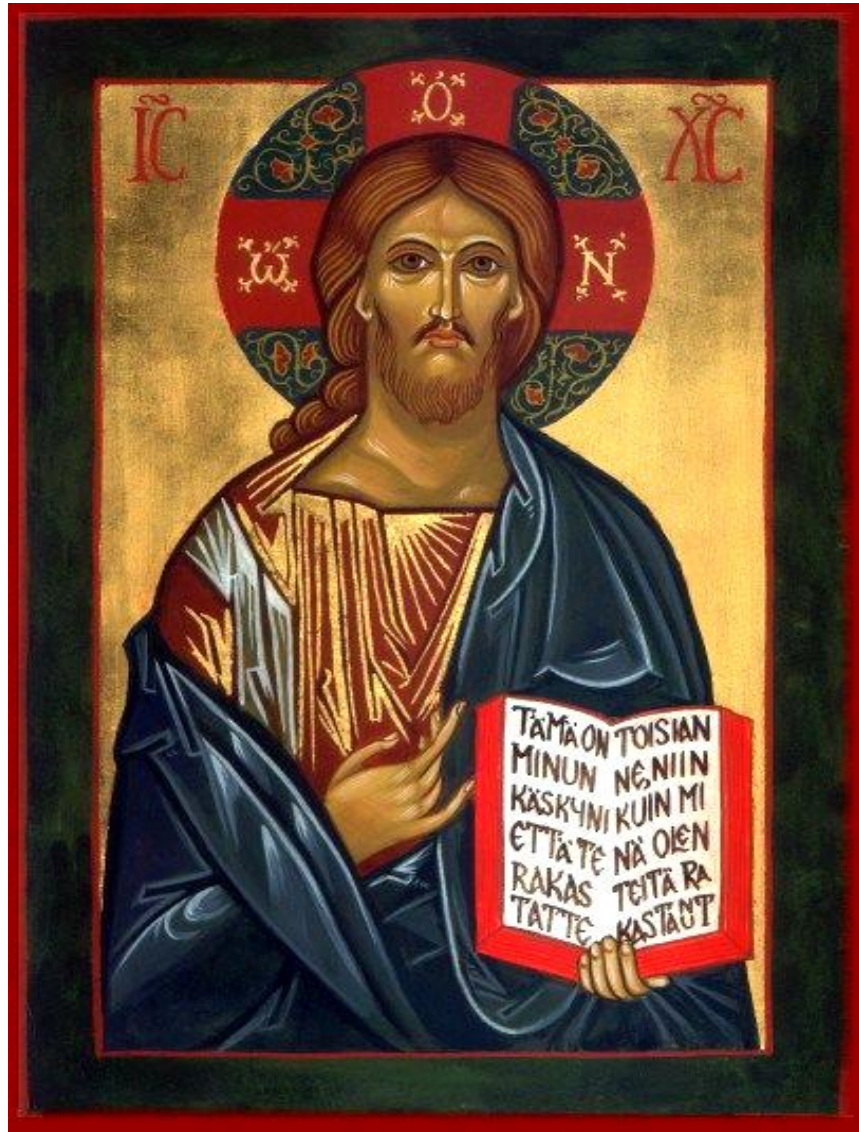


# Akathist of Repentance



For those who aborted a child

### **Kontakion 1**

O Lamb of God Who takes away the sins of the world, hear my groaning and attend to the sorrows of my heart; take away my heavy burden of sin, O You who has borne our infirmities; receive me who fall down before You in repentance, praying and crying out from the depth of my soul:

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Ikos 1**

O God and Lord! The creation is Yours, but woe to me: The sin committed by Adam in paradise lives in me and in my body, and like a slave I am always fervently serving it, but now I entreat You:

Have mercy on me, O Creator of the world above.  
Have mercy on me, O Maker of the world below.  
Have mercy on me, O Master of the Heavenly Powers.  
Have mercy on me, O Ruler of bodily creatures.  
Have mercy on me, O Provider of all things.  
Have mercy on me, who brings You my tears for my sins.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 2**

