

## PRAYERS OF THANKSGIVING AFTER COMMUNION

Glory to You, O God. (*thrice*)



\*

### I. PRAYER

I thank You, O Lord my God, for You have not rejected me, a *sin-ner*, \* but have counted me worthy to be a partaker of Your *ho-ly* things.

I thank You, for You have permitted me, the un-*wor-thy*, \* to commune of Your most pure and *hea-venly* Gifts.

But, O Master Who loves mankind, Who for our sakes died and *rose* again, \* and gave us these awesome and life-creating Mysteries for the good and sanctification of our souls and *bo-dies*;

let them be for the healing of soul and body, the repelling of every adversary, the illumining of the eyes of my heart, the peace of my spiritual powers, a faith unashamed, a love unfeigned, the fulfilling of wisdom, the observing of Your commandments, the receiving of Your *di-vine* grace \*, and the attaining of Your *King-dom*.

Preserved by them in Your holiness, may I always remember Your grace and live not for my-*self* alone, \* but for You, our Master and Bene-*fac-tor*.

May I pass from this life in the hope of eternal life, and so attain to the everlasting rest, where the voice of those who feast is un-*cea-sing*, \* and the gladness of those who behold the goodness of Your countenance is un-*en-ding*.

For You are the true desire and the ineffable joy of those who *love* You, \* O Christ our God, and all creation sings Your praise for-*e-ver*. Amen.

### II. A PRAYER OF ST. BASIL THE GREAT

O Master, Christ our God, King of the Ages, Maker of all things: I thank You for all the good things You have *gi-ven* me, \* especially for the communion with Your most pure and life-creating *Mys-teries*.

I implore You, O gracious Lover of *man-kind*: \* preserve me under Your protection, beneath the shadow of Your *wings*.

Enable me, even to my last breath, to partake worthily and with a pure conscience of Your *ho-ly* things, \* for the remission of sins and unto life e-*ter-nal*.

For You are the Bread of Life, the Fountain of Holiness, the Giver of all Good; to You we ascribe *glo-ry*, \* with the Father and the Holy Spirit, now and ever and unto ages of *a-ges*. Amen.

### III. A PRAYER BY ST. SIMEON METAPHRASTES:

Freely You have given me Your Body for my food, O You Who are a fire consuming the unworthy. Consume me not, O my Cre-*a-tor*, \* but instead enter into my members, my veins, my *heart*.

Consume the thorns of my transgressions.

Cleanse my soul and sanctify my *rea-sonings*. \* Make firm my knees and *bo-dy*.

Illumine my five senses. Nail me to the *fear* of You. \* Always protect, guard, and keep me from soul-destroying *words* and deeds.

Cleanse me, purify me, and adorn me. Give me understanding and illumi-*na-tion*. \*

Manifest me to be a temple of Your One Spirit, and not the home of *ma-ny* sins.

May every evil thing, every carnal pas-sion, \*  
 flee from me as from a fire as I become  
 Your tabernacle through com-mun-ion.  
 I offer You as intercessors, all the saints: the  
 leaders of the bodiless hosts, Your  
 Forerunner, the wise A-pos-tles, \* and Your  
 pure and blameless Mo-ther.  
 Accept their prayers in Your love, O my Christ,  
 and make me, Your servant, a child of light.  
 For You are the only Sanctification and  
 Light of our souls, O Good One, \* and to  
 You, our Master and God, we ascribe glory  
day by day.

#### IV. ANOTHER PRAYER:

O Lord Jesus Christ our God: let Your holy  
 Body be my e-ter-nal life; \* Your precious  
 Blood, my re-mis-sion of sins.  
 Let this Eucharist be my joy, health, and glad-  
 ness. \* Make me, a sinner, worthy to stand  
 on the right hand of Your glory at Your  
 awesome second Coming, through the  
 prayers of Your most pure Mother and of all  
 the saints.

#### ST. SIMEON'S CANTICLE

Mas - ter now — let Your ser - vant de - part in peace — ac - cor - ding to Your word.

For my eyes — have — seen your sal - va - tion, which You — have pre - - pared —

be - fore the face of all peo - - ple: a light for re - ve - la - tion to the gen - - tiles

and for the glo - ry of Your peo - ple Is - ra - el — .

