

The First Hour of the Great Fast

Pr: Blessed is our God, always, now and ever, and forever.

R: **Amen.**

Glory be to You, our God, glory to You!

Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. *(Three times)*

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

O most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. *(Three times)*

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

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, and lead us not into temptation, but deliver us from evil.

Pr: For Thine is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, now and ever, and forever.

R: **Amen.**

Lord, have mercy. (*Twelve times*).

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

+Come, let us adore the King, our God.

+Come, let us adore Christ, the King and our God.

+Come, let us adore and bow down to the only Lord
Jesus Christ, the King and our God.

[SIT] **Psalm 5**

To my words give ear, O Lord,
give heed to my groaning.

Attend to the sound of my cries,
my King and my God.

It is you whom I invoke, O Lord.

In the morning you hear me;
in the morning I offer you my prayer,
watching and waiting.

You are no God who loves evil;
no sinner is your guest.

The boastful shall not stand their ground
before your face.

You hate all who do evil:
You destroy all who lie.

The deceitful and bloodthirsty man
the Lord detests.

But I through the greatness of your love
have access to your house

I bow down before your holy temple,
filled with awe.

Lead me, Lord, in your justice, because of those who lie in wait;
make clear your way before me.

No truth can be found in their mouths,
their heart is all mischief,

their throat a wide-open grave,
 all honey their speech.
Declare them guilty, O God.
 Let them fail in their designs.
Drive them out for their many offenses;
 for they have defied you.
All those you protect shall be glad
 and ring out their joy.
You shelter them; in you they rejoice,
 those who love your name.
It is you who bless the just man, Lord:
 You surround him with favor as with a shield.

Psalm 89

O Lord, you have been our refuge
 from one generation to the next.
Before the mountains were born
 or the earth or the world brought forth,
You are God,
 without beginning or end.
You turn men back into dust
 and say: 'Go back, sons of men.'
To your eyes a thousand years
 are like yesterday, come and gone,
 no more than a watch in the night.
You sweep men away like a dream,
 like grass which springs up in the morning.
In the morning it springs up and flowers:
 by evening it withers and fades.
So we are destroyed in your anger
 struck with terror in your fury.
Our guilt lies open before you;
 our secrets in the light of your face.
All our days pass away in your anger.
 Our life is over like a sigh.
Our span is seventy years
 or eighty for those who are strong.

And most of these are emptiness and pain.
They pass swiftly and we are gone.
Who understands the power of your anger
and fears the strength of your fury?
Make us know the shortness of our life
that we may gain wisdom of heart.

Lord, relent! Is your anger forever?
Show pity to your servants.
In the morning fill us with your love;
we shall exalt and rejoice all our days.
Give us joy to balance our affliction
for the years when we knew misfortune.
Show forth your work to your servants;
let your glory shine on their children.
Let the favor of the Lord be upon us:
give success to the work of our hands.
Give success to the work of our hands.

Psalm 100

My song is of mercy and justice;
I sing to you, O Lord.
I will walk in the way of perfection.
O when, Lord, will you come?
I will walk with blameless heart
within my house;
I will not set before my eyes
whatever is base.
I will hate the ways of the crooked;
they shall not be my friends
The false-hearted must keep far away;
The wicked I disown.
The man who slanders his neighbor in secret
I will bring to silence.
The man of proud looks and haughty heart
I will never endure.
I look to the faithful in the land

that they may dwell with me.
He who walks in the way of perfection
shall be my friend.
No man who practices deceit
shall live within my house.
No man who utters lies
shall stand before my eyes.

Morning by morning I will silence
all the wicked in the land,
uprooting from the Lord's city
all who do evil.

[STAND]

Glory be to the Father, and to the Son, and to the
Holy Spirit,
now and ever, and forever. Amen.
+Alleluia, alleluia, alleluia. Glory to You, O God.
(Three times)

Lord, have mercy. (Three times.)

Troparion of the First Hour (T6)

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

In the morning You hear me, O my King and my God.

*v. To my words give ear, O Lord, give heed to my groaning.
In the morning You hear me.*

*v. It is You whom I invoke, O Lord.
In the morning You hear me.*

Theotokion of the First Hour (Tone 6)

Now and ever, and forever. Amen.

What shall we call you, O Full of Grace? / A Heaven;
for you gave rise to the Sun of Justice? / A Paradise; for you
have brought forth the Flower of incorruption? / A Virgin; for
you have remained undefiled? / A pure Mother, holding in her
holy arms the Son who is the God of all? / Intercede with Him
for the salvation of our souls.

Troparia for the Great Fast: First Hour (T4)

Come to us in haste, O Christ our God, / before we
become slaves of those who blaspheme You and threaten our
lives. / With your Cross cut down those who make war against
us; / let them know how strong is the faith of those who profess the
truth. / Grant this through the prayers of the Mother of God, / for You
alone are the Lover of Mankind.

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

O Teacher of wisdom, O Bestower of understanding, /
O Instructor of the ignorant and Protector of the poor, /
strengthen and teach my heart, O Master. / O Word of the
Father give me the word, / and do not prevent my mouth from
calling out to You: / I have fallen, / have mercy on me, O merciful
One.

Now and ever, and forever. Amen.

Let us with our hearts and lips / unceasingly extol the
most glorious Mother of God, / holier than the holy angels, /
and proclaim that she is truly the Theotokos, / for she has truly
given birth to God in the flesh / and never ceases to intercede
for our souls.

Lord, have mercy. (*Forty times*).

Pr: O good God, in all times and in all places You are

worshipped and glorified both in heaven and on earth. You are long-suffering and most-merciful. You love the just and show mercy to the sinner, calling all to salvation through the promise of blessings to come. At this very hour, O Lord, receive our supplications and direct our lives in the path of Your commandments. Sanctify our souls; purify our bodies; set right our minds; cleanse our thoughts; deliver us from all affliction, evil and illness; surround us with Your holy angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of Your unapproachable glory for You are blessed forever and ever. Amen.

Lord, have mercy. (*Three times*)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who, a virgin, gave birth to God, the Word. You, truly the Mother of God, we magnify.

Give the blessing, Father, in the Name of the Lord.

Pr: May God be merciful to us and bless us; may He cause His countenance to shine upon us and have mercy on us.

R: Amen.

Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. (*Prostration*)

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. (*Prostration*)

O Lord and King, grant me the grace to be aware

of my sins and not to judge my brother, for You are blessed, forever and ever. Amen. (*Prostration*)

(*Then twelve small bows, saying at each bow:*)

+O God, be merciful to me, a sinner.

+O God, cleanse me of my sins and have mercy on me.

+O Lord, forgive me for I have sinned without number.

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother, for You are blessed, forever and ever. Amen.

(*Prostration*)

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

O Most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for your name's sake.

---Lord, have mercy. (*Three times*)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

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, and lead us not into temptation, but deliver us from evil.

Pr: For Thine is the kingdom....

R: Amen.

Pr: O Christ the True Light, Who enlightens and sanctifies everyone who comes into the world, mark us with the light of Your countenance so that we may see the unapproachable light. Let our life be straight along the path of Your commandments, through the prayers of Your most pure Mother and of all Your saints.

R: **Amen.**

Pr: Glory be to You, O Christ our God our hope, glory be to You!

R: Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen. Lord, have mercy. (3x)
---Give the blessing!

Pr: May Christ our true God have mercy on us and save us, through the prayers of His most pure Mother, of our venerable and God-bearing fathers, and of all the saints, for He is gracious and loves mankind.

R: **Amen.**