

Prayers in Preparation for Holy Communion

Deacon: Bless, Master.

Priest: Blessed is our God, always, now and ever and unto ages of ages!

In the absence of a priest:

Reader: Through the prayers of our brothers and sisters, O Lord Jesus Christ, have mercy on us and save us.

People: Amen.

+++++ *When the prayers in preparation for Holy Communion are prayed immediately* +++++
+++++ *following another service, go directly to "Come, let us worship".* +++++

Reader: Glory to You, our God, Glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, Who are everywhere and fill all things, Treasury of blessings, and Giver of Life, come and abide in us, and cleanse us from every impurity and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal have mercy on us!
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Holy God, Holy Mighty, Holy Immortal have mercy on us!

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, cleanse 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. Lord, have mercy. Lord, have mercy.

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

All: 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 the evil one.

Priest: For Yours is the Kingdom, and 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.

In the absence of a priest:

Reader: O Lord, Jesus Christ, Son of God, have mercy on us.

All: Amen.

Reader: Lord, have mercy (12 times). Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages. Amen.

Come, let us worship God our King. Come, let us worship and fall down before Christ, our King and our God! Come let us worship and fall down before Christ Himself, our King and our God!

Psalm 23 [22]

The Lord is my shepherd, I shall not want; He makes me lie down in green pastures. He leads me beside still waters; He restores my soul. He leads me in paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I 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 overflows. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever.

Psalm 24 [23]

The earth is the Lord's and the fullness thereof, the world and those who dwell therein; for He has founded it upon the seas, and established it upon the rivers. Who shall ascend the hill of the Lord? And who shall stand in His holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false, and does not swear deceitfully. He will receive blessing from the Lord, and vindication from the God of his salvation. Such is the generation of those who seek Him, who seek the face of the God of Jacob. Lift up your heads, O gates! And be lifted up, O ancient doors! That the King of glory may come in. Who is the King of glory? The Lord, strong and mighty, the Lord, mighty in battle! Lift up your heads, O gates! And be lifted up, O ancient doors! That the King of glory may come in. Who is this King of glory? The Lord of hosts, He is the King of glory!

Psalm 116 [115]

I love the Lord, because He has heard my voice and my supplications. Because He inclined His ear to me, therefore I will call on Him as long as I live. The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish. Then I called on the name of the LORD: "O Lord, I beseech You, save my life!" Gracious is the LORD, and righteous; our God is merciful. The Lord preserves the simple; when I was brought low, He saved me. Return, O my soul, to your rest; for the Lord has dealt bountifully with you. For You have delivered my soul from death, my eyes from tears, my feet from stumbling; I walk before the Lord in the land of the living. I kept my faith, even when I said, "I am greatly afflicted"; I said in my consternation, "Men are all a vain hope." What shall I render to the Lord for all His bounty to me? I will lift up the cup of salvation and call on the name of the Lord, I will pay my

vows to the Lord in the presence of all His people. Precious in the sight of the Lord is the death of His saints. O Lord, I am Your servant; I am Your servant, the son of Your handmaid. You have loosed my bonds. I will offer to You the sacrifice of thanksgiving and call on the name of the Lord. I will pay my vows to the Lord in the presence of all His people, in the courts of the house of the Lord, in your midst, O Jerusalem. Praise the Lord.!

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

Alleluia! Alleluia! Alleluia! Glory to You, O God!
 Alleluia! Alleluia! Alleluia! Glory to You, O God!
 Alleluia! Alleluia! Alleluia! Glory to You, O God!

Troparia

*(On Great and Holy Thursday, the tropar from Bridegroom Matins is sung here
 three times instead of the following troparia.)*

Disregard my iniquities, O Lord, born of a Virgin! Cleanse my heart and make it a temple of Your most pure body and blood. Turn me not away from Your countenance, for Your great mercy is immeasurable!

