

The service of the Small Paraklisis to Theotokos

O come, let us worship and fall down before our King and God.

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

O come, let us worship and fall down before Him, Christ the King and our God.

PSALM 142 (141)

Lord, I cry out to You; make haste to me! Give ear to my voice when I cry out to You. Let my prayer be set before You as incense, and The lifting up of my hands as the evening sacrifice.

Set a guard, O Lord, over my mouth: keep watch over the door of my lips. Do not incline my heart to any evil thing, to practice wicked works with men who work iniquity; and do not let me eat of their delicacies.

Let the righteous strike me; it shall be a kindness. And let him rebuke me; it shall be as excellent oil; let my head not refuse it.

For still my prayer is against the deeds of the wicked. Their judges are overthrown by the sides of the cliff, and they hear my words, for they are sweet. Our bones are scattered at the mouth of the grave, as when one ploughs and breaks up the earth.

But my eyes are upon You, O GOD the Lord; In You I take refuge; do not leave my soul destitute. Keep me from the snares they have laid for me, and from the traps of the workers of iniquity. Let the wicked fall into their own nets, while I escape safely.

Fourth Tone

God is the Lord, and has revealed Himself to us; blessed is he who comes in the Name of the Lord.
O give thanks unto 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.
All the nations have surrounded me, but in the name of the Lord, I overcome them.

God is the Lord, and has revealed Himself to us; blessed is he who comes in the Name of the Lord.
This is the Lord's doing, and it is marvellous in our eyes.

God is the Lord, and has revealed Himself to us; blessed is he who comes in the Name of the Lord.

Troparia (Fourth Tone)

O You Who was lifted up

To the Theotokos, let us run now most earnestly, we sinners all and wretched ones, and fall prostrate in repentance, calling from the depths of our souls: Lady, come and help us. Have compassion upon us; hasten, for we are lost in a throng of transgressions; do not turn your servants away with empty hands, for you alone are our only hope.

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

To the Theotokos, let us run now most earnestly, we sinners all and wretched ones, and fall prostrate in repentance, calling from the depths of our souls: Lady, come and help us. Have compassion upon us; hasten, for we are lost in a throng of transgressions; do not turn your servants away with empty hands, for you alone are our only hope.

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

O Theotokos, we shall not cease from speaking of all your mighty acts, all we the unworthy ones; for if you had not stood to intercede for us, who would have delivered us from such numerous dangers? Who would have preserved us all until now in true freedom? O Lady, we shall not turn away from you; for you always save your servants from all manner of grief.

PSALM 50 (51)

Have mercy on me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I know my iniquity, and my sin is ever before me. Against You, You only, have I sinned and done this evil in Your sight- That You may be found just when You speak, and blameless when You judge.

Behold, I was brought forth in iniquities, and in sins did my mother conceive me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me hear joy and gladness, that the bones You have broken may rejoice. Hide 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. 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 uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You.

Deliver me from the guilt of bloodshed, O God. The God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart- these, O God, You will not despise.

Do good in Your good pleasure to Zion; build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offerings; then they shall offer bulls on Your altar.

ODE ONE

Traversing the water as on dry land, and thereby escaping from the toils of Egypt's land, the Israelites cried aloud, proclaiming: to our God and Redeemer let us now sing.

Most Holy Theotokos save us.

By many temptations am I distressed; in search of salvation, unto you have I taken flight; O Mother of the Word, Ever-virgin, from all ordeals and afflictions deliver me.

Most Holy Theotokos save us.

Still the attacks of the passions that disquiet me and overflow my soul with despondency, O Maiden, with the calmness of your own Son and your God, O all-blessed one.

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

To Christ God, the Saviour, you gave birth; I beg you, O Virgin, from afflictions deliver me; for now to you I flee for refuge, bringing to you both my soul and my reasoning.

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

Diseased are my body and my soul; make me worthy of your divine guidance and care, O you who alone are God's Mother, for you are good and the Birthgiver of the Good.

ODE THREE

The vault of the heavens is You, O Lord, Fashioner; and the Holy Church's great founder; likewise establish me in unfeigned love for You, for You are the height of things sought for, the support of the faithful and the only Friend of all.

Most Holy Theotokos save us.

I have you as the shelter and the defence of my life, you, the Theotokos and Virgin; pilot and govern me into your sheltered port, for you are author of good things and support of the faithful, O you the only all-praised one.

Most Holy Theotokos save us.

I entreat you, O Virgin, disperse from me all of the distress of despair and turbulence in my soul; for you, O Bride of God, have given birth to the Lord Christ, Who is Prince of peace, O only all-blameless one.

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

Since you have brought forth Him Who is our Benefactor, the cause of good, from the wealth of your loving-kindness pour forth upon us all; for you can do all things, since you carried Christ, the One Who is mighty in power; for you are blessed of God.

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

With most grievous diseases and with corrupt passions too, I am put to trial, O Virgin; come to my aid; for I know you to be an inexhaustible treasure of unfailing healing, O only all-blameless one.

Preserve and save, O Theotokos, your servants from every danger; after God do all of us for refuge flee unto you; you are a firm rampart and our protection.

