

## PREPARATORY PRAYERS FOR HOLY COMMUNION

In the Name of the Father and of the Son, and of the Holy Spirit. Amen.

Glory to You, our God, glory to You.

Heavenly King, Comforter, Spirit of Truth, present in all places and filling all things, Treasury of goodness and Giver of Life, come and abide in us, and cleanse us of all our sins, and save our souls, O glorious Good One.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Most Holy Trinity, have mercy on us. O Lord, cleans us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Our Father, Who are in heaven, hallowed be Your Name. Your Kingdom come. Your 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.

For Yours is the kingdom, the power and the glory, of the Father, and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (12 times).

O come let us worship God our King. (Metania)

O come let us worship and fall down before Christ, our King and God. (Metania)

O come let us worship and fall down before Christ Himself, our King and our God. (Metania)

Then the following Psalms: 23, 24, 116: 10-19 (King James text); 22, 23, 115 (Septuagint).

Psalm 22.

The LORD is my shepherd; I shall not want.

He makes me to lie down in green pastures;

He leads me beside the still waters.

He restores my soul; He leads me in the paths of righteousness For His name's sake.

Yea, Though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.

Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

### Psalm 23.

The earth is the LORD's, and all its fullness, The world and those who dwell therein.

For He has founded it upon the seas, And established it upon the waters.

Who may ascend into the hill of the LORD? Or who may stand in His holy place?

He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.

He shall receive blessing from the LORD, And righteousness from the God of his salvation.

This is Jacob, the generation of those who seek Him, Who seek Your face.

Lift up your heads, O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in.

Who is this King of glory? The LORD strong and mighty, The LORD mighty in battle.

Lift up your heads, O you gates! Lift up, you everlasting doors! And the King of glory shall come in.

Who is this King of glory? The LORD of hosts, He is the King of glory.

### Psalm 115.

I love the LORD, because He has heard My voice and my supplications.

Because He has inclined His ear to me, therefore I will call upon Him as long as I live.

The pains of death surrounded me, And the pangs of Sheol laid hold of me; I found trouble and sorrow.

Then I called upon the name of the LORD: "O LORD, I implore You, deliver my soul!"

Gracious is the LORD, and righteous; Yes, our God is merciful.

The LORD preserves the simple; I was brought low, and He saved me.

Return to your rest, O my soul, For the LORD has dealt bountifully with you.

For You have delivered my soul from death, My eyes from tears, And my feet from falling.

I will walk before the LORD in the land of the living.

I believed, therefore I spoke, "I am greatly afflicted."

I said in my haste, "All men are liars."

What shall I render to the LORD For all His benefits toward me?

I will take up the cup of salvation, And call upon the name of the LORD.

I will pay my vows to the LORD Now in the presence of all His people.

Precious in the sight of the LORD Is the death of His saints.

O LORD, truly I am Your servant; I am Your servant, the son of Your maidservant; You have loosed my bonds.

I will offer to You the sacrifice of thanksgiving, And will call upon the name of the LORD.

I will pay my vows to the LORD Now in the presence of all His people,

In the courts of the LORD's house, in the midst of you, O Jerusalem.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to You, O God. (Thrice)

Lord, have mercy (Thrice).

And then the following prayers:

Overlook my faults, O Lord Who was born of a Virgin, and purify my heart, and make it a temple for You spotless Body and Blood. Let me not be rejected from Your presence, O You Who has infinite mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.

How can I who am unworthy dare to come to the communion of Your Holy Things? For even if I should dare to approach You with those who are worthy, my garment betrays me, for it is not a festal robe, and I shall cause the condemnation of my sinful soul. Cleanse, O Lord, the pollution from my soul, and save me as the Lover of men.

Now and ever, and unto the ages of ages. Amen.

Great is the multitude of my sins, O Mother of God. To you, O pure one, I flee and implore salvation. Visit my sick and feeble soul and intercede with your Son and our God, that He may grant me forgiveness for the terrible things I have done, O you who alone are blessed.

On Holy and Great Thursday the following is read:

When Your glorious Disciples were enlightened at the Supper by the feet-washing, then impious Judas was darkened with the disease of avarice, and he delivered You, the Just Judge, to lawless judges. See, O lover of money, this man who through money came to hang himself. Flee the insatiable desire which dared to do such things to the Master. O Lord, Who are good towards all, glory to You.

