



EVENING PRAYER

OF THE UNIVERSAL SYRIAC ORTHODOX CHURCH

(Great Lenten Prayers)

English

03/15/2014

**Compiled by
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Patriarch Of Antioch And All The East



His Holiness Moran Mor Ignatius Zakka I

Catholicose Of India



His Beatitude Aboon Mor Baselius Thomas I

**Archbishop And Patriarchal Vicar Of The
Malankara Archdiocese of the Syriac Orthodox Church
in North America**



His Eminence Mor Titus Eldho

GREAT LENTEN EVENING PRAYER

During the Great Lent, this prayer is to be said for the evenings after Sunday sunset and until Thursday sunset (included). Use the regular prayer for Fridays and Saturdays after sunset.

This prayer is not for the Passion week of our Lord.

Qaumo (The Beginning)

✠ In the name of the Father, and of the Son, and of the Holy Spirit, one true God:

Glory be to Him; and may His grace and mercy be upon us for ever. Amen.

Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and earth are filled Hosanna in the highest.

Blessed is He, who has come, and is to come, in the name of the Lord God; Glory be to Him in the highest.

Holy art Thou, O God!

Holy art Thou, Almighty

Holy art Thou, Immortal

✠ Crucified for us, have mercy upon us.

Holy art Thou, O God!

Holy art Thou, Almighty

Holy art Thou, Immortal

✠ Crucified for us, have mercy upon us.

Holy art Thou, O God!

Holy art Thou, Almighty

Holy art Thou, Immortal

✠ Crucified for us, have mercy upon us.

Lord, have mercy upon us.

Lord, be kind and have mercy upon us.

Lord, accept our worship and prayers, have mercy upon us.

Glory be to Thee, O God

Glory be to Thee, O Creator,

Glory be to Thee, O Christ, the King, who does pity sinners, Thy servants. Barekmor.

Lord's Prayer

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. / Lead us not into temptation; / but deliver us from the evil. / For Thine is the kingdom, the power, and the glory, / for ever and ever. Amen. ✠

Hail Mary, full of grace, / our Lord is with thee. / Blessed art thou among women. / Blessed is the fruit of thy womb, our Lord Jesus Christ. / O Holy Virgin

Saint Mary, Mother of God! / Pray for us sinners, now and at all times, / and at the hour of our death. Amen.

Prayer of Ninth Hour For Sunday Evening

QOLO

Praise be to You O God, who gives life to the dead. Praise be to You O God, who grants resurrection to the entombed. We praise You and glorify Your Father who did send You and the Holy Spirit. *Barekhome*.

O Lord, one of Trinity, who by Your own will stayed in the tomb for three days, give resurrection to our departed ones, for they were saved by Your precious blood. *Moriyo rahae melain noo-odarain*.

BOVOOSO (Supplication)

O merciful Lord! Renew Your creation on the day of resurrection.

O! Lord! Grant rest and comfort to our departed ones who have lived and died with hope in You, awaiting Your coming.

O! Lord! May Your servants who died with cherishing hope in You dwell in the bosom of Abraham, Isaac and Jacob.

May the souls and bodies together cry aloud and say: glory be to the One who has come and is to come and resurrect the departed. Amen.

Prayer of Ninth Hour

QOLO

O merciful Lord! On that day when everyone aspires to sit on Your right side, kindly do not cast us off from Your presence. Since Your holy body and blood dwell within us, kindly do not proclaim that You never knew us. Let our holy baptism be an unsinkable ship for us that crosses the fiery ocean, and we live under your grace. *Barekhome*.

O Lord! We are buried entirely under our sins. Our iniquities are always against us. How can we look up to heaven and plead for redemption! Like the sinful woman, we knock at your door of mercy. Answer us and forgive our sins. *Moriyo rahae melain noo-odarain*.

BOVOOSO (Supplication)

O merciful God! Do not turn Your face away from us. Do not reject our entreaties. Do not forsake us. You are our only support. Save us in Your mercy. O Lord! We are drowned under the filthy dirt of sin. Sprinkle us with Your clean hyssop. Mercifully wash off our impurities. Make us worthy to be Your loved ones who please You, and on the judgment day, make us stand on Your right and sing Your glory.

