaven, God the Father almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit,

Lord God, Lamb of God, Son and Word of the Father, who take away or rather have taken away the sin of the world, have mercy upon us.

You who take away, or rather have taken away, the sin of the world, incline your ear to us and receive our prayers; you who sit in glory at the right hand of the Father, have compassion on us.

Because you are holy; you only Lord Jesus Christ, with the Holy Spirit, in the glory of God the Father, Amen.

At all times all the days of my life, I will bless and praise your name, which is holy and blessed for ever, and which remains for ever and ever.

Blessed are you, Lord Almighty, God of our fathers, and your name is blessed and glorified in praise for ever. To you belongs glory, to you belongs praise, to you belongs honor, God of all, Father of truth, with the only Son and the living Holy Spirit, now and always and for ever, *Amen*

(Moran Yeshu M'shiho)

O Jesus Christ, our Lord, close not the door of Your mercy upon our faces. We confess, we are sinners; have mercy upon us. O Lord, Your love for us did make You to come down to us from Your place. That by Your death, our death might be abolished; Have mercy upon us. *Amen*.

*Kauma**Matins / Morning (Common)**Kauma**Psalm 51*

- A. Have mercy on me, O God according to Thy steadfast love.
- B. According to Thine abundant mercy wipe out my transgressions.
- A. Wash me completely from my iniquity; cleanse me thoroughly from my sin.
- B. For I know my transgressions, my sin is always before me to see.
- A. Against Thee, Lord, against Thee have I sinned. I have done what is evil in Thy sight.
- B. So Thou art right when Thou condemnest me, Thy judgment of me is blameless.
- A. See, I was born in sinfulness from the time my mother conceived me I am a sinner.

- B. Look, Thou demandest truthfulness on the inside, and then teach me wisdom in the depth of my heart.
- A. Cleanse, me with hyssop, and I shall be clean, wash me, let me become whiter than snow.
- B. Fill me with joy and gladness; let these broken bones rejoice in Thee.
- A. Do not look upon my sins, wipe out all my iniquities.
- B. Create in me a clean heart; O God set a new and steadfast spirit inside me.
- A. Do not throw me out from Thy presence; do not take away Thy Holy Spirit from me.
- B. Give back to me the joy of Thy salvation; keep me straight with a willing spirit.
- A. Only then can I teach evil men Thy ways, then sinners will come back to Thee.
- B. Deliver me from the death of vengeance, O God, God of my salvation. My tongue will sing aloud of Thy saving act.
- A. Lord, open Thou my lips and my mouth shall sing forth Thy praise.
- B. For it is not in sacrifices that Thou takest delight. If I were to offer a burnt offering that would not please Thee.
- A. My sacrifice, O God, is a broken spirit, a broken heart, penitent, O God, Thou will not despise.
- B. Do good to Thy people in Thy good pleasure; build again the walls of Jerusalem, Thy Church.
- All. So will Thou be pleased with the right sacrifices, burnt offering, bulls offered on Thine altar.

Psalm 63

- A. Kurielaison. My God, you are my God, I will seek you.
- B. My soul thirsts for you and my flesh seeks for you like the thirsty earth which is parched and begging for water.
- A. So have I looked to you in truth, that I may see your power and your glory.
- B. Because your loving-kindness is better than life and my lips shall praise you.
- A. So I will bless you while I live and will lift up my hands in your name.
- B. My soul shall be enriched with marrow and fat and my mouth shall praise you with lips of praise.
- A. I have remembered you upon my bed and in the night-time I have meditated on you.
- B. For you have been my helper and in the shadow of your wings is my protection.
- A. My soul follows after you and your right hand upholds me.
- B. Those who seek to destroy my soul shall enter into the lower parts of the earth.
- A. They shall be delivered over to the sword and shall be food for foxes; but the king shall rejoice in God.
- B. Everyone who swears by him shall glory, but the mouth of those who speak lies shall be stopped. And to you belongs the praise, O God. Barekmor

Kolo

- God who accepted the lamb of Abel the innocent and the offering of Noah the just, and the sacrifice of Abraham, accept our fasting and our prayers and answer in your mercy our petitions
- The glorious prophet Isaiah prophesized "Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high"
- Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? will thou call this a fast, and an acceptable day to the LORD? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?
- Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rearguard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

