



The Fraction means the breaking of the Holy Body (the bread that has been changed into the Body of Jesus Christ). The priest may substitute any **Fraction Prayer** for the one below according to the occasion, feast or his preference. After each pause in the reading of the fraction, the people say **Kirie Eleison, Kirie Eleison, Lord Have Mercy (Ya Rab-urr-ham.)**

تُقدم إحدى صلوات القسم التالية أثناء تقسيم الجسد المقدس (الخبز الذي تحول إلى جسد الرب)، وذلك حسب المناسبات.

يصلى الشعب بعد كل مقطع: كيرياليسون، كيرياليسون، يا رب

ارحم.

## **1. THE SHORT FRACTION**

O God, who has granted us, we who are sinners, the aforethought salvation and a heavenly articulate sacrifice, that is the divine Body and the precious Blood of Your Christ.

This that has become for us, purification, salvation, grace and forgiveness of sins.

So that with gratefulness, we may cry unto You, O Holy Father, who art in the heavens, saying: Our Father...

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## **2. DURING THE NATIVITY FAST**

**ALSO**

**AT CHRISTMAS TIME**

**AND AT ANY TIME**

O Master and Lord, our God, the Creator, the Invisible, the Infinite, the Unchangeable and Immeasurable, who has sent us His true Light, His Only-Begotten Son, Jesus Christ, the eternal Logos.

He, who is there in the Fatherly bosom at all times, Himself came down and dwelled in the undefiled virginal womb. She - being virgin, gave birth to Him while her virginity is perpetual.

The angels praise Him and the heavenly hosts chant unto Him crying and saying, "Holy, Holy, Holy is the Lord of Hosts. Heaven and earth are full of Your holy glory."

**Likewise, we too, the weak and sinful, make us worthy with them, O our Good Master, Lover of mankind, that with a pure heart we may praise You, together with Him and the Holy Spirit, the co-essential Trinity, and raise our eyes towards You, our Holy Father, who are in the heavens and say: Our Father...**

## **3. FOR CHRISTMAS**

**AND OTHER MAJOR FEASTS OF THE LORD**

O God, who takes care of everyone, who created the soul

of man from naught and gave her a body, until the time comes He appointed to transform man to the eternal tabernacle.

This is what **Isaiah**, whose voice is great among the prophets, prophesied of Him saying, “Behold, the virgin shall conceive and bear a Son, and shall call His name Emmanuel” (Is. 7:14), which means “God is with us.” Isaiah the Prophet also added, “For unto us a Child is born, unto us a Son is given, and the government will be upon His shoulder” (Is. 9:6). God the Almighty, the Sovereign, the Angel of the great counsel, the Righteous and the Counselor Who is without beginning, and Who exists with God the Father before all ages.

**Jeremiah**, the great prophet, prophesied saying, “For the sake of Zion I cannot be silent, and for the sake of Jerusalem I cannot be wearied.” This chaste prophet also said, “There is balm in Gilead, which heals the daughter of my people” (cf. Jer. 8:21). Let us go to Gilead to obtain this medicine from there. Gilead is the Catholic and Apostolic Church, and the balm which is in it, is the Body and the Blood of Emmanuel. The daughter of my people is the true bride who receives purity from her beloved son, Jesus Christ.

**Ezekiel**, the great among the prophets, prophesied saying, “I looked at the gate in the East and it was sealed with a marvelous seal; no one entered through it except the Lord of hosts. He entered and exited, while the gate is still closed” (cf. Ezek. 44:1,2). This wise prophet also said, “I looked up and saw a chariot ascending towards heaven, with four faces around it: one of a lion, one of an ox, one of a man, and one of an eagle. Wherever the chariot went, the wheels also went, and there was a hand of a man underneath the chariot (cf. Ezek. 1). I heard a voice coming from above the Cherubim crying and saying, “Come, come O man of God and prophesy!” (cf. Ezek 10). This voice resembled that of the

Lord of Sabaoth. I heard Him for the first time near the river of Chebar saying to me, “O man of God, man of God, man of God!”

**Daniel**, also the great among the prophets, prophesied saying, “I saw a high mountain, and a stone was cut out of it without any human hands” (cf. Dan. 2:34). Again this wise prophet said, “I saw the Lord of Sabaoth on the clouds of heaven, resembling the Son of Man. After His incarnation, He was given the leadership, authority, power, and victory. His authority is eternal, and His years are endless!”

**Isaiah** the prophet and the lover of wisdom continued saying, “He is not an angel, or an archangel, but one with God the Father, Who is before all ages.” This is Jesus Christ the Righteous, the Counselor, Who is eternal with God the Father. Truly this is Jesus Christ, the High Priest on the order of Melchizedeck, Who was incarnated and became man for the salvation of humanity. Only through His will, and the pleasure of His Father and the Holy Spirit, did He bow down the heaven of heavens and took flesh from the Virgin and was baptized by John. He ascended to the wood of the cross, descended to Hades to free the captives. He rose from the dead and ascended to the heavens. The angels went out to greet Him with hymns and praises, for He has become King over us.

**Therefore we ask and entreat You O lover of mankind, bless us, reveal Yourself to us, and sanctify these oblations by the descent of Your Holy Spirit upon them. So that with a pure heart we may dare to cry to the Holy God who are in heaven saying, “Our Father...”**

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**4. A FRACTION OF ST. EPIPHANIUS**  
(FOR CHRISTMAS AND AT ANY TIME)

**O Our God, where are the lands in which wisdom abounds? Where are her footprints of the earth?**

Who would pass over the seas to buy her with pure gold?  
Who can ascend above the clouds to bring her?

The mortal man does not know wisdom's way, for most men forsake it!