With your good will, look on me, O all-hymned Theotokos; and behold my grievous illnesses, and heal the cause of my soul's sorrow.

Second Tone.

Seeking things on high

O fervent advocate, invincible battlement, fountain of mercy, and sheltering retreat for the world, earnestly we cry to you: Lady Theotokos quickly save us from all imperilment; for you alone art our speedy protectress.

ODE FOUR

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

Most Holy Theotokos save us.

Calm the tempest of all my sins, and still the raging of passions with your great peacefulness; for it was you who bore the guiding Lord, and you who are the blessed Bride of God.

Most Holy Theotokos save us.

O grant, out of the endless depth of your great compassion, on me your supplication; for you brought forth One compassionate Who is Saviour of all who sing hymns to you.

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

While delighting, O spotless one, in your many favours, a hymn of thankfulness do we all raise up in song to you, knowing you to be the Theotokos.

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

Having you as our support and hope, and as our salvation's unshaken protection, from all manner of adversity are we then redeemed, O all-praised one.

ODE FIVE

Lord, enlighten us by Your precepts and by Your commands; and with Your arm most powerful grant us Your peace, O You Who are the Friend of all.

Most Holy Theotokos save us.

Pure one, greatly fill my heart with rejoicing; and grant me your undefiled happiness, since you gave birth to Him Who is the cause of joy.

Most Holy Theotokos save us.

Come, deliver us out of dangers, O pure Theotokos, since you are mother of deliverance, and of the peace which surpasses all human reasoning.

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

Dissipate the gloom of my trespasses, O Bride of God, with the clear brightness of Your radiance; for you carried the Light divine which was before all time.

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

Heal me, O pure one, of the sickness, which the passions bring, and make me worthy of your guiding care, and by your prayers and intercessions grant health to me.

ODE SIX

My petition, I pour out to the Lord, and to Him do I proclaim all my sorrows, for many woes fill my heart to its limits, and unto Hades my whole life has now approached; like Jonas I pray to You: Raise me up from corruption, O Lord my God.

Most Holy Theotokos save us.

My nature, held by corruption and by death, has He saved from out of death and corruption, for unto death He Himself surrendered. For which reason, O Virgin, intercede with Him Who is in truth your Lord and Son to redeem me from the enemies' wickedness.

Most Holy Theotokos save us.

I know you as the protection of my life and most safe fortification, O Virgin; disperse the multitude of my many temptations, and put to silence demonic audacity; unceasingly I pray to you: 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 perfect salvation; you are an aid, in affliction, O Maiden; and in your light do we exult with joy. O Lady, deliver us from all passions and perils.

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

Bedridden, I now lie on my back with sickness, and no healing for my flesh is existent except for you, who carried the world's Saviour, our God, the Healer of every infirmity; I pray to you, for you are good: raise me from the corruption of illnesses.

Preserve and save, O Theotokos, your servants from every danger; after God do all of us for refuge flee to you; you are a firm rampart and our protection.

O spotless one, who inexpressibly in the last days with a word brought forth the Word; request of Him, as one who has motherly boldness.

Kontakion (Second Tone):

O protection of Christians that cannot be put to shame, you are the most constant mediation to the Creator. O despise not the suppliant voices of those who have sinned; but be quick, O good one, to come to our aid, who in faith cry to you: Hasten to intercession, and speed to make supplication, you who always protects, O Theotokos, them that honour you.

Plagal (Second Tone).

Having placed their every hope

O entrust me not, I pray, to any human protection, O our Lady, holy one, but accept the prayer of your supplicant. Sorrow has overpowered me, and I am unable to endure and bear the demons' darts; a shelter have I not, neither a place to run, I, the wretched one; embattled from all sides am I, and you are my only consolation. Mistress of creation, protection and hope of faithful ones: Turn not away when I pray to you; do that which will profit me.

Theotokia

No one is turned away from you, ashamed and empty, who flee to you for refuge, O pure Virgin Theotokos; but he asks the favour and receives the gift from you, to the advantage of his own request.

In truth, you are the transformation of the afflicted and the relief of those in sickness, O Virgin Theotokos; save your people and your flock, you who are the peace of the embattled and the calm of the storm-driven, the only protectress of those who believe.

ODE SEVEN

Once from out of Judea did the Children go down to the land of Babylon; they trampled down the fire of the furnace while chanting by their faith in the Trinity: O God of our Fathers, blessed are You.

Most Holy Theotokos save us.

Having willed thus, O Saviour, to dispense our salvation in Your economy, inside the Maid's womb, and showed to all creation that she was our guardian; O God of our Fathers, blessed are You.

Most Holy Theotokos save us.

Do request, O pure Mother, to your Son who has willed to grant mercy to us, to rescue from transgressions and from the soul's defilement those who cry out most faithfully: O God of our Fathers, blessed are You.

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

A fountain of incorruption and a tower of safety is she who gave birth to You; a treasure of salvation and portal of repentance have you proved her to them that shout: O God of our Fathers, blessed are You.

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

Condescend to restore from diseases of body and soul to those who run to your divine protection with faith, O Theotokos, and thus grant them recovery; for Mother of Christ our Saviour are you.

