

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

O Heavenly King, the Comforter, the Spirit of Truth, everywhere present and filling all things. Treasury of Blessings, and Giver of Life, come and abide in us, and cleanse us from every impurity, 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.

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake.

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 evil.

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.

Come, let us worship God our King.

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

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

PSALM 51 (50 LXX)

A prayer of repentance

Have mercy on me, O God, in Your great mercy,
and in the abundance of Your compassions
blot out my transgressions.

Wash me thoroughly from my lawlessness,
and cleanse me from my sin.

For I know my transgressions,
and my sin is always before me.
Against You alone have I sinned,
and done evil before You,
so that You are justified in Your words
and victorious in Your judgment.
For, behold, I was conceived in iniquity,
and in sin my mother gave birth to me.
For, behold, You love truth,
You revealed to me the unknown
and secret things of Your wisdom.
Sprinkle me with hyssop, and I will be cleansed.
Wash me, and I will be whiter than snow.
Make me to hear joy and gladness,
let the bones that You have humbled rejoice.
Turn Your face away from my sins,
and blot out all my transgressions.
Create in me a clean heart, O God,
and renew a right Spirit within me.
Do not cast me away from Your presence,
and do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation,
and establish me with Your guiding Spirit.
Then I will teach transgressors Your ways,
and sinners will return to You.
Rescue me from bloodshed, O God, the God of my salvation,
and my tongue will rejoice at Your righteousness.
O Lord, open my lips, and my mouth will declare Your praise,
for if You had desired sacrifice, I would have given it,
You will not take pleasure in whole burnt offerings.
The sacrifice to God is a broken spirit,
a broken and humbled heart God will not despise.
Do good, O Lord, to Zion, in Your good pleasure,

and let the walls of Jerusalem be rebuilt.
Then You will be pleased with the sacrifice of righteousness,
with offerings and whole burnt offerings,
then bulls will be offered on Your altar.

*Every day I will provide a different portion from the daily services that are usually
done in church.*

Today, please pray the Canon from the Matins.

CANON OF THE MATINS

Ode 3

Irmos: O Lord, the firm foundation of those who put their trust in You,
establish the Church, which You have purchased with Your precious blood.

Refrain: Have mercy on me, O God, have mercy on me.

Crucified with Him Who was crucified for our sake, let us put to death
all the members of the flesh by fasting, prayer and supplication.

Refrain: Have mercy on me, O God, have mercy on me.

O Lord, by Your Crucifixion You have plucked out the thorn of sin, pluck
from my mind all thorny thoughts.

Refrain: Have mercy on me, O God, have mercy on me.

Arming our mind with fasting and fenced about by the power of the
Cross, let us overthrow the hostile ranks of demons.

Refrain: Most holy Mother of God, save us.

Taking flesh from you, the Word became incarnate, O most pure one,
and by His compassionate mercy He has set aright the fall of our first
parents.

Refrain: Glory to Your precious Cross, O Lord.

Your life-giving Cross, O Lord, is my seal of salvation: for by it I
overthrow the adversary and praise You as God, mighty in power.

Refrain: Glory to Your precious Cross, O Lord.

The Tree of the Cross has produced a fruit that gives eternal life for the
world. And eating of it, O Christ, we have been delivered from death.

Refrain: Glory to the Father and the Son and the Holy Spirit.

I glorify three Persons in one Nature, the Father, Son, and Spirit, one

Power of the Divinity that rules and reigns alone as God.

Refrain: Now and ever and unto ages of ages. Amen.

Your childbearing, O pure Lady, fills our hearts with fear. For it is God Who has become man, begotten outside time from the Father and in the last days born from you through a virgin birth.

Refrain: Glory to You, our God, glory to You.

The grace of the Cross shines upon the world, O merciful Lord, preparing all for the coming celebration of Your divine Suffering. Grant us to venerate with faith Your Holy Suffering.

Ode 8

Irmos: Standing together in the unbearable fire, yet not harmed by the flame, the children, champions of godliness, sang a divine hymn, “All the works of the Lord, bless the Lord and exalt Him throughout all ages.”

Refrain: Have mercy on me, O God, have mercy on me.

By the Cross You have triumphed over the principalities and dominions of darkness, O Giver of Light, and when You will come in power to judge the whole world, do not denounce my hidden sins, O Word, that I may glorify Your great compassion.

Refrain: Have mercy on me, O God, have mercy on me.

