



Paraklesis of the Mother of Our God

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

Glory to You, our God, glory to You!

O Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and fill all things, Treasury of good things and Giver of life, come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

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

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

O Most Holy Trinity, have mercy on us. O Lord, cleanse us of our sins. O Master, forgive our transgressions. O 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 unto the 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. For Thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever unto the ages of ages. Amen.

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

O come let us worship God our King. *(small prostration)*

O come let us worship and fall down before Christ, our King and God. *(small prostration)*

O come let us worship and fall down before Christ Himself, our King and God. *(small prostration)*

Psalm 142

Lord, hear my prayer. In Your truth, give ear to my supplications; in Your righteousness, hear me. And enter not into judgment with your servant, for no one living is justified in Your

sight. For the enemy has pursued my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead, and my spirit is overwhelmed within me; my heart within me is distressed. I remembered the days of old; I meditated on all Your works; I pondered on the work of Your hands. I spread out my hands to You; my soul longs for You like a thirsty land. Lord, hear me quickly; my spirit fails. Turn not Your face away from me, lest I be like those who go down into the pit. Let me hear Your mercy in the morning, for in You I have put my trust. Lord, teach me to know the way in which I should walk, for I lift up my soul to You. Rescue me, Lord, from my enemies; to You have I fled for refuge. Teach me to do Your will, for You are my God. Your good Spirit shall lead me on a level path; Lord, for Your name's sake, You shall preserve my life. In Your righteousness, You shall bring my soul out of trouble, and in Your mercy, You shall utterly destroy my enemies. And You shall destroy all those who afflict my soul, for I am Your servant.

God is the Lord and has revealed Himself to us; blessed is He who comes in the name of the Lord.

Verse: Give thanks to the Lord and call upon His holy name.

God is the Lord and has revealed Himself to us; blessed is He who comes in the name of the Lord.

Verse: All the nations have surrounded me, but in the name of the Lord, I have overcome them.

God is the Lord and has revealed Himself to us; blessed is He who comes in the name of the Lord.

Verse: This has been done by the Lord, and it is wonderful in our eyes.

God is the Lord and has revealed Himself to us; blessed is He who comes in the name of the Lord.

To the Theotokos let us run now most fervently, as sinners and lowly ones, let us fall down in repentance, crying from the depths of our soul: Lady, come and help us, have compassion upon us; hasten now for we are lost in the host of our errors; do not turn your servants away, for you alone are our hope.

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

Repeat the troparion above.

Now and forever and to the ages of ages. Amen.

O Theotokos, we shall never be silent of your mighty acts, all we the unworthy; had you not stood to intercede for us, who would have delivered us from the numerous perils? Who would have preserved us all until now with our freedom? O Lady, we shall not depart from you, for you always save your servants from all tribulation.

Psalm 50

Have mercy upon me, O God, according to Your great mercy; and according to the multitude of Your compassion, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me of my sin. For I acknowledge my transgressions, and my sin is ever before me. Against You, You only, I have sinned, and done evil in Your sight, that You may be found just when You speak, and triumphant when You judge. Behold, I was conceived in iniquity, and in sin my mother bore me. For behold, You have loved truth, the unseen and hidden things of Your wisdom You have made clear to me. You shall sprinkle me with hyssop, and I shall be clean; You shall wash me, and I shall be whiter than snow. Make me to hear joy and gladness, that the afflicted bones may rejoice. Turn Your face away from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me.

Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and establish me with Your governing Spirit. I will teach transgressors Your ways, and the ungodly shall be turned back to You. Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall joyfully declare Your righteousness. O Lord, open my lips, and my mouth shall proclaim Your praise. For if You had desired sacrifice, I would have given it to You, You delight not in burnt offerings. Sacrifices to God are a broken spirit; a contrite and humble heart, O God, You will not despise. Do good, O Lord, in Your good will unto Sion, that the walls of Jerusalem may be built up. Then shall You be pleased with the sacrifice of righteousness, with oblations and whole-burnt offerings, then shall they offer bullocks upon Your altar.

First Ode

Crossing the waters as on dry land, in that way escaping from the evils of Egypt's land, the Israelites cried out exclaiming: To our Redeemer and God, now let us sing.

Verse: Most Holy Theotokos save us.

With many temptations surrounding me, searching for salvation, I have hastened to you; O Mother of the Word, and ever-Virgin, from all distresses and dangers deliver me.

