

Blessed is our God at all times now and always and for ever and ever. Amen.

Glory to You, O our God, Glory to You !

O Heavenly King, Consoler, Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life, come and dwell in us; cleanse us of all stain, and save our souls O Good One.

Holy God! Holy Mighty One! Holy Immortal One! Have mercy on us. [3 times]

Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your Name's sake. Lord, have mercy. [3 times]

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 evil.

For Thine is the kingdom the power and the glory, of the Father and the Son and the Holy Spirit, now and always and for ever and ever. Amen

Lord, have mercy. [12 times]

Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

Come, let us worship God, our King, and bow down before Him.

Come, let us worship Christ God, our King, and bow down before Him.

Come, let us worship Christ, our King and our God, and bow down before Him.

You were transfigured on the Mountain, O Christ God, showing Your disciples as much of Your glory as they could hold. Let Your Eternal Light shine also upon us sinners, through the prayers of the Mother of God, O Giver of light, glory to You.

On the Mountain You were transfigured, O Christ God, and Your disciples saw as much of Your glory as they could hold, so that when they should see You crucified, they would know that You suffer willingly, and would proclaim to the world that You are verily the Splendor of the Father.

Shine in our hearts, Master who love mankind, the pure light of Your divine knowledge and open the eyes of our mind that we may understand the announcing of Your Good News; set in us the fear of Your blessed commandments, so that, trampling all carnal desires, we may live according to the Spirit, both willing and doing everything that pleases You. For You are the light of our souls and bodies, O Christ God, and we render glory to You, and to Your Eternal Father and to Your All-Holy, Good and Life-Giving Spirit, now and always and forever and ever. Amen.

[Reading of Sacred Scripture (Taken daily from the list on the first page)]

Deign, O Lord, to keep us this evening without sin.

Blessed are You, O Lord, God of our fathers. Praised and glorified is Your Name for ever. Amen

O Lord, let Your mercy rest upon us, for we have placed our trust in You.

Blessed are You, O Lord; teach me Your statutes.

Blessed are You, O Lord; grant that I may understand Your statutes.

Blessed are You, O Holy One: enlighten me with Your statutes.

Everlasting is Your love, O Lord; do not turn away from the work of Your hands.

Indeed, praise, adoration and glory are Your due, Father, Son and Holy Spirit, now and always and for ever and ever. Amen.

O Lord, save Your people and bless Your inheritance. Strengthen our public authorities in every good deed and protect Your nation by the power of Your Cross.

Through the prayers of all the saints, and of the Mother of God, grant us peace, O Lord, and have mercy on us, for You alone are merciful.



**We bow in worship
before Your Cross O Master,
And we give praise
to Your Holy Resurrection.**

In the Eastern Church, the new year begins on the first of September. This is because the society was agrarian, and the year ended with the harvest. Years that reaped a greater harvest were considered better years. Years in which the harvest was less abundant were considered less successful years. Our spiritual life follows a similar pattern. Years in which we grow closer to God, and grow in virtue are certainly better years. Years in which we are lazy in our prayer and good works are clearly not as spiritually profitable. As we prepare for the new year, it is a time for self-evaluation and a spiritual and moral inventory. It is a time for prayerful reflection. "It is the time to seek the Lord." (Hosea 10:12)

The forty days from the Feast of Transfiguration through the Feast of the Holy Cross provide a unique opportunity of spiritual evaluation and growth. Saint Paul says in his Second Letter to the Corinthians "The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully." (II Corinthians 9:6) During these forty days we are invited to take time in prayer, reflection on the Word of God, and focus on the spiritual life. Through prayerful reflection on God's sacred Word, each one praying the Vigil shares in the grace of the Holy Spirit. The healing and transforming Glory, Light, and Majesty of the Transfiguration of our Lord Jesus Christ and the Power and Victory of His Life-giving Cross renew the mind and heart. The will is strengthened through the discipline of a forty-day "praxis".

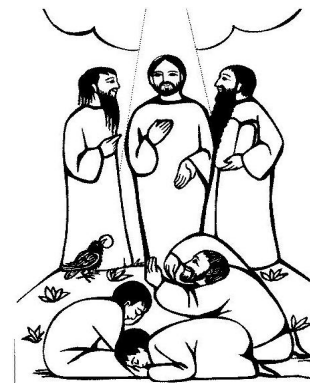
Praying with God's Sacred Word and its transforming power are deeply rooted in the spiritual life. From the great Father of the Desert, Abba Poemen, we hear, "The nature of water is soft, that of stone is hard; but if a bottle is hung above the stone, allowing the water to fall drop by drop, it wears away the stone. So it is with the word of God; it is soft and our heart is hard, but the man who hears the word of God often, opens his heart to the fear of God." Saint John Chrysostom recommended to the fathers of the families that he shepherded, "When you return home you should take the Scriptures and, with your wife and children, you should read and repeat together the Word you heard [at Divine Liturgy]. He also counsels families, "Return home and prepare two tables, one with plates of food, the other with plates of Scripture. Let the husband repeat what was read in Church ... Make your house into a Church."

The Word of God renews us, enlightens us, strengthens us, heals us, and makes us clean. Through these forty days of pondering God's Word, may we be truly blessed. "Let the Word dwell in you richly." (Colossians 3:16)

Forty Day Prayer Vigil

From Transfiguration Light to the Triumph of the Holy Cross

VIII 6	Matthew 17:1-9	VIII 26	I Peter 5:6-11
VIII 7	Mark 9:2-9	VIII 27	II Peter 1:2-9
VIII 8	Luke 9:28-36	VIII 28	James 3:17-18
VIII 9	II Peter 1:12-21	VIII 29	James 1:19-27
VIII 10	II Corinthians 3:12-18	VIII 30	James 4:6-10
VIII 11	Mark 12:28-34	VIII 31	I John 4:7-12
VIII 12	Exodus 20:1-17	IX 1	John 3:27-30
VIII 13	Matthew 5:1-12	IX 2	Colossians 3:1-17
VIII 14	Matthew 5:13-16	IX 3	Ephesians 3:14-19
VIII 15	Exodus 3:1-14	IX 4	Romans 12:1-2
VIII 16	Exodus 34:27-32	IX 5	I Samuel 15:22-23a
VIII 17	Exodus 33:18-23	IX 6	Matthew 9:9-13
VIII 18	I Kings 17:8-24	IX 7	Philippians 2:5-11
VIII 19	I Kings 18:20-40	IX 8	I Corinthians 1:18-2:2
VIII 20	I Kings 19:5-13a	IX 9	Philippians 3:7-11
VIII 21	I Samuel 17:32-33,37,40-51	IX 10	Galatians 2:20
VIII 22	Daniel 1:1-20	IX 11	Luke 9:18-26
VIII 23	Daniel 3:1-30	IX 12	John 12:23-28
VIII 24	I Peter 1:3-9	IX 13	Luke 23:33-46
VIII 25	I Peter 1:13-21	IX 14	John 19:25-37



**This is My Beloved Son
Listen to Him.**

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SPIRITUAL DIRECTION