

# GREAT LENT

## DAILY PRAYER RULE



Use Daily From the beginning of Great Lent until the 40th day  
Optionally can be used through Holy Week

# Daily Prayer Rule for Great Lent

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Great Lent is a time for inner reflection and conversion, an opportunity to reprioritize and reorient ourselves toward God from whom we continually drift and turn our backs. This year, Great Lent has particular meaning, as the faithful of the Armenian Church have experienced a time of great pain, suffering, injustice, and loss. Where is our hope? What can we do? Surely, we can do what our Armenian Christian ancestors have always done during times of trial and hopelessness. Like them, we can confidently turn to God in prayer, not as a last resort, but as a primary and immediate expression of dependence on God.

*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 through the duration of Great Lent 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.*

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† Make the sign of the Cross

All English translations by Bishop Daniel Findikyan (2021), except for the prayer of St. Gregory of Narek, Thomas J. Samuelian (2002). Prayers and psalms selected from the Book of Hours (Zhamakeerk) of the Armenian Church, except for the creed, taken from the Sacrament of Baptism of the Armenian Church. Prayer Rule compiled by Dn. Eric Vozzy. Diocese of the Armenian Church of America (Eastern), 2021.

† Blessed is our Lord Jesus Christ.

*Hands raised*

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.

*Thumbs crossed*

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, who was crucified for us, 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. Lord have mercy. Lord have mercy. *(Prostrate)*

† Lord have mercy. Lord have mercy. Lord have mercy. *(Prostrate)*

† Lord have mercy. Lord have mercy. Lord have mercy. *(Prostrate)*

† Lord have mercy. Lord have mercy. Lord have mercy. *(Prostrate)*

Let us pray to the Lord by virtue of the holy ascetics, who triumphed over evil, endured torment, and became worthy of the unfading and radiant, heavenly crowns. By their prayers and intercession may the Lord have mercy on us. 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.

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.

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## Psalm 50 (51)

Be merciful to me in your great mercy, O God. • In your vast compassion, wipe away my misdeeds.

Wash away my misdeeds still more, • and purify me of my sin.

I am well aware of my misdeeds, • and my sin haunts me at all times.

I have sinned only against you, • and I have committed evil before your very eyes.

So your indictment will be just, • and your verdict will prevail.

In lawlessness was I conceived, • and my mother delivered me into sin.

Lord, you loved the truth. • In your wisdom you revealed to me what is unknown and concealed.

Let your fragrant dew settle on me and I will become pure. • Wash me, and I will become whiter than snow.

Let me hear joy and delight, • and my aching bones will rejoice.

Turn your face away from my sin. • And wipe away my every misdeed.

Implant in me a pure heart, O God, • and restore an upright spirit in the depths of my self.

Do not banish me from your presence, Lord, • and do not take your Holy Spirit from me.

Grant me the joy to be saved by you, • and through your Spirit establish me under your command.

I will teach your ways to those who do wrong; • so that wicked people may turn to you.

O God, God of my salvation, rescue me from bloody death. • Let my lips rejoice in your just decrees.

Lord, if you open my lips, • my mouth will sing your praise.

If you wanted us to offer sacrifices, we would, • but our burnt offerings mean nothing to you.

A humble spirit is the sacrifice to God. • God will not reject a humble spirit and a pure heart.

In your will for Sion, Lord, be good, • and let the walls of Jerusalem be built.

Then honorable sacrifices will be pleasing to you, • when bullocks are sacrificed and presented to your altar as an oath.

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

## A Prayer for All who are in Pain and in Need

Lord our God, relieve the pain and heal the sickness of your people, especially of (names). Grant perfect health to all by the sign of your triumphant † Cross, by which you took away the infirmity of the human race and condemned the enemy of our life and our salvation. You are our life and salvation, good and merciful God. Only you are able to forgive sin and to expel all ailments and illnesses from us. Giver of good gifts, you know what we need and require. Bestow your plenteous mercy on your creatures, on each person according to his or her needs. And we will always † glorify and praise the all-holy Trinity, now and always and unto the ages of ages. Amen.

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### St. Gregory of Narek: Prayer 40

Speaking with God from the depths of the heart  
Look upon me besieged by overwhelming danger,  
you who are alone sweet to all.  
Cut me loose with your victorious sword of life, the † Cross,  
and release me from the nets that have snared me,  
nets that assail me on all sides as the captive of death.  
Please steady my shaky feet on the crooked path and  
heal the burning fever of my anguished heart.  
Turn away the demonic whisper of temptation to sin against you.  
Drive away the despair of my dark soul that dwells with evil.  
Dispel the thick smoke of sin that has infused and obscured me.  
Destroy the vile dark passions of my base needs.  
Renew the image of light revered by  
the glory of your mighty name, my soul.  
Fix your glowing grace upon my face and  
the perception of my mind, an earthbound creature.  
And cleanse my squalid sinfulness with your purity  
so that you might restore and reveal your image in me.

