



## Prayers Before Beginning to Read the Psalter

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

O Heavenly King, Comforter, Spirit of Truth, Who are present everywhere and fulfilling all things, Treasury of Blessings and Source of Life: Come abide in us, cleanse us of all stain, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (3x).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All Holy Trinity, have mercy on us. Lord, cleanse us of our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for the glory of Your name.

Lord have mercy (3x).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. 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 the evil one.

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

*And these troparia Tone 6:*

Have mercy on us, O Lord, have mercy on us, for at a loss for any plea we sinners offer to You as Master this supplication: Have mercy on us.

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

The precious memorial of Your prophet has shown Your Church to be heaven, O Lord, for angels exult together with men. By his prayers, O Christ God, guide our lives in peace that we might sing to You: Alleluia.

Now and ever and unto ages of ages. Amen.

I flee to you, pure Mother of God, in need of salvation from the great multitude of my transgressions. Visit my infirm soul, and beseech your Son our God to grant me forgiveness for my evil deeds, O only blessed one.

Lord have mercy (40x).  
*and prostrations, as you are able.*

*And this prayer to the holy, life creating Trinity:*

All-holy God in Trinity, Creator of all the world, as I, the unworthy one, now desire to pronounce these God-inspired psalms which the Holy Spirit placed upon the lips of David, make haste and guide my heart to begin with understanding and to end with good deeds. Aware of my ignorance, I fall down before You in prayer, begging for Your help and calling out: O Lord, direct my mind and strengthen my heart, that I not be taken up with words, but rather may find joy in the meaning of these words, and be prepared to perform the good deeds they teach me, saying: Enlightened by good deeds, at the Judgment, may I, together with all Your elect, be among those at Your right hand. And now, Master, bless; that having sighed from my heart, my tongue might sing out these words:

Come, let us worship God our King. Come, let us worship and fall down before Christ, our King. Come, let us worship and fall down before Christ Himself, our King and our God.

*Pause briefly until all the senses are quieted, then begin without haste, without negligence; with tender feeling and a broken heart, saying Psalm 1: "Blessed is the man..." and all that follows quietly, intelligently, attentively, without rushing, so that your mind grasps the meaning of what you are saying.*