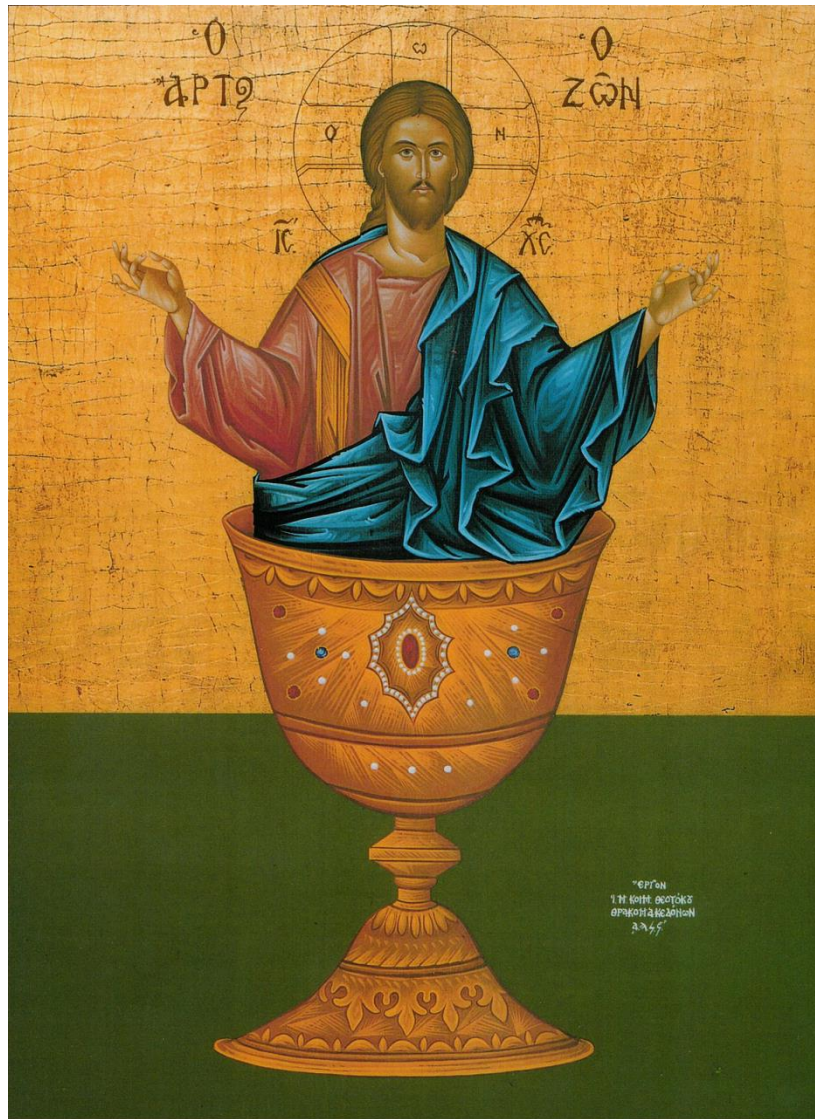


Akathist for Holy Communion



Being deified by and united with
Christ through Holy Communion

Kontakion 1

Chosen Bridegroom of our hearts and souls, through Your Incarnation and death on the Cross, You have betrothed all mankind to Yourself forever and have given us as a pledge of eternal life, Your most pure Body and Blood. At Your call, I though unworthy, dare to approach Your divine table, and struck by its Majesty, I cry:

Jesus, God of my heart, come and unite me to Yourself forever.

Ikos 1

You sent an Angel to the Prophet Isaiah with a live coal from the Heavenly Altar so that his lips might be purified thereby, when, beholding You seated upon a Throne, he was distressed over his impurity. And how shall I, who am defiled in body and soul, dare to approach to partake of the Divine Mysteries except if You Yourself purify me from on High? Wherefore, I cry out to You from the depths of my soul:

Jesus, most good, touch also my impure lips with the fire of Your Grace;

Jesus, burn the thorns of my many transgressions;

Jesus, create in me a clean heart, and renew a right spirit within me;

Jesus, lead my poor soul out of the prison of the passions;

Jesus, destroy in me impure thoughts and evil lusts;

Jesus, guide my feeble steps to the path of Your Commandments.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 2

Greatly desiring to eat a last Passover with Your Disciples before Your Passion, that in the midst You might give them the last and greatest pledge of Your Love, You sent two of them to Jerusalem two days before You, that they might prepare it. Hence, learning how we, too, ought to prepare ourselves to eat of the Divine Passover which is Your Body and Blood, I cry out to You in thanksgiving: **Alleluia! (People sing Alleluia!)**

