



The Small Compline

Prayers for each evening
with Matalopsis (Communion Preparation)

In the name of the Father and of the Son and of the Holy Spirit.

Glory to You, our God, glory to You.

O Heavenly King, Comforter, Spirit of Truth, You who are in all places and fill all things, the Treasury of good things and Giver of life: Come and abide in us, cleanse us from every stain and save our souls, O Gracious One.

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

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

All Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Your name's sake.

Lord have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

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.

Lord have mercy. (12 times)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

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

Psalm 50



Have mercy on me, O God, in Your enduring goodness; according to the fullness of Your compassion blot out my offences. Wash me thoroughly from my wickedness, and cleanse me from my sin. For I acknowledge my rebellion and my sin is ever before me. Against You only have I sinned and done what is evil in Your eyes, so You will be just in Your sentence and blameless in Your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, O teach me wisdom in the secret

places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness; let the bones which You have broken rejoice. Hide Your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from Your presence, and do not take Your Holy Spirit from me. O Give me the gladness of Your help again and support me with a willing Spirit. Then will I teach transgressors Your ways and sinner shall turn to You again. O Lord God of my salvation, deliver me from bloodshed and my tongue shall sing of your righteousness. O lord, open my lips and my mouth shall proclaim Your praise. You take no pleasure in sacrifice or I would give it, burnt offerings You do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God You will not despise. In Your graciousness do good to Zion, rebuild the walls of Jerusalem. Then will You delight in right sacrifices, in burnt-offering and oblations. Then will they offer young bulls upon Your altar.

Psalm 69

O God, be pleased to deliver me; O Lord, make haste to help me. Let them be put to shame and confounded who seek my life. Let them be turned back and disgraced who wish me evil. Let them turn away for shame that say unto me: Aha! Aha! Let all who seek you be joyful and glad because of You. Let those who love Your salvation say always 'God is Great'. As for me, I am poor and needy. O God be swift to save me. You are my helper and my deliverer. O Lord make no delay.

Psalm 142

Hear my prayer O Lord, in Your faithfulness consider my petition and in Your righteousness give me answer. Bring not your servant into judgment, for in Your sight can no man living be justified. For the enemy has pursued me, he has crushed my life to the ground. He has made me to dwell in darkness like those forever dead. Therefore my spirit grows faint and my heart is appalled within me. I remember the days of old, I think on all that You have done, I consider the works of Your hands. I stretch out my hands towards You, my soul yearns for You like a thirsty land. Be swift to hear me, O Lord, for my spirit fails, hide not Your face from me lest I be like those who go down into the Pit. O let me hear of Your merciful kindness in the morning; for my trust is in You. Show me the way that I should go, for You are my hope. Deliver me from my enemies, O Lord for I run to You for shelter. Teach me to do Your will for You are my God, let Your kindly Spirit lead me in an even path. For Your name's sake O Lord, preserve my life and for the sake of Your righteousness bring me out of trouble. In Your merciful goodness slay my enemies and destroy all those that come against me; for truly I am Your servant.

The Small Doxology

Glory to God in the highest, and on earth, peace, good will among men. We praise You, we bless You, we worship You, we glorify You, we give You thanks for Your great glory. Lord God, Heavenly King, God the Father Almighty; Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit. Lord God, Lamb of God, Son of the Father, You take away the sin of the world; have mercy on us; You that take away the sins of the world, receive our prayer; You that sit at the right hand of the Father, have

mercy on us. For You alone are holy; You alone are the Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I will bless You, and praise Your Name throughout all ages. Lord, You have been our refuge in generation and generation. I said: Lord, have mercy on me, heal my soul, for I have sinned against You. Lord, I have run for refuge, teach me to do Your will, for You are my God. For with You is the fountain of life, in Your light shall we shall see light. Continue Your mercy to those that know You. Grant Lord, this night that we may be kept without sin. Blessed are You, Lord God of our Fathers, and praised and glorified is Your name throughout all ages. Amen. May Your mercy, O Lord, be upon us, even as we have hoped in You. Blessed are You, O Lord, teach me Your statutes. Blessed are You, O Lord, teach me Your precepts. Blessed are you, O Holy One teach me Your commandments. Your mercy, O Lord, is forever, do not turn away from the works of Your hands. Praise belongs to You; laudation become You; glory is due to You; O Father, Son, and Holy Spirit, both now and forever, and throughout the ages of ages. Amen.