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

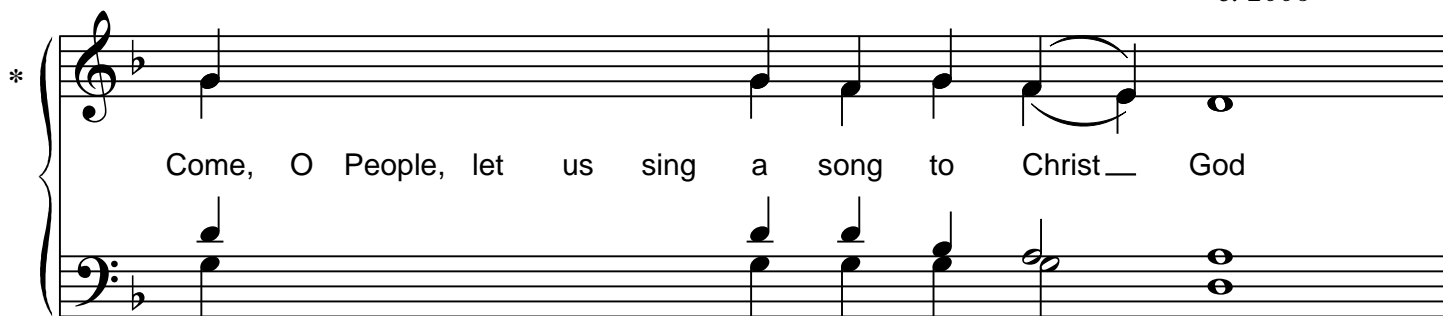
How dare I partake of Your holiness in my unworthiness? Even if I dare to approach You with the worthy, my garment accuses me, for it is not a wedding garment and I secure the condemnation of my most sinful soul. Cleanse, O Lord, the defilement of my soul and save me, for You are the Lover of mankind.

Now and ever and unto ages of ages. Amen.

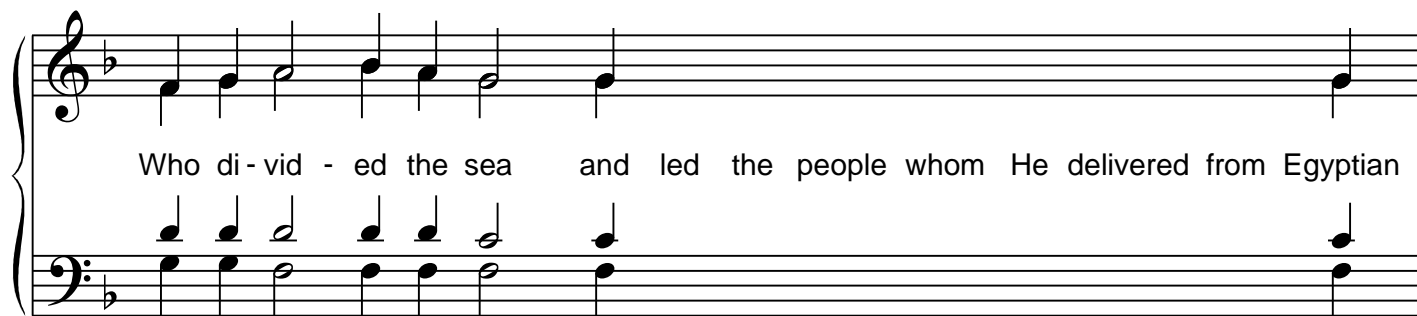
Great is the multitude of my sins, O Theotokos! I come to you, O Pure One, in need of salvation. Visit my ailing soul, O you who alone are blessed and pray to your Son and our God that He absolve the evil I have done.

Pre-Communion Canon
Ode 1

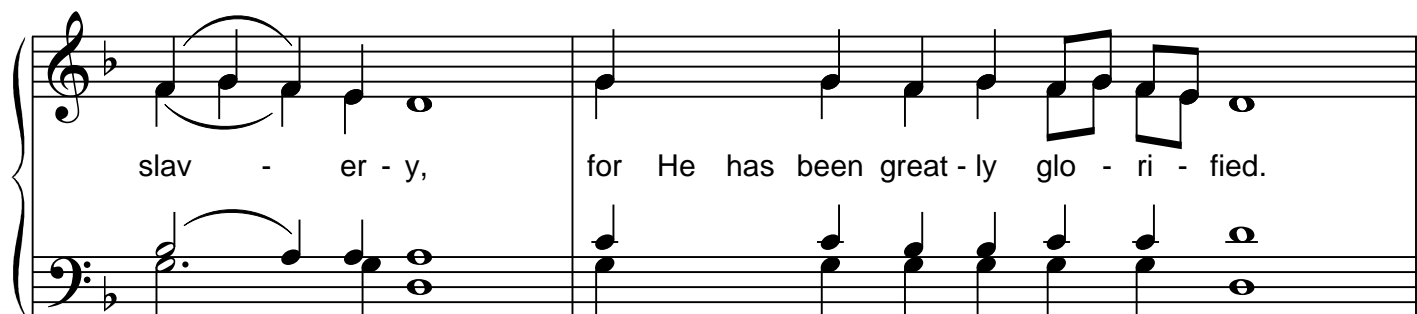
music A. Wigglesworth
c. 2006

* 

Come, O People, let us sing a song to Christ— God



Who di-vid - ed the sea and led the people whom He delivered from Egyptian



slav - er - y, for He has been great - ly glo - ri - fied.