Most Holy Theotokos save us.

Assaults of the passions have shaken me, my soul has been filled to its limits with much despair; bring peace, O Maiden, with the calmness of your own Son and your God, all-blameless one.

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

To God and the Savior you gave birth; I ask you, O Virgin, deliver me from dangers; for now I run to you for refuge with both my soul and my reasoning.

Now and forever and to the ages of ages. Amen.

Diseased is the body and the soul; deem me truly worthy of divine guidance and your care; for you alone are God's Mother, as the good and the Birthgiver of the Good.

Third Ode*

O Lord, You have fashioned the apse of the heavens and founded the Church, likewise establish me in constant love for You; for You are the height of our longing and support of the faithful, O Lover of mankind.

Most Holy Theotokos save us.

A protection and shelter, I have with you in my life, you, the Theotokos and Virgin, pilot me towards your port; for you are the cause of that which is good and support of the faithful, the only all-praised one.

Most Holy Theotokos save us.

I entreat you, O Virgin, disperse the storm of my grief and the soul's most inward confusion, scatter it far from me; you are the Bride of God, for you have brought forth Christ, the Prince of Peace; you, who are blessed by God.

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

Having brought forth to us the Cause and Giver of good, from your great abundance of kindness, pour forth upon us all; for all is possible for you, who carried Christ, Who is mighty in power, most pure one.

Now and forever and to the ages of ages. Amen.

With most serious ailments and with the passions so dark, I am being tested, O Virgin, come and bring help to me; for I have known of you, that you are without fail the endless treasure of cures, only all-blameless one.

Deliver us, your servants, from danger, O Theotokos; after God, we all flee to you for shelter and covering, as an unshakable and beneficial wall.

Turn to me, in your good favor, all praiseworthy Theotokos; look upon my grave illnesses, which painfully sting my flesh and heal the cause of my soul's pain and suffering.

A fervent prayer, and wall most unshakable, a merciful spring and shelter of all mankind; fervently, we cry to you: Theotokos, our Lady, come to us and from all dangers now deliver us, the only protection who speeds to us.

Fourth Ode

O Lord, I have heard of the wondrous mystery of Your salvation; I have contemplated all Your works and I have glorified Your great divinity.

Most Holy Theotokos save us.

Still the darkest of passions, calm the sea of errors in your great peacefulness; it was you who bore the guiding Lord, and you who are the blessed Bride of God.

Most Holy Theotokos save us.

Grant to me, as one beseeching you, your depth of compassion; you who have carried the Compassionate, the Savior of those praising you.

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

We are thankful for all the gifts which we have been given by you the Pure one; and to you, we sing a hymn of praise, knowing you to be the Mother of God.

Now and forever and to the ages of ages. Amen.

Having you as a hope and foundation, and a wall unshaken of our salvation, the all-lauded one, rescue us from afflictions.

Fifth Ode

Lord, enlighten us with Your precepts that can guide our lives, and with Your most powerful arm grant to us Your peace, O You Who are the Friend of all.

Most Holy Theotokos save us.

Pure One, fill my heart with merriment, with happiness; bestow on me your spotless joy, for you have given birth to Him Who is the cause of joy.

Most Holy Theotokos save us.

Deliver all of us from all dangers, Theotokos, most pure, for you bore the timeless deliverer, and you bore the peace which has surpassed all thought.

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

Dissipate the cloud of my sinfulness, O Bride of God, with the brightness of your eminence; for you brought forth the divine Light, which was before all time.

Now and forever and to the ages of ages. Amen.

Heal me, O Most Pure One from the ills brought on by passions, make me worthy of your guiding care, and grant me health, through your intercessions and your prayers.

Sixth Ode

My petition I pour out to the Lord, and to Him I will confess all my sorrows; for many woes fill my soul to its limits, and unto hades my whole life has now approached. Like Jonah, I pray to You: O God, raise me now from corruption.

Most Holy Theotokos save us.

From death and corruption He has saved my nature, held by death and corruption; for unto death He Himself has surrendered; for which reason, O Virgin, please intercede with Him, who is your Lord and Son, to deliver me from the enemies' evils.

Most Holy Theotokos save us.

I know you as the protection of my life, a steadfast shelter and refuge, O Virgin; disperse the host of my many temptations, and force away from me demonic attacks; I pray to you unceasingly, deliver me from corruption of passions.