Wisdom is hidden even from the angels. Those who possess wisdom obtain grace, and those who hate it love death!

Wisdom is brighter than the sun and all the stars. Wisdom is the light of the Father, existing with Him from eternity.

**Wisdom has existed from eternity;** she renews everyone. She enters the souls of the righteous throughout all the ages.

Wisdom is more precious than pearls, and superior to all honors. Wisdom has counsel, might and knowledge.

By wisdom kings reign, the great men are find honor, and the rulers of the earth govern!

Wisdom loves those who love her and protects those who keep her. Those who seek wisdom find grace! Wisdom walks in the way of justice, and moves in the path of truth. Wisdom grants wealth to those who acknowledge her, and fills their treasures with joy.

God granted wisdom to our father Jacob and wisdom **then appeared and walked on earth as a Man!**

“Wisdom has built her house, she has hewn her seven pillars; she has slaughtered her meat, she has mixed her wine, she has also furnished her table” (Prov. 9:1,2). The house of Wisdom is the Catholic and Apostolic Church, and her seven pillars are the life-giving sacraments of God.

**Wisdom sent forth her servants to say always** throughout the ages, “You who are simple, turn to me.” As to those who lack understanding, she says, “Come, eat of my

bread, and drink of my blood. Relinquish the ignorance from amongst you so that you might live!”

**Wisdom is our Savior Jesus Christ**, Who redeemed us with the sacrifice of His body, bought us by His bloodshed, and chose us for His eternal kingdom!

We ask you O our master to grant us to find wisdom in You alone, to accept this sacrifice from our hands, accept our fasting and prayers, so that we may dare as sons to cry to you, O our Heavenly Father saying, “Our Father...

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### **5. FOR CHRISTMAS AND AT ANY TIME**

We submit to the glory of Your essence, O Christ our God, the Logos of God, the marvelous Person who took our image.

You became a servant to the Catholic Church, and You were crowned with thorns for our sake, O our Master. You crowned us with wondrous glory, O Ray of the Father’s glory.

You who created everything, created us from naught and revealed Your hidden wisdom to us. You Created the angels for us. You created everything for our sake.

You wondrously created us after Your image and Your likeness, and engraved in us Your dominion. You granted us the gift of reason, O Word of God!

You subjected everything to us and gave us authority on all the animals of the field.

**You destroyed the enmity with the cross**, and You designed in Yourself an image semblance for the reconciliation between us and the Father.

You freed the slave and drew him near. You tore the old handwriting of requirements with Your wounds. You drew my name on your palm with nails, as an eternal remembrance in front of the Father.

As a Good Shepherd, You sought after me, I the lost. You gladly carried me on Your shoulders and brought me to the table of joy and salvation. You gave me to drink from the chalice of happiness and anointed me with the holy oil of bliss.

O You Who did not consider it robbery to be equal to God, but You are One Hypostasis and the wisdom of the Father. When God the Father put limits for the sea, You (Jesus) were His Counselor.

You renounced Your glory and became a Slave on my behalf. You tolerated the injustice of the wicked. You came to the slaughter as a Lamb; the chastisement of our peace was upon You. You healed me from the pangs of death with Your wounds. You gave Your back to scourging, You did not turn away Your face from the shame of spitting and You neglected Your cheeks to be smitten.

You showed me how extremely important I am to You. You completed Your Law instead of me. You remedied me with the words of the commandments and consoled me with knowledge. You girded me with strength by the Holy Spirit, and set me as Your dwelling-place. You made a banquet of grace for me. You healed me from the venom of the serpent and gave me the remedies of salvation.

O Lord, when my soul was annihilated from the tree of life, You gave me deification, and made me one with You. You gave Your Body and Blood for the life of the world. You gave me to drink from the nectar which flowed from Your side, as an unceasing fountain of life. That table which contains the healing of the nations, O Sun of Righteousness!

**You presented us to Your Father as children, and taught us to call Your Father “our Father” and to say with a loud voice: Our Father...**

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## **6. THEOPHANY**

### **AND AT ANY TIME.**

As You have bestowed upon us the grace of adoption, through the washing of rebirth and the renewal of the Holy Spirit. Now, make us worthy to be free of hypocrisy, have a pure heart, and a lucid conscience as well as unerring lips, so that we may entreat You, O Abba, Father.

Since we have abandoned the excessive vain words of the nations, and the vanity of the Jews, to be able to offer to You the supplication of prayer, according to the statute of Your Only-Begotten Son, which is full of salvation.

**So, with a humble voice befitting Christians, and with the purity of the soul, body and the spirit, we dare without fear to cry unto You, who are Uncreated, without beginning and Un-begotten, the Master of everyone, God, the Holy Father, Who are in the heavens and say: Our Father...**

## **7. FOR THEOPHANY,**

### **AND THE FEAST OF ST. JOHN THE BAPTIST**

O God, who granted a son to Zachariah at an old age and to Elizabeth after being barren, at an advanced age (Luke 1:7). Then he uttered after being mute and spoke with praises, glories and splendor. And Elizabeth rejoiced after she had conceived John and said, "Blessed is the Lord God Who took away my reproach among men." (cf. Luke 1:25)

This is he who is the greatest among those born of women, who honestly witnessed to Christ saying, "I am not the anticipated Messiah. He who comes after me is preferred than me. And of His fullness we have all received grace for grace."

As the Master of all came to him to be baptized in the Jordan River, he beheld the heavens were opened, and the Holy Spirit was descending on Him like a dove, and a voice coming from heaven saying, "this is My beloved son, in Whom I am well pleased."

This is he who was clothed with camel's hair, with a

leather belt around his waist; and his food was locusts and wild honey.

