

Daily Prayer Rule

APPEAL TO THE HOLY MOTHER OF GOD

Virtual 
Pilgrimage

EASTERN DIOCESE OF THE ARMENIAN CHURCH OF AMERICA

DAILY PRAYER RULE APPEAL TO THE HOLY MOTHER OF GOD

The following prayers and pleas emphasize the role the Mother of God holds as intercessor and protector of the Church. When we ask her to intercede for us, we literally ask her to put in a good word for us to Jesus Christ, as we believe she has a special proximity to the heart of her Son.

What you will find below is a communal opportunity for the faithful of the Eastern Diocese to pray together, to unite our concerns as one, to build up the Body of Christ. All of these prayers are taken from the sacred tradition of the Armenian Church, most of them from the treasury of blessing we call the Zhamakeerk.

We urge all faithful to find ten minutes each day, preferably at a designated time and location, and read this prayer rule aloud from beginning to end. You can do this alone, with your family, or with a friend. It is also suggested to create a prayerful environment by setting up a Cross, khachkar, icon, candle, and incense.

Keep in mind, this prayer rule is a starting point, a daily prayer rule that should ideally create a habit of prayer, where praise, repentance, and reorienting ourselves toward God becomes a natural and regular part of our lives.

May the Lord hear our prayers and have mercy on us.

† *Make the sign of the Cross*

† Blessed is our Lord Jesus Christ.

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 debts as we forgive those who are indebted to us. And lead us not into temptation but deliver us from evil. † For thine is the kingdom and the power and the glory forever. Amen.

We believe in the † all-holy Trinity, in the Father, in the Son, and in the Holy Spirit: in the Annunciation of Gabriel, in the Nativity of Christ, in his Baptism, in his Passion, in his Crucifixion, in his three-day Burial, in his Resurrection, in his Ascension as God, in his Enthronement at the right hand of the Father, and in his awesome and glorious Second Coming. We confess and we believe.

† Holy God, Holy and mighty, Holy and immortal, you came for the assumption of your virgin mother. Have mercy on us. *(Repeat 3x)*

Glorified and blessed ever holy Virgin Mary, Mother of God, Mother of Christ, present our supplications to your Son and our God to deliver us from tragedy and from all danger.

Lord have mercy *(Repeat 12x)*

Let us call on the holy Mother of God and all the saints to be our advocates with the Father in heaven, so that he may eagerly have mercy on us, his creatures, and compassionately raise us to life. May the almighty Lord, our God, raise us to life and have mercy on us.

On Saints' Days

O Christ, Bestower of the crown, you crown the saints, and you do the will of those who fear you, looking after your creatures with love and kindness. Hear us from your sanctuary in heaven, through the intercession of the holy Mother of God, and by the appeals of all your saints, especially Saint(s) (*names*), whom we commemorate today. Hear us, Lord, and have mercy on us.

PSALM 137/138

I will profess my faith in you, Lord, with all my heart. • In the presence of angels, I will sing Psalms to you.

Because you heard the words of my mouth, in your holy temple I will bow down. • I will confess your name by virtue of your kindness and truth.

In everything you have magnified your holy name. • Any day that I call on you, hear me right away and show me your great strength.

All the kings of the earth will submit themselves to you because they have heard the words of your mouth, • and they will praise your ways.

Great is the Lord's glory, the Lord is high above. • He sees the lowly; from afar he knows the heights.

Should I wander into trouble • you will rescue me from the enemy's wrath.

You extended your hand and your right hand rescued me. • The Lord will retaliate for me.

Your mercy is eternal, O Lord. • Do not overlook us, the work of your hands.

† Glory to the Father and to the Son and to the Holy Spirit. • Now and always and unto the ages of ages. Amen.

A READING FROM THE PROPHET ISAIAH (7:10-16)

Again the Lord spoke to Ahaz: "Ask a sign of the Lord your God; let it be deep as Sheol or high as heaven." But Ahaz said, "I will not ask, and I will not put the Lord to the test." And he said, "Hear then, O house of David! Is it too little for you to weary men, that you weary my God also? Therefore the Lord himself will give you a sign. Behold, the virgin shall conceive and bear a son, and shall call his name Immanuel. He shall eat curds and honey when he knows how to refuse the evil and choose the good. For before the boy knows how to refuse the evil and choose the good, the land whose two kings you dread will be deserted.

HYMN OF MARY THE MOTHER OF GOD (LUKE 1:46-55)

And Mary said,

My whole being will magnify the Lord, • and in God my savior, my spirit will rejoice.

He has seen the humility of his handmaid. • From now on all nations will declare me
blessed.

The mighty One has done great things for me, • and holy is His name.

He has shown mercy to nations upon nations of people who fear Him. • He has shown
power with His arm.