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With your divine, living, uncorrupted and  
heavenly light that envelopes your three persons.  
For you alone are blessed with † the Father and Holy Spirit  
forever and ever.  
Amen.

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## Prayer of King Manasseh

Lord almighty, God of Abraham, Isaac, Jacob and of their righteous descendants.

— † Almighty Lord, forgive my sins.

You created heaven and Earth and their every ornament.

— † Almighty Lord, forgive my sins.

You bound the sea by the word of your command. You enclosed its depths. You sealed it with your awe-inspiring and glorious holy name.

— † Almighty Lord, forgive my sins.

Everything trembles and shudders in the face of your awesome power.

— † Almighty Lord, forgive my sins.

The splendor of your glory and holiness is boundless. The anger of your threats to sinners is harsh. Yet the mercy of your Gospel is immeasurable and unfathomable.

— † Almighty Lord, forgive my sins.

Exalted Lord, you are compassionate, tolerant, most-merciful; and you feel sorrow for humanity's evil.

— † Almighty Lord, forgive my sins.

God, you did not establish penance for the righteous ones—for Abraham, Isaac and Jacob, who did not sin against you.

— † Almighty Lord, forgive my sins.

Rather, you established penance for me, a sinner, because my sins are more than the sands of the sea, and my wrongs have multiplied.

— † Almighty Lord, forgive my sins.

I am not worthy to look up and to see the heights of heaven because of the multitude of my wrongs.

— † Almighty Lord, forgive my sins.

The weight of iron chains drags me down and there is no relief for me.

— † Almighty Lord, forgive my sins.

I have provoked your wrath and have done evil in your sight. I have set up idols and compounded your rage.

— † Almighty Lord, forgive my sins.

So now, Lord, I bend the knee of my heart, and I implore you in your kindness.

— † Almighty Lord, forgive my sins.

I have sinned, Lord, I have sinned, and I am aware of my wrongdoing.

— † Almighty Lord, forgive my sins.

I earnestly ask and beseech you: forgive me, Lord; forgive me and do not forsake me as my wrongdoing warrants.

— † Almighty Lord, forgive my sins.

Do not be forever angry with me, Lord, and do not mind my evil. Do not condemn me among those who have fallen into the netherworld because of their evil.

— † Almighty Lord, forgive my sins.

For you, God, are the God of the contrite. Show me your kindness, even though I am unworthy.

— † Almighty Lord, forgive my sins.

Raise me to life according to your great mercy and I shall praise you every day of my life.

— † Almighty Lord, forgive my sins.

All the vigilant angels of heaven praise you, Lord, and to you befits glory forever. Amen.

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

### **Prayer for Great Lent**

With a pure heart and strong faith, let us stand together in prayer in the presence of our Lord and Savior Jesus Christ, recalling his magnificent deeds, his infinite grace, his patience on † the life-giving Cross, the wellspring of his liberating blood, and the like—which he endured at this hour for us sinners. Contemplating all of this, let us purify ourselves of all sinful thoughts, words and deeds, and in awe of God, let us apply ourselves to doing what is holy. Let us not delay in confessing our sins to him and asking for forgiveness of our sins, lest we be lost in impenitence for eternal perdition. Instead, while we still have time, let us do what is good in this life, having as role models all the saints and martyrs, who, from the beginning were pleasing to the Lord, the Savior of all.

By their prayers and intercession, may the loving God grant us whatever is pleasing to him, and always consider and do whatever is helpful for us. And let us share in the indescribable gifts that Jesus Christ, the true God, promised to all those who love him. Lord, raise us to life and have mercy on us.

I commit myself to you, Lord.

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

## From the 24 Prayers of St. Nerses the Gracious

Most Caring Lord, instill in me a holy fear for you so that my eyes may always be guarded against gazing on what is indecent; and my ears, against craving to hear evil words; and my mouth against speaking lies; and my heart against contemplating evil; and my hands against doing wrong; and my feet against going down forbidden paths. Instead, direct my entire body and all of its movements to follow your commandments always and in everything. † Have mercy on your creatures, and on me, a great sinner.

Glorious Lord, hear your servant's prayers and fulfill for the better all that I have requested, through the intercession of the holy Mother of God and of John the Baptist, St. Stephen the Protomartyr, and of St. Gregory our Illuminator, and of the holy apostles, prophets, teachers, martyrs, church fathers, ascetics, nuns, and of all your holy people in heaven and on earth. † Glory and worship to you, to the indivisible Holy Trinity, for ever and ever. Amen.

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Keep us in peace, Christ our God, under the protective shelter of † your holy and precious Cross. Save us from enemies seen and unseen. Give us the privilege to give thanks and † glory to you, and the Father and the Holy Spirit, now and always and unto the ages of ages. Amen.

Glory to you, God, glory to you. For everything, Lord, glory to you.



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