

## PRE-COMMUNION PRAYERS

*Before partaking of the awesome Sacrifice Of the life-creating Body of the Master, After this manner pray with trembling.*

### **A Prayer of Basil the Great, 1:**

O Master Lord Jesus Christ our God, Source of life and immortality, Creator of all things visible and invisible, the co-eternal and co-unoriginate Son of the unoriginate Father, Who, out of Thy great goodness, didst in the latter days clothe Thyself in flesh, and wast crucified, and buried for us ungrateful and evil disposed ones, and hast renewed with Thine Own Blood our nature corrupted by sin: Do Thou Thyself, O Immortal King, accept the repentance of me a sinner, and incline Thine ear to me, and hearken unto my words. For I have sinned against heaven and before Thee, and I am not worthy to look upon the height of Thy glory; for I have angered Thy goodness by transgressing Thy commandments and not obeying Thine injunctions. But Thou, O Lord, Who art not vengeful, but long-suffering and plenteous in mercy, hast not given me over to be destroyed with my sins, but always Thou awaitest my complete conversion. For Thou hast said, O Lover of mankind, through Thy prophet: For I desire not the death of the sinner, but that he should return and live. For Thou desirest not, O Master, to destroy the work of Thy hands, neither shalt Thou be pleased with the destruction of men, but desirest that all be saved and come to a knowledge of the truth. Wherefore, even I, although unworthy of heaven and earth, and of this temporal life, having submitted my whole self to sin, and made myself a slave of pleasure, and having defaced Thine image, yet being Thy work and creation, wretched though I be, I despair not of my salvation, and dare to approach Thine immeasurable loving-kindness. Accept, then, even me, O Lord, Lover of mankind, as Thou didst accept the sinful woman, the thief, the publican, and the prodigal; and take away the heavy burden of my sins, Thou that takest away the sin of the world, and healest the infirmities of mankind; Who callest the weary and heavy-laden unto Thyself and givest them rest, Who camest not to call the righteous, but sinners to repentance. And do Thou cleanse me from all defilement of

flesh and spirit, and teach me to achieve holiness in fear of Thee; that with the pure testimony of my conscience, receiving a portion of Thy Holy Things, I may be united unto Thy holy Body and Blood, and have Thee living and abiding in me with the Father and Thy Holy Spirit. Yea, O Lord Jesus Christ my God, let not the communion of Thine immaculate and life-creating Mysteries be unto me for judgment, neither unto infirmity of soul and body because of my partaking of them unworthily; but grant me until my last breath to receive without condemnation the portion of Thy Holy Things, unto communion with the Holy Spirit, as a provision for life eternal, for an acceptable defence at Thy dread judgment seat; so that I also, with all Thine elect, may become a partaker of Thine incorruptible blessings, which Thou hast prepared for them that love Thee, O Lord, in whom Thou art glorified unto the ages. Amen.

**A Prayer of Our Father among the  
Saints, John Chrysostom, 2:**

O Lord my God, I know that I am not worthy nor sufficient that Thou shouldest enter beneath the roof of the temple of my soul, for all is empty and fallen, and Thou hast not in me a place worthy to lay Thy head; but as from on high Thou didst humble Thyself for our sake, do Thou now also lower Thyself to my lowliness; and as Thou didst consent to lie in a cave and in a manger of dumb beasts, so consent also to lie in the manger of mine irrational soul, and to enter into my defiled body. And as Thou didst not refuse to enter and to dine with sinners in the house of Simon the Leper, so deign also to enter into the house of my lowly soul, leprous and sinful. And as Thou didst not reject the harlot and sinner like me, when she came and touched Thee, so be compassionate also with me a sinner, as I approach and touch Thee. And as Thou didst feel no loathing for the defiled and unclean lips of her that kissed Thee, do Thou also not loathe my defiled lips nor mine abominable and impure mouth, and my polluted and unclean tongue. But let the fiery coal of Thy most holy Body and Thy precious Blood be unto me for sanctification and enlightenment, and health for my lowly soul and body, unto the lightening of the burden of my many sins, for preservation from every act of the devil, for the expulsion and