Psalm 113

- A. *Amen.* Praise the Creator of Light, Praise, you servants of the Lord, praise the name of the Lord.
- B. May the Lord's name be blessed for ever and for ever.
- A. From the rising of the sun to its setting great is the name of the Lord.
- B. The Lord is high above all peoples and his glory is above the heavens.
- A. Who is like the Lord, our God, who sits on high and looks upon the deaths in heaven and on earth?
- B. He raises up the poor from the dunghill, and makes him sit with the princes of the people.
- All. He makes the barren women keep house and be a joyful mother of children. And to you belongs the praise, O God. *Barekmor.*

Kolo

- Woe to those who hid their money, by not giving to the poor and the beggars.
- Woe to those who took undue interest, putting their trust in the riches which will be destroyed by fire. Blessed are those who clothed the naked; they will receive imperishable glory in the chamber of light. Blessed are those
- who fed the hungry; they will rejoice in the kingdom of heaven. Grant O Lord, that we may not put our trust in riches, forfeiting your mercies.
- Joel the prophet prophesized "Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing."

- Judge of Judges do not make me bow my head at the seat of judgment because of my offences by which I have sinned and angered you, and if I am not worthy of forgiveness have pity on me because of your body and blood which is buried within me; I have loved you and worshipped your cross and I have been absolved by your body and blood; be appeased by them and forgive me, Jesus, full of mercy
- Christ the king, at the door of your compassion I knock at every hour, and from your rich treasure house I ask compassion and mercy; in you, Lord, I have taken refuge, help me, I have confessed you, do not put me to shame, you are my hope and my strong protection
- Who will give me a fountain of tears and a heart of repentance, and I will sit and mourn over myself with bitter sighs? The years of my life have passed in vain labors which profit nothing, and I have been base in my behavior
- Lord, owner of all, make us worthy today to be free from sin. Keep us in righteousness. Lord God of our fathers thou art blessed. Thy name is blessed and glorified for ever
- Lord we put our trust in Thee, shower forth thy grace and mercy on us. Thou are blessed teach us the way of thy precepts
- Thou are blessed O Holy lord enlighten us by all thy light. Have mercy on us forever. O Lord do not abandon thy handiwork
- Father son and Holy Spirit; to Thee belongs praise, to Thee glory is fitting and to Thee belongs splendor. *Amen.*

People: Moriyorahim [Lord have mercy upon us]

Bovooso Matins

O Lord who accepted the fast of the just and the righteous, accept our fast and prayers and have mercy upon us

Wealth becomes shackles, bondage and weight for those who accumulate it. The wealth of those who have united

their souls with God is truthful. All the wealth of all kings of the earth is worthless compared to the wealth of a

person whose hope is in God

O Christ who accepted the fast of Moses and his humility, accept our prayers and have mercy on our souls.

Concluding Prayer

It is good to give thanks to the Lord and to sing praise to your name, Most High; to proclaim your grace in the morning and your faithfulness in the night. Lord, in the morning you shall hear my voice and in the morning I have prepared myself to appear before you. Lord, have compassion on your people; Lord, pardon and forgive the sins of all of us. Holy one, let your right hand rest upon us and pardon our infirmity, because your name is forever.

Kauma

*Monday Third Hour**Kauma**Qolo*

1. Lord we offer to You petitions in remorse and deep sadness. We seek kindness, mercy and forgiveness from Your treasure house. Accept our petitions like You accepted the petitions of the Ninevites. Remove the rods of wrath from us Your servants who call to You. O Good One who art perfect in mercy, in Your great love, have mercy upon us.

People : Barekmore

Leader : **Glory be to the Father, to the Son and to the Holy Spirit**

2. Let us all offer petitions and beseech the merciful Lord. God's door is open to those that knock, so let us not be lazy in our petitions. As You accepted the petitions of the Ninevites who cried out to You, Christ our Lord, in Your great mercy, be merciful unto us.

People : Unto to the ages of ages and forever more.