O Heavenly King, the comforter, the Spirit of Truth, who is everywhere and fills all things, Treasury of blessings and Giver of Life. Come and abide in us, and cleanse from every im-pu-rity, \* and save our souls, O Good One!

Holy God, Holy Mighty, Holy Im-mor-tal, \* have mer-cy on us! (*thrice*)

#### V. A PRAYER TO THE THEOTOKOS:

O most holy Lady Theotokos, the light of my  
 darkened soul, my hope, my protection, my  
 refuge, my rest, and my joy. \* I thank you,  
 for you have permitted me, the unworthy, to  
 be a partaker of the most pure Body and  
 precious Blood of your Son.

Give the light of understanding to the eyes of  
 my heart, you that gave birth to the True  
 Light. \* Enliven me who am deadened by  
 sin, you that gave birth to the Fountain of  
 Immor-ta-lity.

Have mercy on me, O loving Mother of the mer-  
 ciful God. \* Grant me compunction and  
 contrition of heart, humility in my thoughts,  
 and a release from the slavery of my own  
 reasonings.

And enable me, even to my last breath, to  
 receive the sanctification of the most pure  
 Mysteries, for the healing of soul and bo-dy.  
 \* Grant me tears of repentance and  
 confession, that I may honor you all the days  
 of my life, for you are blessed and greatly  
 glorified for-e-ver. Amen.

Glory to the Father, and to the Son, and to the Holy Spi-rit. \* Now and ever and unto ages of a-ges. Amen.

O Most Holy Trinity have mercy upon us, Lord cleanse us from our i-ni-quities, \* O Holy One heal our infirmities, for Your name's sake.

Lord, have mercy. Lord, have mer-cy. \* Lord, have mer-cy.

Glory to the Father, and to the Son, and to the Holy Spi-rit. \* Now and ever and unto ages of a-ges. Amen.

Our Father, You are in heaven, hallowed be Your name. Your Kingdom come, Your 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 temp-ta-tion, \* but deliver us from the e-vil one.

*Priest: For Yours is the kingdom, and the Power, and the Glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages.*

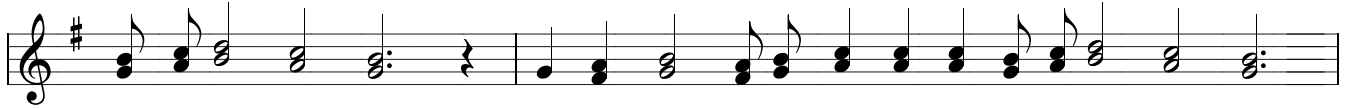


A - men ———.

### TROPARION (TONE 8)



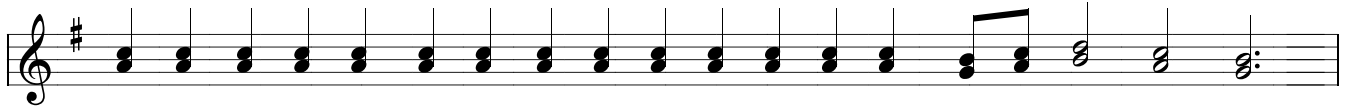
Grace — shi - ning forth from your — lips like a bea - con has en - ligh -



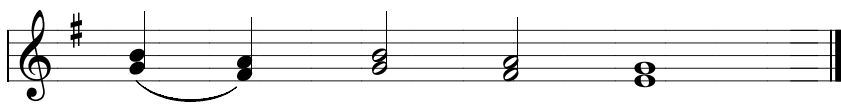
tened the u - ni - verse. It has shown to the world the ri - ches of po - ver - ty.



It has re-vealed to us the heights of hu-mi - li - ty. Teach-ing us by your



words, O fa - ther John Chry - so - stom, in - ter - cede be - fore the Word, Christ our God,

