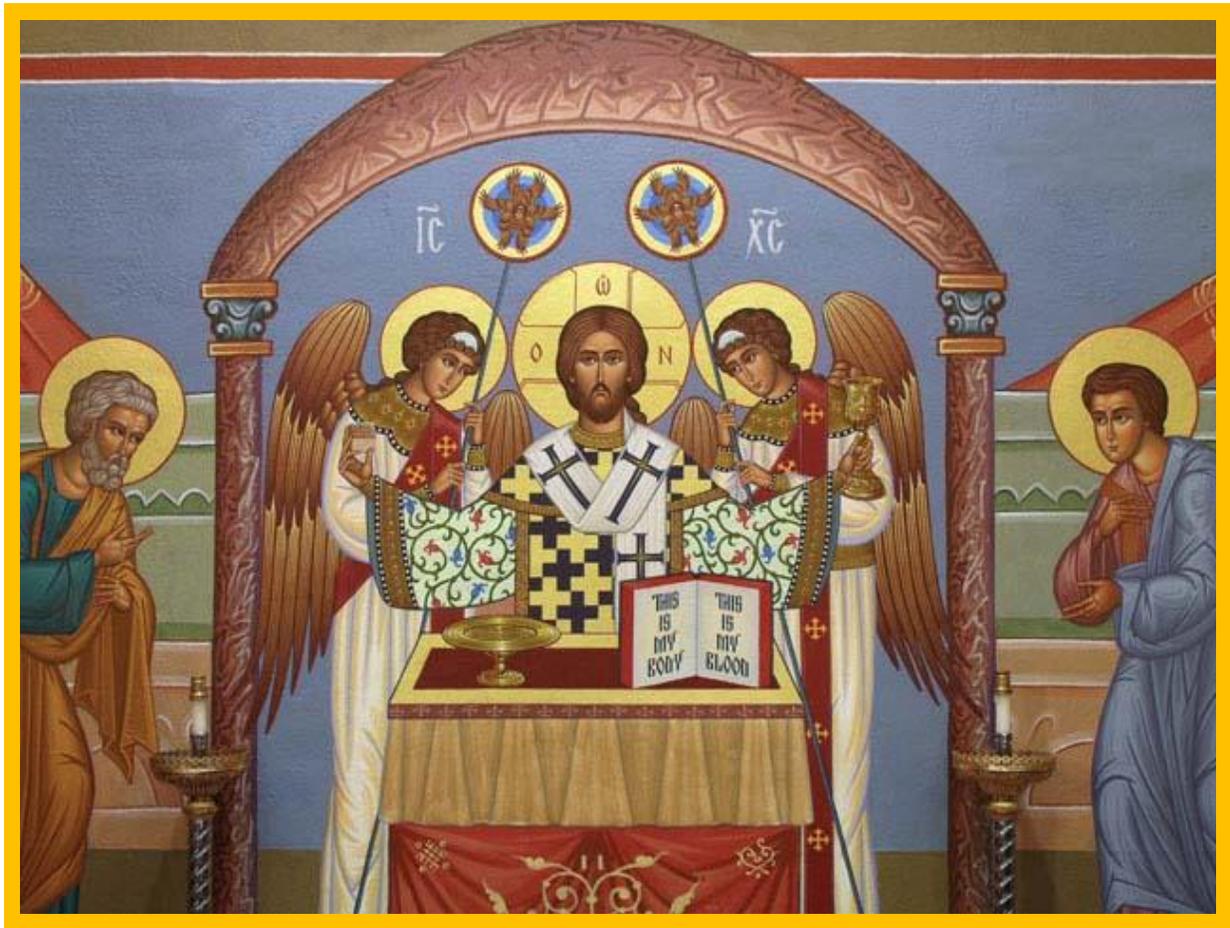


# Prayers of Thanksgiving After Receiving Holy Communion



*When Read During the Divine Liturgy  
at Holy Ascension Orthodox Mission, Melbourne.*

**HOLY ASCENSION  
ORTHODOX CHRISTIAN MISSION**

**[www.ascensionorthodox.org](http://www.ascensionorthodox.org)**

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## **Prayers of Thanksgiving After Receiving Holy Communion**

***Priest:***       **G**lory to You, O God.  
                      **G**lory to You, O God.  
                      **G**lory to You, O God.