O just and long-suffering Lord, You, the Judge, stood before the judgment seat of Pilate as a prisoner, but by Your Cross You have condemned the enmity that separated man from God. Deliver, then, from eternal condemnation those who cry to You in fear and glorify Your love for mankind.

Refrain: Have mercy on me, O God, have mercy on me.

Of old the Holy Children, strengthened by the fire of fasting, extinguished the raging fire with dew from God. By fasting let us also extinguish the furnace of the passions, that we may escape the flames of Gehenna.

Refrain: Most holy Mother of God, save us.

From you, O unwedded Maiden, the Wisdom of God built for Himself a house and in His inexpressible humility took flesh. For you alone from all

generations have been chosen to be the dwelling-place of the eternal Word.

Refrain: Glory to Your precious Cross, O Lord.

O Christ, Whose word upholds the universe, You endured all things for my sake, beating and spitting and crucifixion. I praise the greatness of Your love for mankind throughout all ages.

Refrain: Glory to Your precious Cross, O Lord.

Your side pierced by a lance O Christ, You offered Yourself in sacrifice as a lamb, that You might save me, the lost sheep, from the traps of the devil, protecting me in Your good fold throughout all ages.

Refrain: We bless the Lord, Father, Son, and Holy Spirit.

O Divinity, one in Trinity, undivided in Nature yet divided in Persons, ever-existing Power, the Father, Son, and Spirit, we sing Your praises throughout all ages.

Refrain: Now and ever and unto ages of ages. Amen.

O pure Mother of God, Gate of heaven, Door of salvation, accept the prayers of all Christians who bless you throughout all ages.

Refrain: Glory to You, our God, glory to You.

Your Cross, O Christ, is the glory of priests, the strength of children, and the light of all the faithful. Grant me worthy to behold and worship it, and to sing in praise of it throughout all ages.

Ode 9

Irmos: In the shadow and the letter of the Law, let us, the faithful, discern a figure: every male child that opens the womb will be sanctified to God. Therefore we magnify the firstborn Word and Son of the Father without beginning, the firstborn Child of a Mother who has not known a man.

Refrain: Have mercy on me, O God, have mercy on me.

The serpent that Moses raised upon his staff prefigured You, O Christ, for You were willingly raised up upon the Cross, healing us from the poison of the evil one, and in Your love drawing all people to Yourself.

Refrain: Have mercy on me, O God, have mercy on me.

Cleanse me by the fire of reverent fear of You, O Christ. Kindle Your divine love in my soul, and fence me about with Your Cross: for the deceiver,

who of old caused mankind's fall, has craftily lured me and darkened my understanding with lust.

Refrain: Have mercy on me, O God, have mercy on me.

O brethren, let us fast from shameful thoughts and evil actions, let us purify our hearts, and through the divine virtues let us ascend with wings to heaven, turning away from evil and earthly desires, that we may behold the great Pascha.

Refrain: Most holy Mother of God, save us.

He Who is rich by nature has chosen to be clothed in our poverty, which He took from you, O Virgin. And He Who is invisible, Whom the choirs of angels praise on high, has become visible, and in His love formed anew our broken image.

Refrain: Glory to Your precious Cross, O Lord.

You stretched out Your arms upon the Cross and made Your own the four ends of the world. Through You, O Son of God, we have found access to the Father, and we all magnify You.

Refrain: Glory to Your precious Cross, O Lord.

The transgressors set a crown of thorns upon Your head, O Christ. They struck You and crucified You. Seeing these things, the whole earth was shaken, but we have been saved, and we magnify You.

Refrain: Glory to the Father and the Son and the Holy Spirit.

Holy and threefold Light of the Divinity, ever upholding and protecting all things, the Father, the Son, and the Spirit of Life, with never-silent hymns we magnify You.

Refrain: Now and ever and unto ages of ages. Amen.

You are the shining cloud of the Spirit, O Theotokos, out of which the Light that no one can approach has shone on us, Christ the great Sun of righteousness; and with our hymns we magnify you.

Refrain: Glory to You, our God, glory to You.

O Cross of Christ, you are our light, our holy symbol and sign of victory. Make abstinence sweet for us and count us worthy to venerate you.

PRAYER TO END THE PANDEMIC OF CORONAVIRUS

Let us pray to the Lord. Lord, have mercy.