B'outho

1. Our Lord God, we call to You. Come to our aid, hear our petitions and have mercy on our souls.
2. Parents, children, virgins and their betrothed fasted. Bridegrooms and brides removed their crowns. The wailings of wives and husbands rose to the heights. Young maidens sprinkled their hair with ashes. Children anointed their faces with tears and dirt.
3. Glory to the Father who turned them away from going astray. Worship to the Son who accepted them in repentance. Praise to the Holy Spirit who rejoices in the salvation of those who repent. Blessed is the mystery of the Holy Trinity. From all mouths and from all tongues praise, adoration and worship to the Holy Trinity forever and ever.
4. Lord who hears everything and accepts prayers, hear our petitions and have mercy on our souls.

*Kauma**Monday Sixth Hour**Kauma**Qolo*

1. If the Lord had mercy on the Ninevites who repented in tears and great sorrow, may He have mercy on His Church and flock which He saved by His redeeming blood on the Cross.

People : Barekmore

Leader : **Glory be to the Father, to the Son and to the Holy Spirit**

People : Unto to the ages of ages and forever more.

2. Lord, You showed that You are the good Lord by wiping away the great judgment from the Ninevites. In Your great mercy, be merciful unto Your servants and redeem us from wrath and wickedness.

People: Moriyorahim [Lord have mercy upon us]

B'outho

1. Our Lord, have mercy upon us and accept our petitions.
2. Lord as you wiped away the judgment that was upon the Ninevites, banish all divisions and discord from Your Church.
3. Father, Son and Holy Spirit, One True God, have mercy on Your Church and in Your mercy accept our petitions.
4. Lord, who accepts prayers and answers petitions, hear our prayers, reconcile with us and in Your mercy receive our petitions.

The M'anitho (anthem) of St. Severus

By the prayers of your Mother who brought you forth and of all your saints: I will exalt Thee, O King, my Lord (Ps.145:1)! The Only – begotten Son, the Word of the heavenly Father, who art immortal in Thy nature; Who by Thy grace came for the life and salvation of all mankind, and did become incarnate of the Holy and Glorious pure virgin, the Theotokos, Mary; Who did become man, being God without change, and was crucified for us. O Christ, our Lord, Who by Thy death did trample our death and destroy it, Who are One of the Holy Trinity and art worshipped and glorified in the unity of Thy Father and Thy Holy Spirit, have mercy upon us.

*Kauma**The Nicene Creed (page 11)**40 Prostrations*

Kyrie eleison, (10 Prostrations)

Lord, have mercy upon us, (10 Prostrations)

Lord, spare us and have mercy upon us, (10 Prostrations)

Lord, hear us and have mercy upon us, (10 Prostrations)

Glory to Thee our Lord;

Glory to Thee our Lord;

Glory to Thee our hope forever. *Barekmore.*

*Monday Ninth Hour**Kauma**Qolo*

With great sorrow and fasting the Ninevites decided to put on sackcloth, petitioned and the Lord seeing their deep sorrow (repentance) reconciled with them. Let us ask of the Lord and petition unto Him who opens His door and favors those who repent.

People : *Barekmore*

Leader : **Glory be to the Father, to the Son and to the Holy Spirit**

People : Unto to the ages of ages and forever more.

Lord, like the Ninevites Your Church looks unto You and call to You. Merciful and kind Lord, accept our petitions. Wipe away Your judgment. May Satan who desires its fall never get an opportunity to rejoice.

People: Moriyorahim [Lord have mercy upon us]

B'outho

1. Lord, who art merciful to sinners, be merciful unto us on the Day of Judgment.
2. The infants and children were not given milk. Even the animals observed fast in sorrow. The King, people and royals covered themselves in ashes instead of clothes.
3. Praise to the Merciful Father, the Compassionate Son and the Redemptive Holy Spirit. Praise to the mystery of the Holy Trinity, One in essence in both world forever and ever.
4. Lord, who art the authority of all those in heaven and the refuge of all those on earth, accept our services and have mercy upon us.

