



LITTLE COMPLINE

With the Canon of Preparation for Holy Communion

This service is said the evening before you are to partake of Holy Communion. Begin by making three metanias, saying each time:

O God, be gracious unto me a sinner, and have mercy on me. **(Thrice)**

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

Glory to thee, our God, glory to thee.

O Heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things, Treasury of good things and Giver of life: Come, and dwell in us, and cleanse us from every stain, and save our souls, O gracious Lord.

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. **(Thrice)**

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

For thine 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 unto ages of ages. Amen.



Lord, have mercy. (Twelve times)

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

Come, let us worship and fall down before God our King. (Metania)

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

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

PSALM 50

Have mercy upon me, O God, according to thy great mercy: according to the multitude of thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity, and my sin is ever before me. Against thee only have I sinned, and done evil in thy sight, that thou mightest be justified in thy words, and prevail when thou art judged. For behold, I was shapen in iniquity, and in sin did my mother conceive me. For behold, thou hast loved truth, the unclear and hidden things of thy wisdom thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean. Thou shalt wash me and I shall be whiter than snow. Thou shalt make me to hear joy and gladness, the bones which thou hast broken shall rejoice. Turn away thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me. Restore unto me the joy of thy salvation, and steady me with a guiding spirit. Then will I teach transgressors thy ways, and the impious shall be converted unto thee. Deliver me from blood-guiltiness, O God, thou God of my salvation, and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips, and my mouth shall declare thy praise. For hadst thou desired sacrifice, I would have given it thee, thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit, a contrite and humble



heart, O God, thou wilt not despise. Do good, O Lord, in thy goodwill unto Zion, that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offerings and whole burnt offerings, then shall they offer bullocks upon thine altar.

PSALM 69

O God, attend to help me. Make haste to help me, O Lord. Let them be put to shame and confusion who seek after my soul. Let them be turned back and brought to shame who desire to hurt me. Let them be turned back in shame who say to me: Aha, aha. Let all those who seek after thee rejoice and be glad in thee, O God, and let those who love thy salvation say continually: Let the Lord be magnified. But I am poor and needy; O God make haste to me. Thou art my helper and my deliverer; O Lord, make no tarrying.

PSALM 142

Hear my prayer, O Lord, give ear to my supplications; in thy faithfulness answer me, and in thy righteousness. And enter not unto judgment with thy servant, for in thy sight shall no man living be justified. For the enemy hath persecuted my soul. He hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate. I remember the days of old; I meditate on all thy works: I muse on the work of thy hands. I stretch forth my hands unto thee; my soul thirsteth after thee, as a thirsty land. Hear me speedily, O Lord, my spirit faileth. Hide not thy face from me, lest I be like unto them that go down into the pit. Cause me to hear thy loving kindness in the morning; for in thee do I trust. Cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O Lord, from mine enemies; I flee unto thee to hide me. Teach me to do thy will, for thou art my God. Thy spirit is good; lead me to the land of uprightness. Quicken me, O Lord, for thy Name's sake, for thy righteousness' sake, bring my soul out of trouble. And of thy mercy, cut off mine enemies, and destroy all them that afflict my soul, for I am thy servant.



THE LITTLE DOXOLOGY

Glory to God in the highest, and on earth peace, good will among men.

We praise thee, we bless thee, we worship thee, we glorify thee; we give thanks unto thee for thy great glory.

O Lord, Heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, who takest away the sin of the world, have mercy on us; O thou who takest away the sins of the world.

Receive our prayer, O thou who sittest at the right hand of the Father, and have mercy on us.

For thou only art holy, thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless thee, and I will praise thy Name forever; yea, forever and ever.

Lord, thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against thee.

Lord, I have fled unto thee; teach me to do thy will, for thou art my God.

For with thee is the fountain of life; in thy light shall we see light.

O continue thy loving-kindness unto them that know thee.

Vouchsafe, O Lord, to keep us this night without sin.

Blessed art thou, O Lord, God of our fathers, and praised and glorified be thy name forever. Amen.



Let thy mercy, O Lord, be upon us, as we do put our hope in thee.

Blessed art thou, O Lord: teach me thy statutes.

Blessed art thou, O Master: make me to understand thy statutes.

Blessed art thou, O Holy One: enlighten me with thy statutes.