prohibition of mine evil and wicked habits, unto the mortification of the passions, unto the keeping of Thy commandments, unto the application of Thy divine grace, unto the acquiring of Thy kingdom. For not with disdain do I approach Thee, O Christ God, but as one trusting in Thine ineffable goodness, and that I may not by much abstaining from Thy communion become the prey of the spiritual wolf. Wherefore do I entreat Thee, for Thou art the only Holy One, O Master: sanctify my soul and body, my mind and heart, my belly and inward parts, and renew me entirely. And implant Thy fear in my members, and make Thy sanctification inalienable from me, and be unto me a helper and defender, guiding my life in peace, vouchsafing me also to stand at Thy right hand with Thy saints, through the intercessions and supplications of Thy most pure Mother, of Thine immaterial ministers and immaculate hosts, and of all the saints who from the ages have been pleasing unto Thee. Amen.

**Another Prayer,  
of Symeon Metaphrastes, 3:**

O only pure and sinless Lord, Who through the ineffable compassion of Thy love for mankind didst take on all of our substance from the pure and virgin blood of her that bare Thee supernaturally through the descent of the Divine Spirit and the good will of the everlasting Father; O Christ Jesus, Wisdom of God, and Peace, and Power, Thou Who through the assumption of our nature didst take upon Thyself Thy life-creating and saving Passion - the Cross, the nails, the spear, and death: mortify the soul-corrupting passions of my body. Thou Who by Thy burial didst lead captive the kingdom of hades, bury with good thoughts mine evil schemes, and destroy the spirits of evil. Thou Who by Thy life-bearing Resurrection on the third day didst raise up our fallen forefather, raise me up who have slipped down into sin, setting before me the ways of repentance. Thou Who by Thy most glorious Ascension didst deify the flesh that Thou hadst taken, and didst honour it with a seat at the right hand of the Father, vouchsafe me through partaking of Thy holy Mysteries to obtain a place at Thy right hand among them that are saved. O Thou Who by the descent of Thy Spirit, the Comforter, didst make Thy holy

disciples worthy vessels, show me also to be a receptacle of His coming. Thou Who art to come again to judge the world in righteousness, deign to let me also meet Thee on the clouds, my Judge and Creator, with all Thy saints; that I may endlessly glorify and praise Thee, with Thine unoriginate Father, and Thy most Holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

**Of the divine Damascene, 4:**

O Master Lord Jesus Christ our God, Who alone hast authority to remit the sins of men: Do Thou, as the Good One and Lover of mankind, overlook all mine offences, whether committed with knowledge or in ignorance. And vouchsafe me to partake without condemnation of Thy Divine, glorious, immaculate, and life-creating Mysteries; not as a burden, nor for punishment, nor for an increase of sins, but unto purification and sanctification, and as a pledge of the life and kingdom to come, as a bulwark and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For Thou art a God of mercy, and compassion, and love for mankind, and unto Thee do we send up glory, with the Father, and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

**Of Basil the Great, 5:**

I know, O Lord, that I partake unworthily of Thine immaculate Body and Thy precious Blood, and that I am guilty, and eat and drink damnation to myself, not discerning the Body and Blood of Thee, my Christ and God; but taking courage from Thy compassion I approach Thee Who hast said: He that eateth My Flesh, and drinketh My Blood, abideth in Me, and I in him. Show compassion, therefore, O Lord, and do not accuse me, a sinner, but deal with me according to Thy mercy; and let these Holy Things be for me unto healing, and purification, and enlightenment, and preservation, and salvation, and unto sanctification of soul and body; unto the driving away of every phantasy, and evil practice, and activity of the devil working mentally in my members; unto confidence and love toward Thee, unto correction of life, unto steadfastness, unto an increase of

virtue and perfection, unto fulfillment of the commandments, unto communion with the Holy Spirit, as a provision for life eternal, as an acceptable defence at Thy dread tribunal, not unto judgment or condemnation.

