

THE HOLY HOURS  
VOLUME VI

A PRAYER OF  
CONSOLATION  
DURING AFFLICTIONS

Isaiah 38:5

Thus says the Lord, the God of David your Father: "I have heard your prayer, I have seen your tears; and I will add to your days fifteen years."

Isaiah 40:1-2,10-11, 26, 29, 31

"Comfort, yes, comfort My people!" says your God. "Speak comfort to Jerusalem, and cry out to her, that her warfare is ended, that her iniquity is pardoned; For she has received from the Lord's hand double for all her sins." Behold, the Lord God shall come with a strong hand, and His arm shall rule for Him; behold, His reward is with Him, and His work before Him.

He will feed His flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom, and gently lead them who are with young. He calls them all by name, by the greatness of His might and the strength of His power; not one is missing.

He gives power to the weak, and to those who have no might He increases strength. But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Isaiah 41:9-16

"You are My servant, I have chosen you and have not cast you away: fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."

Behold, all those who were incensed against you shall be ashamed and disgraced; they shall be as nothing, and those who strive with you shall perish. You shall seek them and not find them- those who contended with you.

Those who war against you shall be nothing, as a nonexistent thing. For I, the Lord your God, will hold your right hand, saying to you, "Fear not, I will help you."

"Fear not, I will help you," says the Lord and your Redeemer, the Holy One of Israel.

Behold, I will make you into a new threshing sledge with sharp teeth; You shall thresh the mountains and beat them small, and make the hills like chaff. You shall winnow them, the wind shall carry them away, and the whirlwind shall scatter them; You shall rejoice in the Lord, and glory in the Holy One of Israel.

Isaiah 42:6-7, 16

"I, the Lord, have called You in righteousness, and will hold Your hand; I will keep You and give You as a covenant to the people, as a light to the Gentiles, to open blind eyes, to bring out prisoners from the prison, those who sit in darkness from the prison house. I

will bring the blind by a way they did not know; I will lead them in paths they have not known. I will make darkness light before them, and crooked places straight. These things I will do for them, and not forsake them.”

Isaiah 43:1-5, 11, 15-16

“Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. For I am the Lord your God, the Holy One of Israel, your Savior; I gave Egypt for your ransom, Ethiopia and Seba in your place. Since you were precious in My sight, You have been honored, and I have loved you; therefore I will give men for you, and people for your life. Fear not, for I am with you; I will bring your descendants from the east, and gather you from the west. I, even I, am the Lord, and besides Me there is no savior. I am the Lord, your Holy One, the Creator of Israel, your King. Thus says the Lord, who makes a way in the sea and a path through the mighty waters.”

Isaiah 44:1-3, 21-22

“Yet hear now, O Jacob My servant, and Israel whom I have chosen. Thus says the Lord who made you and formed you from the womb, who will help you: ‘Fear not, O Jacob My servant; and you, Jeshurun, whom I have chosen. For I will pour water on him who is thirsty, and floods on the dry ground; I will pour My Spirit on your descendants, and My blessings on your offspring.’ You are My servant; O Israel, you will not be forgotten by Me! I have blotted out, like a thick cloud, your transgressions, and like a cloud, your sins. Return to Me, for I have redeemed you.”

Isaiah 45:1-5, 15, 21-22

“Thus says the Lord to His anointed, to open before him the double doors, so that the gates will not be shut: ‘I will go before you and make the crooked places straight; I will break in pieces the gates of bronze and cut the bars of iron. I will give you the treasures of darkness and hidden riches of secret places, that you may know that I, the Lord, who call you by your name, am the God of Israel. For Jacob My servant’s sake, and Israel my elect, I have even called you by your name; I have named you, though you have not known Me. I am the Lord, and there is no other; There is no God besides Me. I will gird you, though you have not known Me.’ Truly You are God, who hide Yourself, O God of Israel, the Savior! Have not I, the Lord? And there is no other God besides Me. Look to Me, and be saved, all you ends of the earth! For I am God, and there is no other.”

Isaiah 46:3-4

“Listen to Me, O house of Jacob, and all the remnant of the house of Israel, who have been upheld by Me from birth, who have been carried from the womb: even to your old age, I am He, and even to gray hairs I will carry you! I have made, and I will bear; even I will carry, and will deliver you.”

Isaiah 48:17-18

Thus says the Lord, your Redeemer, the Holy One of Israel: "I am the Lord your God, who teaches you to profit, who leads you by the way you should go. Oh, that you had heeded My commandments! Then your peace would have been like a river, and your righteousness like the waves of the sea."