Kauma**🕯️ Tuesday Ramsho 🕯️***Kauma (Page 1)**Ramsho Psalm 140, 114, 119:105 – 107 & 117 (Page 2 – 3)****Eniyono***

1. The city of Nineveh was stirred by Jonah who came out of the water. The righteous Jonah opened his mouth and the Ninevites were in fear when they heard his words.
2. The Hebrew preacher stirred the fortress and preached of the misery that was to come upon Nineveh. The hearers were informed of death that was upon them because of their sin.
3. The royals heard him and threw down their crowns. The nobles heard and were dismayed. They exchanged their ornate clothes for sack cloths.
4. The respected elders heard him and threw ashes on their heads. The rich heard him and opened their treasures to the poor.
5. Lord, You are the sea of blessings and mercy. You have allowed Your grace to flow upon our race. Forgive Your Church by the blood that flowed out from Your side.
6. My brethren, like the Ninevites, let us reject wickedness and put on the armor of good deeds and be reconciled with the King of kings.

People : Barekmore*Leader* : *Glory be to the Father, to the Son and to the Holy Spirit**People* : Unto to the ages of ages and forever more

7. Lord, let every mouth praise You and let every tongue glorify You. Praise to You Good One who desires in our salvation. Have mercy upon us.

Deacon: Stoumen kalos ...

People : Kurielaison

Proemion and Sedro (Common or alternate prayer read by the Priest and incense offered)

Qolo

1. Jonah traveled the streets of Nineveh preaching about the judgment and fierce anger of God. The King heard the message and was greatly afraid. With great sadness and remorse, we cry aloud and say: Merciful Lord, have mercy upon Your servants who call to You and repent from evil.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more

2. The petitions offered by the Ninevites were very beautiful. The good Lord saw their cries, struggles, tears, vigils, fast and broken hearts and reconciled with them. He wiped away his wrath from the people that repented.
3. Lord, we have sinned against You. We know that our offences has caused You great anger. If justice draws the sword against us, may Your mercy shield us and stand before us. Lord if the end of time is near, may our end be in accordance with Your mercy.

People: *Moriyarahim [Lord have mercy upon us]*

Qolo

1. The King heard the prophet who proclaimed destruction and despair to the city and its inhabitants. His words bore the sword which was to destroy the fortress in wrath. The King and his army ran and stood at the Lord's door and shed immeasurable tears and received mercy and kindness.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more

2. In the morning, the voice of Jonah the Hebrew echoed in the violent city of Nineveh. The strong fortress of Nineveh was shaken. The inhabitants were terrified. The terrified people cried and proclaimed, "have mercy upon us." Jonah stirred them with the message of judgment and punishment. With fear and trembling, they cried out and prayed, "Lord have mercy upon us."
3. sinner, seek deliverance from God. Learn the prayer of the Lord. Always pray, Lord, Your Kingdom come. Your will be done on earth as it is in heaven. Forgive us our debts and sins. Lead us not into temptation. But save us from the Evil One.

People: *Moriyarahim [Lord have mercy upon us]*

B'outho

1. Our Lord God, we call and look to You. Come to our aid, hear our petitions and have mercy on our souls.
2. A strict order went out from the palace inviting the whole city to repentance. One by one the streets filled up with inquirers. Jonah's voice was subdued by the voice of the people. Brides took off their radiant garments; wailing, they put on sack cloth. Instead of ornate dresses they put on dirty clothes. Instead of sweet smelling

fragrance, they sprinkled their heads with ashes. With their weeping and great wailing the Ninevites wrote an epistle with their tears.

3. Christ our Lord, who accepted their repentance and redeemed them, hear our petitions and banish all harm from us. O Good Shepherd, because of Your mercy we praise You, Your invisible Father and the Holy Spirit now and always forever and ever.
4. Lord who hears everything and accepts prayers, hear our petitions and have mercy on our souls.

(Moran Yesu M'shiho)

O Jesus Christ, our Lord, close not the door of Your mercy upon our faces. We confess, we are sinners; have mercy upon us. O Lord, Your love for us did make You to come down to us from Your place. That by Your death, our death might be abolished; Have mercy upon us. Amen.

Tuesday Sutoro

Kauma

Qolo

- A. You the slain, who by your slaying slew the evil one and death which slew Adam, slay the sin which dwells in me and makes me its slave by my own will. O good shepherd, who went in search of the sheep which had strayed from the flock and was lost, seek for me who am lost like the one coin out of ten which the woman had lost, because you are he who finds those who are lost; and I will cry and say: glory to him who makes his servants return, praise to him.