He has scattered the proud for the intent of their hearts. • And thrown down the mighty
from their thrones.

He has lifted up the meek, and filled those in need with good. • And sent away the rich
with empty hands.

He defended his servant Israel, • recalling his merciful care.

Just as he spoke to our fathers of old, • with Abraham and his children forevermore.

PROCLAMATION FOR THE ASSUMPTION OF THE HOLY MOTHER OF GOD

Holy Mother of the wondrous Light, you bore in your womb the God of all the ages, and
you gave birth to God the Word, the delight of the world; we ask you—

—Holy Mother, intercede for us.

Pray for us to God, who took body from you and came down from the Father's inner
being. He took body according to our human nature in order to establish peace in
heaven and on earth; we ask you—

—Holy Mother, intercede for us.

Pray for us to God, who took body from you. May he forgive us, overlook our mistakes,
and help us to resist our adversaries in battle; we ask you—

—Holy Mother, intercede for us.

Pray for us to God, who took body from you, that wars may cease and the assaults of enemies may stop, and that love and justice may be planted on earth; we ask you—

—Holy Mother, intercede for us.

Pray for us to God, who took body from you, to increase in our land the sweet flow of springs, and that a bountiful harvest of vegetation and plants may please all of our essential needs; we ask you—

—Holy Mother, intercede for us.

Pray for us to God, who took body from you, so that he may reconcile his holy church, built upon the foundation of the apostles and the prophets; and that He may keep her untainted until the day he appears at his coming; we ask you—

—Holy Mother, intercede for us.

Holy Lady, pray to the only-begotten Son for us, and for the souls at rest, that he may receive them into the kingdom of heaven, and allot them a share and a portion with all the saints; we ask you.

—Remember them, Lord, and have mercy on them.

ENCOMIUM BY CATHOLICOS SIMEON YEREVANTSI

O Holy Mary, Bearer of God, what would God the Father withhold from you, he who loved you so much that he granted you his Only-begotten Son through whom he created all creatures? What would God the Son withhold from you that you would ask of him, he who loved you so much that he dwelt in your womb and sat in your lap, who feeds all but was fed from your breasts, who was your God and Lord but became your son and called you mother? God the Spirit, too, loved you so much that he entrusted his co-equal in essence to you and he who adorns everything rested in you and made you the lodging place for his unending gifts.

Be a mediator and commend me, sinful servant that I am, to your only-Begotten Son, that he may accept my pleadings which I have presented to him and that he may fulfill my requests, that he may forgive my mistakes and pardon all my sins, that he may accept me again into his love and care and that he may keep me as it pleases his will for as long as I am in this body. And after the present life, may he make me worthy to behold him in bliss.

ENCOMIUM BY ST. GREGORY OF NAREK (PRAYER 80)

Receive these prayers from me, who believe in you...
offer and present them to God as your own.

Weave and mix into your prayers of happiness
and adoration the bitter sighs that I, a sinner, utter,
you, who are the tree of life bearing the blessed fruit,
so that always receiving help from you and through your
good deeds, and taking refuge in the light of your
holy motherhood, I may live for Christ, your Son and Lord.

We fall down before you, Holy Mother of God, and we entreat you, untainted Virgin.
Intercede for our lives and entreat your Only-begotten to save us from temptation and
from every danger.

Most blessed holy Lady and ever-virgin Mary, Mother of God, intercede with the Lord
for this sinner.

A HYMN FROM THE PRAYER SERVICE FOR THE HOUR OF PEACE

The portrait of your flawless mother we hang in front of you, indulgent Lord.
When you come with the Father's glory to judge the enemy of your Cross,
Forgive our offenses by the intercession of your Virgin Mother.
We entreat you, Lord, protect us in the shelter of your holy † Cross.

Help us, Lord. Help us, God our Savior, for the sake of the great glory of your name. Lord, save us and pardon our sins for the sake of your holy name. As a fortress protecting those who take refuge therein, let your holy and precious † Cross shelter us, keeping in peace all of your people that look to you with hope. Save us from every visible and invisible enemy. Privilege us to give you thanks and to glorify you, and the † Father, and the Holy Spirit, now and always and unto the ages of ages. Amen.

All selections from the Book of Hours (Zhamakeerk) of the Armenian Church, translated by Bishop Daniel Findikyan (2021). The creed from the Sacrament of Baptism of the Armenian Church. Isaiah 7 from the English Standard Version © Crossway Bibles, 2001. Excerpted prayer of St. Gregory of Narek, Thomas J. Samuelian (2002). Excerpted prayer of Catholicos Simeon Yerevantsi translated by the faculty of St. Nersess Armenian Seminary, 2013. Prayer Rule compiled by Dn. Eric Vozzy. Diocese of the Armenian Church of America (Eastern), 2021.