

The Prayers After Holy Communion

Glory to Thee, O God. Glory to Thee, O God. Glory to Thee, O God.

Then say also this prayer of thanksgiving:

I thank Thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast vouchsafed me to be a communicant of Thy Holy Things. I thank Thee that Thou hast vouchsafed me, the unworthy, to partake of Thy most pure and heavenly Gifts. But, O Master, Lover of mankind, Who for our sake didst die and didst rise again, and didst bestow upon us these dread and life-giving Mysteries for the well-being and sanctification of our souls and bodies, grant that these may be even unto me for the healing of both soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for faith unashamed, for love unfeigned, for the fullness of wisdom, for the keeping of Thy commandments, for an increase of Thy divine grace, and for the attainment of Thy kingdom; that being preserved by them in Thy holiness, I may remember Thy grace always, and no longer live for myself, but for Thee, our Master and Benefactor; and thus when I shall have departed this life in hope of life eternal, I may attain unto everlasting rest, where the sound of them that keep festival is unceasing, and the delight is endless of them that behold the ineffable beauty of Thy countenance. For Thou art the true desire and the unutterable gladness of them that love Thee, O Christ our God, and all creation doth hymn Thee unto the ages. Amen.

Prayer II, of Basil the Great:

O Master Christ God, King of the ages and Creator of all things, I thank Thee for all the good things which Thou hast bestowed upon me, and for the communion of Thy most pure and life creating Mysteries. I pray Thee, therefore, O Good One and Lover of mankind: Keep me under Thy protection and in the shadow of Thy wings; and grant me, even until my last breath, to partake worthily, with a pure conscience, of Thy Holy Things, unto the remission of sins and life eternal. For Thou art the Bread of life, the Source of holiness, the Giver of good things; and unto Thee do

we send up glory, together with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Prayer III, Verses of Metaphrastes:

○ Thou Who givest me willingly Thy Flesh as food, Thou Who art fire that doth consume the unworthy, let me not be scorched, O my Creator. But rather, enter Thou into my members, into all my joints, my reins, my heart. Burn up the thorns of all my sins. Purify my soul, sanctify my thoughts. Strengthen my substance together with my bones. Enlighten my simple five senses. Nail down the whole of me with the fear of Thee. Ever protect, preserve, and keep me from every soul-corrupting deed and word. Purify, cleanse, and adorn me; make me comely, give me understanding, and enlighten me. Show me to be the dwelling-place of Thy Spirit alone, and no longer the habitation of sin; that from me as Thine abode through the entry of Communion, every evildoer, every passion may flee as from fire. As intercessors I offer unto Thee all the saints, the commanders of the bodiless hosts, Thy Forerunner, the wise Apostles, and further, Thine undefiled, pure Mother, whose entreaties do Thou accept, O my compassionate Christ, and make Thy servant a child of light. For Thou alone art our sanctification, O Good One, and the radiance of our souls, and unto Thee as God and Master, we all send up glory, as is meet, every day.

Another Prayer:

○ Lord Jesus Christ our God, may Thy holy Body be unto me for life eternal, and Thy precious Blood for the remission of sins; and may this Eucharist be unto me for joy, health, and gladness. And at Thy dread Second Coming vouchsafe me, a sinner, to stand at the right hand of Thy glory, through the intercessions of Thy most pure Mother and of all the saints.

Another Prayer, to the Most Holy Theotokos:

○ most holy Lady Theotokos, light of my darkened soul, my hope, protection, refuge, consolation, my joy: I thank thee that thou hast vouchsafed me, who am unworthy, to be a partaker of the most pure Body

and precious Blood of thy Son. O thou who gavest birth to the True Light, do thou enlighten the spiritual eyes of my heart; thou who gavest birth to the Source of immortality, revive me who am dead in sin; thou who art the lovingly-compassionate Mother of the merciful God, have mercy on me, and grant me compunction and contrition in my heart, and humility in my thoughts, and the recall of my thoughts from captivity. And vouchsafe me, until my last breath, to receive without condemnation the sanctification of the most pure Mysteries, for the healing of both soul and body; and grant me tears of repentance and confession, that I may hymn and glorify thee all the days of my life, for blessed and most glorious art thou unto the ages. Amen.

Prayer of St. Symeon:

Now lettest Thou Thy servant depart in peace, O Master, according to Thy word; for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples, a light of revelation for the Gentiles, and the glory of Thy people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us (*thrice*).

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy (*thrice*).

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

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Troparion to St. John Chrysostom, 8th Tone:

Grace shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of uncovetousness, and shown us the heights of humility; but while instructing by thy words, O

Father John Chrysostom, intercede with the Word, Christ our God, to save our souls.

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

Kontakion, 6th Tone:

From the heavens hast thou received divine grace and by thy lips thou dost teach all to worship the One God in Trinity, O John Chrysostom, all-blessed righteous one. Rightly do we acclaim thee, for thou art a teacher revealing things divine.

Both now and ever, and unto the ages of ages. Amen.

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

But if it be the Liturgy of St. Basil, read the:

Troparion to St. Basil the Great, 1st Tone:

Thy fame hath gone forth into all the earth, which hath received thy word. Thereby thou hast divinely taught the Faith; thou hast made manifest the nature of created things; thou hast made the moral life of men a royal priesthood. O Basil, our righteous father, intercede with Christ God that our souls be saved.

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

Kontakion, 4th Tone:

Thou didst prove to be an unshakable foundation of the Church, giving to all mortals an inviolate lordship, and sealing it with thy doctrines, O righteous Basil, revealer of heavenly things.

Both now and ever, and unto the ages of ages. Amen.

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

But if it be the Liturgy of the Presanctified Gifts, read the:

Troparion to St. Gregory the Dialogist, 4th Tone:

Thou who hast received of God divine grace from on high, O glorious Gregory, and hast been fortified in His power, thou didst will to walk according to the Gospel; wherefore, thou hast received of Christ the reward of thy labours, O all-blessed one. Entreat Him that He save our souls.

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

Kontakion, 3rd Tone:

Thou hast shown thyself to be a leader like unto the Chief Shepherd Christ, O Father Gregory, guiding flocks of monks into the heavenly sheepfold, and from, whence thou didst teach the flock of Christ His commandments. And how thou dost rejoice with them and dance in the heavenly mansions.

Both now and ever, and unto the ages of ages. Amen.

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

Lord, have mercy (12).

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

And the Dismissal.