Holy art Thou O God.....etc.

EVENING PRAYER

Holy art Thou O God.....etc.

(Psalms 141, 142, 119: 105-112, 117)

KuRiyElaayissOn.

I call upon You, Lord; hear me! Give heed to my words and answer me.

Let my prayer be like incense in Your sight, my uplifted hands be like an evening sacrifice. Lord, set a guard to my mouth, a sentry at the door of my lips, that my heart may not turn to evil and indulge in the deeds of wickedness.

Let me not sit at the table of the wicked. Let the righteous man teach me, let him reprove me, but the oil of the wicked shall not anoint my head, my prayer is against their evil deeds. When their judges are thrown down in stony places, they shall hear my words; for they are sweet.

Their bones are scattered at the mouth of the grave like the plow that breaks the earth. I lift up my eyes to You, Lord. I put my trust in You, do not leave my soul destitute.

Keep me away from the hands of the proud who have laid snares for me. Let the wicked fall into their own traps, while I go unharmed.

While my soul was in agony, I cried unto the Lord with my voice; with all my voice I made supplication. I poured out my affliction before Him, I told Him all my troubles. When my spirit was overwhelmed within me, then You know my path.

They have hidden snares for me in the way I have to walk. I looked to the right, but there was no one who knew me; no one cared for my soul. I cried unto You, O Lord! I said, You are my refuge and my portion in the land of the living.

Attend to my supplication; for I am in distress. Deliver me from my persecutors, for they are stronger than me. Lead me forth from prison that I may praise Your name. The righteous shall wait for me because You will answer me.

Your word is a lamp to my feet and a light for my path. I have sworn and have determined to keep Your holy decrees. I am made to be low, Lord. Give me life according to Your word. Lord, be pleased with the words of my lips and teach me Your decrees.

My life is always in Your hands, I do not forget Your laws. The wicked have set traps for me, but I have not strayed from Your commands. I treasure up Your

testimonies. Truly they are the joy of my heart. Incline my heart to keep Your commands, in truth, for ever.

Praise the Lord, all you nations. Praise Him, all you peoples. Great is His loving kindness for us. Truly, the faithfulness of the Lord endures forever.

To You belongs the praise, O God. Barekhor.

EnyOno

O Lord Messiah who fasted for us while Your holiness is unblemished! Show mercy on us to observe the lent that delights You.

O Lord! You nurture all Your creations, hungered in the wilderness for our salvation, make us worthy to observe the lent without the love of the stomach.

O Lord! Grant us mercy to observe the lent in purity and to welcome Your lent. *Barekhor.*

Let our fasting be pleasing unto You Lord. And thus absolve our iniquities. *Sthowmenkalos Kurielaison.*

Kolos

O Lent, the paramount weapon for the fight against Satan! Come in peace. Moses fasted for forty days. And Elijah fasted for forty days. And our Lord fasted for forty days. Glory to You Lord Messiah who taught us to be victorious over Satan through fasting and prayer. Barekhor

Moses received the tablets inscribed by God through fasting. Elijah became God's beloved through fasting, and heaven and earth obeyed him. Blessed is the one who relinquishes jealousy, hatred and other evils, and fasts and prays and pleases God with his deeds. *Moriyo rahae melain noo-odarain.*

Kolos Continued

O God! Forgive our iniquities. Kindly absolve all our sins. We cry unto You like the sinful woman, for we have angered You by our sins. O You who loves the mankind! Accept us and have mercy upon us. Make us worthy to sing Your glory for Your mercies with Your saints, on the day You arrive in great glory.

O Lord! We cry unto You in contrition like the prodigal son. Have mercy upon us. We sinned against heaven and before You. Accept us as Your hired servants . Consider us like the servants in Your house. Forgive us of all the sins we committed before You. *Moriyo rahae melain noo aadarain.*

BOVOOSO (Supplication)

As the spirit and the body have to observe the lent together, while the body denies food, the spirit must relinquish evil as well. Observing the lent by denying

food alone while holding on to evil thoughts is worthless. O Lord, make us to observe the lent diligently in body and spirit with your mercy.

