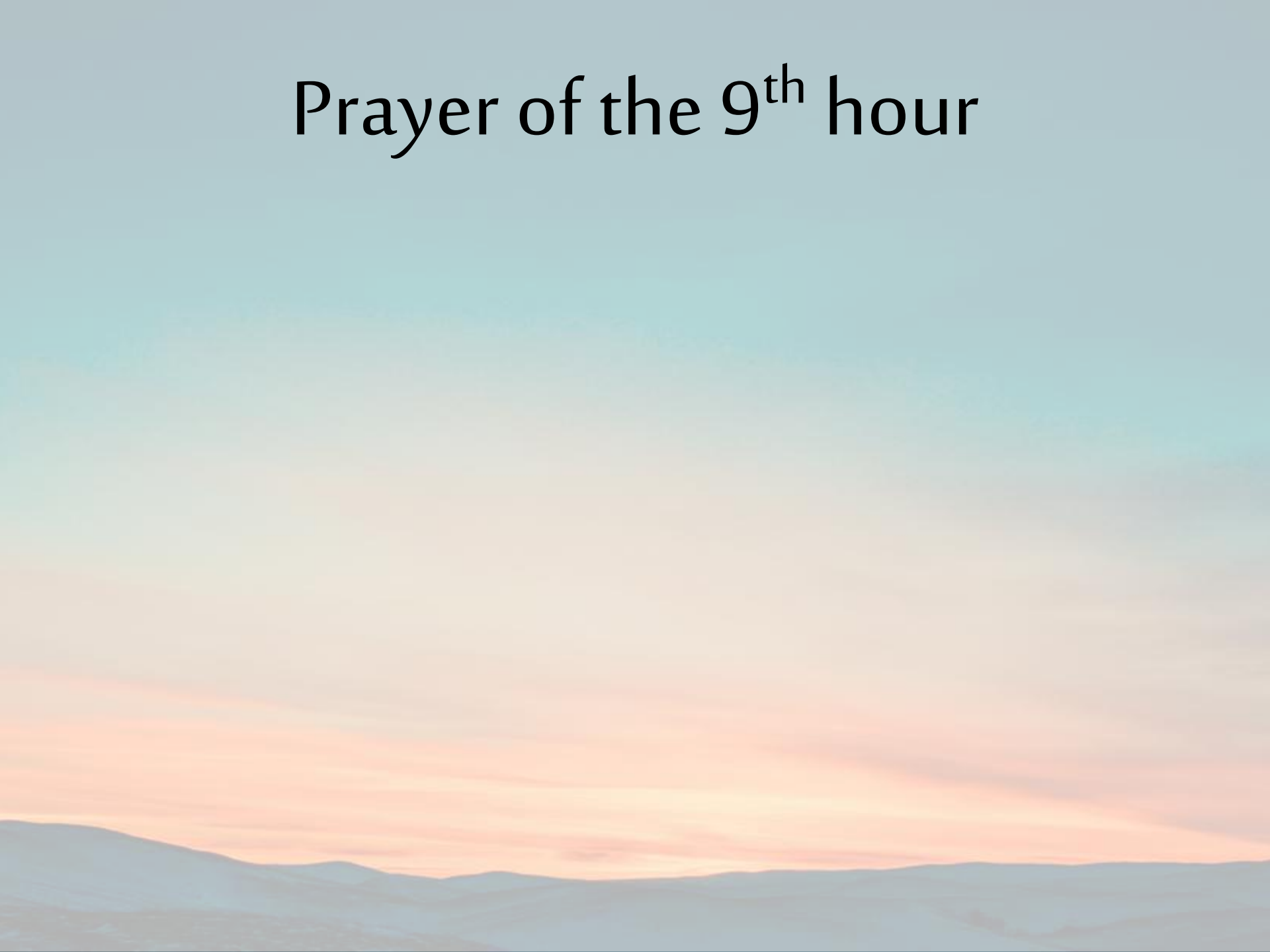


*“And now I bent the knee of my heart,
begging for Your clemency”*

Prayer of the 9th hour



I place my soul

I place my soul into your hands

My Lord Jesus Christ

Lead me 'cause I depend on you

Lead me and I'll serve you

Please be my guide in every way

Be my guard I won't go astray

Sanctify my heart and my needs

Until I see you Lord

As you have always said

O source of all goodness

"Come unto me all you weary

Come unto me and you will find rest

Come onto me I am the way

I am the truth and life"

I place my soul

When my life gets filled with worries
And darkness overwhelms
The clouds will be dispersed away
By you, O prince of peace
You are my shield you are my hope
You are my strengths you are my goal
You are the perfect love, O Lord
Of whom then shall I fear!
**As you have always said
O source of all goodness
"Come unto me all you weary
Come unto me and you will find rest
Come onto me I am the way
I am the truth and life"**

I place my soul

You are my shepherd I'll not want

Lead me to still waters

Restore my soul I'm calling you

Lead me to righteousness

Though I walk through the Death Valley

With you, I will fear no evil

You are my comfort staff and rod

All the days of my life

As you have always said

O source of all goodness

"Come unto me all you weary

Come unto me and you will find rest

Come onto me I am the way

I am the truth and life"

I place my soul

Come Take your cross and follow me

Fear not I am with thee

Cheer up I've overcome the world

Your tears I'll wipe away

I showed you my love on the cross

And if you're faithful unto death

I will give you eternal life

Come now and follow me

As you have always said

O source of all goodness

"Come unto me all you weary

Come unto me and you will find rest

Come onto me I am the way

I am the truth and life"

The prayer of Manasseh

“ O Lord Almighty, God of our fathers, of Abraham and Isaac and Jacob, and of their righteous seed, You Who have made heaven and earth with all their adornment, You Who have bound the sea by the word of your command, You Who have shut the deep, and sealed it with your fearsome and glorious Name, You at whom all things shudder, and tremble before Your power, for unbearable is the magnificence of Your glory, and not to be withstood is the anger of Your threat towards the sinners, and immeasurable and inscrutable in the mercy of Your promise, for You are the Lord Most High, compassionate, patient, and merciful, repenting from the evil deeds of people. You, O Lord, according to the fullness of Your clemency, promised repentance and forgiveness to those who have sinned against You, and in the fullness of Your mercies, You have appointed repentance for sinners toward salvation.