O John, son of the promise, we ask of you an intercession on behalf of our sins and transgressions, so that with a pure heart we may dare to call God who is in heaven, in thanksgiving, saying, "Our Father..."

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### **8. GREAT LENT (SUNDAYS)**

O Master and Lord, God the Pantocrator who sent His Only-Begotten Son to the world. He taught us the Law and the commandments written in the Holy Bible; and taught us that fasting and prayer cast out devils, as He said that "this kind cannot come out by anything, except by prayer and fasting."

Fasting and prayer are those that raised Elijah to heaven and saved Daniel from the lions' den.

Fasting and prayer are those that Moses pursued, until he received the Law and the Commandments written with the Finger of God.

Fasting and prayer are those that the people of Nineveh pursued, so God had mercy upon them and forgave their sins and lifted His anger away from them.

Fasting and prayer are those that the prophets pursued so they could prophesy concerning the advent of Christ many generations before His coming.

Fasting and prayer are those that the apostles pursued, when they preached to all nations and made them Christians, and baptized them in the Name of the Father, the Son, and the Holy Spirit.

Fasting and prayer are those that the martyrs pursued, until they shed their blood in the Name of Christ, Who witnessed the good confession before Pontius Pilate.

Fasting and prayer are those that the righteous, the just, and the cross-bearers pursued, and those Who dwelt in the mountains, deserts, and caves of the earth, because of their great love for Christ the King.

And we, too, let us fast from all evil, in purity and righteousness. **And let us proceed towards this holy Sacrifice, and partake in It with thanksgiving. So that with a pure heart, an enlightened soul, an unashamed face, unfeigned faith, a perfect love, and a firm hope, we may dare with boldness, and without fear, to pray to You O God, the Holy Father, Who are in the heavens, and say: Our Father...**

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## **9. FOR DAYS OF GREAT LENT**

You are the Merciful God, the Savior of every body Who was incarnated for our Salvation and became the Light for us who are sinners. Who fasted for us forty days and forty nights in amazing mystery, who rescued us from the death and gave us His Holy Body and gracious Blood for the forgiveness of our sins.

Who spoke to the multitudes and His saintly disciples and pure apostles saying: ‘This is the Bread of Life which came down from Heaven. Unlike your fathers who ate the Manna in the wilderness and died; whoever eats My Body and drinks My Blood will live forever, and I will raise him up on the last day.’

For this we ask and entreat Your Goodness, O lover of mankind, purify our souls, bodies and spirits. So that with a pure heart we dare in intimacy and without fear to cry unto Your Holy Father Who are in Heaven and say: Our Father Who art in Heaven...

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## **10. PALM SUNDAY**

**AND AT ANY TIME.**

O Lord, our Lord, like wonder became Your Name upon all the earth, for the greatness of Your splendor is exalted above the heavens.

Out of the mouths of babies and sucklings You have prepared praise. Prepare also, O Lord, our souls for praising You, singing to You, blessing You, serving You, worshipping You, glorifying You, giving thanks to You, every day and every hour.

**That we may confess to You and cry up unto You, O Holy Father, in the heavens, and say: Our Father Who art in Heaven...**

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## **11. MAUNDY THURSDAY**

**AND AT ANY TIME.**

It came to pass, in the days when God wanted to test Abraham and know his heart and his love for Him, He said to him, "Abraham, Abraham, take your beloved son Isaac, and offer him to Me a burnt offering, upon the mountain which I tell you of."

Abraham rose early in the morning, saddled his donkey, took two servants and Isaac his son; he took a knife and fire, walked on the earth, and saw from afar the place which the Lord had told him. And he said to his servants, "Stay here with the donkey. I and Isaac, my son, shall go to worship and return to you."

Abraham took the wood of the burnt offering, laid it upon Isaac his son, and he took the fire in his hand, and knife. Isaac spoke to his father, saying, "My father, behold the fire and the wood, but where is the lamb for the burnt offering?" Abraham said to him, "My son, God Who commanded us to offer to Him

a sacrifice will provide for Himself the lamb for a burnt offering." Abraham built an altar of stones, placed the wood on the altar in order, tied Isaac his son, and laid him on the altar, and took the knife to slay him.

The angel of the Lord called Abraham, saying to him, "Abraham, Abraham, behold, do not lay your hand on your lad, nor do anything to him. When the Lord saw your love for Him, He said, 'I am the Lord your God. By Myself I have sworn that in blessing I will bless you, and by multiplying I will multiply your descendants.'"

Abraham lifted up his eyes and saw a ram, near a tree, bound by its horns. So he left Isaac his son and took the ram, offered it up for a burnt offering instead of him.

Thus, the slaying of Isaac was a sign of the shedding of the Blood of Christ, the Son of God, on the cross, for the salvation of the world; and as Isaac carried the wood of the burnt offering, likewise Christ carried the wood of the cross. And as Isaac returned alive, likewise Christ rose alive from the dead, and appeared to His holy disciples.

O God, Who accepted the sacrifice of our father Abraham, receive this sacrifice from our hands this hour. Bless these gifts, bless those on whose behalf they have been offered, and repose the souls of those who departed. May Christ bless the hearts and spirits of us all. **So that, with a pure heart, an enlightened soul, an unashamed face, an unfeigned faith, a perfect love, and a firm hope, we may dare with boldness, and without fear, to pray to You O God, the Holy Father, who are in heaven, and say: Our Father...**

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## **12. BRIGHT SATURDAY**

O Jesus Christ, to whom belongs the name of salvation, Who according to the multitude of His mercy descended into Hades and destroyed the power of death.

You are the King of ages, the Immortal, the Eternal, the

Logos of God, who is above all, the Shepherd of the articulate sheep, the High Priest everlasting goodness. Who has ascended into the heavens and has become above the heavens. And who has gone within the veil, to the place of the Holy of Holies, the place into which no one of a human nature can enter.

