

## AFTER COMMUNION PRAYERS

*When thou hast received the good communion of the life-creating Mystical Gifts, chant immediately, give many thanks and with this warmth of soul say to God:*

*Priest. Glory to Thee, O God. Glory to Thee, O God.  
Glory to Thee, O God.*

### **Prayers of Thanksgiving**

I thank Thee, O Lord my God, that Thou hast not rejected me a sinner, but has vouchsafed me to be a communicant of Thy Holy Things. I thank Thee that Thou hast vouchsafed me, the unworthy, to partake of Thy most pure and heavenly Gifts. But, O Master Who lovest mankind, Who for our sake didst die and didst rise again, and didst bestow upon us these Thy dread and life-creating Mysteries for the well-being and sanctification of our souls and bodies: Grant that these may be to me even unto the healing of both soul and body, unto the averting of everything hostile, unto the enlightenment of the eyes of my heart, unto the peace of my spiritual powers, unto faith unashamed, unto love unfeigned, unto the fullness of wisdom, unto the keeping of Thy commandments, unto the increase of Thy divine grace, and the attainment of Thy kingdom: that being preserved by them in Thy holiness, I may ever remember Thy grace and henceforth live not unto myself, but unto Thee, our Lord and Benefactor. And thus when I shall have departed from this life in the hope of life eternal, may I attain unto everlasting rest, where the voice of them that keep festival is unceasing, and the sweetness unending of them that behold the unutterable beauty of Thy countenance: for Thou art the True Desire and the Unutterable Gladness of them that love Thee, O Christ our God, and all creation doth hymn Thee unto the ages. Amen.

### **Another Prayer of Saint Basil**

O Christ our God and Master of the ages and Creator of all, I thank Thee for all the good things which Thou hast bestowed upon me, and for the communion of Thy most pure and life-creating

Mysteries. I pray Thee, therefore, O Good One and Lover of Man: Guard me under Thy protection and within the shadow of Thy wings, and grant me with a pure conscience, even unto my last breath, worthily to partake of Thy Holy Things unto the remission of sins and unto life eternal. For Thou art the Bread of Life, the Source of holiness, the Giver of good things, and unto Thee do we send up glory, together with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

### **Verses of Metaphrastes**

O Thou Who givest me willingly Thy Flesh as food, Thou Who art fire that doth consume the unworthy, let me not be consumed, O my Creator. But rather enter Thou into my members, into all my joints, into my reins, into my heart. Consume Thou the thorns of all my sins. Purify my soul, sanctify my thoughts. Strengthen my knees together with my bones. Enlighten the simplicity of my five senses. Nail down the whole of me with Thy fear. Ever shelter, keep and preserve me from every soul-corrupting deed and word. Purify, cleanse and adorn me. Show me to be the habitation of Thy Spirit alone, and no longer the habitation of sin, that as Thine abode from the entry of communion, every evil deed, every passion may flee from me as from fire. As intercessors I offer unto Thee all the saints, the commanders of the Bodiless Hosts, Thy Forerunner, the wise apostles, and with them Thine immaculate, pure Mother, whose prayers, O Compassionate One, do Thou receive, O my Christ, and make Thy servant a son of light. For Thou alone art our sanctification, O Good One, and the brightness of our souls, and unto Thee as is fitting, as God and Lord, we all send up glory every day.

### **Another Prayer**

May Thy holy Body, O Lord Jesus Christ our God, be for me unto life eternal, and Thy Precious Blood unto remission of sins; and may this Eucharist be unto me for joy, health and gladness; and in Thy fearful and Second Coming, vouchsafe me a sinner to stand at the right hand of Thy glory, through the intercessions of Thy most pure Mother and of all Thy saints.

### **Another Prayer, to the Most Holy Theotokos**

O most holy Lady Theotokos, the light of my darkened soul, my hope, my shelter, my refuge, my consolation, my joy: I thank thee that thou hast vouchsafed me the unworthy to be a partaker of the most pure Body and precious Blood of thy Son. But do thou who gavest birth to the True Light, enlighten the noetic eyes of my heart; thou who gavest birth to the Source of immortality, enliven me that am dead in sin; thou who art the compassionately-loving Mother of the merciful God, have mercy on me, and grant unto me compunction and contrition of heart, and humility in my mind, and the recall of my thoughts from captivity; and vouchsafe me until my last breath, without condemnation to receive the sanctification of the immaculate Mysteries, unto healing of both soul and body; and grant me tears of repentance and confession, with which to hymn and glorify thee all the days of my life; for blessed and most glorified art thou unto ages of ages. Amen.

### **Prayers for Departure**

Now lettest Thou Thy servant depart in peace, O Master, according to Thy Word; for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples, a light of revelation for the nations, and the glory of Thy people Israel.

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, Lord, wash away our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy; Lord have mercy; Lord have mercy.

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 the heavens, hallowed be Thy name; let Thy kingdom come; let Thy will be done also on the earth, as in heaven; Give us today our daily bread; and forgive us our debts, as we also forgive our debtors; and let us not be brought into temptation, but deliver us from the evil one.

Priest: For thine...

### **Closing Prayers**

Troparion:           Resurrection - Sunday Only.  
                          Feast of Christ (If Applicable).  
                          Feast of the Theotokos (If Applicable).

