

III. Daily Prayers and Readings for the Dormition Fast

Prayers for the Dormition Fast: (*excerpted from the Paraklesis to the Most Holy Theotokos*)

Leader: Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us.

Amen.

Glory to you, our God
Glory *to* you.

Heavenly King, Comforter, Spirit of Truth,
Everywhere present and filling all things,
Treasury of Blessings and Giver of Life,
Come and dwell within us,
Cleanse us of all stain,
And save our souls, O *gracious* One.

Holy God, Holy and Mighty, Holy and Immortal,
Have mercy *on* us. (*3 times*)

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities for *your* 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,
Now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses
As we forgive those who trespass against us,
And lead us not into temptation,
But deliver us *from* evil.

-For thine is the king and the power and the glory, Father, Son and Holy Spirit, now and ever and forever.

Amen

Lord have mercy. *(12 times)*

Call to Worship

Come, let us worship our King and God.

Come let us worship Christ, our King and God.

Come let us worship and bow before the only Lord Jesus Christ, the King and *our* God.

Daily Psalm

Psalm 3 *(Mondays and Saturdays)*

How many are my foes, O Lord.

How many are rising up against me!

How many are saying about me:

“There is no help for him in God.”

But you, Lord, are a shield about me,

My glory, who lift up my head.

I cry aloud to you, Lord.

He answers from his holy mountain.

I lie down to rest, and I sleep.

I wake, for the Lord upholds me.

I shall not fear even thousands of people
who are ranged on every side against me.

Arise, O Lord; save me, my God,

You who strike my foes on the mouth,

You who break the teeth of the wicked!

O Lord of salvation, bless your people!

Psalm 4 *(Tuesdays and Fridays)*

When I call, answer me, O God of Justice;

From anguish you released me, have mercy and hear me!

O men, how long will your hearts be closed,

Will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves;

The Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still

Make justice your sacrifice, and trust in the Lord.

“What can bring us happiness?” many say.
We have been signed, O Lord, with the light of your face.
You have put into my heart a greater joy
than they have from abundance of wheat, wine, and oil.

I will lie down in peace and sleep comes at once
for you alone, Lord, make me dwell in safety.

Psalm 10 (*Wednesdays and Sundays*)

In the Lord I have taken my refuge.
How can you say to my soul:
“Fly like a bird to its mountain.

See the wicked bracing their bow;
They are fixing their arrows on the string
To shoot upright men in the dark.
Foundations once destroyed, what can the just do?”

The Lord is in his holy temple,
The Lord, whose throne is in heaven.
His eyes look down on the world;
His gaze tests mortal man.

The Lord tests the just and the wicked;
The lover of violence he hates.
He sends fire and brimstone on the wicked;
He sends a scorching wind as their lot.

The Lord is just and loves justice;
The upright shall see his face.

Psalm 16 (*Thursdays*)

Lord, hear a cause that is just,
Pay heed to my cry.
Turn your ear to my prayer:
No deceit is on my lips.

From you may my judgment come forth.
Your eyes discern the truth.

You search my heart, you visit me by night.
You test me and you find in me no wrong.
My words are not sinful like men’s words.

I kept from violence because of your word,
I kept my feet firmly in your paths;

There was no faltering in my steps.

I am here and I call, you will hear me, O God.
Turn your ear to me; hear my words.
Display your great love, you whose right hand saves
your friends from those who rebel against them.

Guard me as the apple of your eye.
Hide me in the shadow of your wings
from the violent attack of the wicked.

My foes encircle me with deadly intent.
Their hearts tight shut, their mouths speak proudly.
They advance against me, and now they surround me.

Their eyes are watching to strike me to the ground,
as though they were lions ready to claw
or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down!
Let your sword rescue my soul from the wicked;
Let your hand, O Lord, rescue me from men,
from men whose reward is in this present life.

You give them their fill of your treasures;
They rejoice in abundance of offspring
and leave their wealth to their children.

As for me, in my justice I shall see your face
and be filled, when I awake, with the sight of your glory.