Isaiah 49:1-3, 5, 8,10, 14-16, 23, 26

The Lord has called Me from the womb; from the matrix of My mother He has made mention of My name. And He has made My mouth like a sharp sword; in the shadow of His hand He has hidden Me.

And He said to me, 'You are My servant, O Israel, in whom I will be glorified.'

And My God shall be My strength.

"In an acceptable time I have heard You, and in the day of salvation I have helped You; I will preserve You and give You as a covenant to the people, they shall neither hunger nor thirst, for He who has mercy on them will lead them, even by the springs of water He will guide them."

But Zion said, "The Lord has forsaken me, and my Lord has forgotten me." "Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, yet I will not forget you. See, I have inscribed you on the palms of My hands; Your walls are continually before Me."

Then you will know that I am the Lord, for they shall not be ashamed who wait for Me.

Isaiah 50: 4, 10

"The Lord God has given Me the tongue of the learned, that I should know how to speak a word in season to him who is weary.

Who among you fears the Lord? Who obeys the voice of His Servant? Who walks in darkness and has no light? Let him trust in the name of the Lord and rely upon his God."

Isaiah 54: 7-8, 17

"For a mere moment I have forsaken you, but with great mercies I will gather you. With a little wrath I hid My face from you for a moment; but with everlasting kindness I will have mercy on you," says the Lord, your Redeemer.

No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me, says the Lord.

Isaiah 55: 6, 11

Seek the Lord while He may be found, call upon Him while He is near. So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.

Isaiah 56: 7

Even them I will bring to My holy mountain, and make them joyful in My house of prayer. Their burnt offerings and their sacrifices will be accepted on My altar; for My house shall be called a house of prayer for all nations.

Isaiah 66: 10, 12-14

“Rejoice with Jerusalem, and be glad with her, all you who love her; rejoice for joy with her, all you who mourn for her;” for thus says the Lord:

“Behold, I will extend peace to her like a river, and the glory of the Gentiles like a flowing stream. Then you shall feed; on her sides shall you be carried, and be dandled on her knees. As one whom his mother comforts, so I will comfort you; and you shall be comforted in Jerusalem.”

When you see this, your heart shall rejoice, and your bones shall flourish like grass; the hand of the Lord shall be known to His servants.

Psalm 3

Lord, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, “There is no help for him in God.” But You, O Lord, are a shield for me, my glory and the One who lifts up my head. I cried to the Lord with my voice, and He heard me from His holy hill. I laid down and slept; I awoke, for the Lord sustained me. I will not be afraid of ten thousands of people who have set themselves against me all around. Arise, O Lord; save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. Salvation belongs to the Lord. Your blessing is upon Your people. Alleluia.

Psalm 12

Help, Lord, for the godly man ceases! For the faithful disappear from among the sons of men. They speak idly everyone with his neighbor; with flattering lips and a double heart they speak. May the Lord cut off all flattering lips, and the tongue that speaks proud things, who have said, “With our tongue we will prevail; our lips are our own; who is lord over us?” “For the oppression of the poor, for the sighing of the needy, now I will arise,” says the Lord; “I will set him in safety for which he yearns.” The words of the Lord are pure words, like silver tried in a furnace of earth, purified seven times. You shall keep them, O Lord, You shall preserve them from this generation forever. The wicked prowl on every side, when vileness is exalted among the sons of men. Alleluia.

Psalm 13

How long, O Lord? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? How long will my enemy be exalted over me? Consider and hear me, O Lord my God; enlighten my eyes, lest I sleep the sleep of death; lest my enemies say, “I have prevailed against him”; lest those who trouble me rejoice when I am moved. But I have trusted in Your mercy; my heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me. Alleluia.

Psalm 16

Preserve me, O God, for in You I put my trust. O my soul, you have said to the Lord, “You are my Lord, my goodness is nothing apart from You.” As for the saints who are on the earth, “They are the excellent ones, in whom is all my delight.” Their sorrows shall be

multiplied who hasten after another god; their drink offerings of blood I will not offer, nor take up their names on my lips. O Lord, You are the portion of my inheritance and my cup; You maintain my lot. The lines have fallen to me in pleasant places; yes, I have a good inheritance. I will bless the Lord who has given me counsel; my heart also instructs me in the night seasons. I have set the Lord always before me; because He is at my right hand I shall not be moved. Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope. For You will not leave my soul in Sheol, nor will You allow Your Holy One to see corruption. You will show me the path of life; In Your presence is fullness of joy; at Your right hand are pleasures forevermore. Alleluia.