O All-merciful Master, how can I, such an abominable sinner, dare to come to You with my prayer, after having broken Your commandment which You gave me through Your prophet Moses: You shall not kill. But I am a murderer, and a hundred times more cruel than even the serpent which at least allows its offspring to see the light for a short while before devouring them. But I, the wretched one, have mercilessly deprived my children not only of the physical light but even more of the true Light, our Lord Jesus Christ, Who grants illumination through the Mystery of Baptism; and to avoid having many children for the sake of temporal bodily rest, I slew them while they were still in my womb. Wherefore, darkened by these and countless other sins, I hope only in the mercy of Your compassion and with boldness cry to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 2**

I have disdained Your words of life, O Lord, and have walked according to the desires of my own heart from my youth up to this very day, but now in repentance I cry to You, O my All-compassionate Savior:

Have mercy on me, who was conceived in iniquities.  
Have mercy on me, who was born in sins.  
Have mercy on me, who have not kept Your commandments.  
Have mercy on me, who have been deprived of Your grace.  
Have mercy on me, who does not care for my salvation.  
Have mercy on me, who am caught in the net of the passions.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 3**

How good and beautiful it is for brethren to dwell together in unity and to love one another, as You commanded us, O our Savior, for he who is angry with his brother is a murderer. But I, in my wrath, have surpassed all those ever born on earth, even murderers whose victims of different ages and times were slain for various reasons; because I, the wretched one, deprived of life those who had only just received their time of life from You, the Giver of Life, and in my madness mercilessly took away their life while they were still in my womb, with no fear of God, and rejecting Your will and the gift of childbearing blessed by You. I willfully pulled out of Your creating hands my innocent children and was not ashamed to slay them before Your eyes. But their lot is in Your right Hand, O Lord, and my sin is ever before me. To You alone do I repent, and I pray to You, O Good One, direct my steps on the path of penitence, so that with all repentant sinners I may sing to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 3**

You alone know human frailty and all my sinful falls. Do not remember the sins of my youth, and cleanse me from my secret sins as I cry to You:

Have mercy on me, a great sinner.  
Have mercy on me, a transgressor of God's law.  
Have mercy on me, a violator of Your testament.  
Have mercy on me for with evil have I repaid You, O my Master.  
Have mercy on me who come to You in repentance at the eleventh hour.  
Have mercy on me, the wretched slayer of children.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

**Kontakion 4**

O Giver of Life, Heavenly King, come and abide in me who am defiled by sins, and cleanse me from every impurity, and save my soul, O Good One, so that being saved I may cry to You: **Alleluia! (People sing Alleluia!)**

**Ikos 4**

I have gone astray like a sheep that is lost; O my God, seek me Your servant, who from Your commandments have gone astray into the impassable thicket of passions and self-will. Save me, the unworthy one, for lamenting I pray to You fervently and cry out:

Have mercy on me, who am heavy laden with self-willed sins.

Have mercy on me, who am darkened by passions.

Have mercy on me, who am carried away with pride.

Have mercy on me, who am consumed by envy.

Have mercy on me, who am filled with unrighteousness.

Have mercy on me, O You who does not desire the death of the sinner.

Have mercy on me, the intentional murderer of my children.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

**Kontakion 5**

Whenever You wish, O my Almighty God, the order of nature is overcome; conquer the sinful nature which lives in me, and its power which drags me toward sin, for You are the Creator of all things and the Fashioner of nature. By Your Divine grace renew a right spirit within me, do not cast me away from Your face or take away Your Holy Spirit from me. Wipe away the deadly stamp of child-slayer which was deservedly placed upon my soul, placed by Your just judgment in accordance with the sixth commandment of Your law: You shall not kill. Restore Your eternal covenant to us, O Lord, which I have broken by my sins, and return my former virtues which were lost through sin, so that without hindrance I may cry out to You: **Alleluia! (People sing Alleluia!)**

**Ikos 5**

Who has ever sinned as I the wretched one? What sin have I not committed? What evil has not been imagined in my soul?