[Say the special prayers for **Mid Lent, Fortieth Friday and Hosanna** days here]

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Concluding Prayer

(To be said only on the above occasions)

O Lord Jesus Christ! Do not close the door of Your mercy on our faces. Lord, we confess that we are sinners, have mercy upon us.

O Lord! Your love made You descend from Your place to us that by Your death, our death was abolished; have mercy upon us.

Holy art Thou O God..etc.

Prayer of the Bedtime (Compline)

Holy art Thou O God..etc.

Use this section only on Sunday Nights

†Glory to God in the highest, and peace and reconciliation on earth, and good hope for all.

†Glory to God in the highest, and peace and reconciliation on earth, and good hope for all.

†Glory to God in the highest, and peace and reconciliation on earth, and good hope for all.

Psalm 4

BarekhmOr, Answer me when I call to you, O my righteous God.

BarekhmOr, Give me relief from my distress; be merciful to me and hear my prayer.

O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies?

Know that the Lord has set apart The Chosen One for Himself with wonders; the Lord will hear when I call him.

In your anger do not sin; when you are on your beds, search your hearts and be silent.

Offer right sacrifices and trust in the Lord.

There are many who say, "Who will show us the Good One and will shed upon us the light of his face?"

You have filled my heart with greater joy than when their grain and new wine abound.

I will lie down and sleep in peace, for You alone, O Lord, make me dwell in safety.

Prayer of Repentance

O Lord! teach us all Your commandments. By Your grace help us to live according to them. O God set guards to the open doors of our senses that the treasury of Your grace may not be detained from us. Barekhamor

O holy God, Your Holiness is adored by all saints. O Lord, cleanse our thoughts and make us worthy to glorify Your name like the seraphim who proclaim and glorify Your Holiness. Moryo rahem `a lay noo `adarayn.

Supplication

O Lord, accept our worship and have mercy upon us.

Grant us compassion, mercy and forgiveness from Your holy treasury.

O Lord, our deeds make You angry; but You never desire to be angry. You are merciful and Your tranquillity is never disturbed.

Though our sins are abundant, they are like a drop of mud in Your ocean of mercy. A drop of mud cannot soil the ocean.

O God who listens to prayers and grants supplications, be pleased in our prayers and grant our petitions in Your mercy.

The Hymn of Mor Ephrem the Syrian

1. Lord have mercy upon us
Kindly accept our service
Sending from Thy treasury
Kindness, mercy - and pardon..
2. Grant me O Lord, while I stand,
keeping vigil before Thee

Should I fall to slumber's hand,
Guard thou me from - sinful sleep.

3. If I trespass while awake
by thy Grace absolve me Lord
If I transgress - in my sleep
Forgive me Thy – compa-ssion.
4. By the Cross of Thy meekness
Grant me, Lord, a restful sleep
Deliver me from - evil dreams
O Lord, and from - sinful thoughts.
5. Through the night govern me, Lord
Grant to me a - peaceful sleep;
Let not evil - one and thoughts,
Should have domain - over me
6. Grant to me Thy bright Angel,
that he may guard - all my limbs;
Save me from un-holy lust
By Thy Body - that I ate.
7. While I lie and sleep in calm,
may Thy blood be - my guardian;
Granting freedom - to my soul
which is but Thy - own image.
8. Thy hand shaped me, O my Lord
Shadow me with - Thy right hand,
Thy mercy be - a for-tress
Shielding me Lord - all around.
9. While my body rests and sleeps,
May Thy power - keep vigil;
Let my sleep in - Thy presence
May become like - sweet incense.
10. Let not evil touch my bed,
By Thy mother's prayer for me;
By Thy pleasing sacrifice,
Keep Satan from - hurting me.

11. Fulfill Thy word with me, Lord,
And guard my life by Thy Cross;
Waking I shall - praise Thy name,
For Thou loved me - in weakness.
12. Grant me by Thy mercy, Lord,
That I hear and - do Thy will;
Grant Lord an eve - full of peace,
And a night of – righteous-ness.
13. O our Savior, Jesus Christ,
who is indeed the true light;
Thy honor stays - in the light,
Worshipped by all - sons of light.
14. Jesus Savior of the world,
who stays and lives - in the light;
to Thee praise, on - us mercy
In this world and - that to come.
15. Praise to Thee Lord, praise to Thee,
Thousands thousands - we praise Thee;
Tens of thousands - we praise Thee,
To Thee praise on - us mercy.

