

*"Who among men can know the
counsel of God?"*



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.

Psali Watos 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 King Solomon (Wisdom 9)

“God of my fathers and Lord of mercy, who has made all things with Your word, and by Your wisdom has established man to have dominion over the creatures which have been made by You, so that he would order the world in equity and justice, and execute judgment with an upright heart, give me wisdom, the handmaiden at Your throne, and be unwilling to reject me from among Your children, because I am your servant, and the son of Your handmaid, a weak man, and short-lived, with limited understanding of judgment and laws. And if someone were perfect among the sons of men, yet if your wisdom was taken away from him, he would be counted as nothing. You have chosen me to be a king of Your people, and a judge of Your sons and daughters. And You called me to construct a temple on Your holy mount, and, in the city of Your dwelling, an altar in the likeness of Your holy tabernacle, which You have prepared from the beginning.

Prayer of King Solomon (Wisdom 9)

And with You is wisdom, who is familiar with Your works, and who was nearby when You made the world, and who knows what is pleasing to Your eyes, and who is guided by Your teachings. Send her out of Your holy heavens and from the throne of Your majesty, so that she is with me and labors with me, and I will know what is acceptable with You. For she knows and understands all things, and will lead me soberly in my works, and will guard me by her power. And my works will be acceptable, and I will govern your people justly, and I will be worthy of the throne of my father. For who among men can know the counsel of God? Or who can imagine the will of God? For the thoughts of mortals are timid, and our foresight is uncertain. For the corruptible body weighs down the soul, and this earthy dwelling presses many thoughts upon the mind. And we assess with difficulty the things that are of earth, and we discover with labor the things that are within our view.

Prayer of King Solomon (Wisdom 9)

So who will search out the things that are in heaven? Moreover, who will know your mind, unless you give wisdom and send your Holy Spirit from on high? And in this way, those who are on earth are corrected in their path, and men learn the things that are pleasing to You. For by wisdom they are saved, who have pleased You, O Lord, from the beginning. Amen.”



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

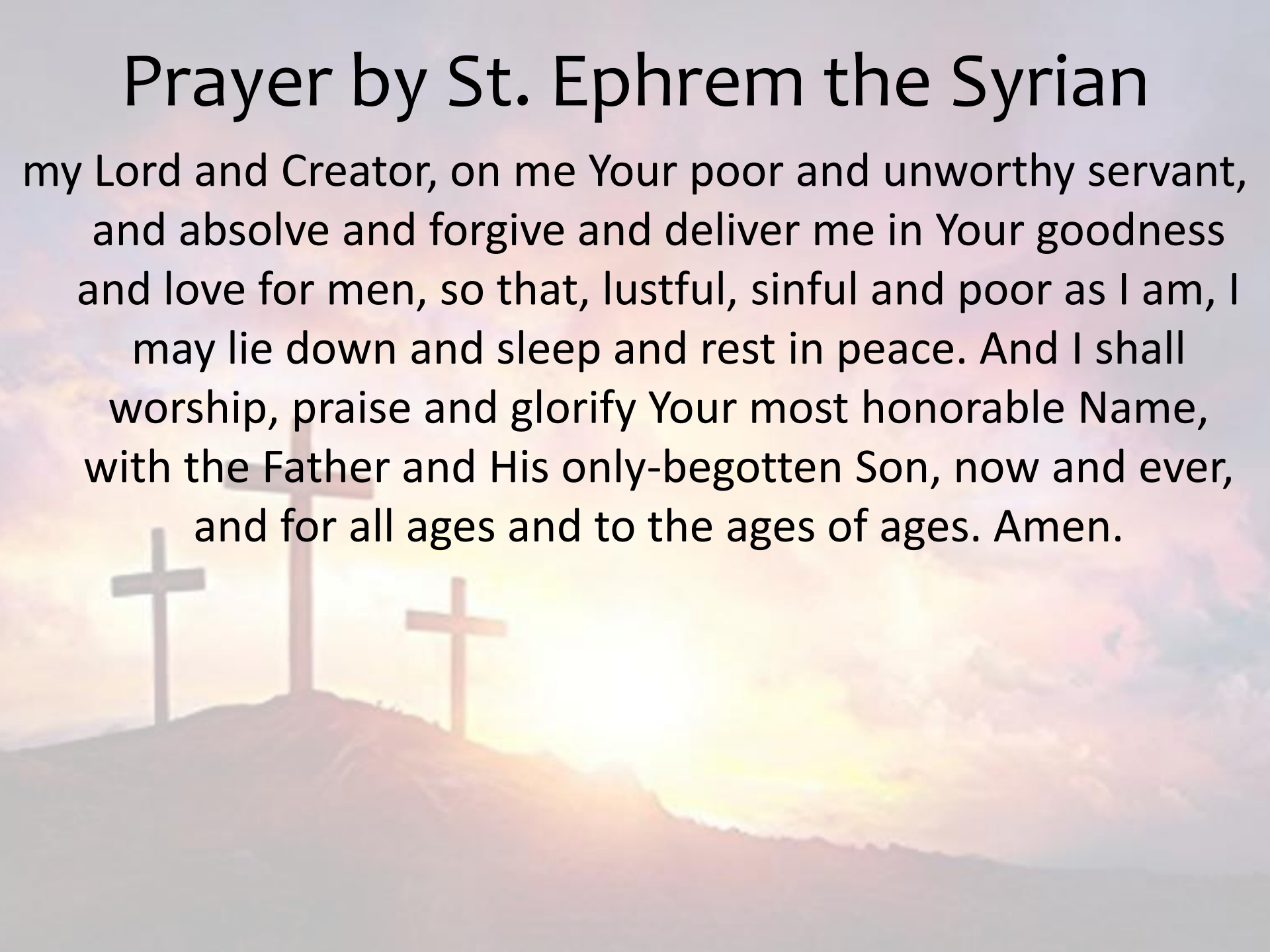
O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Your sinful servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast - my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my shamelessness, and from boredom. If I have sworn by Your Name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have got angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him,

Prayer by St. Ephrem the Syrian

or if I have troubled my brother or angrily argued with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts or have overeaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember - for I have done all this and much more - have mercy,

Prayer by St. Ephrem the Syrian

my Lord and Creator, on me Your poor and unworthy servant, and absolve and forgive and deliver me in Your goodness and love for men, so that, lustful, sinful and poor as I am, I may lie down and sleep and rest in peace. And I shall worship, praise and glorify Your most honorable Name, with the Father and His only-begotten Son, now and ever, and for all ages and to the ages of ages. Amen.



Silent personal prayers