Cantor:



Create in me a clean heart, O God, and put a new and right spi-rit with-in me.

* *The Canon is written in three voices. Each of the voices can be sung by any vocal part or gender according to the needs of the ensemble. Adjust octaves and/or inversions accordingly.*

Reader: May Your holy Body and precious Blood be the food of eternal life for me, O Merciful Lord, and the healing of all my pains.

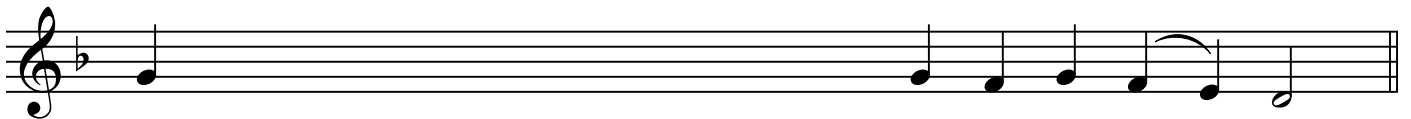


Cast me not a - way from your pre - sence



and take not Your Holy Spi - rit from _____ me.

Though I am unworthy, O Master, grant that with faith and with love I may worthily eat Your most-pure Body and drink Your precious Blood.



Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

Stained by my wicked deeds and wretched, I am unworthy to partake of Your most pure Body and divine Blood; but make me worthy of them, O Christ.



Now and ever and unto ages of a - ges. A - men.

 A grand staff (treble and bass clefs) in G major (one flat) and 4/4 time. The right hand (treble clef) has a melody of quarter notes: G4, A4, B4, C5, B4, A4, G4. The left hand (bass clef) has a simple accompaniment of quarter notes: G3, A3, B3, C4, B3, A3, G3. A final fermata is placed over the G4 note in the right hand.

O divine, good and bless - ed Bride,

who brought forth fruit from an un - tilled land for the re -

demp - tion of the world, make — me wor - - - thy

to par - take of it for my sal - va - - - tion.

Ode 3

You have set me up on the rock — of my faith and have gi - ven me strength

over my e - ne mies; thus my spi - rit re - joi - ces as I sing:

There is none holy as our God and none righteous but You, O Lord!

Create in me a clean heart, O God, and put a new and right spi-rit with-in me.

Grant me the water of tears, O Christ, that I may wash the filth from my heart;
thus cleansed and with a pure conscience, O Master, I shall fearfully approach the
communion of Your Gifts with faith.

Cast me not a way from Your pre - sence, and take not Your holy Spi-rit from _____ me.

May Your divine and pure Body and Blood be for remission of my sins, for communion
of the Holy Spirit, and for eternal life, O Lover of mankind, and for my deliverance
from pain and need.

Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

O Lord, grant me to partake without condemnation of Your pure Body and Your precious Blood that I may glorify Your righteousness.



Now and ever and unto ages of a - ges. A - men.

O Pure One, altar of the Bread of Life Who descended from on high and in His mercy gave new life to the world: Grant me, the unworthy one, to taste of this and live.

Kathisma Hymn (*Tone 8*)

May my receiving of Your immaculate and life-creating Mysteries, O Saviour,
 Be as fire and light for me,
 Burning up the chaff of my sins
 And enlightening me to proclaim the true God;
 For I will not give Your holy things
 To the deceiving enemy,
 Neither will I kiss You in deceit,
 But like the sinful woman will I fall down before You
 And confess You as the thief, crying out: ///
 Remember me, O Lord, in Your Kingdom!