The Creed

I believe in one God, Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the Only-begotten Son of God, begotten of the Father before all ages; Light from Light, true God from true God; begotten, not made; one in essence with the Father, through Him all things were made; For our sake and for our salvation, He came down from the heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And He was crucified also for us under Pontius Pilate, and suffered and was buried; And rose on the third day in accordance with the Scriptures; And ascended into the heavens, and is seated at the right hand of the Father; He is coming again in glory, to judge the living and the dead; And His kingdom will have no end. And I believe in the Holy Spirit, the Lord, the Giver of life; Who proceeds from the Father; Who together with the Father and the Son is worshipped and glorified; Who spoke through the prophets. I believe in One, Holy, Catholic, and Apostolic Church. I confess one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the age to come. Amen.

The Matalipsis

(The Canon of Preparation for Communion)

A Greek word meaning communion. It refers to the divine communion prayers of preparation for receiving the Communion. This prayer should be read right before when you intend to partake the Holy Communion

First Ode

(Heirmos) Come, O people, let us all sing to Christ God, who divided the sea and made a way for the nation which he had brought up out of the bondage of Egypt; for he is glorious.

Have mercy on me, O God, have mercy on me.

O compassionate Lord, may your holy Body and your precious Blood become the bread of everlasting life to me and the healing of manifold diseases.

Have mercy on me, O God, have mercy on me.

Defiled as I am, O Christ, by unbecoming deeds, I am not worthy of the communion of your immaculate Body and divine Blood. Nevertheless, make you me worthy thereof.

Most holy Theotokos, save us.

O you blessed bride of God, the good soil which grew the untilled Grain that saveth the world: Grant that partaking thereof I may be saved.

Third Ode

(Heirmos) By establishing me on the rock of faith, you has enlarged my mouth over mine enemies, and my spirit rejoices when I sing: There is none holy as our God, and none righteous beside you, O Lord.

Have mercy on me, O God, have mercy on me.

O Christ, Master, give me tear drops which cleanse my heart=s impurity,

that, with a pure conscience, I may approach with faith and fear the communion of your divine gifts.

Have mercy on me, O God, have mercy on me.

O you Lover of mankind, may your immaculate Body and divine Blood be for the forgiveness of my transgressions, for the communion of the Holy Spirit, for life everlasting and for estrangement from passions and afflictions.

Most holy Theotokos, save us.

O you all-holy table that held the Bread of life, which, for mercy's sake, came from above and gives new life unto the world: Grant that I may now, unworthy as I am, taste thereof in fear and live thereby.

Fourth Ode

(Heirmos) From a virgin didst you come, not as an ambassador, nor as an angel, but the very Lord himself incarnate, and didst save me, the whole man. Wherefore I cry to you: Glory to your power, O Lord.

Have mercy on me, O God, have mercy on me.

O most merciful One, when you didst take flesh for our sake, you were willing to be slain as a lamb for the sins of men. Wherefore, I beseech you, cleanse my sins also.

Have mercy on me, O God, have mercy on me.

O Lord, heal the wounds of my soul, and sanctify me wholly, and grant, O Master, that I, wretched man, may partake of your divine and mystical supper.

Most holy Theotokos, save us.

O Lady, propitiate in my behalf him who was born of you, and preserve me, your supplicating servant, pure and undefiled, so that by receiving the spiritual pearl I may be sanctified.

Fifth Ode

(Heirmos) O Giver of light and sovereign Creator of the ages, guide us in the light of your commandments, for we know no other God than you.

Have mercy on me, O God, have mercy on me.

As you, O Christ, didst foretell, so let it be unto your unprofitable servant, and abide in me, as you didst promise; for lo, I eat your divine Body and drink your Blood.

Have mercy on me, O God, have mercy on me.

O God and Word of God, may the live coal of your Body be to the enlightenment of my darkness, and your Blood to the cleansing of my defiled soul.

Most holy Theotokos, save us.

O Mary, Mother of God, you revered tabernacle of sweet fragrance: Make me, by your prayers, a chosen vessel, that I may receive the holy gifts of your Child.

Sixth Ode

(Heirmos) Whirled about in the abyss of sin, I appeal to the unfathomable abyss of your compassion: From corruption raise me up, O God.

Have mercy on me, O God, have mercy on me.

O Saviour, sanctify my mind, my soul, my heart and my body, and make me worthy, O Master, to approach uncondemned your dread mysteries.

Have mercy on me, O God, have mercy on me.

Grant that I may be rid of my passions, increase in your grace, and be confirmed in my life by the communion of your holy mysteries, O Christ.

Most holy Theotokos, save us.

O God, O holy Word of God, wholly sanctify me now approaching your divine mysteries, through the supplications of your holy mother.