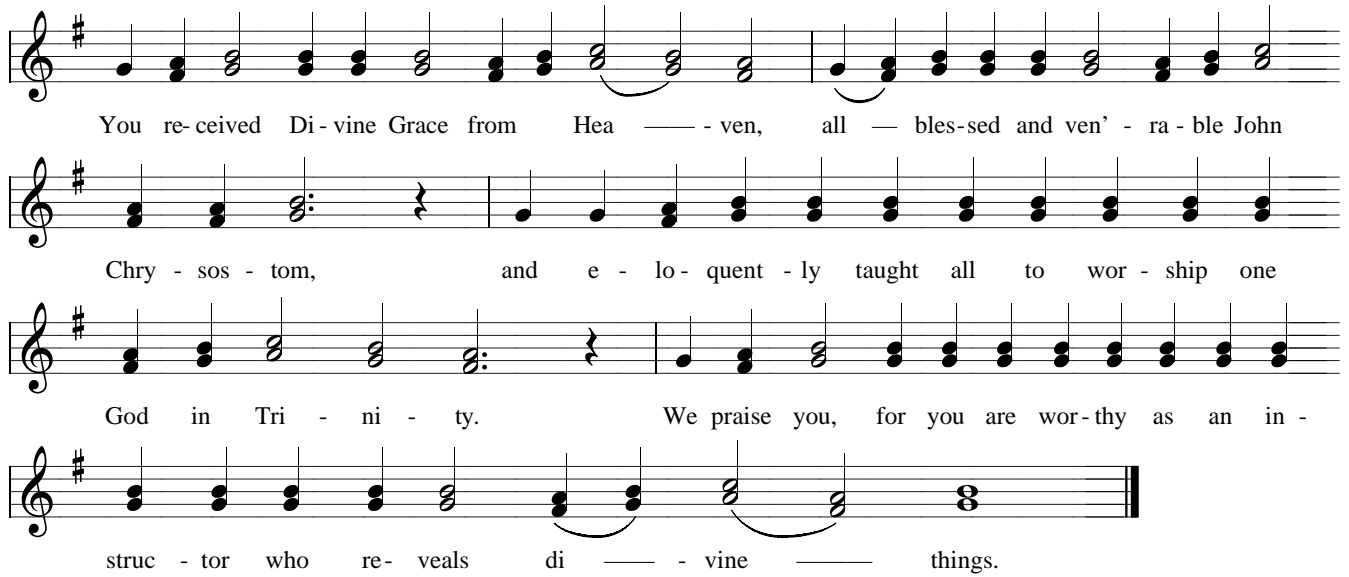


to — save our souls.

### KONTAKION (TONE 6)



Glo - ry to the Fa - ther and to the Son and to the Ho - ly Spi — rit,



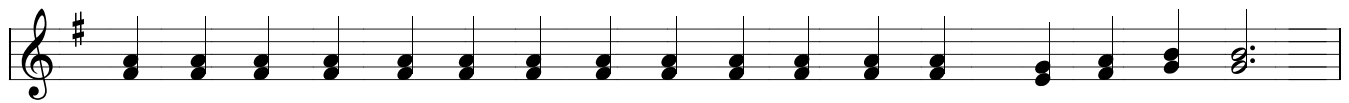
You re-ceived Di-vine Grace from Hea - - ven, all — bles-sed and ven' - ra - ble John  
 Chry - sos - tom, and e - lo - quent - ly taught all to wor - ship one  
 God in Tri - ni - ty. We praise you, for you are wor - thy as an in -  
 struc - tor who re - veals di - - vine — — — things.

**THEOTOKION (TONE 6) (OR THE TROPARION OF THE DAY.)**



now and e - ver and un - to a - ges of a - ges. A - men.  
 Stead-fast pro - tect - ress of Chris — - tians, con-stant ad - vo - cate be - fore the  
 cre - a — - tor: do not des - pise the cry of us sin — - ners,  
 but in your good-ness come spee - di - ly to help us who call on you in faith.  
 Has - ten to hear our pe - ti - tion and to in - ter - cede for us, O The - o - to — - kos,  
 for you al - ways pro - tect those who ho - nor - you.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mer-cy. \* Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mer-cy.



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spi - rit,



now and e - ver and un - to a - ges of a - ges. A - men.



More hon' - ra - ble than the Che - ru - bim, and more glor - ious be - yond com - pare



than the Se - ra - phim; with - out cor - rup - tion you gave birth to God the Word.



True The - o - to - kos, we mag - ni - fy ——— you.



In the name of the Lord, bless, Fa - ther.

*Priest: May [He Who rose from the dead, ] Christ our true God, through the prayers of His most pure Mother; of the holy, glorious, and all-laudable Apostles; of our father among the saints, John Chrysostom, Archbishop of Constantinople; and of all the saints: have mercy on us and save us for He is good and loves mankind.*



A ——— -men.