### ***Anonymous***

#### **Reader:**

I thank You, Lord my God, that You have not rejected me, a sinner, but have made me worthy to partake of Your holy Mysteries.

I thank You that You have granted me, although I am unworthy, to partake of Your most-pure and heavenly Gifts.

Master who loves mankind, who died and rose for our sake, and granted to us these awesome and life-giving Mysteries for the well-being and sanctification of our souls and bodies, let these Gifts be for the healing of both soul and body, for the averting of every evil, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for faith unashamed, for love unfeigned, for the fullness of wisdom, for the observing of Your commandments, for an increase of Your divine grace, and for the attainment of Your kingdom.

Preserved by them in Your holiness, may I always remember Your grace and no longer live for myself, but for You, our Master and Benefactor.

And thus, when I depart this life in the hope of eternal life, may I attain eternal rest, where the sound of those who keep festival is unceasing, and the delight of those who behold the ineffable beauty of Your presence is unending.

For You are the true joy and inexpressible gladness of those who love You, Christ our God, and all creation praises You to the ages. Amen.

***Of Saint Basil the Great***

Master Christ God, King of the ages and Creator of all things, I thank You for all the good gifts You have given me, and especially for the communion of Your pure and life-giving Mysteries.

I therefore pray to You good Lord who loves mankind: keep me under the protection and in the shadow of Your wings; grant that even to my last breath I may with a pure conscience partake worthily of Your Holy Gifts for the remission of sins and for eternal life.

For You are the Bread of life, the Source of holiness, the Giver of good things, and to You we send up glory, together with the Father and the Holy Spirit, now and ever and to the ages of ages. Amen.

***Of Saint Symeon the Translator***

You who have willingly given me Your Flesh as food, who are a burning fire to the unworthy, do not consume me.

No, my Creator; rather penetrate into my members, all my joints, my organs, and my heart.

Burn all my iniquities like thorns; cleanse my soul, make holy my thoughts, make firm my knees and my bones as well.

Illumine my five senses and make vigilant my entire being with the fear of You.

Watch over me always; shield and protect me from every deed and word which corrupts the soul.

Cleanse me, purify me, and put me in order; adorn me, give me understanding, and illumine me.

Show me to be the dwelling of Your Spirit alone, and not the dwelling place of sin; so that when You enter into the home of Your communion, every evil doer and every passion will flee from me as from fire.

As intercessors I bring to You all the saints, the chiefs of the bodiless hosts, Your Forerunner, the wise Apostles, and moreover Your immaculate and pure Mother; accept their prayers, my compassionate Christ, and make Your servant a child of light.

For in Your goodness You alone sanctify and enlighten our souls, and to You, our God and Master, as is right we send up glory every day.

***Anonymous***

Lord Jesus Christ our God, let Your sacred Body be to me for eternal life, and Your precious Blood for the remission of sins.

Let this Eucharist be to me for joy, health and gladness.

And at Your dread Second Coming make me, a sinner, worthy to stand at the right hand of Your glory; through the intercessions of Your all-pure Mother and of all the saints. Amen.

***Anonymous Prayer to the Mother of God***

All-holy Lady, Theotokos, light of my darkened soul, my hope, shelter, refuge, comfort, and joy: I thank You, for you have deemed me, the unworthy one, worthy to partake of the most-pure Body and precious Blood of your Son.

You who gave birth to the true Light, enlighten the spiritual eyes of my heart; you who conceived the Source of immortality, revive me who am dead in sin; you who are the lovingly-compassionate Mother of the merciful God, have mercy on me and grant me compunction and contrition in my heart, humility in my thoughts and the recall of my thoughts from captivity.

And grant me, until my last breath, to receive without condemnation the sanctification of the most-pure Mysteries for the healing of both soul and body.

Grant me tears of repentance and confession that I may hymn and glorify you all the days of my life.

For you are blessed and most-glorified to the ages. Amen.