The prayer of Manasseh

Therefore, You, O Lord of the righteous, have not given repentance for the righteous, for Abraham and Isaac and Jacob, who had not sinned against You, but you have given repentance for me, the sinner. For I have sinned more than the number of sand of the sea; my lawless deeds are multiplied, O Lord, multiplied, and I am not worthy to look and see the heights of heaven because of the multitude of my unrighteous deeds.

I am bent down by too many a bond of iron for the lifting of my head because of my sins, and there is no relief for me, for I have provoked Your wrath and done evil before You. I have set up abominations and multiplied provocations. And now I bent the knee of my heart, begging for Your clemency. I have sinned, O Lord, I have sinned, and I know my lawless deeds.

The prayer of Manasseh

I am asking, begging You: forgive me, O Lord, forgive me! Do not destroy me with my lawless deeds, nor for all ages keep angry with me, nor condemn me to the depths of the earth, for You, O Lord are the God of those who repent. And in me You will display Your goodness, for my being worthy, You will save me according to Your great mercy. And I will praise You throughout all the days of my life, for all the power of the heavens sing Your praise. For Yours is the glory, to the ages. Amen.

Psali Watos for the Fast of St Mary

Come to praise, our Lord Jesus Christ,
and His Mother the Virgin, Mary the Mother of God.
Berechiah spoke about you, of the economy of salvation,
Which is the dawning of Christ from you, Mary the Mother of God.

**+ For the Lord the Eternal, has chosen you O Virgin,
For you are the pride of our race, Mary the Mother of God.
+ Daniel has likened you, to the rational mountain,
and Mount Zion, Mary the Mother of God.**

Who among the wise, and the faithful scholars,
can speak of your blessedness, Mary the Mother of God.

Zechariah has told us, in his prophecy taught us,
You are the daughter of Zion, Mary the Mother of God.

**+ Isaiah and Daniel, witnessed to you with joy,
you are the Mother of Emmanuel, Mary the Mother of God.**

Psali Watos for the Fast of St Mary

**+ This is the door of the east, this is city of the merciful One,
and the dwelling of the Lord, Mary the Mother of God.**

Jeremiah directs and prophesied, that you are,
the shakable mountain, Mary the Mother of God.

Jacob spoke with joy, about a hidden mystery,
that her virginity is sealed, Mary the Mother of God.

**+ A branch budded from her, the pure vine,
and the beautiful dove, Mary the Mother of God.**

**+ Moses saw the Logos, when He was within her,
which is the fire in the burning bush, Mary the Mother of God.**

The heavenly ones wonder, and praise with great power,
your Son Jesus, Mary the Mother of God.

Foremost Gabriel, came to you with honor,
and greeted you, Mary the Mother of God.

Psalm for the Fast of St Mary

**+ A mystery in two wonders, the barren one giving birth to a son,
and a Virgin giving birth to God of us, Mary the Mother of God.**

**+ The pure Lamb, the Son of God in truth,
was incarnate of the Virgin, Mary the Mother of God.**

The mouths of the teachers of the Church, the fountain of wisdom,
speak of the honor of the all-holy, Mary the Mother of God.

Solomon the son of the king, spoke of the greatness of your honor,
in the Song of Songs, Mary the Mother of God.

**+ You deserve all honor, O queen Mother of the King,
and the angels praise you, Mary the Mother of God.
+ The Son of God has chosen you, and dwelled in you,
for you deserved honor, Mary the Mother of God.**

The glorified God, in the mouths of His saints,
the pure Virgin feed him, Mary the Mother of God.

Psali Watos for the Fast of St Mary

Hail to the mountain of which, the stone was cut without human hands,
you have guided all the virgins, Mary the Mother of God.

**+ The adornment of the Church, and the pride of virginity,
the true queen and the chaste, Mary the Mother of God.**

**+O pure tabernacle, O undefiled Virgin,
the Mother of God the Word, Mary the Mother of God.**

Prayer by St Ephrem the Syrian

Like the apple of Your eye preserve me, O Lord God; defend me and beneath Your wings shelter me from temptations. Be the guardian of the eye, that it might not look about in the manner of a thief; be the guardian of the ear, that it might not perceive falsehood. Be the guardian of the lips, that slander, judgment, criticism and idle words might not come forth from them. Be the guardian of the heart, that it might not be inclined to evil and might not work iniquity. Grant us, O Lord, knowledge, both of what we should do and of how to set about it. Grant us, O our Lord, that we may be sweeter to You than fragrances and perfumes.

Prayer by St Ephrem the Syrian

Grant us, O our Lord, that we may love You and hate the world.

Grant us, O Lord, to acquire Only You rather than all transient possessions.

Grant us, O our Lord, to bring You three choice gifts, to burn three aromatic censers before You, to light for You three brightly burning lamps: the spirit, the soul and the body, these three gifts for the One Trinity.

O Father, consecrate our spirits to Yourself! O Son, consecrate our souls to Yourself! O Holy Spirit, consecrate to Yourself our bodies which are afflicted by many weaknesses.

Grant us, O our Lord, to rejoice in You, and may You rejoice in us in the last day. To You is the praise, from the spirit, the soul and the body. And unto us be Your mercies, forever Amen.

Silent personal prayers