People: Barekhamor

Leader: *Glory be to the Father and to the Son and to the Holy Spirit.*

People: From ages unto ages for ever and ever. Amen

- B. It is written in the gospel of our Saviour that the servant, who knows his master's will and is not prepared to do it, will suffer greatly at the hands of justice; but he who does not know will suffer greatly, because he will not know the will of his master. And us, who know your will and do not do it you, will deliver us into the hands of a justice, which is more severe than that of the kings of the earth. In your mercy save us, as you saved David from Saul, and have mercy on us.

People: Moriyorahim [Lord have mercy upon us]

B'outho of Mar Jacob

- A. We call upon you, Lord our Lord, come to our help; hear our petition and have mercy on our souls.
- B. The sinner is loved when his face is bathed in tears and his mouth is closed by sorrowful mourning full of pain; precious gems are not so much loved as the drops, which flow from the eyes of him who repents.

- A. If you wish to paint a picture of repentance, you will not mix good colours except with tears. Tears are a great feast of repentance; bring them and come and enjoy forgiveness.
- B. Answer Lord, answer, lord, and have mercy upon us; and turn the hearts of the son of man to repentance

(Karunayulla Deyvame...)

O, Merciful God, the voice of our prayer knocks at Thy door; prevent not from Thy devotees, the petitions of their needs. We call upon Thee, O God to assist us in our infirmities. O Good one, harken to the voice of our supplication and grant our petitions in Thy mercy. Amen

- Memro Mor Ephrem (page 7 - 8)
- Soutoro Psalm Psalm 91 & 121 (Page 8 - 9)
- Prayer of Mor Severios (Page 9)
- Praise of the Cherubim (Page 10)
- The Nicene Creed (Page 11)
- Evening Concluding Prayer (Page 11)

For Midnight and Morning Prayers please refer to Page 12 - 19

Tuesday Third Hour

Kauma

Qolo

1. Nineveh the city of violence repented. They took on fasting and prayer so that the wrath of God would not be upon them. Lord, our God in Your mercy, remove all wrath and great storms from Your flock.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more

2. The Ninevites instructed fasting to the wise, repentance to sinners, tears for those who repent and deliverance to the offenders. They also instructed the right path to those who had gone astray and showed them the door of mercy and kindness.

People: Moriyorahim [Lord have mercy upon us]

B'outho

1. Our Lord God, we call to You. Come to our aid, hear our petitions and have mercy on our souls.
2. May the great renewal of Nineveh be described in love. Let me not be lazy in carrying out the instructions of God. Nineveh greatly rejoiced in repentance and it became known in around the world.
3. Glory to the Father who turned them away from going astray. Worship to the Son who accepted them in repentance. Praise to the Holy Spirit who rejoices in the salvation of those who repent. Blessed is the mystery of the Holy Trinity. From all mouths and from all tongues praise, adoration and worship to the Holy Trinity forever and ever.
4. Lord who hears everything and accepts prayers, hear our petitions and have mercy on our souls.

*Kauma**Tuesday Sixth Hour**Kaumo**Qolo*

1. The Ninevites were saved by the repentance offered in distress and tears. The Lord reconciled with them when he saw their sorrow and wailing. The King's soldiers saw him and like him they too wore sackcloth. Old men, the young and infants wore sackcloth and fasted. The Lord saw their tears and had mercy on them.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more

2. Blessed be the one who loves and fears God. Like the Ninevites, it will save him from the wrath of God. It will instruct him in the path to the house of life and it will become a path of redemption for him. It will be a source of comfort and strength in difficult places and will show him the place where the righteous dwell.

People: Moriyorahim [Lord have mercy upon us]

B'outho

1. Our Lord God, we call to You. Come to our aid, hear our petitions and have mercy on our souls.
2. For forty days distress cries were heard in God's presence because of the petitions offered by the Ninevites. So that their wickedness would be forgiven and the wrath of God be removed from them, they petitioned and prayed for forty days.
3. So that God would be pleased with their offering and remove the wrath prepared from them, the Ninevites shed tears and celebrated a feast of repentance for forty days. Through the tears they shed they bought mercy from the good Lord.
4. Lord, who accepts prayers and answers petitions, hear our prayers, reconcile with us and in Your mercy receive our petitions.

