

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 5

A prayer for guidance

Give ear to my words, O Lord, hear my cry.

Listen to the voice of my supplication, my King and my God,
for to You I pray, O Lord.

In the morning You hear my voice,

in the morning I stand before You, and watch.

For You are not a God Who delights in wickedness,
worker of evil will not dwell with You.
The lawless will not stand before Your eyes,
for You hate all the evildoers.
You destroy those who speak lies,
the Lord abhors the bloodthirsty and deceitful person.
But I will enter Your house in the fullness of Your mercy,
I will worship toward Your holy temple in fear of You.
Lead me, O Lord, in Your righteousness because of my enemies,
make my way straight before You.
For there is no truth in their mouths, their hearts are vain,
their throats are open graves, they deceive with their tongues.
Judge them, O God, let them fall by their own false accusations,
because of their many transgressions cast them out,
for they have rebelled against You, O Lord.
But let all who hope in You rejoice,
let them always sing for joy, for You dwell among them.
And let those who love Your Name boast in You.
For You bless the righteous, O Lord,
You cover them with favor as with a shield.

*Today's prayers are taken from the Vespers service, the section called "Lord, I call."
These short prayers are called stichera.*

Like the Prodigal son, I have departed from Your grace and wasted the riches of Your love. But now I run to You, O compassionate Lord, crying aloud to You, O God, "I have sinned, have mercy on me."

Your martyrs, O Lord, did not deny You and did not forsake Your commandments. At their intercessions, have mercy on us.

Those who suffered martyrdom for You, O Christ, endured great torments. At their prayers and intercessions, O Lord, preserve us all.

Your victorious martyrs, when they contended on this earth, endured great torments. But now they dwell in heaven and have received a perfect

crown, that they may offer intercessions for our souls.

Your Cross was for the martyrs an invincible weapon, O Lord. They saw death before them, but looking to the life that is to come, they were strengthened by their hope in You. At their intercessions have mercy on us.

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

Your creative ordinance was my beginning and foundation. For You have willed to fashion me as a living creature from natures visible and invisible: You have made my body from the earth and given me a soul by Your divine and quickening breath. Therefore, O Savior, grant rest to Your servants in the land of the living, in the tabernacles of the righteous.

Now and ever and unto ages of ages. Amen.

Who will not call you blessed, O most holy Virgin? Who will not sing the praises of your childbearing without the pains of birth? For the only Son, eternally begotten by the Father, has now been born from you, O pure Lady, taking flesh in a way beyond our powers of speech. Being God by nature, for our sake He became by nature Man, not divided into a duality of persons but revealed to us without confusion in two natures. O honored and most blessed Lady, pray to Him that He may have mercy on our souls.

PRAYERS 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 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 FOR DOCTORS AND NURSES

O Lord Jesus Christ our God, Lover of mankind, Physician of our souls and bodies, You endured the pain of our infirmities, and by Your wounds we are healed. You gave sight to the man born blind and straightened the woman who was bent over for 18 years. You gave speech and sight to the mute man who was possessed by demons. You not only

forgave the paralyzed man his sins, but healed him to walk. You restored the withered hand of a man in the synagogue and stopped the flow of blood of a woman who bled for 12 years. You raised Jairus' daughter back to life and resurrected Lazarus who was dead four days. You heal every infirmity under the sun: Yourself now, O Lord, grant Your grace to all the doctors, nurses, physicians, and researchers, who have labored and studied hour upon hour, to go into all the world, and also to heal by the talent You have given to each of them. Strengthen them by Your strength, that they may not fear evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace. For You are our God, and to You we give glory together with Your Father, Who has no beginning, and Your Most Holy, Good, and Life-giving Spirit, now and ever and unto ages of ages. Amen.

