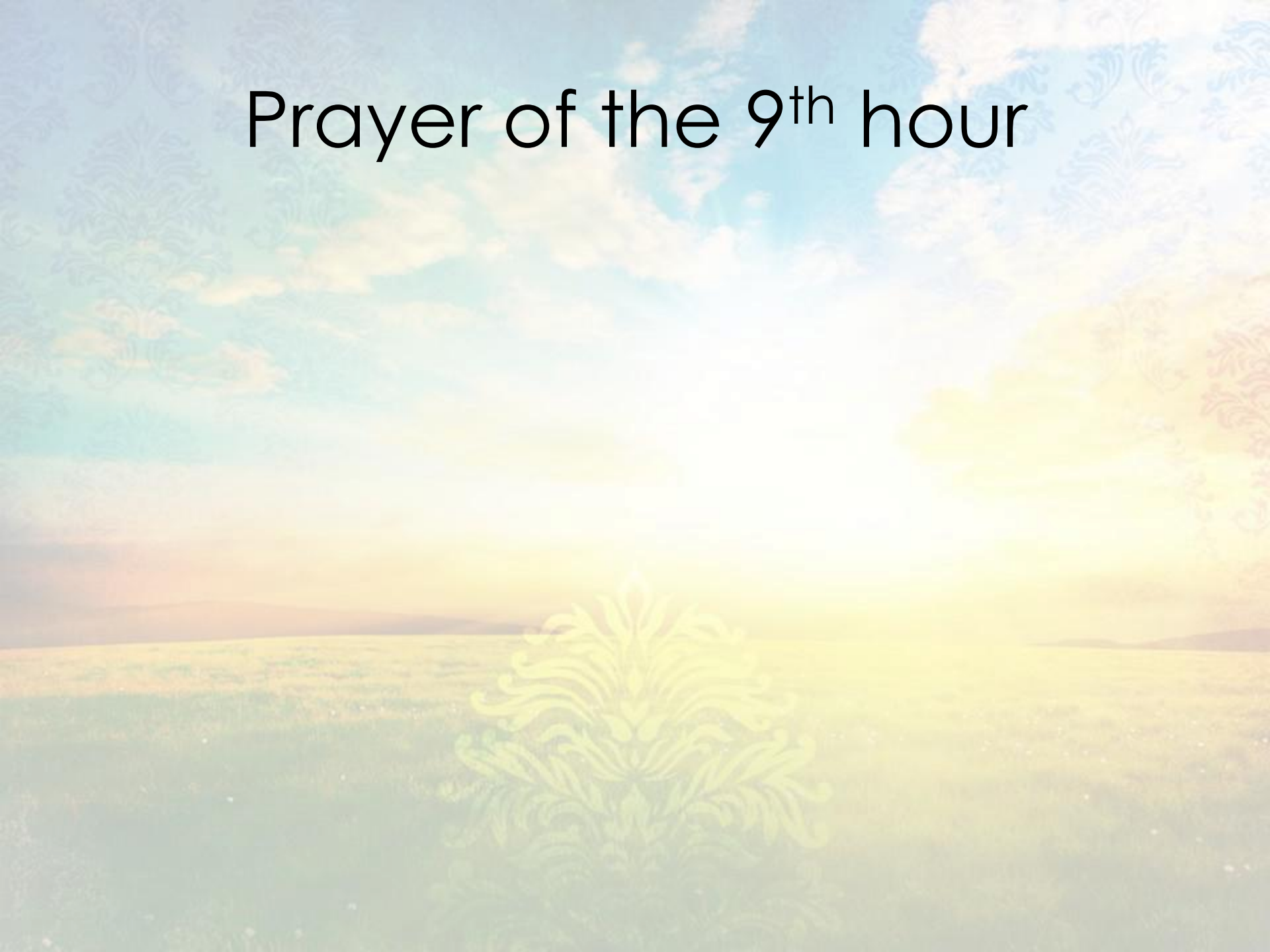


*We cry out to You in our affliction,  
and You will hear and save*

# Prayer of the 9<sup>th</sup> hour



# To whom shall I go

When I feel worried To whom shall I go (2)  
You comfort me O my Lord  
I kneel and pray to You (2)

When I feel tired To whom shall I go (2)  
You give me rest O my Lord  
I kneel and pray to You (2)

When I feel sad To whom shall I go (2)  
You give me joy O my Lord  
I kneel and pray to You (2)

# To whom shall I go

When I feel sick To whom shall I go (2)

You heal me O my Lord  
I kneel and pray to You (2)

When I feel oppressed To whom shall I go (2)

You defend me O my Lord  
I kneel and pray to You (2)

When I feel lost To whom shall I go (2)

You guide me O my Lord  
I kneel and pray to You (2)

# Prayer of Jehoshaphat

2Chronicles 20:5-12

“O LORD God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You? Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever? And they dwell in it, and have built You a sanctuary in it for Your name, saying, ‘If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save.’ And now, here are the people of Ammon, Moab, and Mount Seir—whom You would not let Israel invade when they came out of the land of Egypt,

# Prayer of Jehoshaphat

2Chronicles 20:5-12

but they turned from them and did not destroy them— here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit. O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.”