**A Prayer of St. Symeon  
the New Theologian, 6:**

From sullied lips, from an abominable heart, from a tongue impure, from a soul defiled, accept my supplication, O my Christ, and disdain me not, neither my words, nor my ways, nor my shamelessness. Grant me to say boldly that which I desire, O my Christ. Or rather, teach me what I ought to do and say. I have sinned more than the sinful woman who, having learned where Thou wast lodging, bought myrrh, and came daringly to anoint Thy feet, my God, my Master and my Christ. As Thou didst not reject her when she drew near from her heart, neither, O Word, be Thou filled with loathing for me, but grant me Thy feet to clasp and kiss, and with floods of tears, as with most precious myrrh, dare to anoint them. Wash me with my tears, and purify me with them, O Word; remit also my transgressions, and grant me pardon. Thou knowest the multitude of mine evils, Thou knowest also my sores, and Thou seest my wounds; but also Thou knowest my faith, and Thou beholdest my good intentions, and Thou hearest my sighs. Nothing is hidden from Thee, my God, my Creator, My Redeemer, neither a teardrop, nor a part of a drop. My deeds not yet done Thine eyes have seen, and in Thy book even things not yet accomplished are written by Thee. See my lowliness, see my toil, how great it is, and all my sins take from me, O God of all; that with a pure heart, a trembling mind, and a contrite soul I may partake of Thy spotless and most holy Mysteries, by which all that eat and drink in purity of heart are quickened and deified. For Thou, O my Master, hast said: Everyone that eateth My Flesh and drinketh My Blood abideth in Me, and I in him. True is every word of my Master and God; for whosoever partaketh of the divine and deifying grace is no more alone, but with Thee, my Christ, the three-sunned Light that enlighteneth the world. And that I may not remain alone without Thee, the Life-giver, my Breath, my Life, my Rejoicing, the Salvation of the world, therefore have I drawn nigh

unto Thee, as Thou seest, with tears, and with a contrite soul. O Ransom of mine offences, I ask Thee to receive me, and that I may partake without condemnation of Thy life-giving and perfect Masteries, that Thou mayest remain, as Thou hast said, with me, a thrice-wretched one, lest the deceiver, finding me without Thy grace, craftily seize me, and having beguiled me, draw me away from Thy deifying words. Wherefore, I fall down before Thee, and fervently cry unto Thee: As Thou didst receive the prodigal, and the sinful woman who drew near, so receive me, the prodigal and profligate, O Compassionate One. With a contrite soul I now come to Thee. I know, O Saviour, that none other hath sinned; against Thee as have I, nor hath wrought the deeds that I have done. But this again I know, that neither the magnitude of mine offences nor the multitude of my sins surpasseth the abundant long-suffering of my God and His exceeding love for mankind; but with sympathetic mercy Thou dost purify and illumine them that fervently repent, and makest them partakers of the light, sharers of Thy divinity without stint. And, strange to angels and to the minds of men, Thou conversest with them oftimes, as with Thy true friends. These things make me bold, these things give me wings, O Christ. And taking courage from the wealth of Thy benefactions to us, rejoicing and trembling at once, I partake of Fire, I that am grass. And, strange wonder! I am bedewed without being consumed, as the bush of old burned without being consumed. Now with thankful mind, and grateful heart, with thankfulness in my members, my soul and body, I worship and magnify and glorify Thee, my God, for blessed art Thou, both now and unto the ages.

### **Another Prayer of Chrysostom, 7:**

O God, loose, remit, and pardon me my transgressions wherein I have sinned against Thee, whether by word, deed, or thought, voluntarily or involuntarily, consciously or unconsciously; forgive me all, for Thou art good and the Lover of mankind. And through the intercessions of Thy most pure Mother, Thy noetic ministers and holy hosts, and all the saints who from the ages have been pleasing unto Thee, deign to allow me without condemnation Thy holy and immaculate Body and precious Blood, unto the healing of soul and body, and unto the purification of mine evil thoughts. For

Thine is the kingdom, and the power, and the glory, with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

**Of the same, 8:**

I am not sufficient, O Master and Lord, that Thou shouldst enter under the roof of my soul; but as Thou dost will as the Lover of mankind to dwell in me, I dare to approach Thee. Thou commandest: I shall open the doors which Thou alone didst create, that Thou mayest enter with Thy love for mankind, as is Thy nature, that Thou mayest enter and enlighten my darkened thought. I believe that Thou wilt do this, for Thou didst not drive away the sinful woman when she came unto Thee with tears, neither didst Thou reject the publican who repented, nor didst Thou spurn the thief who acknowledged Thy kingdom, nor didst Thou leave the repentant persecutor to himself; but all of them that came unto Thee in repentance Thou didst number among Thy friends, O Thou Who alone art blessed, always, now and unto endless ages. Amen.