He became a forerunner on our behalf, having become a High Priest forever, according to the order of Melchizedek. You are He whom the prophet Isaiah prophesied, saying, "As a sheep He was led to the slaughter, and as a lamb voiceless before his shearer, so He opened not His mouth. In His humiliation, His judgment was taken away, and who shall declare His generation?"

You were wounded on account of our sins and were weakened for our iniquities. The chastisement of our peace was upon You, and with Your bruises we were healed.

All we, as sheep, have gone astray. You have come, O our Master, and saved us, through the true knowledge of Your cross, and granted us the tree of life, which is Your divine Body and true Blood.

Therefore, we praise You, bless You, serve You, worship You, glorify You and give thanks to You at all times. We ask and entreat You, O God, the Lover of mankind, receive our sacrifice from our hands, O our Master, as You have received the gifts, the incense, the supplications of the patriarchs, the prophets, and the apostles and all Your saints.

**Purify our souls, our bodies, our spirits, and our consciences. So that, with a pure heart, an enlightened soul, an unashamed face, an unfeigned faith, a perfect love, and a firm hope, we may dare with boldness, and without fear, to say the holy prayer, which You have given to Your holy disciples and pure apostles, saying to them, whatever you pray, entreat in this manner, and say: Our Father Who art in Heaven...**

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### **13. FOR EASTER**

O Christ our God, the High Priest of everlasting goodness, the King of ages Who is Immortal and Eternal, the Word of God, Who is above all. Who granted us with this great mystery which is His Holy Body and blessed Blood for the forgiveness of our sins. This is the Body, which He took from the lady and queen of us all, St. Mary and He made it One with His Divinity.

This is He who descended into Hades and ended the power of death, freed the captives, and granted people blessings. He uplifted His saints with Him and offered them as an oblation to His Father.

By tasting death on our behalf, He saved those who are alive and gave repose to those who have died. We also who were sitting in the darkness until it was due time, He bestowed on us the light of His resurrection through His pure incarnation.

Let the light of Your true knowledge shine upon us so that we may shine after Your living image and dare in intimacy and without fear to cry unto Your Father Who are in Heaven and say: Our Father Who art in Heaven...

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#### **14. THE EASTER**

##### **(RESURRECTION UNTIL THE PENTECOST)**

O Master, Lord, God the Pantocrator, the Father of our Lord, God, and Savior Jesus Christ, Who through His Cross descended into Hades and restored Adam and his children to Paradise. He buried us with Him, and through His death He abolished the power of death, and on the third day He rose from the dead.

He appeared to Mary Magdalene and spoke with her in this manner: "Tell my brethren that they go to Galilee, and there shall they see Me."

Michael the Archangel descended from heaven, rolled the

stone from the door of the tomb and proclaimed the good news to the women carrying the spices saying, "*Christ is risen from the dead, by death He trampled upon death, and has bestowed life upon those in the tomb.*"

He breathed in the face of His saintly disciples and pure apostles saying, "Receive the Holy Spirit. Those whose sins you will remit, they are remitted to them, and those which you will retain, they shall be retained."

**FROM ASCENSION TO PENTECOST THE PRIEST  
ADDS THE FOLLOWING**

And after forty days, He ascended to the heavens and sat at the right hand of His Good Father, and sent unto us the Paraclete, the Spirit of truth, as tongues of fire.

**Therefore, we ask You, our Master, purify us from all hypocrisy, so that, with a pure heart, we dare with boldness, without fear, to entreat You, O God the Father, Who are in heavens and say: Our Father...**

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**15. APOSTLES' FAST AND FEAST**

You are the Logos of the Father, God, who was before the ages, the Great High Priest, Who was incarnated and became man for the salvation of mankind. And out of all nations, He called unto Him a chosen generation, a royal priesthood, a holy nation and justified people.

As You have sent the Holy Spirit upon the Apostles on the day of Pentecost, and He came upon each one of them like divided tongues of fire. And filled them with every knowledge, every understanding, and every spiritual wisdom according to Your faithful promise. And they spoke in every language, and they preached Your Holy Name to all the nations.

As for Peter and Paul, foremost among the apostles, the shadow of one healed the sick, whereas the handkerchiefs and aprons of the other caused diseases to depart, and evil spirits to go out.

After they have preached the Gospel of the kingdom, and taught the nations, their blood was shed for Your Name's sake, and received the crown of apostleship and that of martyrdom.

O You, Who have granted His holy disciples and honored apostles the descent of the Spirit, the Paraclete, upon them, and gave them authority to work healings, wonders, and miracles. They preached to us your Holy Name and restored us to the true faith of the Holy Trinity.

We praise You, bless You, glorify You and give thanks to You on account of these great gifts.

**And we ask You, O our Master, to grant us also the forgiveness of sins, and to purify our hearts, our souls, our bodies and our spirits, so that, with a pure heart, we may dare with boldness, without fear to cry unto Your Holy Father, who are in heaven and say: Our Father...**

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## **16. APOSTLES' FAST AND FEAST**

**AND AT ANY TIME.**

How unsearchable are Your Judgments and Your ways past finding out! For as the heavens are higher than the earth, so Your thoughts are higher than that's of the sons of men. For You have hidden these things from the wise and prudent and revealed them to the babes. Even so, Father, for so it seemed good in Your sight. You have chosen the foolish people of the world to put the wise to shame, and have chosen the weak people of the world to put the mightily ones to shame.