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

We have you as a wall of refuge, and our soul's most perfect salvation; you are an aid in affliction, O Maiden, and in your light we rejoice to eternity; O Lady, also now, deliver us from the passions and dangers.

Now and forever and to the ages of ages. Amen.

I lie now on a bed of infirmities, and there is no healing at all for my body; I pray to you, who has brought forth our Savior, God, the healer of all our infirmities, raise me from corruption of sicknesses.

Deliver us, your servants, from danger, O Theotokos; after God, we all flee to you for shelter and covering, as an unshakable and beneficial wall.

Turn to me, in your good favor, all praiseworthy Theotokos; look upon my grave illnesses, which painfully sting my flesh and heal the cause of my soul's pain and suffering.

Spotless one, who by a word did bring to us the Word eternal, in the last days ineffably; do you now plead with Him as one with motherly favor.

Unshamable protection of Christians, unwavering intercessor to our Holy Maker, please reject not the prayerful cries of those who are in sin. Instead, come to us, for you are good; bring your loving help to us, who are crying in faith to you: Hasten to intercede and speed now to supplicate, protecting those who honor you for all time, O Theotokos.

Prokeimenon

I shall remember Your holy name from generation to generation.

Verse: Listen, O Daughter, and see, and incline your ear, and forget your people and your father's house.

Gospel

From the Holy Gospel according to Luke (1: 39-49, 56)

In those days Mary arose and went in haste into the hill country, to a city of Judah, and she entered the house of Zachariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry: "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed, for there would be a fulfillment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for He has regarded the lowly estate of his handmaiden. For behold henceforth all generations will call me blessed; for He who is mighty has done great things for me, and holy is His name." And Mary remained with her about three months, and returned to her home.

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

Father, Word, and Spirit, Holy Trinity, wash away our many transgressions.

Now and forever and to the ages of ages. Amen.

Through the intercessions of the Theotokos, merciful One, wash away my many personal offenses.

Verse: Have mercy upon me, O God, according to Your great mercy; and according to the multitude of Your compassions blot out my transgressions.

Put me not into the hands of any human protection, O Most Holy Lady, but receive now the prayers of your supplicant; sorrow has taken me, and I am unable to withstand and bear the demon's darts; shelter I do not have, nor a place to go, worthless that I am; solace I do not have beside you, Lady of humanity. The shelter of the faithful and their hope, do not reject our prayers to you, but make them useful to us.

Of those who flee to you no one is turned away ashamed and empty, O pure virgin Theotokos; but one asks for the favor, and the gift is received from you to the advantage of their own request.

Save your people, Theotokos, O Virgin, the transformation of the afflicted, the cure of those in sickness, the peace of those in conflict, the calm of those in turmoil, the only protection of the faithful.

Seventh Ode

Once, the young men coming out of Judea went to the land of Babylon; with their faith in the Trinity, the flame of the furnace they trampled down while chanting: O the God of our fathers, Blessed are You, our God.

Most Holy Theotokos save us.

As You willed to dispense our salvation, O Savior, You dwelt inside the Virgin's womb; You showed to all the people that she was our own guardian; O the God of our fathers, blessed are You, our God.

Most Holy Theotokos save us.

O pure Mother, pray to the merciful God, that you bore, to deliver from sins and from the soul's defilement, those who cry out most faithfully: O the God of our fathers, blessed are You, our God.

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

A treasure of salvation and a fountain of purity, a tower of safety and a door of repentance she, who carried You, has been shown to those that cry: O the God of our fathers, blessed are You, our God.

Now and forever and to the ages of ages. Amen.

Of the illnesses of body and the soul's ailing sickness of those who run to you for divine protection, as God's Holy Mother, make them worthy of remedy: for the Savior Christ was born from you.

Eighth Ode

The King of heaven, Who is praised, and is hymned by the host of the angels; praise Him and exalt Him throughout the many ages.

Most Holy Theotokos save us.

Do not neglect those who seek your help, O Virgin Maiden, those who hymn you and exalt you throughout the many ages.

Most Holy Theotokos save us.

The infirmities of my soul and the pains of my body heal, O Virgin, so that I may praise you, O pure Lady, throughout the many ages.

Blessed is the Father and the Son and the Holy Spirit.

O Virgin, you pour a wealth of healing on those who faithfully hymn you and who exalt your childbearing wonder.

Now and forever and to the ages of ages. Amen.