Stanzas 16-27 are to be sung for 3-Day Lent and Great Lent

16. Thou Master of holy saints!
O Thou adored by Thy saints!
Answer prayers of those who
Worship and praise Thy Glory
17. Praise to Thee forever O Lord!
Thou art one true triune God
Father, Son and comforting
Holy Spirit, one true God
18. Praise to Thee forever O Lord!
For Thou accepts prayers of
Humble and penitent tears
Like the first fruit offerings

19. Heavenly hosts praise and adore
Thee O Lord unceasingly
We too sing Thy glory Lord!
The feeble earthlings made of dust.
20. Before Him who is one true God
Father, Son and Comforter
Psalms we sing in true knowledge
Which is away from evil.
21. Gold and silver gather not
Earthly possessions, poisons kill
Gather good tidings for they
Please thy good Lord on thy face
22. Observe thou lent forty days
Feed and care needy, hungry
Say thy prayers seven a day
As king David Jesse's son.
23. Fasted forty days Moses
And prophet Elijah good
Jesus fasted forty days
And He defeated Satan
24. Lord, open Thy door of grace
For Thy own humble servants
Through Jonah's supplication
Who was pulled from raging sea
25. Lord, open Thy door of grace
For Thy own humble servants
Through Daniels's supplication
Who was pulled from lions den
26. Lord, open Thy door of grace
For Thy own humble servants
Through infants' supplication
Who were pulled from furnace hot
27. Thou who receive our prayers

Thou who grants supplications;
Hear our prayers - and atone
Granting requests - in mercy.

Psalms 91, 121

(These psalms are to be read by two individuals, alternating paragraphs)

Kurieleison, Kurieleison, Kurieleison.

Barekhmor, Those who dwell in the secret place of the most high, whoever abides under the shadow of the Almighty.

Barekhmor, I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.

For He shall deliver you from the snare of stumbling, and from idle talk.

He shall cover you with His feathers, and under His wings you will be safe: His truth shall be your armor.

You shall not be afraid of the terror by night; nor of the arrow that flies by the day; nor for the plague that travels in the darkness; nor for the destruction of the wind in the noon.

A thousand shall fall at your side and ten thousand at your right hand.

But they shall not come near you, only with your eyes you shall behold and see the reward of the wicked.

Because You are my Lord, my refuge, who has made His habitation in the most high.

No evil shall come near you; no plague shall come near your dwelling.

For He shall give His angels charge over you, to keep you in all your ways.

For they shall bear you up in their hands so that your foot shall not dash against a stone.

You shall tread upon the basilisk and adder; and you shall trample the lion and the dragon.

Because he has sought Me, I will deliver him and strengthen him; he shall call upon Me because he has known My name.

I will answer him and I will be with him in trouble will strengthen him and honor him.

I will satisfy him with long life and show him My salvation.

I will lift up my eyes to the mountains, from where comes my helper?

My help comes from the Lord, who made heaven and earth.

He will not let your foot to tremble; He who keeps you will not slumber.

Behold, He that keeps Israel shall neither slumber nor sleep.

The Lord is your keeper; the Lord shall overshadow you with His right hand.

The sun shall not smite you by day, nor the moon by night.

The Lord shall preserve you from all evil; He shall preserve your soul.

The Lord shall preserve your going and coming from henceforth and for ever more. **To You belongs the praise, O God. Barekhmor.**

Prayer of Patriarch Mor Severius (AD 460-538)

Halleluia, Halleluia, Halleluia, Men olam wadamo l-olam olmeen Aammeen.

Lord, who sits in the shadow of the most high, protect us under the wings of Your mercy, and have compassion upon us.

O Lord who hearkens to all, by Your grace listen to the supplication of Your servants.

O glorious King, our Savior, give us peaceful evenings and sinless nights.

We set our eyes unto You; forgive our debts and sins, and be merciful to us in this world and in the world to come.

O Lord, may Your loving kindness shelter us and let Your mercy guard us. May Your ✝ cross protect us from the evil one and his legion.

