

HEENOONK

DAILY PRAYER RULE



Use Daily from first Sunday of Easter until 50th Day

Daily Prayer Rule for Heenoonk

The resurrection of our Lord and Savior Jesus Christ gives us joy and hope. For this reason, we celebrate the season of resurrection for fifty days! (In Armenian, the 50 days of Zadeeg is referred to as “Heenoonk,” the final day being the Feast of Pentecost). His resurrection stands in the center of our faith as a proclamation of victory over death. It is this victory that stands in the face of Satan and the forces of evil that threaten to deceive and enslave us, to drag us down and away from God’s love, and renders those forces powerless! Jesus has ushered in a new world, a new Kingdom, one in which he is the End of all things, not death! And so we pray and give thanks for the abundant life Jesus shares with his followers, his eternal life which we experience here and now.

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 season of the resurrection 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*

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. The Revised Standard Version of the Bible is copyright © National Council of Churches of Christ in America. 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.

Alleluia Alleluia Alleluia!

The earth is filled with the Lord's mercy and the heavens were established by the Word of the Lord. And all his power is by the spirit of his mouth.

Alleluia Alleluia Alleluia!

God has risen and all his enemies have been scattered. Those who hate him have fled from his presence.

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

Alleluia Alleluia Alleluia!

PSALM 16

Protect me, God, because I have hoped in you. • I said to the Lord, "You are my Lord and whatever good I have is from you."

For your saints who are in your land, • You worked miracles in them, everything I willed.

Their illnesses will multiply, • Then after this even more rapidly.

I will not be included in their assemblies. • And I will not recall their names on my lips.

Lord, You are the portion of my inheritance and of my cup. • You are the one who returns my inheritance to me.

The lots fell upon me with the fine ones, • And my inheritance was pleasing to me.

I will bless the Lord, who made me wise. • My loins admonished me until the night.

Previously I saw the Lord in front of me at every hour, • For he is on my right side lest I stumble.

Therefore my heart rejoiced and my tongue delighted, • And my body too will dwell in hope.

For you will not abandon me to hell, • And you will not let your holy one see corruption.

You showed me your path to life. • You filled me with joy of your face to the extreme, from the kindness of your majestic right hand.

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

**Hymn of St. Nerses the Gracious
On the Mystery of Creation and the Resurrection of Christ**

O Love, you came down lovingly
In body born to set us free.
That body stretched out on the Tree
Swept in a tomb as dead debris.
Today you rose in God's degree;
The angels hailed, "Not here is He."
And now so saved, come everyone,
With angels praise the Risen One.

Rise up Sion's children bright!
Give good news to the Bride of Light:
Your Groom has risen from death's night,
He conquered it with kingly might.
He crowns you—now beatified.
Go hence adorned and beautified.
Revived, to Him new hymns recite;
The fruit of life to those who've died.

A Reading from the First Letter of St. Paul to the Corinthians

Lo! I tell you a mystery. We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed. For this perishable nature must put on the imperishable, and this mortal nature must put on immortality. When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." "O death, where is thy victory? O death, where is thy sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

We worship the blessed, praised, glorified, wondrous and divine resurrection of Christ.
Glory to your resurrection, O Lord.

A Prayer for Those at Rest

Christ, Son of God, tolerant and kind, in your love as our creator, have compassion on your servants that are at rest, especially upon the souls of your servants (names). Remember them on the day of the great coming of your kingdom. Make them worthy of mercy, of pardon and of the forgiveness of sin. Dignify them in the company of your saints at your right side of honor. For you are the Lord and creator of all, judge of the living and of the dead. † And to you is due glory, dominion and honor. Now and always and unto the ages of ages. Amen.

We entreat you, O merciful and good Lord, with those who have fallen asleep in faith, receive us who have the same hope, into the heavenly city, Jerusalem, in which the just are assembled, to sing † and glorify always the three persons of the Trinity.

Prayer for the Season of the Resurrection

Glory to your resurrection, Lord! I will not cease to praise you, Christ, all the days of my life. Glory to your resurrection, Lord! I will not cease to extol you, Jesus, all the days of my life. I will not cease to glorify you, Savior, all the days of my life!

We are delighted and overjoyed at the good news of the resurrection of our Lord and Savior Jesus Christ. He became the fruit and the first-born of all those that have fallen asleep. He broke down the doors of hell and released us from captivity to death. He gave us hope for the restoration of new life for all humanity. With faith, let us ask our Savior, Jesus Christ, to ennoble us with his resurrection—to let our feeble body share the form and likeness of his glorious body; because the true God, Jesus Christ our Lord promised this—to reward those that love him with magnificent grace beyond words. Raise us to life and have mercy on us.

The true, holy and magnificent resurrection of † Christ our God, which gives life to all, befit glory, dominion and honor. Now and always and unto the ages of ages. Amen.

From the 24 Prayers of St. Nerses the Gracious

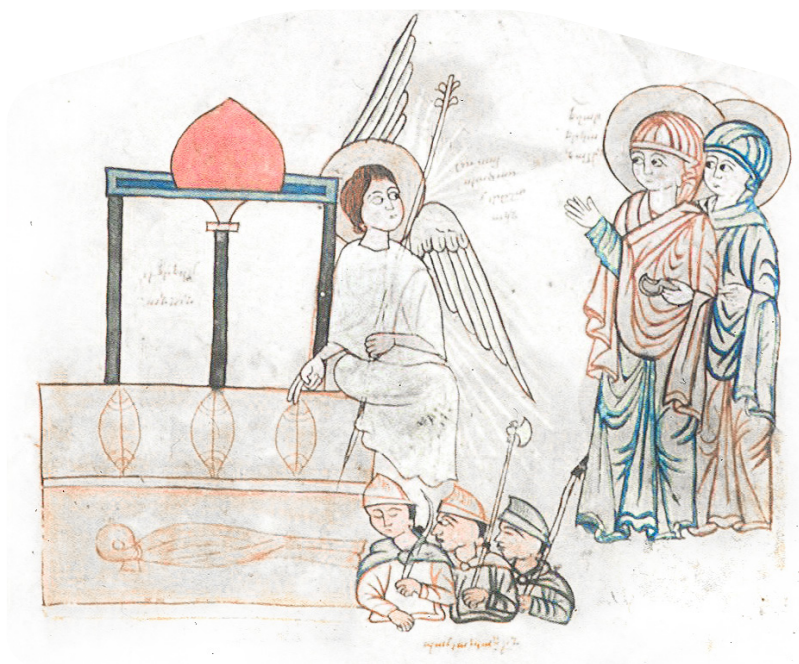
† Son of God, True God, who came down from the Father's inner being, and took to yourself a body from the holy Virgin Mary for our salvation. You were crucified, you were buried, you rose from among the dead, and you ascended to the Father in glory. "I have sinned against heaven and before you." "Remember me when you come with your kingdom," just as you remembered the thief. † 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 Saint 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.

Christ our Hope, the angelic forces bow down to worship your all-powerful and miraculous resurrection because you alone possess immortality and you dwell in blinding light. And so, like the angels, we earthly creatures, humbled in fear, bow down to the ground in worship. We praise and glorify your holy, miraculous and triumphant resurrection. And with the heavenly forces, we offer praise and glory to † you, and to the Father and the Holy Spirit. Now and always and unto the ages of ages. Amen.

Christ is risen from the dead!

Blessed is the resurrection of Christ!





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