

ORTHODOX PRAYERS OF PREPARATION FOR CONFESSION AND HOLY COMMUNION

This booklet contains the essential canonical prayers of preparation for the Holy Sacraments of Confession and Holy Communion (Eucharist), as well as thanksgiving prayers after receiving the Holy Gifts. Preparing for the sacraments requires sincere repentance, reconciliation with all, and prayerful vigilance.

1. Prayer Before Confession (Saint Symeon the New Theologian)

"O God and Lord of all! Who hast power over every breath and soul, Thou alone canst heal me. Hear the prayer of me, a humble sinner, and let Thy Holy Spirit descend upon me, granting me sincere repentance and contrition of heart. Grant me, O Lord, tears of repentance, that I may wash away my transgressions before Thee. Vouchsafe me to confess with a sincere heart and a pure conscience all my sins before my spiritual father, and to receive through him Thy divine forgiveness. For Thou art blessed unto the ages of ages. Amen."

2. Prayer Before Holy Communion (Saint John Chrysostom)

"I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who didst come into the world to save sinners, of whom I am chief. Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom. May the communion of Thy Holy Mysteries, O Lord, be unto me not for judgment or condemnation, but for the healing of soul and body. Amen."

3. Thanksgiving Prayer After Holy Communion

"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 Mysteries. I thank Thee that Thou hast permitted me, unworthy though I am, to partake of Thy most pure and heavenly gifts. O Sovereign Master, Who didst die and rise again for us, keep me under Thy holy protection. May this communion be unto the healing of my soul and body, the banishment of every adversary, the enlightenment of the eyes of my heart, and the strengthening of my faith and love. Amen."