Let Your right hand enveil us all through the days of our lives.

Let Your peace reign among us. Grant hope and salvation to all the souls who make supplication unto You.

By the prayers of St. Mary, who gave birth to You, and of all Your saints; O God, forgive our debts and have mercy upon us.

Praise of the Cherubim

✠ Blessed be the glory of the Lord, from His place for ever.

Holy and glorious Trinity, have mercy upon us.

✠ Blessed be the glory of the Lord, from His place for ever.

Holy and glorious Trinity, have mercy upon us.

✠ Blessed be the glory of the Lord, from His place for ever.

Holy and glorious Trinity, have compassion and mercy upon us.

You are holy and glorious for ever.

You are holy and glorious for ever.

You are holy and glorious for ever and your name is blessed for ever.

Glory to You, our Lord.

Glory to You, our Lord.

Glory to You, our hope for ever. Barekhamor.

Our Father who art in heaven,

Hail Mary, full of grace,.....

Creed

We believe in One True God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the only begotten Son of God, who was begotten of the Father before all worlds; Light of Light, true God of true God; Begotten and not made; and being of one substance with His Father; by whom all things were made; who for us men and for our salvation came down from heaven ✠ and was incarnate by the Holy Spirit and of the Virgin Mary, Mother of God. And He became man, and was crucified ✠ for us under Pontius Pilate, and He suffered, died and was buried, and the third day He rose according to His will, and ascended ✠ into heaven, and sits at the right hand of His Father; and He will come again with great glory to judge both the living and the dead; and His kingdom shall have no end.

And, we believe in the Holy Spirit, The Lord, the Giver of life to all, Who proceeds from the Father; Who together with the Father and the Son is worshipped and glorified, Who spoke through the Prophets and Apostles.

And in one Holy, Catholic and Apostolic Church. We confess one Baptism for the remission of sins. And we look for the resurrection of the dead, and the new life in the world to come, Amen.

Barekmor, Sthowmenkalos: Kurielaison, Kurielaison, Kurielaison,

Lord have mercy upon us.

Lord be kind and have mercy upon us.

Lord answer us and have mercy upon us.

Glory be to Thee, our Lord;

Glory be to Thee, our Lord;

Glory be to Thee, our hope for ever. Barekhmor.

Our Father who art in heaven,

Hail Mary, full of grace,.....

May the love of God the Father and grace of our Lord Jesus Christ and the fellowship and communion of the Holy Spirit be with us all; along with those we are indebted to pray for, our parents, our siblings, our children, and the departed souls of our loved ones, due to the intercession of Virgin St. Mary, the mother of God, St. Thomas, St. George, St. Basil Eldho, St. Gregorios, St. Ignatius Elias III, St. Abdul Jaleel Gregorios and St. Poulouse Athanasius, and all the rest of saints, now and forever, Ammeen. †††

O Lord Jesus Christ, Our God! Thank You for all the blessings You have been showering on us..... †††

First Saturday of the Great Lent

kOIos

O Lord! Make us worthy to follow the footsteps of the holy fathers and doctors who taught us the true faith and lead us into green pastures and remain steadfast to their teachings. By the prayers of Mor Aphrem and Mor Thevedoros let peace and tranquility be augmented in the holy Church. baaRekmOr

O Lord, make us worthy to follow their example to proclaim the true faith and observe the commandments they imparted such as fasting, prayer and all that are beneficial to our spirits, and to receive You with them on the day of judgment. *Moriyo rahae melain noo-odarain.*

bOvoosO

O Lord! Like our holy fathers let Your Holy Spirit dwell in us and grant us the speech, strength and awareness to praise Your glory and to help those who deviated from the holy faith turn to the path of the truth.

For Sundays other than Palm Sunday in Great Lent

kOIos

O Lord Messiah! You came down to comfort the grief-stricken, heal the sick, drive out demons, liberate the enslaved, provide us the needy with Your wealth. Bring us back to life with Your divine word. Kindly do not cast us off for our lack of faith. Make us grow in Your faith. As You healed the fever of Peter's mother-in-law, heal us from the atrocities of our sin that wound and distress us.