But with a penitent heart and tears I come to You, O All-compassionate Lord, crying out:

Have mercy on me, Your unfaithful servant.  
Have mercy on me, who am hardened in sins.  
Have mercy on me, who hate my neighbor.  
Have mercy on me, who offend in word and deed.  
Have mercy on me, who am defiled in soul and body.  
Have mercy on me, for my conscience is burned up.  
Have mercy on me, a child-slayer like Herod.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 6**

With the rays of Your grace, O Lord, illumine the vesture of my soul, O Giver of Light, and save me so that rejoicing I may sing to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 6**

Great is the multitude of my transgressions, O Christ, and all my life is like a dark and gloomy night. But not despairing Your compassion, O my Savior, like David I cry to You:

Have mercy on me, who have wasted all my life in laziness.  
Have mercy on me, who am negligent in prayer for my sins.  
Have mercy on me, who am ungrateful for Your good inspirations to repent.  
Have mercy on me, who have not honored Your law or kept Your commandments.  
Have mercy on me, for I have loved the world and that which is in the world.  
Have mercy on me, for I have spent the days of my life in worldly vanity.  
Have mercy on me, who following the laws of this age and disdaining the childbearing blessed by You, have committed child-murder.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 7**

Unto You in heaven I lift up my eyes, O Word of God, but my weak nature draws me down, O my Savior. O Creator of heaven and earth and of all that is in them! Raise me up in thought and deed toward that which is above, so that I may always victoriously sing to You with heart and lips: **Alleluia! (People sing Alleluia!)**

### **Ikos 7**

I have an eye that is evil and filled with every impurity, and am ever captivated by the delusion of this world, wherefore I entreat You, O All-good One, turn my eyes away from seeing vanity, that I may call out to You in supplication:

Have mercy on me who am thirsting to serve You faithfully.

Have mercy on me who desire to worship You in spirit and in truth.

Have mercy on me who bring You the tears of my repentance as a sacrifice for my sins.

Have mercy on me who ask of You forgiveness for the slaying of my children.

Have mercy on me who look to You for deliverance from my passions.

Have mercy on me who am weeping intensely over my grievous mortal sins.

Have mercy on me, a murderer deserving judgment both Divine and human.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 8**

Spare me, O Lord my Savior, O You Who came into the world to save sinners of which I am worst of all, but I entreat You, O my All-compassionate God, incline Your heart to mercy, listen to the groanings of my heart, accept my flowing springs of tears, the fervent prayers of my soul, O my beloved Savior, so that I may sing to You: **Alleluia! (People sing Alleluia!)**

### **Ikos 8**

Evil thoughts like robbers attacked me while my conscience slept – woe is me! For my sins have deprived me of the radiant vesture which was given at my Baptism. I committed the murder of my children and have remained stripped of virtue, but I try hard to raise my eyes on high – cast down because of the multitude of the cruel deeds committed before You, O Lord – and I cry out to You:

Have mercy on me, who have committed a mortal sin.

Have mercy on me, who up until now have persisted in sins.

Have mercy on me, who am filled with every kind of evil.

Have mercy on me, who am stained with iniquities contrary to nature.

Have mercy on me, for I have deprived myself of pious motherhood.

Have mercy on me, who have cast my children out of the womb before the fullness of their time.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 9**

Grant me streams of tears, O my God, that I may weep over my sins, and then rejoicing may cry out: **Alleluia! (People sing Alleluia!)**

### **Ikos 9**

I have defiled my body with sinful secrets, I have darkened my soul with indecent acts; my body is enfeebled, my soul is also enfeebled. Falling down before You Who alone does not remember wrongs, my merciful Judge and God, I pray to You:

Have mercy on me, a murderer: for the remembrance of the fate of my aborted children brings me fear and trembling and unspeakable astonishment – how You, O merciful Lord and most righteous Judge, continue to endure me and do good to me, an inhabitant of hell, even up to this very day and hour, awaiting my repentance.