Lord, have mercy. (40 times)

Prostrations as desired. Then these prayers:

First Prayer of St. Basil the Great

O Sovereign Lord Jesus Christ our God, source of life and immortality, Who is the Author of all creation, visible and invisible, the equally everlasting and co-eternal Son of the eternal Father, Who through the excess of Your goodness did in the last days assume our flesh and was crucified for us, ungrateful and ignorant as we were, and did cause through Your own Blood the restoration of our nature which had been marred by sin: O immortal King, accept the repentance even of me a sinner, and incline Your ear to me and hear my words. For I have sinned, O Lord, I have sinned against heaven and before You, and I am not worthy to gaze on the height of Your glory; for I have provoked Your goodness by transgressing Your commandments and not obeying Your orders. But You, O Lord, in Your forbearance, patience, and great mercy, has not given me up to be destroyed with my sins, but You await my complete conversion. For You, O Lover of men, has said through Your Prophet that You desire not the death of the sinner, but that he should return to You and live. For You do not will, O Lord, that the work of Your hands should be destroyed, neither do You delight in the

destruction of men, but You desire that all should be saved and come to a knowledge of the Truth. Therefore, Though I am unworthy both of heaven and earth, and even of this transient life, since I have completely succumbed to sin and am a slave to pleasure and have defaced Your image, yet being Your work and creation, wretch that I am, even I do not despair of my salvation and dare to draw near to Your boundless compassion. So receive even me, O Christ Lover of men, as the harlot, as the thief, as the publican, and as the prodigal; and take from me the heavy burden of my sins, You Who take away the sin of the world, Who heals men's sicknesses, Who calls the weary and heavy laden to Yourself and gives them rest; for You came not to call the righteous but sinners to repentance. And purify me from all defilement of flesh and spirit. Teach me to achieve perfect holiness in the fear of You, that with the clear witness of my conscience I may receive the portion of Your holy Things and be united with Your holy Body and Blood, and have You dwelling and remaining in me with the Father and Your Holy Spirit. And, O Lord Jesus Christ, my God, let not the communion of Your immaculate and life-giving Mysteries be to me for condemnation nor let it make me sick in body or soul through my partaking of them unworthily; but grant me till my last breath to receive without condemnation the portion of Your holy Things, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Your dread tribunal, so that I too with all Your elect may become a partaker of Your pure joys which You have prepared for those who love You, O Lord, in whom You are glorified throughout the ages. Amen.

#### First Prayer of St. John Chrysostom

O Lord my God, I know that I am not worthy or sufficient that You should come under the roof of the house of my soul, for all is desolate and fallen, and You have not with me a place fit to lay Your head. But as from the highest heaven You did humble Yourself for our sake, so now conform Yourself to my humility. And as You consented to lie in a cave and in a manger of dumb beasts, so also consent to lie in the manger of my unspiritual soul and to enter my defiled body. And as You did not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as You did not reject the woman, who was a harlot and a sinner like me, when she approached and touched You, so also be compassionate with me, a sinner, as I approach and touch You, and let the live coal of Your most holy Body and precious Blood be for the sanctification and enlightenment and strengthening of my humble soul and body, for a relief from the burden of my many sins, for a protection from all diabolical practices, for a restraint and a check on my evil and wicked way of life, for the mortification of passions, for the keeping of Your commandments, for an increase of Your divine grace, and for the advancement of Your Kingdom. For it is not insolently that I draw near to You, O Christ my God, but as taking courage from Your unspeakable goodness, and that I may not by long abstaining from Your communion become a prey to the spiritual wolf. Therefore, I pray You, O Lord, Who alone are holy, sanctify my soul and body, my mind and heart, my emotions and affections, and wholly renew me. Root the fear of You in my members, and make Your sanctification indelible in me. Be also my helper and defender, guide my life in peace, and make me worthy to stand on Your right hand with Your Saints: through the prayers and intercessions of Your immaculate Mother, of Your ministering Angels, of the immaculate Powers and of all the Saints who have ever been pleasing to You. Amen.