Ikos 2

"Loose and take off your sandals from your feet, for the place on which you are standing is Holy Ground", You said to Moses from out of the Bush which burned yet was not consumed by Your unseen presence therein. The vessel which contains Your Body and Blood is greater and more Holy indeed than the Unconsumed Bush, but I am dust, unclean and sold under sin. Wherefore, with humility and faith I cry out to You:

Jesus, Almighty, strip from me the old man and all his works;
Jesus, slay within me the seed of corruption which makes its nest within me;

Jesus, break the bonds of sin whereby the enemy have bound me;

Jesus, grant me a humble heart and a broken spirit;

Jesus, drive far from me temptations and occasions for stumbling;

Jesus, establish me in faith and love for You.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 3

"Our fathers ate manna in the wilderness, and are dead. I am the Bread which comes down from Heaven and if any man eats thereof, he shall live forever. And the Bread which I will give is My Flesh, which I will give for the life of the world", You said to the Jews that sought to see from You a sign from heaven like the manna of Moses, And hearing and beholding the fulfillment of the prophecy, we cry out with fear: **Alleluia! (People sing Alleluia!)**

Ikos 3

Having risen from the Supper, as the Holy John relates, and girded Yourself about with a towel, You washed the feet of the Disciples, thereby teaching us that we ought not to approach Your divine table in our sins not washed by tears of repentance. Mindful of my great need for this mystical ablation and of the lack of tears from my hardened heart, with Peter I cry to You:

Jesus, All-good, do You Yourself wash not only my feet, but my hands and head as well;

Jesus, lay bare before me the abyss of my soul's corruption;

Jesus, open within me the floodgates of heartfelt contrition;

Jesus, bedew me with the drops of Your loving-kindness;

Jesus, wrap me about with the fear of the judgment and the eternal torments;

Jesus, awaken within me my sleeping conscience and strengthen its voice.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 4

"Is this not Jesus, the son of Joseph, whose father and mother we know? How is it, then, that He said, 'I came down from Heaven?' How can He give His Flesh to eat?" said the Jews among themselves, on hearing Your most glorious promise to give Yourself as food to the faithful, unable in the hardness of their hearts to believe with humility and cry out to You: **Alleluia! (People sing Alleluia!)**

Ikos 4

"Unless you eat the Flesh of the Son of Man, and drink His Blood, you have no life in you," You told the Jews that were slow to believe, and this saying was shown to be hard to accept even for some of Your Disciples that were yet ignorant of the Mysteries of the Kingdom of Heaven. But we, illumined with light of the gospel and beholding Your Divine Glory with face unveiled, cry out to You with faith and love:

Jesus, You can do everything through the greatness of Your power and dominion;

Jesus, You created and perfected more than we can understand and comprehend;

Jesus, You once rained down manna from heaven as a sign of the present Mystery;

Jesus, You poured forth water from a rock as a prefiguring thereof;

Jesus, You sent a cloud of quail as food for the Jews, who were starving in the wilderness;

Jesus, You before the very eyes of the doubting Jews satisfied five thousand men with five loaves of bread.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 5

While eating Supper with Your Disciples, taking bread, and blessing and breaking it, You gave it to them, saying: "Take, eat; this is My Body, which is broken for you for the remission of sins." And thereafter, having given them the Cup, You said: "Drink all of it all of you: this is My Blood of the New Covenant, which is shed for you and for many for the remission of sins." Harkening to this divine and most sweet voice, with thanksgiving we cry: **Alleluia! (People sing Alleluia!)**

Ikos 5

He who eats My Flesh, and drinks My Blood, dwells in Me, and I in him. He has eternal life; and I will raise him up at the last day, which is at the resurrection of life and blessedness. Wherefore, seeking to be vouchsafed this longed-for resurrection to life, from the depths of my soul I cry to You:

Jesus, draw nigh to one that seeks union to You;
Jesus, enter into my innermost parts, into all my members and bones;
Jesus, You are a light to my darkened mind;
Jesus, fill with Yourself the abyss of my heart, which the whole world cannot satisfy;
Jesus, speak through the voice of my conscience;
Jesus, stir and guide my will.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 6

"Verily, verily, I say to you that one of you shall betray Me," You said in anguish of spirit to Your Disciples at the Supper. And though they were innocent of any intention to betray You, each of them asked You: "Lord is it I?" showing thereby the depth of their humility. But what can I say to You when I fall and betray You seven times a day? Yet keep me safe, that I may not fall away utterly, but cry to You thankfully: **Alleluia!**

(People sing Alleluia!)