You chose Peter, the fisherman and made him a fisher of men. You said to him, "You are Peter, and on this rock I will build My Church, and the gates of Hades shall not prevail

against it.” And when You asked Your pure disciples: “Who do men say that I, the Son of Man, am?” He cried and said, “You are the Christ, the Son of the living God, the Savior of the world.” “Blessed are you, Peter, for flesh and blood has not revealed this to you, but the Spirit of God who is dwelling in you.” He who denied You before a servant girl witnessed to You before kings and rulers.

As for Paul who was a persecutor for a long time, You made him a chosen vessel of You to bear Your name. For while he was in the road to Damascus to seize Christians and persecute them, suddenly a light from heaven shone around him, and he heard a voice from heaven, saying, “Saul, Saul, why are you persecuting me?! It is hard for you to kick against the goads.”

Paul, the fragrant tongue, preached, taught and established Your holy Church.

Finally You granted Your apostles, Peter and Paul, what eye has not seen, nor ear heard, nor have entered into the heart of man.

For Peter was martyred on a cross while his head was upset, and Paul was beheaded, and they received the crowns of apostleship and martyrdom.

**O God, who granted Your apostles these abundant graces, may You grant us, we the sinners, forgiveness of sins, trespasses, and transgressions, so that we may thankfully call You, “Our Father...**

## **17. FEASTS OF OUR LORD**

### **AND AT ANY TIME.**

We praise, we glorify the God of gods and the Lord of lords, Who was incarnate and took flesh from St. Mary, and she gave birth to Him in Bethlehem. And, lo, the angel of the Lord appeared to the shepherds, and preached the glad tidings of His wonderful birth so they came to look at Him.

Whom the Wisemen saw his star, and they came,

worshipped Him, and presented gifts to Him. Who came to the land of Egypt, and then returned and dwelt in Nazareth of Galilee. Who grew little by little, according to the form of men, yet He, alone, without sin.

Who came to Jordan and was baptized by John the Forerunner. Who fasted on our behalf forty days and forty nights, with an unutterable mystery.

Who made the water wine by the power of His divinity, in the wedding of Cana of Galilee.

Who gave sight to the blind. Who made the lame walk, the paralyzed to be whole, the lepers to be pure, the deaf to hear, the dumb to speak and the devils to be cast away.

Who raised the son of the widow of Nain, and the daughter of Jairus; who was transfigured on Mount Tabor, in the presence of His holy disciples, and His face shone like the sun.

Who raised Lazarus from the tomb after four days. Who entered into Jerusalem as a King, riding on a colt and the foal of a colt as a King. Who established a covenant with His holy disciples, and gave them His holy Body and His precious Blood, for the forgiveness of sins. Who was crucified on the cross and trampled Satan, was put in the grave, and after three days He rose from the dead; He Whose elect disciples saw on the Sea of Tiberias, after His holy resurrection.

And after forty days He ascended into the heavens, sat at the right hand of His Good Father. And sent us the Paraclete like tongues of fire; Who taught His chosen disciples and holy apostles, saying, "Whenever you pray, entreat in this manner, and say: Our Father Who art in Heaven..."

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## **18. THE FEASTS OF THE VIRGIN AND THE ANGELS AND AT ANY TIME.**

Behold, Emmanuel our God, the Lamb of God, who takes away the sins of the entire world, is with us today on this table.

Who sits on the throne of His glory, and before whom all the heavenly orders stand. Whom the angels praise with voices of blessing, and before whom the archangels fall down and worship.

The four incorporeal Living creatures sing the hymn of the Trisagion. And the twenty four priests sitting on their thrones, with twenty four crowns of gold on their heads, and twenty four golden censers in their hands, full of incense which is the prayers of saints, and they worship before Him who is living unto the ages of ages.

And the hundred and forty four thousand undefiled virgins praise the Lord saying, "Holy, Holy, Holy. Amen, Alleluia." In the name of the Father, the son and the Holy spirit the One God. Amen. Alleluia.

And we also worship the Holy Trinity, praising Him, saying, "Holy God the Father, the Pantocrator. Amen. Alleluia. Holy is His Only-Begotten Son, Jesus Christ our Lord. Amen. Alleluia. Holy is The Holy Spirit, the Paraclete. Amen. Alleluia."

Holy and full of glory is the Theotokos, the pure St. Mary, the Virgin. Amen. Alleluia.

Holy and full of glory is this sacrifice which has been slain for the life of the whole world. Amen. Alleluia. Therefore, our Good Savior cried out saying: "My Body is food indeed, and My Blood is drink indeed. He that eats My Body and drinks My Blood dwells in Me, and I in him."

**We ask You, O our Master, purify our souls, our bodies, our spirits. So that, with a pure heart, an enlightened soul, an unashamed face, an unfeigned faith, a perfect love, and a firm hope, we may dare with boldness, and without fear to pray to You, O God the Holy Father, who are in the heavens and say: Our Father...**

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## **19. ST. MARY'S FAST AND FEASTS**

O God, who dwells in the highest and looks unto His

humble servants, who willed to have mercy on us, by coming down and incarnating from the Holy Spirit and taking flesh from St. Mary the Virgin.

O You who promised our father Adam with salvation and confirmed Your holy promise by Your Immaculate Birth in the fullness of time from a pure and chaste virgin. You preferred the ever virgin Mary and chose her above all women. She is the New Eve, who is the pride of our race, and the second heaven.

Out of the fullness of Your love and mercy, due to Your righteousness and justice, and because of Your wisdom and fairness, You desired to save us from death of the original sin. You rescued us from the eternal punishment, by dying on our behalf in the flesh that You took from St. Mary, the mother You, our Savior. Through the first Eve, disaster entered, while the New Eve became the gate of heaven.