(Kontakion in tone 2, to the melody Seeking things on high)

Disdain me not to receive now, O Christ, the bread which is your Body and your divine Blood and to partake, O Master, of your immaculate and dread mysteries, wretched as I am, and may it not be to me for judgement, but for eternal and immortal life.

Seventh Ode

(Heirmos) When the golden image was worshipped in the plain of Deira, your three children trampled underfoot the ungodly decree; and though cast into the midst of the flames, as ones refreshed they sang: Blessed are you, the God of our fathers.

Have mercy on me, O God, have mercy on me.

O Christ, Fountain of good things, may the communion of your immortal mysteries now be to me light and life, freedom from passion and for my progress and increase in divine virtues, that I may glorify you who alone are good.

Have mercy on me, O God, have mercy on me.

Grant that now approaching your immortal and divine mysteries in trembling, longing, and piety, I may be delivered, O Lover of mankind, from passions and enemies, and from necessities and every affliction, that I may sing to you: Blessed are you, the God of our fathers.

Most holy Theotokos, save us.

O you who are favoured of God, who didst beyond understanding bear the Saviour Christ, I, your impure servant, desiring now to approach the immaculate mysteries, pray you, who are pure, cleanse me from all defilement of flesh and spirit.

Eighth Ode

(Heirmos) O ye works, praise the Lord God, who descended into the fiery furnace with the Hebrew children and changed the flames into dew, and exalt him above all unto all ages.

Have mercy on me, O God, have mercy on me.

O Christ God my Saviour, grant that I, your despairing servant, may become now a partaker of your heavenly, dread and holy mysteries, and of your divine and mystical supper.

Have mercy on me, O God, have mercy on me.

Seeking refuge in your compassion, O good Saviour, I cry unto you with fear: Abide in me, and let me also, as you didst promise, abide in you; for lo, trusting in your mercy, I eat your Body and drink your Blood.

Most holy Theotokos, save us.

I tremble in taking this fire lest I should be consumed as wax and grass. O dread mystery! O the compassion of God! How is it that I, an earthly creature, partake of the divine Body and Blood and am made incorruptible?

Ninth Ode

(Heirmos) The Son of the unoriginate Father, our God and Lord, hath appeared to us incarnate of a virgin to enlighten those in darkness and to gather the dispersed; therefore, the all-hymned Theotokos we magnify.

Have mercy on me, O God, have mercy on me.

O taste and see that the Lord is good, who for our sake was made like unto us of old and once for all offered up himself as an offering to his Father and is now forever slain, sanctifying those who partake of him.

Have mercy on me, O God, have mercy on me.

O Master, let me be sanctified in body and soul; let me be enlightened and saved; and let me become your dwelling through the communion of

the sacred mysteries, having you, O most merciful Benefactor, living in me, with the Father and the Spirit.

Glory to the Father, and to the Son, and to the Holy Spirit.

May your precious Body and Blood, O my Saviour, be as fire and light to me, consuming the substance of sin and burning the tears of my passions and wholly enlightening me, that I may worship your divinity.

Both now and ever, and unto ages of ages. Amen.

God took flesh from your pure blood. Therefore, do all generations hymn you, O Lady, and the hosts of spiritual powers glorify you; for through you they clearly beheld the Master of all endued with human nature.

End of Metalepsis - Resume Small Compline

It is truly meet to bless You, O Theotokos, ever blessed, most blameless, and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Word, true Theotokos, we magnify you.

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

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

All Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Your name's sake.

Lord have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

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.

O God of our fathers, Who always judges us according to Your goodness, do not remove Your mercy from us, but by their intercessions direct our lives in peace.

In the entire world, Your Church, arrayed in the blood of Your martyrs as in purple and fine linen, cries through them to You, O Christ our God, "Send down Your compassion upon Your people; give peace to all Your people and give us all great mercy."

Glory to the Father, and to the Son, and to the Holy Spirit.

O Christ, give rest to the saints, to the souls of Your servants, where there is neither sickness nor sorrow nor sighing, but everlasting life.

Both now and ever, and unto the ages of ages. Amen.

Through the intercession of all the saints and of the Theotokos, grant us Your peace, O Lord, and have mercy upon us, for You alone are all-loving.

Lord have mercy. (40 times)

O Christ our God, Who at all times and at every hour, in heaven and on earth, are worshipped and glorified, long-suffering, merciful, and compassionate; Who love the just and show mercy upon sinners, Who call all to salvation through the promise of good things to come; receive, O Lord, our prayers at this hour, and direct our lives according to Your commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Compass us about with Your holy angels, so that, guided and guarded by Your hosts, we may attain to the unity of the faith and the knowledge of Your unapproachable glory; for blessed are You unto the ages of ages. Amen.

