

THE PRAYER RULE OF THE
THEOTOKOS
(THEOTOKOS LESTOVKA)

CONTAINING:

THE RULE OF ST. SERAPHIM ZVEZDINSKY
THE ALTERNATIVE MYSTERIES FOR SAID RULE
THE SIMPLE RULE OF ST. SERAPHIM OF SAROV

WITH PRAYERS AND TROPARIA
ACCORDING TO THE RUTHENIAN USAGE

THE RULE OF ST. SERAPHIM ZVÉZDINSKY

The Pendant

The **Trisagion Prayers** followed by the **Nicene Creed**.

O Lord, open my lips, and my mouth shall proclaim Your praise.

[Alternative:

Trisagion Prayers
up to the Lord's Prayer

Pray the Lord's Prayer on the first large bead of the pendant,
then:

Have mercy on us, O Lord, have mercy on us, for we have no defence: this prayer do we as sinners offer you as Master, have mercy on us.

+ Glory to the Father and to the Son and to the Holy Ghost.

Lord, have mercy upon us, for we have hoped in you. Be not angry with us greatly nor remember our iniquities, but have mercy on us now for you are compassionate and deliver us from our enemies. For you are our God and we your people; all are the works of your hands and we call upon your Name.

+ Both now and ever and forever, Amen.

DAILY MYSTERIES

Monday:

Mysteries 1-5

Tuesday:

Mysteries 4-8

Wednesday:

Mysteries 6-10

Thursday:

Mysteries 4-8

Friday:

Mysteries 6-10

Saturday:

Mysteries 11-15

Sunday:

Mysteries 11-15

Open unto us the door of your loving-kindness, O most blessed Theotokos. As we set our hope in you, let us not be confounded, but through you may we be delivered from all adversities. For you are the salvation of the Christian race.

Complete the **Trisagion Prayers**, then, if desired, **Psalm 50** and the **Nicene Creed**.

Then at the first small bead on the pendant:

+ Glory to the Father, who has made us, both now and ever and forever. Amen.

Rejoice, O Virgin Theotokos! Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls!

Then at the second small bead on the pendant:

+ Glory to the Son, who has redeemed us, both now and ever and forever. Amen.

Rejoice, O Virgin Theotokos! Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls!

Then at the third small bead on the pendant:

+ Glory to the Holy Spirit, who has enlightened us, both now and ever and forever. Amen.

Rejoice, O Virgin Theotokos! Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls!

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

The Decades

On the large beads:

The announcement of the mystery and its petitions.

On the small beads:

Rejoice, O Virgin Theotokos! Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls!

On the large beads:

The Lord's Prayer, followed by:

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us and save us.

Open unto us the door of your loving-kindness, O most blessed Theotokos. As we set our hope in you, let us not be confounded, but through you may we be delivered from all adversities. For you are the salvation of the Christian race.

9. O Most Holy Sovereign Theotokos, help me obtain the mercy of Your Son and our Lord and grant me the grace of fervent and continual prayer.

10. O Most Holy Sovereign Theotokos, pray our Lord Jesus Christ to have mercy on me a sinner, to forgive all my sins and save my sinful soul.

11. O Most Holy Sovereign Theotokos, imbue me with Your love, strengthen me with Your faith, and enlighten my eyes that are darkened by sin.

12. O Most Holy Sovereign Theotokos, save me from evil thoughts and grant me a mind and heart that strives after salvation.

13. O Most Holy Sovereign Theotokos, send me peace of soul and health in body.

14. O Most Holy Sovereign Theotokos, grant me an untroubled and peaceful end and lead my soul through the terrible toll-houses.

15. O Most Holy Sovereign Theotokos, be for me, O Mother of God, an Unmoveable Wall and mighty intercession. Do not reject me a sinner, who is unworthy, who runs to your invincible Protection, for you are the hope of Christians and the refuge of sinners.

The Fifteen Requests

- 1. O Most Holy Sovereign Theotokos, save and protect all Orthodox Christians, increase their faith and repentance, and give repose to the dead in the eternal glory of our Lord.**
- 2. O Most Holy Sovereign Theotokos, save and reunite to the Orthodox Church your servants who are lost and who are fallen away.**
- 3. O Most Holy Sovereign Theotokos, save and protect my spiritual Father and by his holy prayers have mercy on me a sinner.**
- 4. O Most Holy Sovereign Theotokos, assuage our sorrows and bestow joy on your suffering and pained servants.**
- 5. O Most Holy Sovereign Theotokos, save me from all evil attacks.**
- 6. O Most Holy Sovereign Theotokos, help me so that everything I do will be for the glory of God and the service of my neighbours.**
- 7. O Most Holy Sovereign Theotokos, protect me from all evil and cover me with Your Holy Omophorion (Mantle) of Protection.**
- 8. O Most Holy Sovereign Theotokos, resurrect my soul and grant me constant prayer to You.**

Then, the prayer of the mystery, if desired.