#### Psalm 18

I will love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; my God, my strength, in whom I will trust; my shield and the horn of my salvation, and my stronghold. I will call upon the Lord, who is worthy to be praised; so shall I be saved from my enemies. The pangs of death surrounded me, and the floods of ungodliness made me afraid. The sorrows of Sheol surrounded me; the snares of death confronted me. In my distress I called upon the Lord, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears. Then the earth shook and trembled; the foundations of the hills also quaked and were shaken, because He was angry. Smoke went up from His nostrils, and devouring fire from His mouth; coals were kindled by it. He bowed the heavens also, and came down with darkness under His feet. And he rode upon a cherub, and flew; He flew upon the wings of the wind. He made darkness His secret place; His canopy around Him was dark waters and thick clouds of the skies. From the brightness before Him, His thick clouds passed with hailstones and coals of fire. The Lord thundered from heaven, and the Most High uttered His voice, hailstones and coals of fire. He sent out His arrows and scattered the foe, lightnings in abundance, and He vanquished them. Then the channels of the sea were seen, the foundations of the world were uncovered at Your rebuke, O Lord, at the blast of the breath of Your nostrils. He sent from above, He took me; He drew me out of many waters. He delivered me from my strong enemy, from those who hated me, for they were too strong for me. They confronted me in the day of my calamity, but the Lord was my support. He also brought me out into a broad place; He delivered me because He delighted in me. The Lord rewarded me according to my righteousness; according to the cleanness of my hands He has recompensed me. For I have kept the ways of the Lord, And have not wickedly departed from my God. For all His judgements were before me, and I did not put away His statutes from me. I was also blameless before Him, and I kept myself from iniquity. Therefore the Lord has recompensed me according to my righteousness, according to the cleanness of my hands in His sight. With the merciful You will show Yourself merciful; with a blameless man You will show Yourself blameless; with the pure You will show Yourself pure; and with the devious You will show Yourself shrewd. For You will save the humble people, but will bring down haughty looks. For You will light my lamp; the Lord my God will enlighten my darkness. For by You I can run against a troop, by my God I can leap over a wall. As for God, His way is perfect; the word of the Lord is proven; He is a shield to all who trust in Him. For who is God, except the Lord? And who is a rock, except our God? It is God who arms me with strength, and makes my feet like the feet of deer, and sets me on my high places. He

teaches my hands to make war, so that my arms can bend a bow of bronze. You have also given me the shield of Your salvation; your right hand has held me up, Your gentleness has made me great. You enlarged my path under me, so my feet did not slip. I have pursued my enemies and overtaken them; neither did I turn back again till they were destroyed. I have wounded them, so that they could not rise; they have fallen under my feet. For You have armed me with strength for the battle; You have subdued under me those who rose up against me. You have also given me the necks of my enemies, so that I destroyed those who hated me. They cried out, but there was none to save; even to the Lord, but He did not answer them. Then I beat them as fine as the dust before the wind; I cast them out like dirt in the streets. You have delivered me from the strivings of the people; You have made me the head of the nations; a people I have not known shall serve me. As soon as they hear of me they obey me; the foreigners submit to me. the foreigners fade away, and come frightened from their hideouts. The Lord lives! Blessed be my Rock! Let the God of my salvation be exalted. It is God who avenges me, and subdues the peoples under me; He delivers me from my enemies. You also lift me up above those who rise against me; You have delivered me from the violent man. Therefore I will give thanks to You, O Lord, among the Gentiles, and sing praises to Your name. Great deliverance He gives to His king, and shows mercy to His anointed, To David and his descendants forevermore. Alleluia.

#### Psalm 23

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

#### Psalm 27

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? When the wicked came against me to eat up my flesh, my enemies and foes, they stumbled and fell. Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident. One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple. For in the time of trouble He shall hide me and His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. And now my head shall be lifted up above my enemies all around me; therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord. Hear, O Lord, when I cry with my voice! Have mercy also upon me, and answer me. When You said, "Seek My face," my heart said to You, "Your face, Lord, I will seek." Do not hide Your face from me; do not turn Your servant away in anger; You have been my help; do not leave me nor forsake me, O God of my salvation. When my father and my mother forsake me, then the Lord will take care of me. Teach me Your way, O Lord, and lead me in a smooth path, because of my enemies. Do not deliver me to the will of my adversaries; for false

witnesses have risen against me, and such as breathe out violence. I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord! Alleluia.