O Lord! Doctor for all pains and illnesses and who dress our wounds, heal the sickness of our souls. Kindly eradicate the leprocy of our iniquities. Cleanse us off our unclean ways. By Your mercy tear up our bondages. As we are suffering from numerous illnesses, send us all

Your help by Your great power. Wash the stains of our sins and cleanse us. *Moriyo rahae melain noo-odarain.*

bOvoosO

Lepers healed at Your presence, blind hear Your voice and able to see, dead resurrect, paralytics and lame heal and able to walk, and made demons flee from You, O Savior! Come down to us and heal our sick, raise the dead and chase demons. As You calmed the fury of the sea by Your admonition, calm down the severity of our sins. By Your mercy, eradicate our hidden and known agonies and ailments from our souls and bodies. We glorify You for all Your grace and mercy on us.

March 9

Memorial of Forty Martyrs

kOIos

By the counsel of the covetous Satan, the arch enemy of truth, the cruel king subjected the bodies of the martyrs to extreme sufferings by forcing them to stand in the sea all night in freezing cold. Let their prayers be our fortress. *baaRekmOr*

The holy martyrs boldly prepared for the war, fastening their belts and holding their weapons. They won the war and awarded the crowns of glory. By their prayers, O Lord! Help us to strengthen us in Your love and to fight courageous war with evil demons. *Moriyo rahae melain noo-odarain.*

bOvoosO

Like the heavenly hosts marveled the war waged by the forty martyrs in the sea and clapped their hands in joy at their victory, let them rejoice when we turn to You leaving our sinful ways behind. We praise You Lord for giving strength, courage and victory to martyrs who fought their war for You.

March 25

Annunciation to Mother of God

kOIos

Glory to our Lord who sent his archangel to Virgin Mary to proclaim His birth and humbly descended and dwelt in her. Blessed is the one whom the heaven, earth, angels and men glorify. O Lord! Let the prayer of Your mother be our fortress. baaRekmOr

Peace be to you O mother of the righteous Sun! Peace be to you O palace of sanctity! Peace be to you o ship, filled with vast treasures. Blessed is the Fruit of your virginity. O Mother! By your prayer help us to live a life of purity like you. *Moriyo rahae melain noo-odarain.*

bOvoosO

O Lord Messiah! Who willed to dwell in a pure virgin and took the form of a servant, live within us and liberate us from the hard bondage of sin and death. O Lord! Make us pure temples and clean mansions for You.

Mid-Lent Wednesday

kOIOs

Like Moses erected a brass serpent in the middle of Israelite tent and by that people were saved from the serpent bite, we erected the cross†, the symbol of victory and life in our church. O Lord! We bow down to Your cross† for we obtain salvation through Your cross†. baRekmOr

O Lord Messiah! During Your public ministry, when You replied to king Abgar for his invitation You included an icon with Your image. Likewise, accept our prayer essays and reply favorably and instill Your behavior, nature and humility in us and make us Your own people. *Moriyo rahae melain noo-odarain.*

bOvoosO

O Savior, who accept penitent sinners with love and compassion, kindly accept us and answer our prayers.

For Hosanna Week and Hosanna Sunday (Palm Sunday)



**(Monday after the Sixth Sunday of lent to Hosanna is known as Hosanna Week.
For 40th Friday and Lazarus' Saturday use special prayers for those days)**

kOIos

O Lord, who descended in mercy, and rode on a donkey! Cleanse us of our sins to glorify You with the children. *baaRekmOr*

On this day You rode on a donkey, exalt Your Church at all places. With Your power, kindly protect its members. Allow us to welcome You with innocent hearts with the children. *Moriyo rahae melain noo-odarain.*

bOvoosO

When the Lord whose chariot is drawn by Cherubim and the Seraphim sing His glory, humbly riding on a donkey on the streets of Jerusalem and made the triumphant entry to Jerusalem, infants and children glorified Him. Heavenly choir sang 'Holy, Holy, Holy' and the the crowd on earth sang, 'The Lord who came down for us is Holy, Holy, Holy'. With them we cry aloud, 'Hosanna to the Son of David. Accept our praise and have mercy upon us.