# The Monday Psalm

Thousands and thousands, and myriads of myriads,  
praise and glorify, my Lord Jesus.

Everyone who says, "My Lord Jesus,"  
is likened to a sword, casting down the enemy.

**+ For truly, You were exalted,  
in heaven, and on earth.**

**+ All the righteous people, who have pleased God,  
meditated upon, the whole law.**

And God is always, present before them,  
and His holy name is always in their mouths.

Exceedingly great, are Your compassions,  
O fair Judge, O my Lord Jesus.

# The Monday Psali

**+ God is Emmanuel, the true Food,  
the immortal, Tree of life.**

**+ Gather all, of my senses,  
to praise and glorify, my Lord Jesus.**

Jesus is my Lord, Jesus is my God,

Jesus is the hope, of Christians.

In every small thing, we remember and glorify,

Your holy name, O my Lord Jesus.

**+ All bad defects, let us cast away,  
and let us purify our hearts, in the name of my Lord.**

**+ Let the name of the Lord, abide within us,  
so that He may shine upon, our inner being.**



# The Monday Psali

Who is likened unto You, O Lord among the gods,  
You are the true God, the Performer of miracles.

Blessed are You indeed, with Your good Father,  
and the Holy Spirit, O my Lord Jesus.

**+ An aroma, that is very expensive,  
is Your holy name, O my Lord Jesus.**

**+ The true Lamb, of God the Father,  
have mercy on us, in Your kingdom.**

For the mouth of Your Father, has given witness for You,  
saying “You are My Son, and today I gave birth to You.”

You are surrounded, by the Cherubim,  
and the Seraphim, and they can not see You.

# The Monday Psali

**+ We look at You every day, upon the altar,  
and we partake of Your Body, and Your honored Blood.**

**+ All the blessings, of the law,  
do not have anything, that resembles You.**

This is the true stone, that is of great price,  
which the merchant sold, all that he had and bought it.

Leave now for us, this stone,  
to shine upon us, in our inner being.

**+ The adornment of our souls, and the joy of our hearts,  
is Your holy name, O my Lord Jesus.**

**+ O the Kind One, and the Merciful,  
plenteous in mercies, O my Lord Jesus.**

# The Monday Psalm

The Cherubim clap, with their wings,  
and praise and glorify, my Lord Jesus.

The sun and moon, shall disappear in time,  
but You are the same, and Your years will never end.

**+ By the care, of Your goodness,  
You bound the heavens, and You came down to us.**

**+ As a true physician, and a healer,  
You have healed all, our sicknesses.**

Behold us, O my Lord Jesus,  
with the kind eye, of Your goodness.

Implant in us, an upright heart,  
that we may bless You, O my Lord Jesus.

**+ I entreat You, O my Lord Jesus,  
to have mercy upon us, in Your kingdom.**

# Prayer by St Ephrem the Syrian

Blessed are they who have loved God, and because of their love for Him have come to despise all that is earthly. Blessed are they who weep day and night, for they shall be delivered from future wrath. Blessed are they who willingly humble themselves, for they shall be exalted. Blessed are they who exercise restraint, for the joys of paradise await them. Blessed are they who afflict their bodies with vigilance and feats of asceticism, for the delight of paradise has been prepared for them. Blessed are they who have cleansed themselves of all evil thoughts, for the Holy Spirit dwells within them. Blessed are they who with all their soul love God more than this world, for they shall be called friends of Christ. Blessed are they who have willingly borne their cross and actively followed Christ, for they shall attain the Jerusalem on high. Blessed are they who have girded their loins with truth and keep their lamps ready

# Prayer by St Ephrem the Syrian

Expecting the heavenly Bridegroom for they shall reign with Him in the heavenly kingdom. Blessed is he who has obtained the eyes of the mind and unfailingly applied them in contemplation of future blessings, for he shall inherit those good things to come. Blessed is he who never fails to keep the day of judgment before his eyes, and endeavors to be found pleasing to God in that day.

Blessed is he who has conquered the carnal pleasures, for at the trial of the last day he shall be made bold.

Blessed is he who has wept for God on earth, for his fruits shall be borne in heaven.

# Silent Personal Prayers



# Conclusion of every hour

Have mercy on us, O God, and have mercy on us, who, at all times and in every hour, in heaven and on earth, is worshipped and glorified, Christ our God, the good, the long suffering, the abundant in mercy, and the great in compassion, who loves the righteous and has mercy on the sinners of whom I am chief; who does not wish the death of the sinner but rather that he returns and lives, who calls all to salvation for the promise of the blessings to come. Lord, receive from us our prayers in this hour and in every hour. Ease our life and guide us to fulfill Your commandments. Sanctify our spirits. Cleanse our bodies Conduct our thoughts. Purify our intentions. Heal our diseases. Forgive our sins. Deliver us from every evil grief and distress of heart. Surround us by Your holy angels, that, by their camp, we may be guarded and guided, and attain the unity of faith, and the knowledge of Your imperceptible and infinite glory. For You are blessed forever. Amen.