DAILY SCRIPTURE READINGS

Genesis 8:4-21

⁴And in the seventh month, on the seventeenth day of the month, the ark came to rest on the mountains of Ararat. ⁵The waters continued to abate until the tenth month; in the tenth month, on the first day of the month, the tops of the mountains appeared. ⁶At the end of forty days Noah opened the window of the ark that he had made ⁷and sent out the raven; and it went to and fro until the waters were dried up from the earth. ⁸Then he sent out the dove from him, to see if the waters had subsided from the face of the ground; ⁹but the dove found no place to set its foot, and it returned to him to the ark, for the waters were still on the face of the whole earth. So he put out his hand and took it and brought it into the ark with him. ¹⁰He waited another seven days, and again he sent out the dove from the ark; ¹¹and the dove came back to him in the evening, and there in its beak was a freshly plucked olive leaf. So Noah knew that the waters had subsided from the earth. ¹²Then he waited another seven days, and sent out the dove; and it did not return to him any more. ¹³In the six hundred first year, in the first month, on the first day of the month, the waters were dried up from the earth; and Noah removed the covering of the ark, and looked, and saw that the face of the ground was drying. ¹⁴In the second month, on the twenty-

seventh day of the month, the earth was dry. ¹⁵ Then God said to Noah, ¹⁶ “Go out of the ark, you and your wife, and your sons and your sons’ wives with you. ¹⁷ Bring out with you every living thing that is with you of all flesh – birds and animals and every creeping thing that creeps on the earth – so that they may abound on the earth, and be fruitful and multiply on the earth.” ¹⁸ So Noah went out with his sons and his wife and his sons’ wives. ¹⁹ And every animal, every creeping thing, and every bird, everything that moves on the earth, went out of the ark by families. ²⁰ Then Noah built an altar to the Lord, and took of every clean animal and of every clean bird, and offered burnt offerings on the altar. ²¹ And when the Lord smelled the pleasing odor, the Lord said in His heart, “I will never again curse the ground because of humankind, for the inclination of the human heart is evil from youth; nor will I ever again destroy every living creature as I have done.”

Proverbs 10:31-11:12

³¹ The mouth of the righteous brings forth wisdom,
but the perverse tongue will be cut off.

³² The lips of the righteous know what is acceptable,
but the mouth of the wicked what is perverse.

^{11:1} A false balance is an abomination to the Lord,
but an accurate weight is His delight.

² When pride comes, then comes disgrace;
but wisdom is with the humble.

³ The integrity of the upright guides them,
but the crookedness of the treacherous destroys them.

⁴ Riches do not profit in the day of wrath,
but righteousness delivers from death.

⁵ The righteousness of the blameless keeps their ways straight,
but the wicked fall by their own wickedness.

⁶ The righteousness of the upright saves them,
but the treacherous are taken captive by their schemes.

⁷ When the wicked die, their hope perishes,

and the expectation of the godless comes to nothing.

⁸ The righteous are delivered from trouble,
and the wicked get into it instead.

⁹ With their mouths the godless would destroy their neighbors,
but by knowledge the righteous are delivered.

¹⁰ When it goes well with the righteous, the city rejoices;
and when the wicked perish, there is jubilation.

¹¹ By the blessing of the upright a city is exalted,
but it is overthrown by the mouth of the wicked.

¹² Whoever belittles another lacks sense,
but an intelligent person remains silent.

SAINT OF THE DAY

Emilian of Rome

Emilian (*pre-monastic name Victorinus*) was a Roman by birth, and until he was an old man, he led a sinful life. He finally repented, withdrew to a monastery, and became a monk with the name of Emilian. For the remainder of his days he humbly served God, astounding the brethren by his uncomplaining obedience and strict fasting. The monks noticed that at night Emilian secretly visited a cave near the monastery. Once, the abbot followed him and found Emilian in the cave, praying with tears of contrition, and illumined by an unearthly light. He heard a Voice saying, “Emilian, your sins are forgiven.”

Deeply moved by all that had happened, the abbot, after morning services, asked the Elder to tell the brethren his secret, and the saint told everyone of God’s great mercy toward him. Then the abbot said to the brethren, “The Lord could have forgiven him his sin in secret, but for our sake He revealed His mercy with light and a voice, so that we might behold His grace and mercy toward sinners who repent.”

Saint Emilian spent the remainder of his days in spiritual joy, and peacefully departed to the Lord.

FRIDAY, MARCH 20
THIRD WEEK OF GREAT LENT

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*)

CONCLUDING PRAYERS

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without corruption you gave birth to God the Word. True Theotokos we magnify you.

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