### Prayer of St. Symeon the Translator

O only pure and sinless Lord, Who through the ineffable compassion of Your love for men did assume our whole nature through the pure and virgin blood of her who supernaturally conceived You by the coming of the Divine Spirit and by the will of the Eternal Father; O Christ Jesus, Wisdom and Peace and Power of God, Who in Your assumption of our nature did suffer Your life-giving and saving Passion - the Cross, the Nails, the Spear, and Death - mortify all the deadly passions of my body. You Who in Your burial did spoil the dominions of hell, bury with good thoughts my evil schemes and scatter the spirits of wickedness. You Who by Your life-giving Resurrection on the third day did raise up our fallen first Parent, raise me up who am sunk in sin and suggest to me ways of repentance. You Who by Your glorious Ascension did deify our nature which You assumed and honored it by Your session at the right hand of the Father, make me worthy by partaking of Your holy Mysteries of a place at Your right hand among those who are saved. You Who by the descent of the Spirit, the Paraclete, did make Your holy Disciples worthy vessels, make me also a recipient of His coming. You Who are to come again to judge the World with justice, grant me also to meet You on the clouds, my Maker and Creator, with all Your Saints, that I may unendingly glorify and praise You with Your Eternal Father and Your all-holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

### First Prayer of St. John Damascene

O Sovereign Lord Jesus Christ our God, Who alone has authority to forgive men their sins, overlook in Your goodness and love for men all my offences whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification and as a pledge of the life and kingdom to come, as a protection and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For You are a God of mercy and compassion and love for men, and to You we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

### Second Prayer of St. Basil the Great

I know, O Lord, that I partake of Your immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of You my Christ and God. But taking courage from Your compassion I approach You, for You have said: "He who eats My Flesh and drinks My Blood abides in Me and I in him." Therefore have compassion, O Lord, and do not make an example of me, a sinner, but deal with me according to Your mercy; and let these Holy Things be for my healing and purification and enlightenment and protection and salvation and sanctification of body and soul, for the turning away of every phantasy and all evil practice and diabolical activity working subconsciously in my members, for confidence and love towards You, for reformation of life and security, for an increase of virtue and perfection, for fulfillment of the commandments, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Your dread Tribunal, not for judgment or for condemnation.

### Prayer of St. Symeon the New Theologian

From sullied lips, From an abominable heart, From an unclean tongue, Out of a polluted soul,  
Receive my prayer, O my Christ.

Reject me not, Nor my words, nor my ways, Nor even my shamelessness, But give me courage  
to say What I desire, my Christ.

And even more, teach me What to do and say.

I have sinned more than the harlot Who, on learning where You was lodging, Bought myrrh,  
And dared to come and anoint Your feet, my Christ, My Lord and my God.

As You did not repulse her When she drew near from her heart, Neither, O Word, abominate  
me, But grant me Your feet To clasp and kiss, And with a flood of tears As with most precious  
myrrh Dare to anoint them.

Wash me with my tears And purify me with them, O Word.

Forgive my sins And grant me pardon.

You know the multitude of my evil-doings, You know also my wounds, And You see my bruises.  
But also You know my faith, And You behold my willingness, And You hear my sighs.

Nothing escapes You, my God, My Maker, my Redeemer, Not even a tear-drop, Nor part of a  
drop.

Your eyes know What I have not achieved, And in Your book Things not yet done Are written by  
You.

See my depression, See how great is my trouble, And all my sins Take from me, O God of all,  
That with a clean heart, Trembling mind And contrite spirit I may partake of Your pure And all-  
holy Mysteries By which all who eat and drink You With sincerity of heart Are quickened and  
deified.

For You, my Lord, has said: "Whoever eats My Flesh And drinks My Blood Abides in Me And I  
in Him."

Wholly true is the word Of my Lord and God. For whoever partakes of Your divine And deifying  
Gifts Certainly is not alone, But is with You, my Christ, Light of the Triune Sun Which illumines  
the world. And that I may not remain alone Without You, the Giver of Life, My Breath, my Life,  
My Joy, The Salvation of the world, Therefore I have drawn near to You As You see, with tears  
And with a contrite spirit.

Ransom of my offences, I beseech You to receive me, And that I may partake without  
condemnation Of Your life-giving and perfect Mysteries, That You may remain as You have said  
With me, thrice-wretched as I am, Lest the tempter may find me Without Your grace And  
craftily seize me, And having deceived me, may seduce me, From Your deifying words.

Therefore I fall at Your feet And fervently cry to You: As You received the Prodigal And the  
Harlot who drew near to You, So have compassion and receive me, The profligate and the  
prodigal,

As with contrite spirit I now draw near to You.

I know, O Saviour, that no other Has sinned against You as I, Nor has done the deeds That I have committed.

But this again I know That not the greatness of my offences Nor the multitude of my sins Surpasses the great patience Of my God, And His extreme love for men.

But with the oil of compassion Those who fervently repent You purify and enlighten And make them children of the light, Sharers of Your Divine Nature.