You drive away the assaults of temptations, and attacks of the passions, O Virgin, therefore we praise you throughout all ages.

Ninth Ode

Truly, Birthgiver of God, we confess you pure Virgin, we, who were saved through you, with the choirs of the bodiless angels, we magnify you.

Most Holy Theotokos save us.

Reject not the streams of my many tears, Holy Virgin; for you gave birth to the One who dried all tears from all the faces of people.

Most Holy Theotokos save us.

With gladness fill my heart, Most Holy Virgin lady, for you are she who received the abundant joy and lost the grief of sinfulness.

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

O Virgin, with the brightness of your light illumine the gloom of our ignorance and banish it away from the ones who confess you as the Mother of God.

Now and forever and to the ages of ages. Amen.

O Virgin, heal me, I am sick and in a place of malice; transform my illness into wholeness.

O, luminous cloud, Mother of God, vanquish those who fight us, with your strong and commanding right arm, and help those who are in need, save those who are oppressed and unleash the bonds of sin of those who pray to you.

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 defilement you gave birth to God the Word. True Theotokos we magnify you!

All those do you shelter, O Good One, those who in their faith flee unto you, with your strong hand, you protect; we who sin have no one else, who intercedes for us before God, praying endlessly, in ills and all dangers, for us who are laden with our many sins and mistakes; Mother of our God in the Highest, therefore we fall down to you humbly; from all misfortunes, keep your servants safe.

Verse: I shall remember your Holy name from generation to generation...

To all those in sorrow you are joy, and to the oppressed, protection, and to the hungry, their food, comfort for those estranged; you are a staff to the blind, visitation of all the sick, a shelter and support to those held by pain, and to the elderly, an aid; Mother of our God in the highest, you who are the Spotless One, hasten, save your servants from their sin, we ask of you.

Verse: Listen, O Daughter, and see, and incline your ear, and forget your people and your father's house.

Rejoice, O Virgin most pure! Rejoice, honorable scepter of Christ the King! Rejoice, you that sprouted the mystical vine! Rejoice, gate of heaven and bush unburned! Rejoice light of the whole world! Rejoice salvation of the faithful! Rejoice, O Lady, intercessor and refuge of all Christians!

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

Rejoice, glory of the universe! Rejoice, temple of the Lord! Rejoice, overshadowing mountain! Rejoice, refuge of all! Rejoice, golden light! Rejoice, precious glory of Christians! Rejoice, Mary mother of Christ our God! Rejoice, O paradise and altar of the Divine! Rejoice, holy sanctuary! Rejoice, O joy of all!

Higher than the heavens above you are and much purer than the radiance of the sun; you who have redeemed us from the curse which is upon us, the Lady of all people, in hymns we honor you.

For the great multitude of my sins, my body is ill and my soul is weakened; I am fleeing to you, the one who is all-blessed, the hope of all the hopeless, bring me help.

Lady and Mother of Him who saves, receive the supplications of the lowly who pray to you: mediate between us and the One you brought forth; O Lady of all people, intercede for us.

Now with zeal we joyfully chant this ode to you, the all praised Lady, Theotokos. With the saints most holy, together with the Baptist, beseech, O Theotokos, for God's mercy on us.

O hosts of Angels, the Lord's Forerunner, the chosen twelve Apostles and most holy saints, together with the Theotokos, intercede for our salvation.

Have mercy on me, a humble sinner, for beside you I have no other salvation. Have mercy on me, O hope of all Christians.

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

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

O Most Holy Trinity, have mercy on us. O Lord, cleanse us of our sins. O Master, forgive our transgressions. O 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 unto the 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. For Thine is the kingdom, and the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto the ages of ages. Amen.

Have mercy on us, O Lord, have mercy on us, for not knowing how to give any response, we, Your sinful servants, bring this prayer to You, as to a Master, have mercy on us.

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

Lord have mercy on us, for we have hoped in You, be not angry with us greatly, nor remember our iniquities; but look upon us now as You are compassionate, and deliver us from our enemies, for You are our God, and we, Your people, all are the works of Your hands, and we call Your name.

Now and forever and to the ages of ages. Amen.

Open the door of compassion to us, O blessed Theotokos, for hoping in you, let us not perish; through you may we be delivered from adversities, for you are the salvation of the Christian people.

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

**In these prayers the second ode was taken out by the holy hymnographers of the Church for a number of theological reasons.*