Lord have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.

It is truly meet to bless You, O Theotokos, ever blessed, most blameless, and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Word, true Theotokos, we magnify you.

Lord have mercy. (12 times)

O Most Holy Theotokos save us

A Prayer To the Theotokos

O spotless, undefiled, unstained, all-chaste and pure Lady, blameless Bride of God, you who by the glorious birth-giving have united the Word of God with Man and linked our fallen nature with Heavenly beings; you who are alone the hope of the hopeless, the helper of those attacked, the ready protection of those who hasten unto you, and the refuge of all Christians; do not despise me a sinner, wholly defiled by evil thoughts, words and deeds, I who have become by slothful will a servant to life's pleasures. But being Mother of God, the lover of mankind, have mercy, in compassion, upon me, your sinful and prodigal servant. Accept this prayer which is offered to you from my impure lips and, putting forth your maternal favour with your Son, our Lord and Master, beseech Him to open unto me the wings of His love of mankind, His loving kindness and bounty. Beseech Him to pass over my numberless transgressions, to lead me back to true repentance, and to make me a keeper of His commandments and a tried doer thereof. And as you are gracious, compassionate and tender-hearted, do you be ever present with me in this life as my advocate and helper, to turn aside the evil assaults of my adversaries, to guide me unto salvation, and to the departure of my wretched soul, encompass me, and drive from it all the dark forms of the evil ones; and in the dreadful Judgement Day deliver me from everlasting punishments and torments, revealing me as an inheritor of the unspeakable glory and an honour to your Son, our God, all which I

may obtain, O holy Theotokos my Lady, through your mediation and help, by the grace and exceeding compassion of your only begotten Son, our Lord God and Saviour Jesus Christ, to whom is due, with the eternal Father, and all-holy, good, and life-giving Spirit, all honour, glory and worship, now and forever and throughout all ages. Amen.

A Prayer To Our Lord Jesus Christ

And grant rest, O Master, to our souls and bodies as we sleep. Preserve us from the gloomy slumber of sin and from the dark passions of the night. Calm the impulses of carnal desires; quench the fiery darts of the evil one which are craftily directed at us. Still the rebellions of the flesh, and put far from us all anxiety and worldly cares. Grant us, O God, a watchful mind, pure thoughts, a sober heart, and a quiet rest, free from every vision of the devil. Raise us up again at the hour of our prayer, strengthened in your precepts, and holding within us steadfastly the thought of Your commandments. Grant that we may sing praises to You through the night, that we may hymn, bless and glorify Your all honourable and majestic Name, of the Father and of the Son, and of the Holy Spirit, now and forever, and to the ages of ages. Amen.

O Most glorious one, O ever-Virgin, O blessed Theotokos, commend our prayer to your Son, our God, and entreat Him to save our souls through you.

The Father is my hope, the Son is my refuge, the Holy Spirit is my protection. All Holy Trinity, glory be to You. All my hope I place in You, O Theotokos; keep me under the wing of your care.

A Prayer To The Guardian Angel

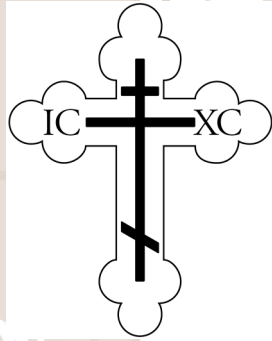
O holy Angel who accompanies my soul and life, forsake me not, and depart not from me because of my extravagance and wickedness. Give not access to the demon to rule with his might this mortal body of mine, but hold me by my feeble hand; lead me in the path of salvation. O holy Angel of God, guardian and protector of my soul and body, forgive me everything where I have offended you every day of my life. And though this day I have sinned, be my protection this night from all influence and temptation of the enemy, that I may not anger God with any sin. Intercede with the Lord for me, that He may confirm me in His fear and show me forth as a worthy servant of His goodness. Amen.

O Champion General, I your city now inscribe to you triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. But since you have the dominion unassailable, free me from all kinds of perils, so that unto you, I may cry aloud: Rejoice O unwedded Bride.

Rejoice O virgin Theotokos, Mary full of grace, the Lord is with you, blessed are you among women, and blessed is the fruit of your womb, for you have born the Saviour of our souls. (Thrice)

Through the prayers of our holy Father, O Lord Jesus Christ our God, have mercy on us and save us. Amen.





ACOY SYDNEY 2013