#### Psalm 43

Vindicate me, O God, and plead my cause against an ungodly nation; O deliver me from the deceitful and unjust man! For You are the God of my strength; why do you cast me off? Why do I go mourning because of oppression of the enemy? O, send out Your light and Your truth! Let them lead me; let them bring me to Your holy hill and to Your tabernacle. Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise You, O God, my God. Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God. Alleluia.

#### Psalm 46

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling. There is a river whose streams shall make glad the city of God, the holy place of the tabernacle of the Most High. God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. The Lord of hosts is with us; the God of Jacob is our refuge. Come, behold the works of the Lord, who has made desolations in the earth. He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The Lord of hosts is with us; the God of Jacob is our refuge. Alleluia.

#### Psalm 54

Save me, O God, by Your name, and vindicate me by Your strength. Hear my prayer, O God; give ear to the words of my mouth. For strangers have risen up against me, and oppressors have sought after my life; they have not set God before them. Behold, God is my helper; the Lord is with those who uphold my life. He will repay my enemies for their evil. Cut them off in Your truth. I will freely sacrifice to You; I will praise Your name, O Lord, for it is good. For He has delivered me out of all trouble; and my eye has seen its desire upon my enemies. Alleluia.

#### Psalm 70

Make haste, O God, to deliver me! Make haste to help me, O Lord! Let them be ashamed and confounded who seek my life; let them be turned back and confused who desire my hurt. Let them be turned back because of their shame, who say, "Aha, aha!" Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, "Let God be magnified!" But I am poor and needy; make haste to me, O God! You are my help and my deliverer; O Lord, do not delay. Alleluia.

### Psalm 91

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; my God, in Him I will trust." Surely He shall deliver You from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you. Only with your eyes shall you look, and see the reward of the wicked. Because you have made the Lord, who is my refuge, even the Most High, your dwelling place, no evil shall befall you, nor shall any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone. you shall tread upon the lion and the cobra, the young lion and the serpent you shall trample under foot. "Because he has set his love upon Me, therefore I will deliver him; I will set him on high because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him and show him My salvation." Alleluia.

### Psalm 121

I will lift up my eyes to the hills—from whence comes my help? My help comes from the Lord, who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in from this time forth, and even forevermore. Alleluia.

### Psalm 123

Unto You I lift up my eyes, O You who dwell in the heavens. Behold, as the eyes of servants look to the hand of their masters, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He has mercy on us. Have mercy on us, O Lord, have mercy on us! For we are exceedingly filled with contempt. Our soul is exceedingly filled with the scorn of those who are at ease, with the contempt of the proud. Alleluia.

### Psalm 124

"If it had not been the Lord who was on our side," let Israel now say- "If it had not been the Lord who was on our side, when men rose up against us, then they would have swallowed us alive, when their wrath was kindled against us; then the waters would have overwhelmed us, the stream would have gone over our soul; then the swollen waters would have gone over our soul." Blessed be the Lord who has not given us as prey to their teeth. Our soul has escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped. Our help is in the name of the Lord, who made heaven and earth. Alleluia.

### Psalm 128

Blessed is everyone who fears the Lord, who walks in His ways. When you eat the labor of your hands, you shall be happy and it shall be well with you. Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table. Behold, thus shall the man be blessed who fears the Lord. The Lord bless you out of Zion, and may you see the good of Jerusalem all the days of your life. Yes, may you see your children's children. Peace be upon Israel! Alleluia.

### Psalm 129

"Many a time they have afflicted me from my youth," let Israel now say- "Many a time they have afflicted me from my youth; yet they have not prevailed against me. The plowers plowed on my back; they made their furrows long." The Lord is righteous; He has cut in pieces the cords of the wicked. Let all those who hate Zion be put to shame and turned back. Let them be as the grass on the housetops, which withers before it grows up, with which the reaper does not fill his hand, nor he who binds sheaves, his arms. Neither let those who pass by them say, "The blessing of the Lord be upon you; we bless you in the name of the Lord!" Alleluia.

### Psalm 143

Hear my prayer, O Lord, give ear to my supplications! In Your faithfulness answer me, and in Your righteousness. Do not enter into judgement with Your servant, for in Your sight no one living is righteous. For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead. Therefore my spirit is overwhelmed within me; my heart within me is distressed. I remember the days of old; I meditate on all Your works; I muse on the works of Your hands. I spread out my hands to You; my soul longs for You like a thirsty land. Answer me speedily, O Lord; my spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit. Cause me to hear Your lovingkindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I life up my soul to You. Deliver me, O Lord, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. In Your mercy cut off my enemies, and destroy all those who afflict my soul; for I am Your servant. Alleluia.