O You who took flesh from the pure virgin and was her only Son, You are also the Only-Begotten Son of the Father. By Your birth from her, You honored her everlasting virginity and perfect chastity, for she is the icon of the first splendor, on which God created our forefathers Adam and Eve, when they were together in the Paradise of Joy.

O You who honored the second Eve by residing in her womb for nine complete months. You were formed from her blood by the Holy Spirit, who descended upon her. You took flesh having a human soul; and united it with Your Divinity in one *hypostasis* and one nature without separation or detachment. And the Logos was born from her, who was and still is the Blessed God forever.

You who were nursed by the milk of the Virgin, while You are the Fountain of grace for all Your creation. You were reared in her bosom, slept between her hands, and sat on her knees , You who are sitting on the Cherubim's chariot, and are

worshipped by the holy angels and archangels.

You who honored Egypt by Your coming to it, riding on a swift and light cloud. The idols of Egypt Shivered at Your presence, and the heart of Egypt melted in the middle of Egypt. What was this swift and light cloud except the Virgin Mary, in her purity, kindness and everlasting chastity?

You, who desired to honor motherhood in Mary the Virgin, always obeyed her, accepted her intercession, and responded to her requests.

You who entrusted Your mother the Virgin with Your disciple John the Beloved, and made John her son. In John You granted us Your mother as our own, and through faith we became her children.

You Who did not desire that the Virgin, the mother of the Savior, who became a holy tabernacle where You dwelt in flesh, that this body remain once on earth, You raised it up to heaven after her death, on the hands of the holy angels and archangels.

You who honored us and our race, as You took flesh from Mary the Virgin, and ascended with It into the heaven, making an eternal salvation. Through It You sat on the throne, and thus in You we Were able to sit on the right hand of the Father.

Have mercy upon us and forgive our sins. Accept the intercession of the Virgin, Your mother, for us. Make us worthy to touch Your Holy Body and Honored Blood, and to receive them, so that through the boldness of sons and not through the fear of slaves, we may cry to the Holy Father and say, "Our Father..."

† † †

## **20. FOR THE FATHER – AT ANY TIME**

O Lord, the Father of Light and Prince of Life, the Source of knowledge, Creator of grace and the Benefactor to

our souls. The Source of wisdom, Teacher of purity, Founder of the ages and who accepts pure prayers.

Who gives to those who full heartedly rely on Him the things, which the angels desire to visualize.

Who uplifted us from the dim to light, who gave us life instead of death and who granted us freedom from slavery. Who made our inner darkness to shine, due to the coming of Your Only-Begotten Son in flesh. Now also, O our Master, enlighten the eyes of our hearts, purify us, and give us perfection in soul, body and spirit.

**So that with a pure heart, and clean lips, we dare in intimacy to call You O God the Holy Father Who are in Heaven and say: “Our Father...”**

† † †

### **21. FOR THE SON – AT ANY TIME**

You are the Word of God the Father, who is before all ages, the Greatest High Priest who was incarnated and took flesh for the salvation of the human race. He called for Himself from all nations a chosen race, a holy kingdom, a holy priesthood, a holy nation and righteous people.

For this we ask and entreat Your Goodness O Lover of mankind that this sacrifice be not a reproach for our sins nor a disgrace for our iniquities, for we have offered it to You on behalf of our weaknesses.

But as these oblations are pure in everything, for You have come and filled them with every pure thing with the descent of Your Holy Spirit upon them; likewise, vouchsafe that you sanctify our souls, bodies, spirits and intentions.

**So that with an enlighten soul, an unashamed face, pure heart, faith without hypocrisy, and with perfect love and unshakable hope, we dare with intimacy and without fear to say the holy prayer which You gave to Your saintly disciples and pure apostles, saying to them: “When you pray, thus say: Our Father who art in Heaven...”**

† † †

## **22. FOR THE FATHER – AT**

O Lord our God who is Great and His Name is greatly honored, the Father of compassion and the God of all comfort, who has accepted unto Himself, from our weak hands, we the weak and sinful, this living and truthful un-bloody sacrifice.

You also our Good Master and Lover of mankind, purify us from every defilement of the body and spirit, and make us worthy to receive from Your indescribable goodness the salvation of our souls, bodies, and spirits and, an answer before Your fearful throne on judgement day.

**Grant us to be worthy to dare in intimacy, to cry unto You O Holy Father who are in Heaven and say: Our Father who art in Heaven...**

† † †

## **23. THE SYRIAN FRACTION**

Thus truly did the Word of God suffer in Body, was slaughtered and humbled on the Cross, and His soul was separated from His body but His Divinity was never separated from His soul nor His body.

He was pierced in His side with a spear, and blood and water gushed from His side to grant forgiveness for the whole world. His body was covered by them; His soul was united to His body. The Son died on the cross, because of the sin, which reigned on the world, and restored us from the left order to the right order.

By the blood of His cross, He reassured us, unified and harmonized the heavenly with the earthly, and the (Jewish) people with the (Gentiles) peoples, the soul with the body, and on the third day He arose from the tomb.

One is Emmanuel Who is undivided after the unity, and unseparated into two natures. That we believe and that we confess and that we have faith that this body is of this blood and this blood is of this body.

You are Christ our God Who was pierced in His side with the spear, on Golgotha at Jerusalem for our sake. You are the Word of God Who lifts up the sin of the world; forgive us our iniquities and leave behind our sins and establish us on your right side.

O God the Father of our Lord God Jesus Christ, who is blessed by the Cherubim and is blessed by the Seraphim, and glorified by thousands and tens of thousands of uttering servants. You who sanctify the oblations and the fruits which are offered to You and make them perfect and complete as a sweet aroma, sanctify also all our bodies, souls and spirits, that with a pure heart and an unashamed face we call to You O God the Heavenly Father and pray saying: “Our Father...”