Ode 4

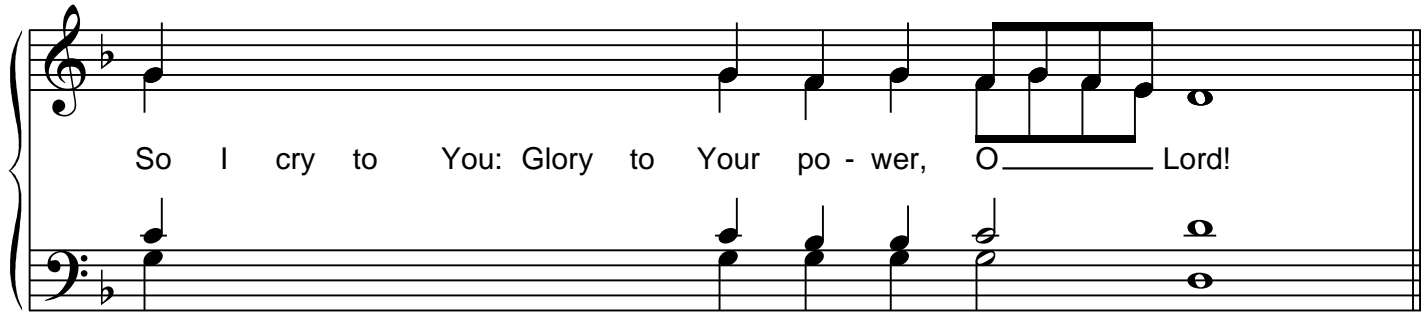
You have come from a Virgin, not as an ambassador nor an an - gel,

but as the Lord _____ Him - self in - car - - - nate;

9



to me a human You have brought sal - va - tion.



So I cry to You: Glory to Your po - wer, O Lord!



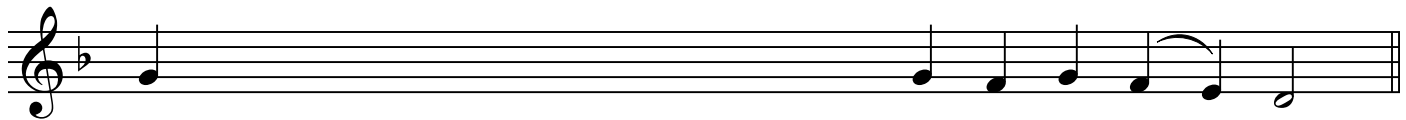
Create in me a clean heart, O God, and put a new and right spi-rit with-in me.

You were incarnate, O merciful One, and voluntarily sacrificed Yourself as a lamb for our sins; therefore I beseech You: Cleanse me of my sins.



Cast me not a way from Your pre - sence, and take not Your holy Spi-rit from _____ me.

Heal the wounds of my soul, O Lord; sanctify my whole being, O Master, and grant me, the wretched one, to be a partaker of Your divine and mystical Supper.



Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

Let us stand with fear and trembling, fixing the eyes of our hearts on high and crying to the Saviour: Strengthen us and make us wise in Your fear, O merciful Lord.



Now and ever and unto ages of a - ges. A - men.

May He Whom you carried in your womb, O Lady, show His mercy to me through your intercessions and keep me, your servant, undefiled and blameless so that I may be sanctified by receiving within myself the spiritual Pearl.

Ode 5

O Lord, bestower of light and Creator of the a - ges, di-rect us in the light of

Your com-mand - ments, for we know no o - ther God_ but_ You!

Create in me a clean heart, O God, and put a new and right spi-rit with-in me.

O Christ, dwell within Your humble servant according to Your Word and remain in me as You promised; for behold, I eat Your divine Body and drink Your Blood.

Cast me not a way from Your pre - sence, and take not Your holy Spi-rit from_ me.

O God, Word of God, may the coal of Your Body be enlightenment for me, the darkened one, and may Your Blood be for the cleansing of my filthy soul.

Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

Defiled as I am in soul and with unclean lips, I dare not approach You, O Christ, but grant that I may be worthy to receive Your holy Body.



Now and ever and unto ages of a - ges. A - men.

O Mary, Mother of God, precious dwelling place of the Sweet Fragrance, through your intercessions make me a chosen vessel and partaker of the holy Mysteries of your Son.

Ode 6

Encompassed by the depths__ of__ sin, I entreat the unfath' - mable depths of

Your com - pas - sion: bring me out of cor-rup-tion, O _____ Lord!



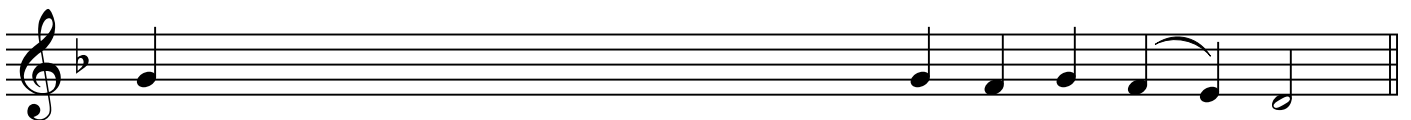
Create in me a clean heart, O God, and put a new and right spi-rit with-in me.