Ikos 6

"As the branch cannot bear fruit of itself, except it abides in the vine, neither can you, unless you abide in Me. He that abides in Me, and I in him, the same brings forth much fruit." Thus, working wonders, You taught Your beloved Disciples on the way to Gethsemane. Therefore, attending to this instruction, and knowing the weakness of my nature without Your Grace, I earnestly cry to You:

Jesus, most Heavenly Bridegroom, plant me in Your life-bearing Garden;

Jesus, True vine, graft me to Yourself like a wild branch;

Jesus, unwithering root, fill me with the sap of eternal life;

Jesus, Vanquisher of all mortality, clear away that which has been dried up within me by the heat of the passions;

Jesus, Beautiful goodness, adorn me with the flowers of good thoughts and feelings;

Jesus, rich in mercy, enrich me with the fruits of true repentance and righteousness.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 7

To the Disciple who at the Supper leaned upon Your breast and asked: "Who is he that will betray You?" You answered; "He it is to whom will dip in, after I have dipped in." And, having dipped the bread, You did give it to Judas Iscariot, the son of Simon, to move him to repentance. But, being hardened by the spirit of malice, he had no desire to understand his Lord and Master's voice of love. May I be delivered by Your Grace from such hard-heartedness, by crying out to You: **Alleluia! (People sing Alleluia!)**

Ikos 7

Taking pity on the weakness of our nature, which turns away from eating human flesh, You were well-pleased to bestow upon us Your all-pure Body and Blood not manifestly, but under the appearance of bread and wine, most wisely ordering the whole matter of our salvation in Your Love for mankind, O Jesus, and accommodating Your most saving Mysteries to the weakness of our comprehension and senses. Marveling at this condescension of Your Wisdom to the weakness of our nature, I thankfully glorify You:

Jesus, You in Your Wisdom and Love for mankind, arrange all things for our salvation;

Jesus, You adapted Your most saving Mysteries to the weakness of our understanding and senses;

Jesus, Who for the assurance of the doubting have many times manifested Your very Body and Blood at Your Holy Table, instead of bread and wine;

Jesus, You have shown to worthy ministers of the Altar, the Holy Spirit descending for the consecration of the gifts;

Jesus, Who instead of unworthy ministers of the Altar, sent invisibly Your Holy Angels for the celebration of the Divine Mysteries;

Jesus, You through the manifestation of miracles at the Holy Table, have converted to faith many of the impious.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 8

After the Supper, the traitor ate the bread You gave him, as the Holy John relates, and Satan entered into him. Oh, what a dreadful punishment for unbelief! Oh, how unhappy the lot of the traitor! What should have been for his salvation is turned into death and damnation for him. Bowing reverently before this judgment of Your Righteousness, with fear and trembling I cry to You: **Alleluia! (People sing Alleluia!)**

Ikos 8

"Do this in remembrance of Me," You said to Your Disciples at the Supper, giving them Your Body under the appearance of bread, and Your Blood under the appearance of wine. For as often as we eat this bread, and drink this cup, we show forth Your death, according to the word of the Holy Paul. And now, remembering Your Passion, with compunction I cry to You:

Jesus, Who for the salvation of the world, gave Yourself over voluntarily into the hands of Your enemies;

Jesus, You did not allow legions of angels to appear in Your defense;

Jesus, Who with a glance and with the crowing of a cock, converted to repentance an unfaithful disciple;

Jesus, You made no reply to Caiaphas and Pilate who questioned You foolishly;
Jesus, Who from the Cross, asked the Father to forgive the sins of them that crucified You;
Jesus, You in Your surpassing loving-kindness, gave the beloved Disciple to Your Mother as a son.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 9

"Judas, you betrayed the Son of Man with a kiss." You sadly cried out to Your unfaithful Disciple, when he came with a detachment of troops into the Garden of Gethsemane. But even these poignant words did not strike his soul, hardened in evil, with repentance. And, knowing the inconstancy of my own will, I fear that at any moment I too may give You the kiss of Judas, ungrateful as I am. But do You Yourself strengthen me by Your Grace, that with the good thief I may ever cry out: **Alleluia! (People sing Alleluia!)**

Ikos 9

"I pray they all may be one as You, Father, are in Me and I in You, that they also may be one in Us, and the world may believe." This You exclaimed and was Your last great prayer to the Father. Hearing Your voice most sweet, and trusting in the power of Your Prayer, with faith I cry to You:

Jesus, You gather all together as one, unite us all inseparably with You and Your Father;
Jesus, grant that we all abide in oneness of mind, in faith and in love for You;

Jesus, You cannot abide enmity and division, destroy impious heresies and schisms;
Jesus, You love and have mercy upon all, gather all the lost sheep into one flock;
Jesus, You give peace to all, allay the envy and deniers among them that call upon Your Name;
Jesus, You give me the Communion of Your very Body and very Blood, may I be truly flesh of Your Flesh and bone of Your Bones.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 10