40th Friday

kOIos

O Lord Messiah! Glory be to You for You were lead to the wilderness by the Holy Spirit after the holy baptism and observed fasting for forty days and forty nights and started Your public ministry and thereby teaching us the need for observing lent before entering into Your ministry. *Moriyo rahae melain noo-odarain.*

Glory to You for You overcame all the temptations Satan offered to You and admonished him saying, 'Satan! Go behind me' and make him flee, and taught us about the temptations Satan will offer to those

who observe lent and prayers, and by the power of God, man can get victory over Satan and chase him humiliated. baaRekmOr

bOvoosO

O Jesus, our Savior! With awe and fear and with communion with God and with meditation, withdraw from earthly ways and observe lent without entering into temptations offered by Satan, and by Your power, help us always to gain victory over Satan.

Lazarus' Saturday

kOI0s

O Lord Messiah! who raised His friend Lazrus by his living voice after his body started decaying, raise us who are dead in our sins and make us worthy to be called as Your friends. baaRekmOr

O Lord! By raising Lazarus, You gave us the hope for resurrection and You proclaimed that You are the resurrection and life, make us worthy to live and die in You. *Moriyo rahae melain noo-odarain.*

bOvoosO

O Lord! Raise our dead by Your living voice and make them find favor in Your presence. In the heavenly feast, make us worthy to sit with You in the row of Your friend Lazarus, his sisters and all Your Saints.

To Remember At All Times

Death
Judgment
Hell
Heaven

THE TEN COMMANDMENTS

1. I am the Lord your God. You shall have no other gods before me.
2. You shall not make yourself an idol (in the form of anything in heaven above or on the earth beneath or in the waters below).
3. Thou shall not take the name of the Lord your God in vain (for God will not hold him guiltless that takes his name in vain).
4. Remember the Sabbath day, by keeping it holy.
5. Honor your father and your mother (so that your days may be long upon the land which the Lord your God is giving you).
6. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet anything that belongs to your neighbor (You shall not covet your neighbor's wife, or his manservant, or maidservant, or his ox, or his donkey, or anything that is your neighbor's).

Seven Commandments Of The Holy Church

1. Participate in the Holy Eucharist services on Sundays and feasts of our Lord
2. Observe the lents (fasting) mandated by the Holy Church

3. Observe lent (fasting) on Wednesdays and Fridays
4. Perform confession in front of an ordained priest
5. Partake in the Holy Communion (Qurbono)
6. Abstain from marital relationship on disallowed days
7. Offer vows, tithes, and harvest first fruits

Deeds Of Benevolence

1. Feed the hungry
2. Quench the thirsty
3. Be hospitable to foreigners
4. Clothe the naked
5. Visit the sick
6. Visit the imprisoned
7. Bury the dead
8. Strengthen the feeble minded
9. Instill knowledge to the ignorant
10. Make the sinners aware of their sins
11. Forgive shortcomings
12. Comfort the mourning (bereaved)
13. Demonstrate tolerance (patience)
14. Pray for the living and the dead (departed)

Fruits Of The Holy Spirit (Galatians 5:22-23)

1. Love
2. Joy
3. Peace

4. Patience (Forbearance)
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control

The Seven Deadly Sins, aka The Seven Capital Vices or The Seven Cardinal Sins

1. **Wrath (anger)** - is manifested in the individual who spurns love and opts instead for fury.

Meekness overcomes the sin of Wrath.

2. **Greed** - is the desire for material wealth or gain, ignoring the realm of the spiritual. It is also called Avarice or Covetousness.

Liberality (Generosity) overcomes the sin of Greed.

3. **Sloth** - is the avoidance of physical or spiritual work.

Diligence overcomes the sin of sloth.

4. **Pride** - is excessive belief in one's own abilities, that interferes with the individual's recognition of the grace of God. It has been called the sin from which all others arise. Pride is also known as Vanity.

Humility overcomes the sin of Pride.

5. **Lust** - is an inordinate craving for the pleasures of the body.

Chastity overcomes the sin of lust.

6. **Envy** - is the desire for others' traits, status, abilities, or situation.

Brotherly Love overcomes the sin of Envy.

7. **Gluttony** - is an inordinate desire to consume more than that which one requires.

Temperance overcomes the sin of Gluttony