Dormition: In giving birth thou didst preserve thy virginity; in thy dormition thou didst not forsake the world, O Theotokos. Thou wast translated unto life, since thou art the Mother of Life; and by thine intercessions dost thou redeem our souls from death.

Saints.

St. John Chrysostom: Grace shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of uncovetousness, and shone us the heights of humility; but while instructing by thy words, O Father John Chrysostom, intercede with the Word, Christ our God, to save our souls.

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

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Kontakion:           Resurrection - Sunday Only.  
                          Feast of Christ (If Applicable).  
                          Feast of the Theotokos (If Applicable).

Dormition: The grave and death could not hold the Theotokos, who is sleepless in her intercessions and unfailing hope in her

mediations. For as the Mother of Life she was translated unto life by Him Who dwelt in her ever-virgin womb.

Saints.

Forefeast (If Applicable).

St. John Chrysostom: From the heavens hast thou received divine grace and by thy lips thou dost teach all to worship the One God in Trinity, O John Chrysostom, all blessed holy one. Rightly do we acclaim thee, for thou art a teacher revealing things divine.

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

### **Closing Prayers**

O protection of Christians that cannot be put to shame, mediation unto the Creator unailing, disdain not the suppliant voices of those who have sinned, but be thou quick, O good one, to help us who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

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.

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, holy father bless.

**Sunday**  
**Troparion and Kontakion of the Resurrection**

**FIRST TONE**

Troparion: When the stone had been sealed by the Jews, and the soldiers were guarding Thine immaculate Body, Thou didst arise on the third day, O Saviour, granting life unto the world. Wherefore, the Hosts of the Heavens cried out to Thee, O Life-giver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom. Glory to Thy dispensation, O only Lover of mankind.

Kontakion: As God, Thou didst arise from the tomb in glory, and Thou didst raise the world together with Thyself. And mortal nature praiseth Thee as God, and death hath vanished. And Adam danceth, O Master, and Eve, now freed from fetters, rejoiceth as she crieth out: Thou art He, O Christ, that grantest unto all resurrection.

**SECOND TONE**

Troparion: When Thou didst descend unto death, O Life Immortal, then didst Thou slay hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the Hosts of the Heavens cried out: O Life-giver, Christ our God, glory be to Thee.

Kontakion: Thou didst arise from the tomb, O omnipotent Saviour, and hades was terrified on beholding the wonder; and the dead arose, and creation at the sight thereof rejoiceth with Thee. And Adam also is joyful, and the world, O my Saviour, praiseth Thee forever.

**THIRD TONE**

Troparion: Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm. He hath trampled upon death by death; the first-born of the dead hath He become. From

the belly of hades hath He delivered us and hath granted to the world great mercy.

Kontakion: Thou didst arise today from the tomb, O Merciful One, and didst lead us out of the gates of death. Today Adam danceth and Eve rejoiceth; and together with them, both the Prophets and the Patriarchs unceasingly praise the divine might of Thine authority.

#### **FOURTH TONE**

Troparion: Having learned the joyful proclamation of the Resurrection from the angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the apostles exultantly: death is despoiled and Christ God is risen, granting to the world great mercy.

Kontakion of the Resurrection: My Saviour and Redeemer hath, as God, raised up the earthborn from the grave and from their fetters, and He hath broken the gates of hades, and, as Master, hath arisen on the third day.

#### **FIFTH TONE**

Troparion: Let us, O faithful, praise and worship the Word Who is co-unoriginate with the Father and the Spirit, and Who was born of the Virgin for our salvation; for He was pleased to ascend the Cross in the flesh and to endure death, and to raise the dead by His glorious Resurrection.

Kontakion: Unto hades, O my Saviour, didst Thou descend, and having broken its gates as One Omnipotent, Thou, as Creator, didst raise up the dead together with Thyself. And Thou didst break the sting of death, and didst deliver Adam from the curse, O Lover of mankind. Wherefore, we all cry unto Thee: Save us O Lord.

## SIXTH TONE

Troparion: Angelic Hosts were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou didst despoil hades and wast not tempted by it. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, O Lord, glory be to Thee.

Kontakion: Having by His Life-bestowing hand raised up all the dead out of the dark abysses, Christ God, the Giver of Life, hath bestowed the Resurrection upon the fallen human race; for He is the Saviour of all, the Resurrection, and the Life, and the God of all.

## SEVENTH TONE

Troparion: Thou didst destroy death by Thy Cross, Thou didst open Paradise to the thief. Thou didst change the lamentation of the Myrrh-bearers, and Thou didst command Thine Apostles to proclaim that Thou didst arise, O Christ God, and grantest to the world great mercy.

Kontakion: No longer will the dominion of death be able to keep men captive; for Christ hath descended, demolishing and destroying the powers thereof. Hades is bound; the Prophets rejoice with one voice, saying: A Saviour hath come for them that have faith. Come forth, ye faithful, for the Resurrection.

## EIGHTH TONE

Troparion: From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, O Lord, glory be to Thee.

Kontakion: Having risen from the tomb, Thou didst raise up the dead and didst resurrect Adam. Eve also danceth at Thy

Resurrection, and the ends of the world celebrate Thine arising from the dead, O Greatly-merciful One.