By turning water into wine at the wedding in Cana of Galilee, You manifested the first sign of Your Divine Power. Then, when about to depart to the Cross as the Bridegroom of souls, You manifested to them that believe, the last miracle of Your Love and changed bread into Your Body and wine into Your Blood. Nurtured with life eternal, I too, thankfully cry out to You: **Alleluia! (People sing Alleluia!)**

Ikos 10

On the day of Your Resurrection, You accompanied in the guise of a traveler, two of Your Disciples on the way to Emmaus. You instructed them in the Mystery of Your Passion, but their eyes were unable to recognize You though their hearts burned within at the sweetness of Your Words. You stayed with them, and having blessed the Bread, You gave it to them and instantly their eyes were opened and they recognized You. Like those Disciples, I too, humbly make bold to raise my voice to You:

Jesus, long-suffering, do not abandon me on the path of life because of the insufficiency of my faith;
Jesus, teach me, like them, to understand the prophecies concerning You and the Mystery of union with You by Grace;
Jesus, warm and inflame my cold heart, as You did those of Your Disciples;
Jesus, All-good, abide also with me, for the day of my life is far spent and it is towards evening;
Jesus, grant me to know You truly in the present breaking of the Mystical Bread and in drinking from the Chalice;
Jesus, grant that even I, perceiving the power of Your Love, may become a proclaimer to my brethren.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 11

To him that is victorious, You promised he could eat of the Tree of Life which is in the midst of the Paradise of God. May I be prepared on earth for this heavenly fare by the communion of Your Body and Blood, which as I now unworthily approach, I cry: **Alleluia! (People sing Alleluia!)**

Ikos 11

He that eats and drinks unworthily, eats and drinks Judgment to himself and not discerning the Body and Blood of the Lord, Paul admonishes them that approach for Communion. Wherefore, I too, fear and tremble at my unworthiness, yet by separating myself for long from Your Communion, I fall prey to the noetic wolf. Therefore, I draw nigh to You with such a cry:

Jesus, receive me as You received the publican, the harlot and the thief;
Jesus, disdain not to enter under the roof of my soul, though it is all empty and fallen;
Jesus, open the eyes of my soul as you opened the eyes of the man that was blind from birth;
Jesus, say to me too, as to the paralytic: Arise and walk;
Jesus, stop the flow of impure desires of my soul as You stopped the flux of the woman with an issue of blood;
Jesus, heal the leprosy of my soul and conscience.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 12

Through the envy of the devil who spoke through the mouth of the serpent and through the eating of the forbidden fruit, the whole human race lost Paradise and was given over to death. But by tasting of Your most pure Body and Blood, all men are again vouchsafed eternal life and rise up to their former state. For the Communion of Your life-creating Mysteries is an antidote against the venom of the serpent and is the seed of immortality. Wherefore, I thankfully cry out to You: **Alleluia!**
(People sing Alleluia!)

Ikos 12

Lo! I stand before the vessel which holds Your Divine Mysteries, yet I do not put away my evil thoughts. Your almighty Grace alone does encourage and draw me closer to You. Wherefore, casting myself into the abyss of Your loving kindness, I cry out:

Jesus, You call all that labor and are heavy laden to rest in You,
receive me, who labor under the vanity of this world;
Jesus, You came to call not the righteous but sinners to
repentance, absolve me of my sins and passions;
Jesus, You heal every infirmity and disease, heal the wounds and
festering of my soul;
Jesus, You satisfy the hungry, feed me with Your Body and
Blood;
Jesus, You rose the dead, quicken me who have been slain by my
sins;
Jesus, Conqueror of hell, rescue me from the jaws of the spirit of
malice.

Jesus, God of my heart, come and unite me to Yourself forever.

Kontakion 13

(To be read three times)

O Jesus most sweet and All-compassionate, Who descended like manna
from Heaven to nourish our souls and hearts in the Mystery of Your most
pure Body and Blood: vouchsafe me to partake, without condemnation, of
Your Divine Mysteries, that, being healed, nurtured, sanctified and deified
by You forever, I may thankfully cry: **Alleluia! Alleluia! Alleluia!**
(People sing Alleluia! Alleluia! Alleluia!)

Ikos 1

You sent an Angel to the Prophet Isaiah with a live coal from the
Heavenly Altar so that his lips might be purified thereby, when, beholding
You seated upon a Throne, he was distressed over his impurity.

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**Glorifying God Through His Light
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Orthodox.Mission.Church@gmail.com**