And You act most generously, For what is strange to Angels And to the minds of men Often You tell to them As to Your true friends.

These things make me bold, my Christ, These things give me wings, And I take courage from the wealth Of Your goodness to us.

And rejoicing and trembling at once, I who am straw partake of fire, And, strange wonder!

I am ineffably bedewed, Like the bush of old Which burnt without being consumed.

Therefore with thankful mind, And with thankful heart, And with thankfulness in all the members Of my soul and body, I worship and magnify And glorify You, my God, For You are blessed, Now and throughout the ages.

#### Second Prayer of St. John Chrysostom

I am not worthy, O Lord and Master, that You should enter under the roof of my soul; but since You in Your love for men do will to dwell in me, I take courage and approach. You command I will open wide the doors which You alone did create, that You may enter with love as is Your nature, enter and enlighten my darkened thought. I believe that You will do this, for You did not banish the Harlot who approached You with tears, nor did You reject the Publican who repented, nor did You drive away the Thief who acknowledged Your Kingdom, nor did You leave the repentant persecutor (Paul) to himself; but all who had been brought to You by repentance You did set in the company of Your friends, O You Who alone are blessed always, now and to endless ages. Amen.

#### Third Prayer of St. John Chrysostom

Lord Jesus Christ my God, remit, forgive, absolve and pardon the sins, offenses and transgressions which I, Your sinful, useless and unworthy servant have committed from my youth, up to the present day and hour, whether with knowledge or in ignorance, whether by words or deeds or intentions or thoughts, and whether by habit or through any of my senses. And through the intercession of her who conceived You without seed, the immaculate and ever-virgin Mary Your Mother, my only sure hope and protection and salvation, make me worthy without condemnation to receive Your pure, immortal, life-giving and dread Mysteries, for forgiveness of sins and for eternal life, for sanctification and enlightenment and strength and healing and health of soul and body, and for the blotting out and complete destruction of my evil reasonings and intentions and prejudices and nocturnal fantasies of dark evil spirits. For Yours is the kingdom and the power and the glory and the honor and the worship, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

### Second Prayer of St. John Damascene

I stand before the doors of Your sanctuary, yet I do not put away my terrible thoughts. But O Christ our God, Who did justify the Publican, and have mercy on the Canaanite woman, and did open the gates of Paradise to the Thief, open to me the depths of Your love for men, and as I approach and touch You, receive me like the Harlot and the woman with an issue of blood. For the one received healing easily by touching the hem of Your garment, and the other by clasping Your sacred feet obtained release from her sins. And I, in my pitiableness, dare to receive Your whole Body. Let me not be burnt, but receive me even as these; enlighten the senses of my soul, and burn the stains of my sins: through the intercessions of her who bore You without seed, and of the Heavenly Powers, for You are blessed to the ages of ages. Amen.

### Fourth Prayer of St. John Chrysostom

I believe, O Lord, and I confess that You are truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief. And I believe that this is Your pure Body and Your own precious Blood. Therefore, I pray You, have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And grant that I may partake of Your Holy Mysteries without condemnation, for the remission of sins and for life eternal. Amen.

### Lines of St. Symeon the Translator

Behold I approach for Divine Communion.  
O Creator, let me not be burnt by communicating,  
For You are Fire which burns the unworthy.  
But purify me from every stain.

### Then this Prayer:

Of Your Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of the Mystery to Your enemies; I will not give You a kiss like Judas; but like the Thief do I confess You. Remember me, O Lord, in Your Kingdom.

### And again these lines:

Tremble, O man, when you see the deifying Blood,  
For it is a coal that burns the unworthy.  
The Body of God both deifies and nourishes;  
It deifies the spirit and wondrously nourishes the mind.

### And these Troparia:

You have ravished me with longing, O Christ, and with Your divine love You have changed me. But burn up with spiritual fire my sins and make me worthy to be filled with delight in You, that I may leap for joy, O gracious Lord, and magnify Your two comings.

Into the splendor of Your Saints how shall I who am unworthy enter? For if I dare to enter the bride chamber, my vesture betrays me, for it is not a wedding garment, and as a prisoner I shall be cast out by the Angels. Cleanse my soul from pollution and save me, O Lord, in Your love for men.



**And this Prayer:**

Sovereign Lover of men, Lord Jesus my God, let not these Holy Things be to me for judgment through my being unworthy, but for the purification and sanctification of my soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cling to God and to place in the Lord my hope of salvation.

Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy on us. Amen.