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible: In Your inexpressible goodness, look down upon us, Your people gathered in Your Holy Name. Be our helper and defender in this day of affliction, for You know all our weaknesses and hear our cry in repentance and contrition of heart. O loving Lord, deliver us from the impending threat of the coronavirus. Send Your angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of the physicians and heal Your servants through them. Grant wisdom to those who are working on the vaccine for this virus. And preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify Your most honorable and majestic Name of the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

Let us pray to the Lord. Lord, have mercy.

O Lord Jesus Christ, in Your loving care, You traveled through towns and villages healing every disease and sickness, and at Your command, the sick were made well: Yourself now come to our aid, in the midst of the global spread of the coronavirus, and grant us to experience the miracle Your healing love.

Comfort the families of those who are sick or have died. May they regain their strength and health through quality medical care. And as they worry and grieve, defend them from illness and despair.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Guide the hands of the doctors and nurses and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. And impart Your wisdom on the researchers working on the vaccine for coronavirus.

Heal us from our pride, which can make us claim immunity to a disease that knows no boundaries. Instill the fear of You in the leaders of our nation and

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other nations of the world. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks.

O Master and Lord, our Savior, Healer of all, stay by our side in this time of uncertainty and sorrow. Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, stay with us as we patiently endure and mourn, persist and prepare.

For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

PRAYER OF SAINT EPHRAIM

O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love to Your servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother and sister, for blessed are You unto ages of ages. Amen. (*prostration*)

DAILY SCRIPTURE READINGS

Genesis 7:6-9

⁶Noah was six hundred years old when the flood of waters came on the earth. ⁷And Noah with his sons and his wife and his sons' wives went into the ark to escape the waters of the flood. ⁸Of clean animals, and of animals that are not clean, and of birds, and of everything that creeps on the ground, ⁹two and two, male and female, went into the ark with Noah, as God had commanded Noah.

Proverbs 9:12-18

¹²If you are wise, you are wise for yourself.

If you scoff, you alone will bear it.

¹³The foolish woman is loud,

she is ignorant and knows nothing.

¹⁴ She sits at the door of her house,
on a seat at the high places of the town,

¹⁵ calling to those who pass by,
who are going straight on their way,

¹⁶ “You who are simple, turn in here!”

And to those without sense she says,

¹⁷ “Stolen water is sweet,
and bread eaten in secret is pleasant.”

¹⁸ But they do not know that the dead are there,
that her guests are in the depths of hell.

SAINT OF THE DAY

Martyr Conon of Isauria

The Holy Martyr Conon of Isauria was born in the second century, in Bethany, a village near the Asia Minor city of Isauria, whose inhabitants had accepted Christianity from the Apostle Paul. From his youth, Saint Conon was accorded the special protection of the “Leader of the Heavenly Hosts,” the Archangel Michael, who appeared to him and assisted him in many difficult circumstances in life.

At the insistence of his parents, Conon was betrothed to a maiden named Anna. He persuaded her to live with him in virginity after the wedding. The young couple lived as brother and sister, devoting themselves entirely to God. Conon brought also his parents to the Christian Faith. His father, Saint Nestor, received a martyr’s death for denouncing idol-worshippers.

After burying both his mother and wife, Conon continued his service to God, devoting himself entirely to monastic works, fasting and prayer. In his declining years the holy ascetic was glorified with the gift of wonderworking. By virtue of his preaching and miracles many pagans were converted to Christ. It is said that even the evil spirits were forced to serve him.

When a persecution against Christians broke out in Isauria, one of the first to suffer was Conon. He was subjected to fierce torments for his refusal to offer sacrifice to idols. When the people of Isauria learned of the tortures

to which the saint was being subjected, they came out bearing arms to defend the martyr. Frightened by the people's wrath, the torturers fled, and the Isaurians found the martyr wounded and bloodied at the place of torture.

Saint Conon wished to endure martyrdom for the Lord, but he lived two more years. When saint Conon died, he was buried beside his parents and wife.

TWO PRAYERS TO SAINT CONON

Troparion

Armed with the grace of the Spirit, you crushed the power of ungodliness and shone forth with miracles. Dyed in the streams of your blood, O martyr Conon, you glorify God, Who through you grants us grace and great mercy.

Kontakion

Having lived on earth in purity, like an angel, you were counted worthy to converse with the bodiless hosts. You brought your parents to the knowledge of Christ, and having confessed the one God in Trinity, you suffered to the shedding of your blood. O Martyr Conon, ever entreat Him for the sake of us all.

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