Thy mercy, O Lord, endureth forever. O despise not the works of thy hands. To thee belongeth worship, to thee belongeth praise, to thee belongeth glory, to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

THE CREED

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible; and in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all worlds, Light of Light, Very God of Very God, begotten, not made; of one essence with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate, and suffered and was buried; and the third day he rose again, according to the scriptures; and ascended into heaven, and sitteth at the right hand of the Father; and he shall come again with glory to judge the living and the dead, whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, who proceedeth from the Father, who with the Father and the Son together is worshipped and glorified, who spake by the Prophets; And I believe in One Holy Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.



Canon of Preparation for Holy Communion (Tone Two)

FIRST ODE

(Heirmos) Come, O people, let us all sing to Christ God, who divided the sea and made a way for the nation which he had brought up out of the bondage of Egypt; for he is glorious.

Have mercy on me, O God, have mercy on me.

O compassionate Lord, may thy holy Body and thy precious Blood become the bread of everlasting life to me and the healing of manifold diseases.

Have mercy on me, O God, have mercy on me.

Defiled as I am, O Christ, by unbecoming deeds, I am not worthy of the communion of thine immaculate Body and divine Blood. Nevertheless make thou me worthy thereof.

Most holy Theotokos, save us.

O thou blessed bride of God, the good soil which grew the untilled Grain that saveth the world: Grant that partaking thereof I may be saved.

THIRD ODE

(Heirmos) By establishing me on the rock of faith, thou hast enlarged my mouth over mine enemies, and my spirit rejoiceth when I sing: There is none holy as our God, and none righteous beside thee, O Lord.

Have mercy on me, O God, have mercy on me.

O Christ, Master, give me tear drops which cleanse my heart's impurity, that, with a pure conscience, I may approach with faith and fear the communion of thy divine gifts.

Have mercy on me, O God, have mercy on me.



O thou Lover of mankind, may thine immaculate Body and divine Blood be for the forgiveness of my transgressions, for the communion of the Holy Spirit, for life everlasting and for estrangement from passions and afflictions.

Most holy Theotokos, save us.

O thou all-holy table that held the Bread of life, which, for mercy's sake, came from above and giveth new life unto the world: Grant that I may now, unworthy as I am, taste thereof in fear and live thereby.

FOURTH ODE

(Heirmos) From a Virgin didst thou come, not as an ambassador, nor as an angel, but the very Lord himself incarnate, and didst save me, the whole man. Wherefore I cry to thee: Glory to thy power, O Lord.

Have mercy on me, O God, have mercy on me.

O most merciful One, when thou didst take flesh for our sake, thou wast willing to be slain as a lamb for the sins of men. Wherefore, I beseech thee, cleanse my sins also.

Have mercy on me, O God, have mercy on me.

O Lord, heal the wounds of my soul, and sanctify me wholly, and grant, O Master, that I, wretched man, may partake of thy divine and mystical supper.

Most holy Theotokos, save us.

O Lady, propitiate in my behalf him who was born of thee, and preserve me, thy supplicating servant, pure and undefiled, so that by receiving the spiritual pearl I may be sanctified.



FIFTH ODE

(Heirmos) O Giver of light and sovereign Creator of the ages, guide us in the light of thy commandments, for we know no other God than thee.

Have mercy on me, O God, have mercy on me.

As thou, O Christ, didst foretell, so let it be unto thine unprofitable servant, and abide in me, as thou didst promise; for lo, I eat thy divine Body and drink thy Blood.

Have mercy on me, O God, have mercy on me.

O God and Word of God, may the live coal of thy Body be to the enlightenment of my darkness, and thy Blood to the cleansing of my defiled soul.

Most holy Theotokos, save us.

O Mary, Mother of God, thou revered tabernacle of sweet fragrance: Make me, by thy prayers, a chosen vessel, that I may receive the holy gifts of thy Child.

SIXTH ODE

(Heirmos) Whirled about in the abyss of sin, I appeal to the unfathomable abyss of thy compassion: From corruption raise me up, O God.

Have mercy on me, O God, have mercy on me.

O Saviour, sanctify my mind, my soul, my heart and my body, and make me worthy, O Master, to approach uncondemned thy dread mysteries.

Have mercy on me, O God, have mercy on me.