Have mercy on me, who more than once have promised to amend, but again returned to sins as a dog to its vomit.

Have mercy on me, who have committed a number of murders.

Have mercy on me, for without the fear of God or maternal love for children but with the fury of a wild beast have I torn apart my children.

Have mercy on me, for by my own free will I have committed my sins.

Have mercy on me, who have defiled my spirit with foul thoughts.

Have mercy on me, for I have led a sinful life even to this very day.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 10**

I have been wounded by the seductive charm of this world and have bent my knees before it, having chosen the ruinous path of its disgusting law, having forgotten my Baptismal vows; and committing trespasses one after the other, doing whatever the world whispered to me, I ultimately reached the very peak of mortal sins: the murder of children. But, O Father, open to me Your embrace, O my God, quickly, so that at least before my end I may offer You a sacrifice of praise, exclaiming: **Alleluia! (People sing Alleluia!)**

### **Ikos 10**

Robbers, murderers, thieves, and all unrepentant sinners shall not inherit the kingdom of God. And by every unrighteousness and all detestable sins, I have defiled my body and soul; because of this misery of my soul, falling down before You I cry:

Have mercy on me, who was born in the New Testament of Your grace-filled Kingdom.

Have mercy on me, who was received into the Church fashioned by You.

Have mercy on me, who was sealed with the gifts of the Holy Spirit.

Have mercy on me, who was nourished by Your most Pure Body and Your Life-giving Blood.

Have mercy on me, who was baptized in Christ and clothed in Christ.

Have mercy on me, who cast away all these benefactions and chose a life of sin.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 11**

Grant me a spirit of chastity, O Lord and Master of my life, for from my youth I have been bereft of virtue, I have enslaved myself to passions: I have defiled my spirit and soul and have corrupted my body. O God of mercies and compassion! Do not disdain me but cleanse me, a detestable sinner – I am Your creature, have mercy on me, and purify me from all defilement of flesh and spirit, and vouchsafe me to sing to You with boldness: **Alleluia! (People sing Alleluia!)**

### **Ikos 11**

Do not reject, O Lord, the hope of my heart which trusts in You: and do not put me to shame before angels and men at Your Just and Dread Judgment. Do not judge me according to my deeds, but according to Your mercy forgive all my sins as I cry to You:

Have mercy on me, who have an unclean heart.

Have mercy on me, who am taken captive by demonic captivity.

Have mercy on me, who was born in sins, washed clean by Baptism, and again like a swine, have fallen into iniquity.

Have mercy on me, who bear the fetid sores of my soul's fall into sin.

Have mercy on me, who from my grievous and mortal sins have fallen into despondency and despair.

Have mercy on me, who have committed every sin and deserve every punishment.

Have mercy on me, O my Creator, and receive me in repentance who am fallen.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**



### **Kontakion 12**

With the bread of Your love, O my God, cover all the sins of my transgressions, accepting my repentance, so that in love for You I may ever cry: **Alleluia!**  
**(People sing Alleluia!)**

### **Ikos 12**

I have passed my youth in senselessness and wasted all my life in sins, in slothfulness and disregard of repentance; but my old age, through fear of death and Your inescapable Judgment, has brought me to repentance. Do not reject me, O my Savior, who even at the eleventh hour have come to Your Fatherly embrace, crying out in repentance:

Have mercy on me, for the blood of my innocent children cries to You, bearing witness to me slaying them.

Have mercy on me, O my God Triune in Nature.

Have mercy on me, O Lord Who is wondrous in compassion.

Have mercy on me, O Master, Who is longsuffering concerning our transgressions.

Have mercy on me, O Holy King, Who heals our infirmities.

Have mercy on me, You are abundant in love, and with Your love warms even despairing sinners.

