

## THE TALE OF THE FIVE PRAYERS

*From the times of the Apostles, Christians of all ages, when entering upon a task, began it with prayer, and the end of it they also hallowed with prayerful thanksgiving to the Lord, in Whom we live and move and have our being. And let us do the same, beloved reader.*

*But not having the gift of effectual prayer, let us recall and commit to memory what once was offered to the Lord by the grace of the Holy Spirit out of the inspired heart of the great Russian man of prayer, our father among the Saints, Dimitri, Metropolitan of Rostov and Yaroslav.*

*I am sure that for you, as for me, in offering to your attention "The Tale of The Five Prayers" the work of the great Bishop, it will be both welcome and useful, especially in the view of the wonderful promises which it contains. So hear this tale, my beloved reader.*

*You will not blame me for offering you in this Tale something new - it is not mine, and not new, but only fundamentally and completely forgotten, forgive me that I have disturbed the dust of ages: but this dust is holy ...*

\*\*\*

*One of the holy fathers, standing in prayer and being in ecstasy, heard the voice of our Lord Jesus Christ speaking to the Immaculate and Holy Mother of God, His Mother, saying to her: "Tell me, My Mother, which were the greatest of your sufferings, when you lived in the world, which you suffered for My sake?" The Immaculate One replied: "My Son and God, five times I have endured my greatest suffering for you: First, when I heard from the Prophet Simeon that you were to be killed; Second, when I looked for you in Jerusalem, and did not see you for three days; Third, when I heard that you were seized and bound by the Jews; Fourth, when I saw you on the Cross crucified between the robbers; Fifth, when I saw you placed in the Tomb." And the Lord said to her: "I tell you. My Mother, whoever reads every day each of your sufferings with My prayer, i.e. 'Our Father,' for the first suffering I will give the knowledge of his sins and sorrow for them; for the second, I will give the forgiveness of all his sins; for the third, I will restore to him the virtues lost through sin; for the fourth, I will refresh him at death with my Divine Body and Blood; for the fifth, I will appear to him Myself at his death, and receive his soul into eternal life. Amen."*

\*\*\*

*After this vision of the Holy Father, the following prayers were added by St. Dimitri:*

*At the beginning of the five prayers:*

*"Glory to Thee, Christ my God, that Thou hast not destroyed me a sinner, with my sins, but even till now hast borne -with my sin."*

*Bow*

*Vouchsafe, O Lord, to keep me this day without sin. Grant, O Lord, that I may not anger Thee, my Creator, in thought, word or deed, but that all my actions, counsels and thoughts may be to the glory of Thy Holy Name."*

*Bow*

*"God be merciful to me, a sinner, throughout my whole life. In my passing and after death, forsake me not."*

*Bow*

*Falling low on the earth, say:*

*"Lord, Jesus Christ, Son of God, accept me, dead in mind and soul, accept me, a*

sinful prodigal, impure in soul and body. Take from me all shameless enmity and resistance, and turn not Thy Face from me, O Lord, nor say: I know not who thou art. But hear the voice of my prayer: save me, for Thou hast a wealth of compassion and desirest not the death of a sinner. I will never leave Thee nor depart from Thee, my Creator, till Thou hearest me and givest me forgiveness of all my sins, through the prayers of Thy Most Pure Mother, the intercession of the honourable Bodiless Powers of Heaven, of my holy and glorious Guardian Angel, of Thy Forerunner and Prophet, the Baptist John, of the God-speaking Apostles, of the holy and victorious martyrs, of our Reverend and God-fearing fathers, and all Thy Saints, have mercy and save me, a sinner."

Heavenly King, Comforter,...  
Holy God, Holy Mighty,...  
Our Father...

Virgin Mother of God, rejoice, Mary full of grace; the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Saviour of our souls.

### **First Prayer**

"O merciful Mother, Virgin Mary, I thy sinful and unprofitable servant, remembering thy suffering on hearing from the Prophet Simeon of the merciless murder of thy Son, our Lord Jesus Christ, offer thee this prayer and the Angelic Salutation. Accept it in honour and memory of thy suffering, and pray thy Son, our Lord Jesus Christ, to grant me the knowledge of my sins and sorrow for them."

*Bow*

### **Second Prayer**

Our Father . . .  
Virgin Mother ...

"O Divinely-blessed and Immaculate Maiden, Mother and Virgin, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering when thou didst lose thy Son our Lord Jesus Christ, in the Temple, and for three days didst not see Him. Pray and beg of Him the forgiveness and remission of all my sins, O only Blessed One."

*Bow*

### **Third Prayer**

Our Father . . .  
Virgin Mother ...

"O Mother of Light, most blessed Virgin Mother of God, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering on hearing that thy Son, our Lord Jesus Christ, had been seized and bound. Pray Him to restore to me the virtues lost through sin, that I may magnify thee, O Most Pure One, for ever."

*Bow*

### **Fourth Prayer**

Our Father ...

Virgin Mother ...

"O Fountain of Mercy, Virgin Mother of God, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering when thou didst see thy GOD, our Lord Jesus Christ, on the Cross between the robbers. Pray Him, O Lady, to grant me the gift of His mercy in the hour of my death, and to refresh me with His Divine Body and Blood, that I may glorify thee, my Defender, for ever."

*Bow*

### **Fifth Prayer**

Our Father ...

Virgin Mother ...

"O my Hope, Most Pure Virgin, Mother of God, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering when thou didst see thy Son, our Lord Jesus Christ, placed in the Tomb. Pray Him, O Lady, to appear to me in the hour of my death, and to receive my soul into eternal life. Amen."

*Bow*

Source: <http://www.myriobiblos.gr/texts/english/prayerbook/main.htm>