Reading of the Day:

(See Dormition Fast Daily Readings)

Ode of the Day

Ode 1 (Mondays and Saturdays)

When Israel passed through the waters* as upon dry land,* and escaped the malice of the Egyptians,
they cried out:* Let us sing to our Redeemer and our God.

-O Most Holy Theotokos, save us.

The assaults of my passions disturb me; they fill my soul with great discouragement. O Maiden,
preserved from all stain, restore the balance of my soul through the peace of your Son and your God!

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

O Virgin, I beseech you who have given birth to God the Savior, deliver me from my afflictions. It is to
you I now come for shelter, to you I lift up my heart and thoughts.

-Now and ever and forever. Amen

You alone are the Theotokos; you are good and the Mother of Goodness. Take away the disease of my body and soul; make me worthy of your good care and of the coming of God.

Ode 3 (*Tuesdays and Fridays*)

O Lord, who covered the dome* of the heavens* and who built up your Church in three days,* make me firm* in the love of you,* for you love us all.* You are the summit of your desires* and the fortress of believers.

-O Most Holy Theotokos, save us.

I beseech you, O Virgin, dispel the troubles of my soul, quiet the surge of my despair; for you, O Bride of God, have carried the Prince of Peace, and alone are perfectly pure.

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

You gave birth to the Doer of Good, to the Cause of All Delight. Let the wealth of his generosity abound within all souls; for since you have borne the Almighty Christ, you have power to act as you please, O you who are blessed of God.

-Now and ever and forever. Amen

O Virgin, help me, who am pressed by incurable ills and distressing passions; for I know that you, All-blameless Lady, are a perfect and abundant treasury of healing.

Ode 5 (*Wednesdays and Sundays*)

Enlighten us with your precepts, O Lord,* and by the strength of your almighty arm,* grant peace to the world,* for you alone love us all.

-O Most Holy Theotokos, save us.

O Immaculate Lady, give me your pure happiness. You gave birth to the Cause of Joy; fill my heart with joy!

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

Deliver us from dangers, O Immaculate Theotokos, for you gave birth to Eternal Salvation and to Peace beyond our understanding.

-Now and ever and forever. Amen.

With the brightness of your light, dispel the darkness of my sins, O Bride of God who gave birth to the Divine and Eternal Light.

Ode 9 (*Thursdays*)

We indeed acknowledge you as the Mother of God;* through you we have found salvation.* O most pure Virgin, with the choirs of angels,* we extol you.

-O Most Holy Theotokos, save us.

O Virgin, despise not the flowing of my tears, for you have given birth to the Lord, who wipes away all tears.

-O Most Holy Theotokos, save us.

O Virgin, be a haven and a help, an indestructible fortress and a harbor, a shelter and a joy to those who come to you.

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

O Virgin, cast away the darkness of unknowing; enlighten with your rays of light those who proclaim that you are truly the Theotokos.

-Now and ever and forever. Amen.

O Virgin, come to me in this time of pain; raise me from my sickness and restore my health.

Tone 6:

It is truly proper to glorify you,* O Theotokos,* the ever-blessed, immaculate and the mother of our God.* More honorable than the Cherubim* and beyond compare more glorious than the Seraphim,* who, a Virgin, gave birth to God the Word; you truly the Theotokos, we magnify.

Tone 2:

O Joy of all who are troubled,* patroness of the persecuted and sustainer of the hungry,* consoler of wanderers,* harbor of the storm-tossed, visitor of all the sick,* protectress and patroness of the weak, staff of the aged,* O Mother of God on high, you are most pure,* hasten, we pray, that your servants may be saved.

(+) Glory to the Father and to the Son, and to the Holy Spirit.

Rejoice, Virgin most pure,* honored scepter of Christ the King;* Rejoice, from you the mystical Vine sprouted;* Rejoice, gate of heaven* and unburnt bush;* Rejoice, light of the world; Rejoice, joy of all;* Rejoice, salvation of the faithful;* Rejoice, Protectress and refuge of all Christians; Rejoice, O Lady!