† † †

#### **24. FOR THE SON – AT ANY TIME**

O You Who are, Who were, the co-essential, who is before all creation, the co-enthroned with the Father, the only One with Him in Lordship, the originator of mercies, who desired by His own will to suffer on behalf of the sinners among which I am the first.

For when You desired to save me, You did not send an angel, nor an archangel, or cherubim or a prophet, but You Yourself descended from Your Father’s bosom to the womb of the Virgin. You was despised and walked upon the earth as a human; and this is the mystery of Your humbleness.

The manger housed You as a pauper, and the swaddling clothes wrapped you, the arms lifted You up, and the knees of the pure exalted you. The mouth kissed You, the milk nourished You, You who feeds the whole creation with Your Grace.

For my sake, my Master, You accepted disgrace and blasphemy, and You accepted shame, insults, threatening and

slapping.

The stubborn people wronged You, and they did not know that You are the Savior of the world. They passed judgment that you are worthy of death, and screamed in Your face to be crucified for Your people; harsh people made You lift the wood of the cross for my sake, me who carries the judgment of death by my own will.

The sinful people hit You over your head, they spat in Your face because of me. They placed a crown of thorns on Your head and a rod in Your right hand, they dressed You in purple, and made fun of You and You bore all this because of me.

They lifted You on the cross, O You who uplifts all districts by Your power. In the time of Your thirst, they gave You vinegar, O you who quenches the whole creation by Your grace. They tried You as a despised person and slapped Your cheek because of me. They flogged Your back with whips and You were buried in the tomb as the dead, so that You may bury my iniquities.

They guarded Your tomb and feared You, for truly You are more fearsome than all the gods. You arose, my Savior, with majesty and broke the thorn of Hades for me. You gave me Your body and blood to live with them. You made me hear Your voice which says: ‘Whoever eats My body and drinks My blood will abide in Me and I in him, for My body is true Food and My blood true Drink, whoever eats Me will live by Me.’

You taught me to keep Your commandments, and to study Your Law, and exclaimed to me saying; “Come and draw near Me that you may get rid of your sins.” Here I am Master knocking on the door of Your compassion. Accept from me this sacrifice as redemption for my sins and the ignorance of Your people.

Dwell in us with Your Holy Spirit, and purify us from every iniquity and hypocrisy. Make Your body and blood to be a salvation, redemption and blotting out for all of our iniquities. For I have come forward to touch Your body and blood because I desire Your love, so do not burn me with them O my Creator, but burn all the thorns which choke my soul.

**Accept this sacrifice for the sake of Your mother, so that we may come to You, and You may come and dwell in us with Your Holy Spirit. And with intimacy we call God, Your Father as our Father and raise our voices and say: “Our Father...”**

† † †

### **25. FRACTION BY SAINT CYRIL - AT ANY TIME**

O Lamb of God Who through Your sufferings carried the sins of the world; through Your compassion, blot out our iniquities. O the Only-Begotten Son of God who through Your pains You purified the defilement of the world. Through Your mercies, purify the impurities of our souls. O Christ of God Who through Your death conquered death which had overcome everyone. By Your might raise our dead souls.

O the One who accepts the oblations for the sake of sinners. You offered Yourself. Accept the repentance of us, we who are sinners. For without any justification, we came forth knocking on the door of Your kindness.

Grant us, O You Who is rich in mercies, healing by Your precious remedies, heal, O Compassionate One, our miserable souls with the ointments of Your living sacraments.

Purify our bodies, wash us from our iniquities and make us prepared for the descent of Your pure Spirit in our souls. Enlighten our minds so we can see Your praise, purify our thoughts and blend us with Your glory.

Your love lowered You to our level, Your grace raises us to Your height. Your kindness obliged You to take our flesh. You revealed Your mystery to us. Reveal in the souls of Your

servants the glory of Your hidden sacraments. And when this sacrifice is raised upon Your Altar, sin will vanish from our members by Your grace. When Your glory descends on Your sacraments, our minds are lifted up to see Your excellence. On the transubstantiation of the bread and wine to Your body and blood, our souls will change to share Your glory, to unite with Your Divinity.

Create in us, O our Lord and God, a pure heart, and make Your Spirit dwell in our depth, renew our senses by Your power and make us worthy of Your gifts.

From the Chalice of Your blood we drink, give us a spiritual taste so that we taste in enjoyment Your life-giving sacraments. We come to Your presence trusting Your mercy, and You will dwell inside us with love.

Fill us with Your fear and inflame our hearts with desire for You. Fill us with Your grace, purify our senses with Your mercy, grant us pure and sincere tears and wash us from the filth of sin.

Transform us into holy temples to dwell therein, and into pure vessels to receive You. For when we taste Your body, we become worthy to taste Your grace, and by drinking Your blood, we become worthy of the sweetness of Your love. You grant us to eat Your flesh openly, and make us worthy to unite with You mysteriously. Grant us the chalice of Your blood openly, make us worthy to be mixed with Your purity mysteriously.

**As You are One with Your Father and the Holy Spirit, let us become united with You and You in us, so that Your saying is fulfilled, “That they all may be one in Us.” So that with intimacy we call God Your Father as our Father crying loudly: “Our Father...”**

† † †

## **26. TO THE SON AT ANY TIME**

O the Only-Begotten Son, God the Word, Who loved us,

and because of His love, He wanted to save us from eternal perdition.

And since death was in the way of our salvation, He yearned to go through it because of His love for us. And so, He went up to the cross to pay the price for our sins.

We are the ones who sinned, and He was the One Who suffered. We are the ones who were indebted to the divine justice as a result of our sins, and He was the One who paid off our debts.