Grant that I may be rid of my passions, increase in thy grace, and be confirmed in my life by the communion of thy holy mysteries, O Christ.



Most holy Theotokos, save us.

O God, O holy Word of God, wholly sanctify me now approaching thy divine mysteries, through the supplications of thy holy Mother.

Lord, have mercy. (Thrice)

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

KONTAKION IN TONE TWO

Disdain me not to receive now, O Christ, the bread which is thy Body and thy divine Blood and to partake, O Master, of thine immaculate and dread mysteries, wretched as I am, and may it not be to me for judgment, but for eternal and immortal life.

SEVENTH ODE

(Heirmos) When the golden image was worshipped in the plain of Deira, thy three children trampled underfoot the ungodly decree; and though cast into the midst of the flames, as ones refreshed they sang: Blessed art thou, the God of our fathers.

Have mercy on me, O God, have mercy on me.

O Christ, Fountain of good things, may the communion of thine immortal mysteries now be to me light and life, freedom from passion and for my progress and increase in divine virtues, that I may glorify thee who alone art good.

Have mercy on me, O God, have mercy on me.

Grant that now approaching thine immortal and divine mysteries in trembling, longing, and piety, I may be delivered, O Lover of mankind, from passions and enemies, and from necessities and every affliction, that I may sing to thee: Blessed art thou, the God of our fathers.



Most holy Theotokos, save us.

O thou who art favored of God, who didst beyond understanding bear the Saviour Christ, I, thine impure servant, desiring now to approach the immaculate mysteries, pray thee, who art pure, cleanse me from all defilement of flesh and spirit.

EIGHTH ODE

(Heirmos) O ye works, praise the Lord God, who descended into the fiery furnace with the Hebrew children and changed the flames into dew, and exalt him above all unto all ages.

Have mercy on me, O God, have mercy on me.

O Christ God my Saviour, grant that I, thy despairing servant, may become now a partaker of thy heavenly, dread and holy mysteries, and of thy divine and mystical supper.

Have mercy on me, O God, have mercy on me.

Seeking refuge in thy compassion, O good Saviour, I cry unto thee with fear: Abide in me, and let me also, as thou didst promise, abide in thee; for lo, trusting in thy mercy, I eat thy Body and drink thy Blood.

Most holy Theotokos, save us.

I tremble in taking this fire lest I should be consumed as wax and grass. O dread mystery! O the compassion of God! How is it that I, an earthly creature, partake of the divine Body and Blood and am made incorruptible?

NINTH ODE

(Heirmos) The Son of the unoriginate Father, our God and Lord, hath appeared to us incarnate of a Virgin to enlighten those in darkness and to gather the dispersed; therefore, the all-hymned Theotokos we magnify.



Have mercy on me, O God, have mercy on me.

O taste and see that the Lord is good, who for our sake was made like unto us of old and once for all offered up himself as an offering to his Father and is now forever slain, sanctifying those who partake of him.

Have mercy on me, O God, have mercy on me.

O Master, let me be sanctified in body and soul; let me be enlightened and saved; and let me become thy dwelling through the communion of the sacred mysteries, having thee, O most merciful Benefactor, living in me, with the Father and the Spirit.

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

May thy precious Body and Blood, O my Saviour, be as fire and light to me, consuming the substance of sin and burning the tares of my passions and wholly enlightening me, that I may worship thy divinity.

Both now and ever, and unto ages of ages. Amen.

God took flesh from thy pure blood. Therefore, do all generations hymn thee, O Lady, and the hosts of spiritual powers glorify thee; for through thee they clearly beheld the Master of all endued with human nature.

THEOTOKION

It is truly meet to bless thee, O Theotokos, who art ever-blessed and all-blameless, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without stain barest God the Word, and art truly Theotokos: we magnify thee.



THE TRISAGION PRAYERS

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)

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

For thine 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 unto ages of ages. Amen.

TROPARIA

O God of our fathers, who ever dealest with us according to thy goodness, remove, not thy mercy from us; but by their intercessions direct our lives in peace.

In all the world thy Church, arrayed in the blood of thy martyrs as in purple and fine linen, crieth through them unto thee, O Christ our God: Send down thy compassion upon thy people; give us thy peace and to our souls great mercy.



Glory to the father and to the Son and to the Holy Spirit.