The M'anitho (anthem) of St. Severus

By the prayers of your Mother who brought you forth and of all your saints: I will exalt Thee, O King, my Lord (Ps.145:1)! The Only – begotten Son, the Word of the heavenly Father, who art immortal in Thy nature; Who by Thy grace came for the life and salvation of all mankind, and did become incarnate of the Holy and Glorious pure virgin, the Theotokos, Mary; Who did become man, being God without change, and was crucified for us. O Christ, our Lord, Who by Thy death did trample our death and destroy it, Who are One of the Holy Trinity and art worshipped and glorified in the unity of Thy Father and Thy Holy Spirit, have mercy upon us.

Kauma

The Nicene Creed (page 11)

40 Prostrations

Kyrie eleison, (10 Prostrations)
 Lord, have mercy upon us, (10 Prostrations)
 Lord, spare us and have mercy upon us, (10 Prostrations)
 Lord, hear us and have mercy upon us, (10 Prostrations)

Glory to Thee our Lord;
 Glory to Thee our Lord;
 Glory to Thee our hope forever. *Barekmore.*

Tuesday Ninth Hour

Kauma

Qolo

Through fasting the Ninevites were saved and the great judgment of God passed by them. My brethren through our fasting let us please the Lord we have angered.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more

Lord, the Ninevites petitioned to You in great sorrow and You answered them. Lord be kind and quick to answer the requests of Your Church.

People: Moriyorahim [Lord have mercy upon us]

B'outho

1. Lord, who art merciful to sinners, be merciful unto us on the Day of Judgment.
2. Nineveh the prosperous and famous city with great tears, wailing, distress and sorrow gathered together for prayer and the Ninevites decided to fast and sit in ashes.
3. They cried out and petitioned for reconciliation unto the Merciful One. Through their petitions they were reconciled and their punishment was removed from them.
4. Lord, who art the authority of all those in heaven and the refuge of all those on earth, accept our services and have mercy upon us.

Wednesday Ramsho

Kauma (Page 1)

Ramsho Psalm 140, 114, 119:105 – 107 & 117 (Page 2 – 3)

Eniyono

1. All those who heard were dismayed at the judgment upon Nineveh, but I am amazed at the boundless compassion and mercy of the Good One.
2. The prophet Jonah, the son of Amittai was thrown into the sea because he did not obey the Lord's instructions.
3. Good One, when Jonah prayed to You in the belly of the fish, You heard his prayer and rescued him from the depths.
4. My Lord, you rescued prophet Jonah from perishing and showed him that You are good and that You are master of the heights above and depths below.
5. After this, Lord God, You instructed the prophet Jonah to go to Nineveh and say, "in forty day the city will be destroyed because of your wickedness".

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

People : Unto to the ages of ages and forever more

6. With the true commandment, prophet Jonah preached the Word of God in the streets to old men, young men, children and all the people.

Deacon: Stoumen kalos ...

People : Kurielaison

Proemion and Sedro (Common or alternate prayer read by the Priest and incense offered)

Qolo

1. The repentance of Nineveh became known and an example to the whole world. Through their repentance God reconciled with the Ninevites and wiped away the judgment that was upon them. He showed His mercy to Nineveh and filled its children with His peace. Jonah was displeased when he saw that God turned away his judgment from Nineveh. Praise to You, O Good One who opens Your door to sinners. Anyone who knocks on it is offered deliverance from debts and sins. Praise be to the Good One who keeps His door open to sinners.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

2. As You accepted the prayer of the prophet in the belly of the fish and redeemed Nineveh from wrath and offered refuge in Your mercy, accept the prayer of Your people who You have bought by Your precious blood. Merciful One, be pleased in the fast and prayers they offer You. Pardon their debts and forgive their offences and enable them to stand at Your glorious right side.

People : Unto to the ages of ages and forever more

3. The Kingdom of God is like the man who hosted a wedding banquet. He invited all who were dear to him to the feast. But they had no desire to partake of the banquet. He asked his servants to go out and bring everyone they could find on the streets. The banquet hall was filled with people who came from every place. He went out and saw them. And then he saw a guest without the wedding garment. He ordered his servants to throw the man into the outer darkness.

