

The Rule of St. Pachomius

This rule of prayer was given to St. Pachomius of Egypt by an Angel. The Venerable Father Pachomius was one of the great monastic fathers. He used this rule of prayer to consecrate every hour of the day or night. This prayer rule is one that is fairly easy to memorize so you do not need a prayer book.

Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us.

Amen. Glory to You, our God, glory to You.

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O Gracious One.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

Glory to the Father, and to the Son,
and to the Holy Spirit, now and ever, and
forever. Amen.

Most Holy Trinity, have mercy on us.
Lord, cleanse us of our sins. Master, forgive
us our transgressions. Holy One, come to us
and heal our infirmities for Your name's sake.

Lord have mercy. (*Three times*)

Glory to the Father and to the Son and
to the Holy Spirit, now and ever, and
forever, 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 trespasses, as we forgive those who
transgress against us; and lead us not into
temptation, but deliver us from the evil.

O Lord, Jesus Christ, Son of God,
have mercy on us. Amen.

Lord, have mercy. (*Twelve times*)

Glory to the Father, and to the Son,
and to the Holy Spirit, now and ever, and
forever, Amen.

Come, let us adore the God our King.
Come, let us adore, Christ our King
and God.

O come, let us adore and bow down
to, Christ our King and our God.

Psalm 50

Have mercy on me, O God, according
to Your kindness; in Your compassion blot
out my offense. O wash me more and more
from my guilt, and cleanse me from my sin.
My offenses I truly know them; and my sin is
always before me. Against You, You alone,
have I sinned and what is evil in Your sight I
have done. That You might be justified when
you give sentence, and be without reproach
when You judge. O see, in guilt I was born, a
sinner was a conceived. Indeed, you love
truth in the heart, then in the secret of my
heart teach me wisdom. You shall sprinkle
me with hyssop, and I shall be made clean;
You shall wash me, and I shall be made
whiter than snow. Make hear me hear the

sounds of joy and gladness, that the bones you have crushed may thrill. From my sins turn away Your face and blot out all my guilt. A pure heart create in me, O God, and put a steadfast spirit within me. Do not cast me away from Your presence, and deprive me not of Your Holy Spirit. Give me again the joy of Your help, and with Your governing Spirit establish me. I shall teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from blood-guilt, O God, You God of my salvation; my tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth shall declare Your praise. For if You had desired sacrifice, I had given it; with whole-burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be rebuilt. Then shall You be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

The Creed

I believe in one God, the Father Almighty, Creator of all things visible and invisible. And in one Lord Jesus Christ, the Only-begotten, born of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one substance with the Father, through Whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; He suffered and was buried; And He rose on the third day according to the Scriptures; And ascended into the heavens, and sits at the right hand of the Father; And shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of life; Who proceeds from the Father; Who together with the Father and the Son is worshipped and glorified; Who spoke through the prophets. In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I expect the resurrection of the dead, and the life of the world to come. Amen.

The Jesus Prayer

O Lord, Jesus Christ, Son of God,
have mercy on me, a sinner. (*100 Times*)

Other suitable prayers may also be inserted
here, such as a Canon or an Akathist.

The Dismissal

It is truly proper to glorify you, who
have borne God; the ever blessed and
immaculate and the Mother of our God.
More honorable than the Cherubim, and
beyond compare more glorious than the
Seraphim, who a virgin gave birth to God
the Word. You truly the Theotokos, we
magnify.

Glory to the Father, and to the Son,
and to the Holy Spirit, now and ever, and
forever, Amen.

Lord, have mercy. (Three times)

May Christ, our true God, for the sake
of His most pure Mother, of our holy and

God-bearing fathers, and all the saints, have mercy on us and save us, for He are good and He loves mankind.

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