Now and ever and forever. Amen.

Rejoice, glory of the whole world;* Rejoice, Temple of the Lord; Rejoice, overshadowed mountain;* Rejoice, refuge of all;* Rejoice, golden-candelabra;* Rejoice, precious glory of true believers;* Rejoice, Mary, Mother of Christ our God;* Rejoice, paradise; Rejoice, divine altar* Rejoice, entryway; Rejoice, all-golden hand; Rejoice, Hope of all.

Petitions for Peace and Justice:

Have mercy on us, O God, according to your great mercy, we pray you, hear and have mercy.
-(Lord have mercy 3x)

Again we pray, O Lord our God, hear our supplication and on account of your merciful lovingkindness - grant peace to our world. Quickly put down the upsurges of violence and bring to nothing the power of the cruel and the unjust. Establish peace and justice throughout the world so that the poor and innocent may flourish and so that the wicked may be brought to repentance and turn to love. Let us all say: O Lord, hear and have mercy.

- (Lord have mercy 3x)

Loving Lord, visit us in your love and mercy and bring peace in our time, especially in Iraq, Palestine, Israel, Syria, Egypt, Ukraine, Nigeria, and those places ravaged by violence in Central America. Provide for the needs of those driven from their homes by injustice and the power of the sword. Calm their terror and grant them, swiftly, your peace and loving-kindness. Let us all say: O Lord, hear and graciously have mercy.

- (Lord have mercy 3x)

Again we pray, O Lord and only Lover of us all, visit the lowly and deliver them from their distress. Protect our Christian brothers and sisters, especially in Iraq, Syria, Egypt and Nigeria, from the

persecution and terror that they face. Yes, O Lord, deliver all religious minorities from fear and oppression. Give quick aid and relief to the refugee children on our border, fleeing from violence and poverty. Deliver all, O Lord, who call upon you in the hour of distress.

Let us all say: O Lord, hear and have mercy.

- (Lord have mercy 3x)

Again we pray for the people here present who await your great and abundant mercy, for those who show us mercy, and for all Christians of the true faith.

- (Lord have mercy 3x)

O Most gracious Lady, O Theotokos, our hope, friend of orphans, defender of strangers, joy of those who sorrow, protection of those treated unjustly, look upon our troubles, look upon our grief, help us in our weakness, guide us who are strangers, protect the persecuted and defend those who have no other recourse before the violence of the sword and the cruelty of the wicked. For you are the refuge of all who cry out in distress.

Amen

Through the prayers of our holy fathers, O Lord Jesus Christ Our God, have mercy on us.
Amen.



Dormition Fast Daily Readings

as adapted from the Orthodox Study Bible ("Types of Mary" p. 1228)

Aug. 1- The Garden of Eden/the New Eve: Genesis 2:8-25

Aug. 2- Jacob's Ladder: Genesis 28:10-22

Aug. 3- The Annunciation: Luke 1:26-38

Aug. 4- The Burning Bush: Exodus 3:1-14

Aug. 5- The Jar of Manna: Exodus 16

Aug. 6- The Ten Commandments: Exodus 20:1-17

Aug. 7- The Ark of the Covenant: Exodus 25:10-22

Aug. 8- The Tabernacle/the Holy of Holies: Exodus 26

Aug. 9- Aaron's Rod: Numbers 17:16-28

Aug. 10- Magnificat: Luke 1:39-56

Aug. 11- The Dewy Fleece: Numbers 6:36-40

Aug. 12- The Tongs that held the Live Coal: Isaiah 6

Aug. 13- The Gate Facing East: Ezekiel 43:1-5; 44:1-3

Aug. 14- The Mountain from which comes the Stone Cut Without Hands: Daniel 2:24-35

Aug. 15- Philippians 2:5-11 and Luke 10:38-42; 11:27-28

Aug. 16- The Fiery Furnace: Daniel 3:19-50

Aug. 17- The Great Sign: Revelations 11:19-12:10