The Fifteen Mysteries

1. Let us remember the Nativity of the Most Holy Theotokos. Let us pray for mothers, fathers, and children.

Follow the decade by:

Our Lady, Blessed Theotokos, save and preserve your servants (names of parents, relatives, friends), increase their faith and repentance, and when they die give them rest with the saints in your eternal glory.

2. Let us remember the Presentation of the Theotokos in the Temple. Let us pray for those who have lost their way and fallen away from the church.

Follow the decade by:

Our Lady, Blessed Theotokos, save and preserve and unite or re-unite to the Holy Orthodox Church your servants who have lost their path and fallen away (names).

3. Let us remember the Annunciation to the Theotokos. Let us pray for the soothing of sorrows and the consolation of those who grieve.

Follow the decade by:

Our Lady, Blessed Theotokos, soothe our sorrows and send consolation to your servants who are grieving and ill (names).

4. Let us remember the Visitation of the Blessed Virgin with the righteous Elizabeth. Let us pray for the reunion of the separated, for those whose dear ones or children are living away from them or missing.

Follow the decade by:

Our Lady, Blessed Theotokos, unite your servants who are separated.

5. Let us remember the Nativity of Christ. Let us pray for the rebirth of souls, for new life in Christ.

Follow the decade by:

Our Lady, Blessed Theotokos, grant unto me, who has been baptized in Christ, to be clothed in Christ.

6. Let us remember the Feast of the Purification of the Lord, and the words uttered by St. Simeon: Yea, a sword shall pierce through your own soul also (Luke 2:35). Let us pray that the Theotokos will meet our souls at the hour of our death, and will contrive that we receive the Holy Sacrament with our last breath, and will lead our souls through the terrible torments.

Follow the decade by:

Our Lady, Blessed Theotokos, let me receive the Holy Sacrament with my last breath, and lead my soul yourself through the terrible torments.

THE SIMPLE RULE OF ST. SERAPHIM OF SAROV

The Prayers

Begin with the **Lord's Prayer**.

On the small beads:

Rejoice, O Virgin Theotokos! Mary full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls!

On the large beads:

Open unto us the door of your loving-kindness, O most blessed Theotokos. As we set our hope in you, let us not be confounded, but through you may we be delivered from all adversities. For you are the salvation of the Christian race.

Then, one of the fifteen requests.

At the end:

It is truly proper to glorify you, O Theotokos, the ever-blessed, 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.

14. Dormition/Assumption

O Theotokos, in giving birth you preserved virginity; and in your falling asleep you did not forsake the world. You are the Mother of Life and have been transferred to life, and through your prayers you deliver our souls from death.

15. Glorification of the Trinity

It is truly proper to glorify you, O Theotokos, the ever-blessed, 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.

7. Let us remember the Flight of the Theotokos with the God-Child into Egypt. Let us pray that the Theotokos will help us avoid temptation in this life and deliver us from misfortunes.

Follow the decade by:

Our Lady, Blessed Theotokos, help me avoid temptation in this life and deliver me from misfortunes.

8. Let us remember the disappearance of the twelve-year old boy Jesus in Jerusalem and the sorrow of the Theotokos on this account. Let us pray, begging the Theotokos for the constant repetition of the Jesus Prayer.

Follow the decade by:

Our Lady, Blessed Theotokos, grant to me the unceasing Jesus Prayer.

9. Let us remember the miracle performed in Cana of Galilee, when the Lord turned water into wine at the words of the Theotokos: They have no wine (John 2:3). Let us ask the Theotokos for help in our affairs and deliverance from need.

Follow the decade by:

Our Lady, Blessed Theotokos, help me in all my affairs and deliver me from every need and sorrow.

10. Let us remember the Theotokos standing at the Cross of the Lord, when grief pierced through her heart like a sword. Let us pray to the Theotokos for the strengthening of our souls and the banishment of despondency.

Follow the decade by:

Our Lady, Blessed Theotokos, strengthen my soul and banish my despair.

11. Let us remember the Resurrection of Christ and ask the Theotokos in prayer to resurrect our souls and give us new courage for spiritual feats.

Follow the decade by:

Our Lady, Blessed Theotokos, resurrect my soul and give me constant readiness for spiritual feats.

12. Let us remember the Ascension of Christ, at which the Theotokos was present. Let us pray and ask the Queen of Heaven to raise up our souls from earthly and worldly amusements and direct them to striving for higher things.

Follow the decade by:

Our Lady, Blessed Theotokos, deliver me from worldly youghts and give me a mind and heart striving towards the salvation of my soul.