With the saints give rest, O Christ, to the souls of thy servants, where there is neither sickness nor sorrow nor sighing but life everlasting.

Both now and ever and unto ages of ages. Amen.

Through the intercessions of all the saints and of the Theotokos, grant us thy peace, O Lord, and have mercy upon us, for thou alone art compassionate.

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

O Christ our God, who at all times and in every hour, in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come; O Lord, in this hour receive our supplications, and direct our lives according to thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for thou art blessed unto ages of ages. Amen.

Lord, have mercy. **(Thrice)**

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without stain barest God the Word; and art truly Theotokos: we magnify thee.

Sunday night through Thursday night during Great Lent the prayer of St. Ephraim the Syrian is said here.

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

Most Holy Theotokos, save us.



PRAYER OF PAUL THE CENOBITE TO THE THEOTOKOS

O Lady, Bride of God, spotless, blameless, pure and immaculate Virgin, thou who without corruption, by thy glorious birth-giving, has united God the Word to man and joined the fallen nature of our race to heavenly things; who alone art the hope of the hopeless, the help of those who do battle; the ready help of those who flee unto thee and the refuge of all Christians: Despise me not, an accursed sinner, though I have rendered myself unworthy by my shameful thoughts, words and deeds, and through indolence have become a slave to the pleasures of life; but as the Mother of God, who lovest mankind, mercifully have compassion upon me, a sinner and a prodigal, and receive my prayer, though it be offered unto thee by unworthy lips; and using thy boldness as a mother, importune thy Son, our Lord and Master, that he may open to me also the tender compassions of his goodness so as to overlook my numberless transgressions and turn me to repentance and show me forth as a zealous doer of his commandments. And because thou art merciful, compassionate and benevolent, be thou ever near me in this present life as an ardent help and protection, defending me from the assaults of adversaries and leading me to salvation. And at the time of my departure from this life, care for my miserable soul, and drive far from it the dark visions of evil demons; and in the fearful day of judgment, deliver me from eternal punishment, and present me as an inheritor of the ineffable glory of thy Son, our God. May this be my lot, O Lady, most holy Theotokos, through thy mediation and help, through the grace and love toward mankind of thine only-begotten Son, our Lord, and God, and Saviour, Jesus Christ, to whom are due all glory, honor and worship, with his unoriginate Father, and his all-Holy, and good, and life-giving Spirit, now and ever, and unto ages of ages. Amen.



PRAYER OF THE MONK ANTIOCHUS TO CHRIST

And grant unto us, O Master, when we depart to sleep, repose of body and soul; and protect us from the murky sleep of sin and from all the dark pleasures of the night. Calm the impulses of passions, and quench the fiery darts of evil which are craftily thrown against us; check the turbulence of our flesh, and still all earthly and material thoughts. And grant us, O God, a prudent reason, a vigilant heart, a tranquil sleep free from all the fantasies of Satan. Raise us up again at the time of prayer strengthened in thy commandments, holding steadfastly within us the remembrance of thy judgments. Grant us grace to glorify thee all through the night that we may praise, and bless, and glorify thine all-honorable and majestic Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

O most glorious, ever-virgin and blessed Theotokos, present our prayer to thy Son our God, and intercede with him that through thee he may save our souls.

The Father is my Hope; the Son is my Refuge; the Holy Spirit is my Protection. O Holy Trinity: Glory to thee.

In thee, O Mother of God, I place all my hope; keep me under thy protection.

PRAYER TO OUR GUARDIAN ANGEL

O holy Angel who accompanieth my wretched soul and lowly life, forsake me not, and depart not from me because of my extravagance and wickedness. Give not access to the evil demon to rule with his might this mortal body of mine, but hold me by my wretched, feeble hand; lead me in the path of salvation. Yea, O holy Angel of God, guardian and protector of my wretched soul and body, forgive me all wherewith I have heretofore saddened thee all the days of my life. And though this day I have sinned, be thou my shelter this night. Keep me from all the wiles of the enemy, that I may not anger God with any sin. Intercede with the Lord for me, that he may confirm me in his fear and show me forth as a worthy servant of his goodness. Amen.



THEOTOKION

Rejoice, O Virgin Theotokos, Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb; for thou hast borne the Savior of our souls. (Thrice)

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us. Amen.