***Prayer of St Symeon the Just***

Now let your servant depart in peace, O Master, according to your word, for my eyes have seen your salvation, which you have prepared before the face of all peoples; a light to enlighten the Gentiles, and the glory of your people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
*(x3)*

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

All-Holy Trinity, have mercy on us. Lord, blot out our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. *(x3)*

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

Our Father in the Heavens, hallowed be Your Name. Your Kingdom come, Your will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

***Priest:*** For Yours 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 to the ages of ages.

***Reader:*** Amen.

If the Divine Liturgy was that of **Saint John Chrysostom** the following Troparia:

***Troparion to St John Chrysostom***

*(or the Troparion of the day)*

***Reader:*** Grace like a flame shining forth from your mouth has enlightened the universe, it has shown to the world the riches of poverty, and has shown to us the heights of humility; but while teaching us by your words, O Father John the Golden-mouth, pray to the Word, Christ our God, to save our souls.

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

***Kontakion St John Chrysostom***

*(or the Kontakion of the day)*

***Reader:*** From the heavens you receive divine grace, and by your lips you teach all to worship the One God in Trinity. O all blessed venerable John the Golden-mouth, we worthily praise you, for you are a teacher who reveals things divine.

Now and ever, and to the ages of ages. Amen.

Protection of Christians that cannot be put to shame. Mediation to the unfailing Creator. Do not disdain the prayerful voices of us sinners, but be quick, O good Lady, to help us who in faith cry to you; hasten to intercede and make speed to supplicate, O Theotokos you always protect, those who honor you.

**Now continue on Page 11. Reader: Lord, have mercy (x 12)**



If the Divine Liturgy was that of **Saint Basil the Great** the following Troparia:

***Troparion to St Basil the Great***

*(or the Troparion of the day)*

**Reader:**

Your proclamation has gone out to all the Earth, for it was divinely taught by hearing your voice. You explained the nature of creation and uplifted the manners of mankind. O holy father Basil of a royal priesthood, entreat Christ God that our souls may be saved.

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

***Kontakion St Basil the Great***

*(or the Kontakion of the day)*

**Reader:**

O venerable and heavenly father Basil, you were revealed as the sure foundation of the Church, granting all mankind a lordship which cannot be taken away and sealing it with your teachings.

Now and ever, and to the ages of ages. Amen.

Protection of Christians that cannot be put to shame. Mediation to the unfailing Creator. Do not disdain the prayerful voices of us sinners, but be quick, O good Lady, to help us who in faith cry to you; hasten to intercede and make speed to supplicate, O Theotokos you always protect, those who honor you.

**Now continue on Page 11. Reader: Lord, have mercy (x 12)**

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If it was a **Pre-Sanctified Divine Liturgy of Saint Gregory the Great** the following Troparia:

***Troparion to St Gregory the Dialogist***

*(or the Troparion of the day)*

**Reader:**

O glorious Gregory, receiving divine grace from God above, and strengthened with its power, you walked on the path of the Gospel, O most blessed one. Therefore you have received from Christ the reward of your labors! Entreat Him that He may save our souls!

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

***Kontakion St Gregory the Dialogist***

*(or the Kontakion of the day)*

**Reader:**

O Father Gregory, you showed yourself to be an imitator of Christ, the chief Shepherd, guiding the ranks of monks to the fold of Heaven. From there you taught the flock of Christ His commandments! Now you rejoice and dance with them in the mansions of Heaven!

Now and ever, and to the ages of ages. Amen.

Protection of Christians that cannot be put to shame. Mediation to the unfailing Creator. Do not disdain the prayerful voices of us sinners, but be quick, O good Lady, to help us who in faith cry to you; hasten to intercede and make speed to supplicate, O Theotokos you always protect, those who honor you.

\* \* \* \* \*

**Reader:** Lord, have mercy. (*x 12*)

**Priest:** All-Holy Theotokos save us!

**Reader:** More honorable than the cherubim and beyond compare more glorious than the seraphim; who without corruption gave birth to God the Word, the very Theotokos, we magnify you.

**Priest:** Glory to You, Christ God, our hope, glory to You.

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (x 3)

Father, bless.

**Priest:** May Christ our true God (Who rose from the dead), through the intercessions of His most-pure Mother, of our holy and God-bearing fathers and of all the Saints, have mercy upon us and save us, for He is good and the loves mankind.

**Reader:** Amen.

## **SOURCE**

Translated by His Eminence Metropolitan Isaiah of Denver.

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