**Of the same, 9:**

O Lord Jesus Christ my God, loose, remit, cleanse, and forgive me, Thy sinful and unprofitable, and unworthy servant, my transgressions and offences and fallings into sin, which I have committed against Thee from my youth until the present day and hour, whether consciously or unconsciously, whether by words or deeds, or in thought or imagination, in habit, and in all my senses. And through the intercessions of her that seedlessly gave Thee birth, the most pure and Ever Virgin Mary, Thy Mother, the only hope that maketh not ashamed, and my mediation and salvation, vouchsafe me without condemnation to partake of Thine immaculate, immortal, life-creating and awesome Mysteries, unto the remission of sins and for life eternal, unto sanctification and enlightenment, strength, healing, and health of both soul and body, and unto the consumption and complete destruction of mine evil reasonings and intentions and prejudices and nocturnal phantasies of dark and evil spirits; for Thine is the kingdom, and the power, and the glory, and the honour and the worship, with the Father and Thy Holy Spirit, now and ever, and unto the ages of ages. Amen.

### **Another Prayer of John Damascene, 10:**

I stand before the doors of Thy temple, yet I do not put away evil thoughts. But do Thou, O Christ God, Who didst justify the publican, and didst have mercy on the woman of Canaan, and didst open the doors of paradise to the thief, open unto me the abyss of Thy love for mankind, and receive me as I come and touch Thee, as Thou didst receive the sinful woman and the woman with an issue of blood. For the one received healing easily by touching the hem of Thy garment, while the other, by clasping Thy most pure feet, carried away absolution of sins. And I, a wretch, daring to receive Thy whole Body, let me not be consumed by fire; but receive me, as Thou didst receive them, and enlighten my spiritual senses, burning up my sinful errors; through the intercessions of her that seedlessly gave Thee birth, and of the heavenly hosts, for blessed art Thou unto the ages of ages. Amen.

### **Another Prayer of Chrysostom:**

I believe O Lord, and I confess, that Thou art truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief. And I believe also that this is Thy most pure body, and this Thine own precious Blood. Wherefore, I pray thee, have mercy on me, and forgive my transgressions, both voluntary and involuntary, in word and deed, known and unknown, and grant that I may partake of Thy holy mysteries without condemnation unto remission of sins and unto life everlasting. Amen.

*When coming to partake, say to oneself these lines of  
Metaphrastes:*

Behold, I approach the Divine Communion.  
O Creator, let me not be burnt by communicating,  
For Thou art Fire, consuming the unworthy.  
But, rather, purify me of all impurity.

*Then again say:*

Of Thy mystical supper, O Son of God, accept me today as a communicant. For I will not speak of Thy mystery to Thine enemies, nor will I give Thee a kiss as did Judas. But like the Thief do I confess Thee: Remember me, O Lord, in Thy Kingdom. Remember me, O Master, in Thy Kingdom. Remember me, O Holy One, when Thou comest into Thy Kingdom.

*Again these lines:*

Be awe-stricken, O mortal, beholding the deifying Blood;  
For It is a fire that consumeth the unworthy.  
The Divine Body both deifieth and nourisheth me.  
It deifieth the spirit, and wondrously nourisheth the mind.

*Then the Troparia:*

Thou hast sweetened me with Thy love, O Christ, and by Thy Divine zeal hast Thou changed me. But do Thou consume my sins with immaterial fire, and vouchsafe me to be filled with delight in Thee; that, leaping for joy, O Good One, I may magnify Thy two comings. Into the brilliant company of Thy saints how shall I the unworthy enter? For if I dare to enter into the bridechamber, my garment betrayeth me, for it is not a wedding garment, and I shall be bound and cast out by the angels. Cleanse, O Lord, my soul of pollution, and save me, as Thou art the Lover of mankind.

*Then the Prayer:*

O Master, Lover of mankind, O Lord Jesus Christ my God, let not these Holy Things be unto me for judgment, through my being unworthy, but unto the purification and sanctification of soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cleave unto God, to put my hope of salvation in the Lord.

*And again:*

Of Thy mystical supper, O Son of God, accept me today as a communicant. For I will not speak of Thy mystery to Thine enemies, nor will I give Thee a kiss as did Judas. But like the Thief do I confess Thee: Remember me, O Lord, in Thy Kingdom.

Remember me, O Master, in Thy Kingdom. Remember me, O Holy One, when Thou comest into Thy Kingdom.