Sanctify my mind, soul, heart, and body, O Saviour, and make me worthy without condemnation to approach Your fearful Mysteries, O Master.



Cast me not a way from Your pre - sence, and take not Your holy Spi-rit from _____ me.

Through the communion of Your holy Mysteries, may I become a stranger to passion, increase in grace and be confirmed in life, O Christ.



Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

With fear and trembling, let us all approach the divine Mysteries of Christ and receive His true, holy Body and His Blood.



Now and ever and unto ages of a - ges. A - men.

O God, holy Word of God, sanctify me entirely through the prayers of Your holy Mother as I come to Your divine Mysteries.

Kontakion (*Tone 2*)

Do not reject me, O Christ,
 As I receive the Bread which is Your Body
And Your divine Blood;
 But may the communion of Your pure and fearful Mysteries, O Master,
 Be not for my judgement, wretch that I am, ///
 But for eternal and immortal life.

Ode 7

The three youths scorned the god - less com mand and would not wor - ship

the golden statue in the plain of Du - ra.

Thrown into the midst of the flames they sang re - freshed:

"Blessed are You, O God of our fa - thers!"

Create in me a clean heart, O God, and put a new and right spi-rit with-in me.

May the communion of Your immortal mysteries, be now for me, O Christ, a fountain of goodness, light, life, and passionlessness, and as an intercession for the increase of Your divine good things, that I may glorify You, O only good One.

Cast me not a way from Your pre - sence, and take not Your holy Spi-rit from me.

Deliver me from passion, enemies, need, and danger, O Lover of mankind, for with trembling, love, and humility I draw near to Your immortal and divine Mysteries, singing to You: Blessed are You, O God of our fathers!

Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

O my wretched and passionate soul, stand in fear at beholding the most glorious Mysteries. In sighing: weep, beat your breast, and cry out, saying: "O Lord, cleanse me who am full of lust!"

Now and ever and unto ages of a - ges. A - men.

O most Pure One, full of divine grace who gave birth incomprehensibly to the Saviour Christ, I your unclean servant, pray to you: cleanse me from all stain of body and soul as I now draw near to the immaculate Mysteries.

God descended to the Hebrew youths in the flaming furnace, changing the

fire into dew. Praise Him all His works and exalt Him as Lord

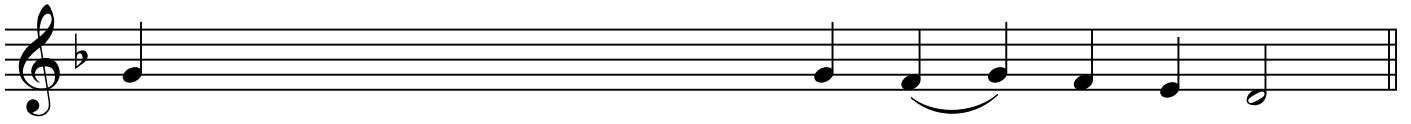
unto all ages!

Create in me a clean heart, O God, and put a new and right spirit within me.

Grant me, who am without hope, to partake of Your heavenly, fearful, and holy Mysteries, O Christ, and of Your divine and mystical Supper, O God my Saviour.

Cast me not away from Your presence, and take not Your holy Spirit from me.

I run to Your mercy, O Good One, and fearfully cry out to You: abide in me, O Saviour and let me abide in You, as You have said; for behold, trusting in Your mercy, I eat Your Body and drink Your Blood.



We bless the Father, the Son, and the Holy Spi - rit: the Lord!

I tremble at receiving Fire. May I not ignite as hay and wax. O terrifying Mystery! O the mercy of God! How can I who am earthly partake of the divine Body and Blood and become incorruptible?



Now and ever and unto ages of a - ges. A - men.

O Mother of God, the divine Bread of Life truly ripened in your womb and preserved it untouched and blameless. Therefore we eternally praise you who nourish us.

Ode 9

The Son of the e - ter - nal Fa - ther, God the Lord in - car - nate of the

Vir - gin, has appeared to us to give light to those in dark - ness

and to ga - ther those who had gone as - tray.

We magnify you, O The - o - to - kos!

Create in me a clean heart, O God, and put a new and right spi - rit with - in me.

O taste and see how good the Lord is; for long ago He became like us for our sakes and at once offered Himself as a sacrifice to His Father. He is ever sacrificed, sanctifying those who partake of Him.