People: Moriyorahim [Lord have mercy upon us]

Qolo

1. The voice of Nineveh was filled with remorse when they petitioned to the Lord to remove the great wrath that was upon them. Lord in Your mercy, wipe away the punishments of wrath from us, which Jonah the son of Amittai preached. Have mercy on the old men and the children. Be merciful to the women and young people. Redeem Nineveh so that they may sing praises to Your abundant mercy.

People : Barekmore

Leader : Glory be to the Father, to the Son and to the Holy Spirit

2. God who accepted the tears of the Ninevites who petitioned to You, accept our petitions that we offer unto You. As you answered the violent city of Nineveh, in Your mercy, answer our generation who are impoverished. For You alone are good and you accept mourners. In Your mercy, have mercy upon us Gracious One.

People : Unto to the ages of ages and forever more

3. Only Begotten God, I gaze into Your sea of mercy for my debts have increased and my wrong doings have gained strength. Sprinkle me with Your cleansing hyssop. May my tears wash me and purge me. In Your Father's love I petition to You Lord. May my enemies not mock me and laugh at me. I know that the angels rejoice in the those who repent. May I sing Your praises and say blessed is the Lord who keeps His door open, day and night for all those who repent and return to Him.

People: Moriyorahim [Lord have mercy upon us]

B'outho

1. Our Lord God, we call and look to You. Come to our aid, hear our petitions and have mercy on our souls.
2. Word of Jonah's preaching reached the King's courts. He heard of the destruction and annihilation that was to come upon them. To the great
3. King, the Ninevites said this about Jonah, "Who is he who has proclaimed judgment and punishment against your kingdom."
4. "Who is the One who sent him without much respect for the kings of the earth? Why is he who is just ordinary to look at pronouncing judgment upon us? Let him come and reveal to us what he is saying is the truth. Let us hear and understand from him the reasons for punishment and wrath against our land."
5. Lord who hears everything and accepts prayers, hear our petitions and have mercy on our souls.

(Moran Yesu M'shiho)

O Jesus Christ, our Lord, close not the door of Your mercy upon our faces. We confess, we are sinners; have mercy upon us. O Lord, Your love for us did make You to come down to us from Your place. That by Your death, our death might be abolished; Have mercy upon us. Amen.

*Tuesday Sutoro**Kauma**Qolo*

1. I have considered all things and I have not seen anything better than the fear of the Lord; blessed he who loves it Joseph the just loved it and he become king in Egypt; Moses the great loved it and he divided the sea with his staff; Hannaniah and companions loved it and it delivered them from the fire it is more desirable than gold and sweeter than the honeycomb; blessed is he who loves the fear of the Lord.

People: Barekhamor

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

People: From ages unto ages for ever and ever. Amen

2. Paul wrote me a letter and I sat down and read it, and while I was reading it, tears flowed from my eyes; for it is written there woe to adulterers and shame upon thieves; again it is written for the blasphemers there is a fire which is not quenched. Woe to me for all these things I have done from my youth! Like the sinful woman, I cry out to you, and like the publican, I beseech you; merciful Lord have pity and mercy upon me.

People: *Moriyorahim [Lord have mercy upon us]*

B'outho of Mar Ephrem

1. Lord, have mercy upon us, Lord receive our service.
2. We have angered you, Lord by our deeds and you are not pleased to be angry; for you are full of great compassion and your serenity is not disturbed.
3. All people together are but a drop, as is said in the prophet: how shall iniquity be found to disturb your serenity?
4. You, who hear prayers and respond to requests, hear our prayers and be reconciled with us and respond in your mercy to our requests.

(Karunayulla Deyvame...)

O, Merciful God, the voice of our prayer knocks at Thy door; prevent not from Thy devotees, the petitions of their needs. We call upon Thee, O God to assist us in our infirmities. O Good one, harken to the voice of our supplication and grant our petitions in Thy mercy. Amen

- Memro Mor Ephrem (page 7 - 8)
- Soutoro Psalm Psalm 91 & 121 (Page 8 - 9)
- Prayer of Mor Severios (Page 9)
- Praise of the Cherubim (Page 10)
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