For our sake He preferred suffering to ease and comfort, toil to rest, shame to glory, and the cross to the throne which is carried by the Cherubim.

He consented to be tied in ropes to release us from the bonds of our sins. He humbled Himself to lift us up; He hungered Himself. to feed us and thirsted Himself. to quench our thirst; He went up on the cross, naked, to clothe us with the cloak of His righteousness; He opened His side with a spear that we may enter and dwell in the throne of His grace and that His blood may flow from His body and wash away our sins.

Finally, He died and was buried in a grave that He may raise us up from the death of our sins and grant us an everlasting life.

So, my God, it is my sins that are the thorns that plunged into Your holy head. It is I who have saddened Your heart by indulging in the worthless pleasures of the world.

And what is this road leading to death which You are walking along, my Lord and Savior?! What is it that You carry on Your shoulders?! O, it is the cross of shame which You carried on my behalf.

How could this be my Redeemer?! What made You accept all this?! Could the Great One be disgraced? Could the Glorified One be humiliated? Could the Most High be

humbled!? O how great is Your love!

Yes, it is Your great love which made You accept and bear all this suffering for my sake. So, I thank You my Lord with all Your angels and creatures who also thank You on my behalf, for I fail in giving thanks to You that match Your love. Have we then ever witnessed a love that is greater than this love?!

So then, grieve, O my soul, for your sins which have inflicted all this pain on our compassionate Redeemer. Visualize His wounds before you and take refuge in Him when the enemy is stirred up against you.

O my Savior, let me cherish Your suffering as my treasure, Your crown of thorns as my glory, Your pains as my joy, Your bitterness as sweetness in my mouth, Your blood as my life and Your love as my honor and gratitude.

O Christ, stab me with a spear of divine love through Your wounds. O Christ, exhilarate me with the love of the One who died for me, through Your death. O Christ, clean me of all my sins by Your blood.

O, my beloved Jesus, when You see me a withering member, revive me with the oil of Your grace and affirm me as a living branch, O the true vine.

**And when I come forth to partake of Your mysteries, make me worthy and ready to be united with You, that I may call upon the heavenly Father, with the melody of children and say, “Our Father...”**

## **27. THE FRACTION OF ST. GREGORY**

O God, the Great and Holy, whose glory is hidden, the Almighty, the great in majesty, who is abundant in goodness, the Omniscient, the Omnipresent, the Unchangeable and Unique; Who is rich in Himself, the Holy, the Omnipotent, who is glorified by all the angels and saints. By Your life-giving sufferings, You renewed our mortal nature that was dead by sin. Do not forsake us, O our God.

By Your victorious cross you destroyed death which reigned over us. With Your kindness, be compassionate and protect us under Your wings.

Because of Your love towards us, we the sinners, You, whose holy body was nailed like the criminals, remove the traps of our enemies by Your power. By Your authority, tear the nets set by our adversaries, You who have been pierced in Your holy side by the spear. With Your life-giving death, kill the death that destroyed us, and do not allow it to have Power over us, O our Master.

By Your burial in the tomb, bury our transgressions, and grant us that we may not commit them again. By Your holy resurrection, You destroyed Satan's kingdom, raise us O Lord, from sins.

By Your glorious ascension, You have sent Your Holy Spirit upon Your holy disciples, now may You send Him upon us O our King to purify us from all of our sins. You who granted us Your holy body and precious blood so that we may receive them every day, may You make them an enlightenment for our bodies, healing to our sickness, purity for our transgressions, and cleansing from our defilement.

Grant us that we may divide Your Holy Sacraments without fear, horror, blame, or falling into eternal judgment. May They become a sanctification to our souls and bodies, education for our minds and hearts, and purity for our thoughts, a strong wall against our enemies, a fortified tower before the adversary, and a pledge of the life of the new world and the kingdom of Your glory to come.

So that You may purify us in Your awesome day of judgment, for we are coming to Your presence, witnessing Your Lordship, confessing before the tabernacle of Your sanctuary that this is Your true blood which purifies the whole world.

Come all you who thirst and drink from the side of the Lamb so that your souls may be satisfied. Be near to Him so that your sins may be abolished. Approach Him so that you may be purified from your transgressions. What is set before us is true without any doubt: This is the body and blood of Emmanuel, our God who is present on this table.

**We ask and entreat Your goodness O Lover of mankind, accept our prayers, we your visible servants together with the invisible. And count us with the heavenly hosts, so that we may cry in victory, with incessant voices and unfailing lips, raising up our hands to You the holy Father who are in heaven and say: Our Father Who art in Heaven...**

† † †

## **28. THE FRACTION OF THE GREGORIAN LITURGY**

Blessed are You, O Christ our God, the Almighty, the Savior of Your Church; O You, the incarnated Logos. Who, through Your incomprehensible incarnation, prepared for us a heavenly bread, Your holy body; this which is mystical and holy in everything.

You mixed for us a chalice, from a true vine, which is Your divine and undefiled side. This, which after You yielded Your soul, overflowed on us with water and blood, these which became purity for all the world.

Let us be counted as Yours, O You Good One, we the unworthy servants. Make of us united people for You, a holy kingdom, priesthood and nation.

Purify us, also, O our Master, as You have sanctified these offered oblations; and made them invisible to those who are visible; and rational mysteries for You, O our Lord, and Savior Jesus Christ.

For You, out of Your abundant mercies, made all of us worthy of sonship, through the holy Baptism.

You have taught us examples of the mystic prayer that we may address to Your Father.

**You, also now, O our Master, make us worthy, with a pure conscience, good thoughts, proper for children, with eagerness and boldness; to dare to cry unto God, Your Holy Father, who are in Heaven and say: Our Father...**

† † †

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