ODE EIGHT

The King of Heaven, Whom all the hosts of Angels hymn with their chants and praises of glory, praise and exalt Him to the ages for ever.

Most Holy Theotokos save us.

Do not neglect those who seek the help you grant, for, O Virgin Maiden, they do hymn you, and they all exalt you throughout the ages.

Most Holy Theotokos save us.

On all that hymn you with faith, O Virgin, and exalt your truly unspeakable Offspring, you have poured a great abundance of your cures and healings.

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

You make well all the diseases that plague my soul, and you also heal the sufferings of the flesh; this is why I, O Maiden full of grace, glorify you.

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

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

ODE NINE

Most rightly we confess you as our God's Birthgiver, we who through you have been saved, O Virgin most pure; with choirs of bodiless Angels, we magnify you.

Most Holy Theotokos save us.

Do not reject the torrent of my tears, for you gave birth to Him Who takes away all tears from every face, O Virgin, for He is Christ indeed.

Most Holy Theotokos save us.

Fill my heart, O Virgin Maiden, with gladness, for you are she who received all the fullness of joy, and made all sorrow of sinfulness to vanish.

Most Holy Theotokos save us.

A haven and protection, and an unshaken wall, and a rejoicing and shelter and place of retreat you become, O Virgin, for those who flee to you.

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

Illumine with the radiance of your light, O Virgin, all those who piously call you the Mother of God, and banish away all darkness of ignorance.

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

It is truly fitting to call you blessed, the Theotokos, the ever-blessed and all-pure Theotokos. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, you who without corruption gave birth to God the Word, the very Theotokos, you do we magnify.

Megalynaria:

You are higher than the heavens above, and you are much purer than the radiance of the sun; for you have redeemed us out of the curse that held us, O Mistress of creation, with hymns we honour you.

From the great abundance of all my sins, ill am I in body, ailing also am I in soul. I have you as refuge; help me, therefore, O hope of all the hopeless, for you are full of grace.

O Lady and Mother of Christ our God Who saves, receive supplication from us wretches who beg for your entreaty to the One born from you; O Mistress of creation, intercede for us.

Now we chant with eagerness to you with this ode most joyful, O all-hymned Theotokos; together with the Baptist and all the saintly choirs, beseech, O Theotokos, that we find clemency.

Speechless be the lips of the impious who refuse to reverence your revered icon which is known by the name Directress, and which has been depicted for us by the Apostle Luke the Evangelist.

O all arrays of Angelic Hosts, with the holy Baptist, the Apostles' twelve-numbered band, all the Saints together, as well as God's Birthgiver, we seek your intercession for our deliverance.

The reader:

Holy God, Holy Mighty, Holy immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, be gracious unto our sins. Master pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (3)

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 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.

**Troparia:
Plagal (Second Tone)**

Have mercy on us, O Lord, have mercy on us; for lacking as we are in all defence, this supplication do we sinners offer You, as our Master: Have mercy on us.

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

Lord, have mercy on us, for we have placed all our trust in You. Do not be greatly angry with us, nor remember our iniquities; but look upon us even now, since You are compassionate, and You redeem us from our enemies. For You are our, God, and we Your people; all are the works of Your hands, and upon Your Name have we called.

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

Theotokion

Open the portal of compassion to us, O most blessed Theotokos; for hoping in you, let us not fail, we pray; through you may we be delivered from adversities, for you are the salvation of the Christian race.

Troparia are chanted with prostrations:

You shelter, all those who in faith flee to you, with your mighty hand, O pure one, as you are good; no one else have we who sin as a perpetual intercession with our God in dangers and sorrows, we who have been burdened with our abundant sins, Theotokos in the highest. Therefore, we all fall down before you; rescue us, your servants from adversities.

You are the joy of all that sorrow, and of the oppressed a guardian, and nurture of all the poor, comfort to the estranged, a support you are to the blind, visitation of all the sick, a shelter and succour to those brought down by pain, helper of orphaned ones: you are Theotokos in the Highest, O spotless Maiden; hurry, we beg you, to redeem your slaves.

Plagal (Fourth Tone)

Lady, receive the supplications of your slaves, and deliver us from every affliction and necessity.

Second Tone

To you I commit my every hope, O Theotokos; guard me under your shelter.

The Exapostilaria at the conclusion of the [Great Paraklesis](#) to the Theotokos are chanted during the Fast of the Theotokos, from the first to the fourteenth of August.

O you Apostles from afar, being now gathered together here in the village of Gethsemane, lay my body in burial; and You, my Son and my God, receive my spirit.

You are the sweetness of Angels, the gladness of afflicted ones, and the protectress of Christians, O Virgin Mother of our Lord; be my helper, and save me from out of eternal torments.

I have you as Mediatress with the manbefriending God; may He not censure my actions before the hosts of the Angels. I supplicate you, O Virgin, come to my aid most quickly.

You are a gold-entwined tower and a twelvewall encircled city, a shining throne touched by the sun, a royal chair of the King, O unexplainable wonder! You that milk-feed the Master.

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