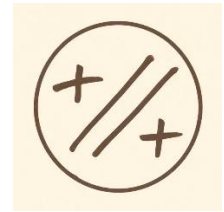


Prayer Rule of St Pachomius



My heart is ready, O God, **my heart is ready**

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, **have mercy on us.** (x3)

Glory to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning is now and shall be for ever. Amen.**

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake. **Amen**

Lord have mercy. (x3)

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, the power and the glory, for ever and ever. Amen.**

Lord, Jesus Christ, Son of God, **have mercy upon us. Amen.**

Lord, have mercy. (x12)

Glory to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning is now and shall be for ever. Amen.**

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

¹Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.

²Wash me thoroughly from my iniquity,
and cleanse me from my sin.

³For I know my transgressions,
and my sin is ever before me.

⁴Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgement.

⁵Indeed, I was born guilty,
a sinner when my mother conceived
me.

⁶You desire truth in the inward being;
therefore teach me wisdom in my
secret heart.

⁷Purge me with hyssop, and I shall be
clean;
wash me, and I shall be whiter than
snow.

⁸Let me hear joy and gladness;
let the bones that you have crushed
rejoice.

⁹Hide your face from my sins,
and blot out all my iniquities.

¹⁰Create in me a clean heart, O God,

**and put a new and right spirit within
me.**

¹¹Do not cast me away from your presence,
and do not take your holy spirit from me.

¹²Restore to me the joy of your salvation,
and sustain in me a willing spirit.

¹³Then I will teach transgressors your ways,
and sinners will return to you.

¹⁴Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your
deliverance.

¹⁵O Lord, open my lips,
and my mouth will declare your praise.

¹⁶For you have no delight in sacrifice;
if I were to give a burnt-offering, you
would not be pleased.

¹⁷The sacrifice acceptable to God is a
broken spirit;
a broken and contrite heart, O God,
you will not despise.

¹⁸Do good to Zion in your good
pleasure;

rebuild the walls of Jerusalem,
¹⁹then you will delight in right sacrifices,
in burnt-offerings and whole burnt-
offerings;

then bulls will be offered on your altar.

Glory to the Father, and to the Son, and to the Holy Spirit, **as it was in the beginning is
now and shall be for ever. Amen.**

I believe in God the Father almighty, Creator of heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth at the right hand of God the Father almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the Forgiveness of sins, the Resurrection of the body and life everlasting. Amen.

Lord, Jesus Christ, Son of God, **have mercy on me.** (x100)

Pour out, we beseech You, O Lord, Your Grace into our hearts; that we who have known the incarnation of your Son, Jesus Christ, by the message of an angel, may to, by His Passion and Cross be made partakers of His glorious Resurrection. Through the same Christ, our Lord. **Amen**

Lord Have Mercy (x3)

My heart is ready, O God, **my heart is ready**