### Luke 11: 5-13 & 18:1-8

And He said to them, "Which of you shall have a friend, and go unto him at midnight and say to him, 'Friend, lend me three loaves; for a friend of mine has come to me on his journey, and I have nothing to set before him;' and he will answer from within and say, 'Do not trouble me; the door is now shut, and my children are with me in bed; I cannot rise and give you?' I say to you, though he will not rise and give to him because he is his friend, yet because of his persistence he will rise and give him as many as he needs. "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. If a son asks for bread from any father among you,

will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him!”

Then He spoke a parable to them, that men always ought to pray and not lose heart, saying: “There was in a city a judge who did not fear God nor regarded man. Now there was a widow in that city; and she came to him, saying, ‘Get justice for me from my adversary.’ And he would not for a while; but afterward he said within himself, ‘though I do not fear God nor regard man, yet because this widow troubles me I will avenge her, lest by her continual coming she weary me.’”

Then the Lord said, “Hear what the unjust judge said. And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?”

And glory be to GOD forever. Amen.

+ Lord, You know the alertness of my enemies, and as for my weakness, You are aware of it, my Creator. Therefore, I, hereby, place my soul into Your hands. So cover me with the wings of Your goodness, lest I might sleep till death. Enlighten my eyes by the greatness of Your sayings, and raise me up at all times for Your glorification, for You alone are Good and the Lover of mankind.

+ Hasten, O Savior, to open to me the fatherly bosoms, for I wasted my life in pleasures and lusts, and the day has passed by me and vanished. Therefore, now I rely on the richness of Your never-ending compassion. So, then, do not forsake a submissive heart which is in need of Your mercy. For unto You I cry, O Lord, humbly, “Father, I have sinned against heaven and before You, and I am no longer worthy to be called Your son, so make me as one of Your hired servants.”

+ Since we have no favor, nor excuse, nor justification because of our many sins, we, through you, implore to Him who was born of you, O Theotokos, the Virgin, for abundant and acceptable is your intercession with our Savior. O pure Mother, do not exclude sinners from your intercession with Him whom you bore, for He suffered to deliver us. Let your compassion speedily reach us, for we are exceedingly humbled. Help us, O God, our Savior, for the glory of Your name. O Lord, deliver us and forgive us our sins for the sake of Your holy name.

+ O Heavenly King, Comforter, the Spirit of Truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come and dwell in us and purify us from all the defilements, O Good One, and save our souls.

+ Just as You were with Your disciples, O Savior, and gave them peace, graciously come and be with us, grant us Your peace, save us, and deliver our souls.

+ Whenever we stand in Your holy Sanctuary, we are considered standing in Heaven. O Theotokos, you are the gate of Heaven, open for us the gate of mercy.

#### A Litany

O Lord, as You accepted the pleas of the people of Ninevah, and rescued them from great hardships and afflictions through the hands of Your prophet Jonah, son of

Amittai, and accepted his pleas from the bowels of the whale, and rescued him from it in peace and good health; so accept unto You my pleas, I, the sinner and lowly servant who is crying out to You to save me and rescue me.

O Lord, my GOD, accept my prayers before I get swallowed up in despair and lose my hope. Rescue me from the floods of the sea of this world, for You are He who saved Noah and his family. Save my soul from the flames of distress, as You saved Lot, the righteous, from the blaze of Sodom and Gomorrah. Show me an exit from the snares of my iniquities, as You opened an exit for the Hebrews to escape through the Red Sea and saved them from the hands of their adversaries. Close, O Lord, the mouths of the devils around me, as You closed the mouths of lions in the den from devouring Daniel.

Vanquish the flames of evil within me, as You vanquished the flames of the furnace of Babylon to save the three Saintly Lads. Untie the bonds of my sufferings, as You saved Peter, Paul, and Mathias from the bonds of jail. Receive and accept me, as You accepted the sinful woman, the tax collector, and the right thief.

May You look unto me now with the sight of Your compassion, upon my lowliness, broken-heartedness, suffering, discouragement, fear, agitation, restlessness, perplexity, disturbance, and the victory of my enemies and their mighty aggravation upon me. Send me the angel of aid and peace, bearing me the joy, support, guidance, help, strength, triumph, and victory. Remove from me all sadness, uplift me from my hardships, and comfort my broken heart. Guide my thoughts. "There is none equal to You in the time of hardships." Lift up the horn of all Christians wherever they are. Look upon all those who are in distress and difficulty. Open the doors of Your Holy and Apostolic Church, sustain it in Your true peace, through the intercessions of the Ever Virgin, the Theotokos, Saint Mary, all the angels, martyrs, and saints. Amen.