Have mercy on me, O Almighty, Who has borne our infirmities.

**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Kontakion 13**

**(To be read three times)**

The sign of the Son of Man, the Most Precious and Life-giving Cross, will appear in the heavens on the terrible Second Coming of the Son of God, the Judge of the living and the dead. Then, all the tribes of the earth will weep. O Jesus Christ, our Savior and Judge, and King of all! Before that day, grant me tears of repentance that I may fervently weep over my evil deeds and destructive actions by which I have fouled my soul and bitterly offended Your Most Pure Blood of Your Testament! Then, together with the angels, all the saints and righteous ones I may sing to You: **Alleluia! Alleluia! Alleluia! (People sing Alleluia! Alleluia! Alleluia!)**

### **Ikos 1**

O God and Lord! The creation is Yours, but woe to me: The sin committed by Adam in paradise lives in me and in my body, and like a slave I am always fervently serving it, but now I entreat You:

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Have mercy on me, O Maker of the world below.  
Have mercy on me, O Master of the Heavenly Powers.  
Have mercy on me, O Ruler of bodily creatures.  
Have mercy on me, O Provider of all things.  
Have mercy on me, who brings You my tears for my sins.

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### **Kontakion 1**

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**O Lord, my Lord, my joy, have mercy on me who am fallen.**

### **Prayer to Jesus Christ**

O Master, Lord Jesus Christ, Son of God! Out of Your great goodness, for the sake of men and for our salvation, has been clothed in flesh and been crucified and buried, and by Your Blood has renewed our nature which had become corrupt: receive my repentance for my sins and hear my words: I have sinned, O Lord, against heaven and before You, in word and deed, in soul and body, and in the thoughts of my mind. I have transgressed Your Commandments, I have not obeyed Your injunction, I have angered Your goodness, O my God; but because I am Your creation I do not despair salvation and dare to draw near to Your boundless compassion and pray to You: O Lord! Grant me in repentance a contrite heart, receive me as I pray and grant me a good thought; grant me the resolve to confess my sins, grant me tears of compunction, O Lord. Grant me by Your grace to make a good beginning. Have mercy on me, O God, have mercy on me who am fallen, and remember me, Your sinful servant, in Your Kingdom, now and ever and to the ages of ages. **Amen.**

### **Prayer to the Most Holy Lady Theotokos**

Open to us the door of Your loving kindness, O Blessed Theotokos, so that hoping in You we may not perish, but through You may be delivered from adversities, for You are the salvation of the Christian race. Rejoice, Most Pure Mother of our Only Creator, our Lord and God and Savior Jesus Christ! Be my intercessor at the

dreadful Day of Judgment, when I will stand before the throne of the Impartial Judge, that by Your prayers I be delivered from the threat of fiery torment, O Only Blessed One.

**(Prostrations)**

**O Most Holy Theotokos, save us!**

**Prayer of a believing mother to the Compassionate Lord for those souls whose death she has consciously caused while they were still in her womb**

Remember, O Lord, Who loves mankind, the souls of Your departed servants the infants who died in the wombs of Orthodox mothers, whether in an unforeseen manner from accidental effects, or from a difficult birth, or from some heedlessness, or because they were consciously destroyed and did not receive Holy Baptism.

Baptize them, O Lord, in the ocean of Your compassion, and save them by Your ineffable grace; and forgive me a sinner (name), who have committed the slaying of an infant in my womb, and do not deprive me of Your mercy. **(Prostration.)**

O Lord, seeing my faith and tears, have mercy on my children who have died in my womb; for the sake of Your loving-kindness, O Lord, do not deprive them of Your Divine Light.

**(To be prayed throughout all of one's life.)**

Glorifying God Through His Light  
50 Hour Prayer Vigil

Orthodox Mission Church  
Serving Coolidge and Florence, AZ  
Prayer from St Paisius Orthodox Monastery, Safford, AZ  
Prepared, edited, and provided by the 50 Hour Prayer Committee  
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