13. Let us remember the Upper Room and the descent of the Holy Spirit on the Apostles and the Theotokos. Let us pray: Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from your presence; and take not your holy spirit from me (Psalm 51).

9. Finding of Christ in the Temple

O Theotokos, valiant defender, your servants offer you hymns of victory in thanksgiving, for you have delivered us. But since you have invincible power, free us from all peril, that we may exclaim to you: Rejoice, O Unwedded Bride.

10. Crucifixion

The noble Joseph took down your most pure body from the cross. He wrapped it in a clean shroud, and with fragrant spices laid it in a new tomb.

11. Resurrection

Christ is risen from the dead! By death he trampled death and to those in the tombs he granted life!

12. Ascension

You were taken up in glory, O Christ our God; you gladdened the disciples with the promise of the Holy Spirit. By blessing them you confirmed that you are the Son of God, the Redeemer of the World.

13. Pentecost/Descent of the Holy Spirit

Blessed are you, O Christ our God. You have shown the fishermen to be all-wise, sending down upon them the Holy Spirit. Through them, you have caught the whole world in your net. O Lover of us all, glory to you!

5. Meeting of the Theotokos and St. Elizabeth

It is truly proper to glorify you, O Theotokos, the ever-blessed, 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.

(One could also recite the Magnificat in place of the above)

6. Nativity of Christ

Your birth, O Christ our God, has shed upon the world the light of knowledge; for through it, those who worshipped the stars have learned from a star to worship You, the Sun of Justice, and to know you, the Dawn from on High. Glory to You, O Lord.

7. Meeting in the Temple with Symeon

Rejoice, Theotokos, Virgin full of grace; for from you has shone forth the Sun of Justice, Christ our God, enlightening those who are in darkness. Rejoice also, you just elder; you received in your arms the liberator of our souls, who grants us resurrection.

8. Flight into Egypt

O Theotokos, valiant defender, your servants offer you hymns of victory in thanksgiving, for you have delivered us. But since you have invincible power, free us from all peril, that we may exclaim to you: Rejoice, O Unwedded Bride.

Follow the decade by:

Our Lady, Blessed Theotokos, make me a clean temple in which God's Holy Spirit will ever dwell.

14. Let us remember the Dormition of the Blessed Theotokos, and ask for a peaceful and serene end.

Follow the decade by:

Our Lady, Blessed Theotokos, grant me a peaceful and serene end.

15. Let us remember the glory of the Theotokos, with which the Lord crowned her after her removal from earth to heaven. Let us pray to the Queen of Heaven not to abandon the faithful who are on earth but to defend them from every evil, covering them with her honorable and protecting veil.

Follow the decade by:

Our Lady, Blessed Theotokos, preserve me from every evil and cover me with your honorable protecting veil.

The Closing Prayers

It is truly proper to glorify you, O Theotokos, the ever-blessed, 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 be...

Lord, have mercy (*Thrice*).

**O Lord Jesus Christ, Son of God, through the prayers of
Your most pure Mother, our holy and God-bearing fathers,
and all the saints, have mercy on us. Amen.**

[Alternative:

**Beneath your compassion we take refuge, O Virgin
Theotokos. Despise not our prayers in our need, but deliver
us from dangers, for you alone are pure and blessed.**

+ Most holy Theotokos, save us. (*Three times with bows*)

**It is truly proper to glorify you, O Theotokos, the ever-
blessed, 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.**

**O Theotokos, valiant defender, your servants offer you
hymns of victory in thanksgiving, for you have delivered us.
But since you have invincible power, free us from all peril,
that we may exclaim to you: Rejoice, O Unwedded Bride.]**

THE ALTERNATIVE MYSTERIES

1. Nativity of the Theotokos

**Your birth, O Virgin Theotokos, heralded joy to the
universe; for from you arose the Sun of Justice, Christ our
God. Removing the curse, he gave the blessing, and by
destroying Death, he granted us eternal life.**

2. Entrance of the Theotokos into the Temple

**Today is the prelude of God's benevolence, and the herald of
our salvation; for the Virgin openly appears in the temple of
God and foretells Christ to all. Let us also with full voice
exclaim to her: Rejoice, fulfillment of the Creator's plan.**

3. Death of Sts. Joachim and Anna

**O Theotokos, valiant defender, your servants offer you
hymns of victory in thanksgiving, for you have delivered us.
But since you have invincible power, free us from all peril,
that we may exclaim to you: Rejoice, O Unwedded Bride.**

4. Annunciation/Incarnation

**Today is the summit of our salvation, and what was hidden
from before all ages is revealed: the Son of God becomes a
virgin's son, and Gabriel announces the good news of grace.
Therefore, let us exclaim with him to the Theotokos: Rejoice,
O Full of Grace, the Lord is with you.**