Cast me not a way from Your pre - sence, and take not Your holy Spi - rit from _____ me.

May I be sanctified in soul and body, O Master; may I be enlightened; may I be saved; may I be Your dwelling place through partaking of the holy Mysteries, that You may abide in me together with the Father, and the Spirit, O most merciful Creator of all that is good.

Glory to the Father, and to the Son, and to the Ho - ly Spi - rit.

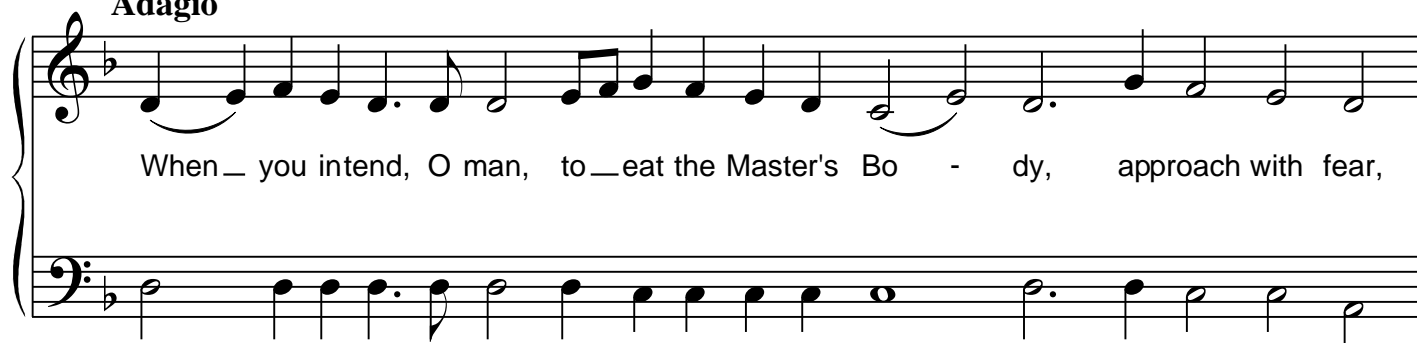
May Your precious Body and Blood be as fire and light to me, O my Saviour, burning my sin and devouring the thorns of passion, enlightening me totally that I may worship Your divinity.

Now and ever and unto ages of a - ges. A - men.

God was incarnate from your pure blood, O Lady. Therefore, we and all generations praise you; the hosts of angels glorify you for they have seen the Master of all assume human nature through you.

"Lord, have mercy." (*forty times*)

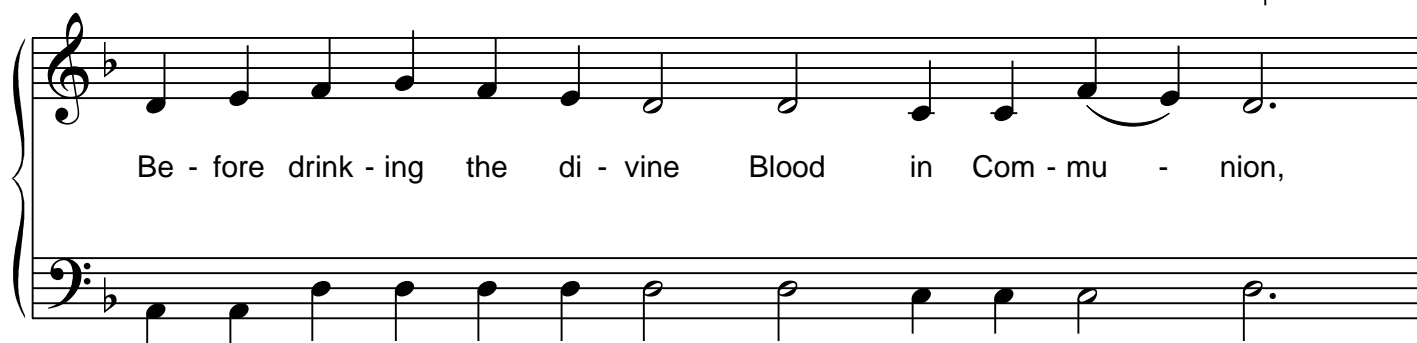
Adagio



When_ you intend, O man, to_ eat the Master's Bo - dy, approach with fear,




lest_ you be burned: for_ It_ is fire!



Be - fore drink - ing the di - vine Blood in Com - mu - nion,



make peace with those who have grieved_ you.



On - ly then may you dare to_ eat_ the_ Mys - ti - cal Food.