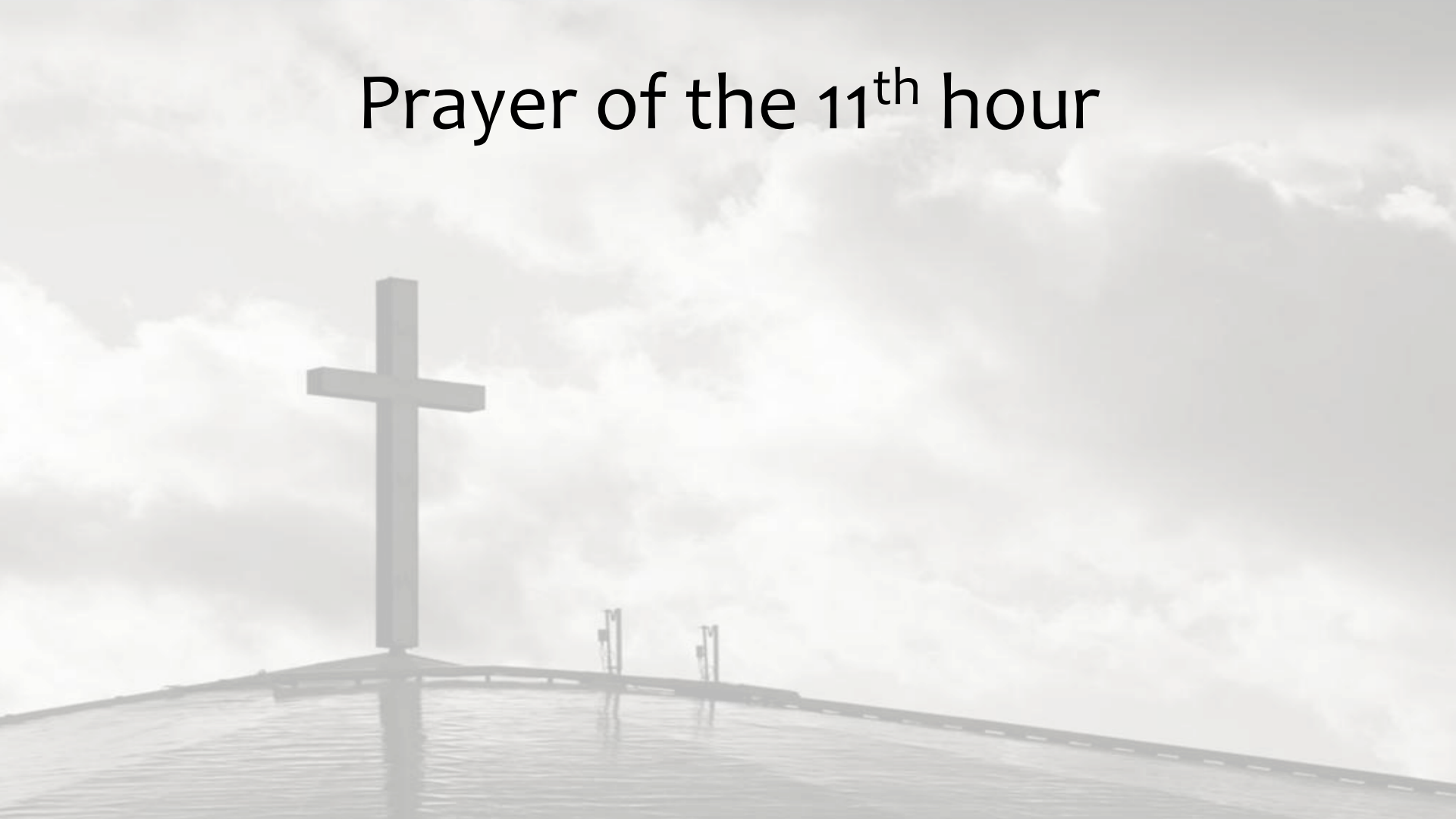
A black and white photograph of a large, dark cross standing on the deck of a boat. The cross is the central focus on the left side of the frame. The deck is visible in the foreground, and the background is a sky filled with large, dramatic clouds. The overall mood is somber and reflective.

*“Deliver my contrite soul  
from the mouths of the  
lions”*

# Prayer of the 11<sup>th</sup> hour



# He paid all my debts

To the Lord I owe my life  
My soul He redeemed  
(He paid all my debts  
When He died for me) (x2)

**He paid all my debts The Pure Lamb of God**  
**(On the Cross He died and said, "Now it is all done.") (x2)**

The heavenly throne He left  
To redeem mankind  
(On the Cross, His blood was shed  
The spear pierced His side) (x2)

**He paid all my debts The Pure Lamb of God**  
**(On the Cross He died and said, "Now it is all done.") (x2)**

# He paid all my debts

Righteous works of the Law  
Could not save mankind  
(Only through Your Cross O Lord,  
Salvation is mine.) (x2)

**He paid all my debts The Pure Lamb of God  
(On the Cross He died and said, "Now it is all done.") (x2)**

You the Blameless took my blame  
You the Sinless bore my sin  
(Your blood was the price  
That opened Paradise) (x2)

**He paid all my debts The Pure Lamb of God  
(On the Cross He died and said, "Now it is all done.") (x2)**

# Prayer of Sirach

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

# Prayer of Sirach

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

# Psalm 109 for the Great Lent

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 Lent

**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 Lent

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 Lent

**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 Lent

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

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

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

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

# Pray by St Ephrem the Syrian

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

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

# Pray by St Ephrem the Syrian

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

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

# Pray by St Ephrem the Syrian

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

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

# Silent personal prayers

