

• *Thursday*

Jesus, Salvation prepared in the sight of every people, Light of revelation for the Gentiles and Glory of Your people Israel: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, long-awaited hope of the nations, You make them children of Abraham and heirs according to the promise: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

• *Friday*

Jesus, ever-living Word, Lamb of God who take away the sin of the world, who came after the Forerunner yet are before him: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, He-Who-Is, whom the Father sent and glorifies, whose Day Abraham saw with rejoicing: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

• *Saturday*

Jesus, Messiah, Son of the Blessed One, O blessed and only Mighty One, the Lord – to whom be honour and everlasting power: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, Wisdom, Designer of all, O breath of the power of God, pure Emanation of the glory of the Almighty: come and save those who hope in you.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

### *Canticle of Simeon*

Now, O Master, You have kept Your promise, let Your servant go in peace. With my own eyes I have seen the salvation which You have prepared in the sight of every people: a Light to reveal You to the Gentiles and the glory of Your people, Israel!

More honourable than the cherubim, and by far more glorious than the seraphim; ever a virgin you gave birth to God the Word, O true Mother of God, we magnify you!

By the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us. Amen.

### *Pre-Nativity Tropar: Tone 4*

O Bethlehem, make ready, \* O Eden, open wide to all. \* O Ephrata, prepare yourself,  
\* for in a cave a virgin's womb will soon bring forth the tree of life.  
\* For like paradise itself she will bear the Fruit Divine,  
\* and if we eat of it we shall never die like Adam,  
\* for by His birth \* Christ will raise that image that fell so long ago!

## Suggested Daily Prayer during the Nativity Fast

*Source: Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix  
Adapted for use in Saint Elias the Prophet Ukrainian Catholic Church  
Ukrainian Catholic Eparchy of Toronto and Eastern Canada*

*Standing quietly as a family before the icon of Emmanuel with a small candle lit before it, begin:*



By the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us. Amen.

† Glory be to You, our God, glory be to You!

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come, and dwell with us; cleanse us of all that defiles us, and, O Good One, save our souls.

† Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (3)

† Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord;

pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your Name.

Lord, have mercy. (3)

† Glory be to the Father and to the Son and to the Holy Spirit, now and forever and ever. Amen.

Our Father, Who art in heaven, hallowed by Thy Name. Thy Kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. Amen.

Lord, have mercy. (12)

† Glory be to the Father and to the Son and to the Holy Spirit, now and forever and ever. Amen.

† Come, let us bow in worship before the King, our God.

† Come, let us bow in worship before Christ, the King, our God.

† Come, let us bow in worship and fall down before the very Lord Jesus Christ, \* our King and God.

## *Psalm 97*

O God, with Your judgement endow the king, \* and with Your justice, the king's son;

He shall govern the people with justice \* and Your afflicted ones with judgement.

The mountains shall yield peace for the people, \* and the hills, justice.

He shall defend the afflicted among the people, \* and save the children of the poor,  
\* and crush the oppressor.

May He endure as long as the sun, \* and like the moon through all generations.

He shall be like rain coming down on the fleece, \* like showers watering the earth.

Justice shall flow in his days and profound peace, \* until the moon be no more.

May he rule from sea to sea, \* and from the River to the ends of the earth.

The Ethiopians shall bow before him, \* and his enemies shall lick the dust.

The kings of Tarshish and the Isles shall offer gifts; \* the kings of Arabia and Seba  
shall bring tribute.

All the kings of the earth shall pay him homage, \* all nations shall serve him.

For he shall rescue the poor man from the mighty, \* and the afflicted man who has  
none to help him.

He shall have pity for the lowly and the poor; \* the lives of the poor he shall save.

From fraud and injustice he shall redeem them, \* and precious shall be his name in  
their sight.

May he live to be given the gold of Arabia, \* and to be prayed for continually;\* day by  
day shall they bless him!

May there be an abundance of grain upon the earth; \* on mountain tops crops shall  
rustle like Lebanon; \* city dwellers shall flourish like the verdure of the fields.

May his name be blessed forever; \* as long as the sun his name shall remain.

In him shall all the tribes of the earth be blessed; \* all the nations shall proclaim his  
happiness.

He shall defend the afflicted among the people,\* and save the children of the poor,  
\* and crush the oppressor.

He shall be like rain coming down on the fleece, \* like showers watering the earth.

The kings of Tarshish and the Isles shall offer gifts; \* the kings of Arabia and Seba  
shall bring tribute.

## *Praises*

### *• Sunday*

Jesus, Wisdom, Designer of all, O breath of the power of God, pure Emmanation of  
the glory of the Almighty: come and save those who hope in you.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, Reflection of the eternal Light, spotless Mirror of God's creative power, Icon of  
His goodness: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

### *•Monday*

Jesus, Image of the invisible God, Reflection of the Father's glory, exact  
Representation of His Being: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, sweetest Child, Fulfilment of the sign, Emmanuel – God With Us: come and  
save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

### *• Tuesday*

Jesus, Messenger of Great Counsel, Prince of Peace, Father of the Age to Come: come  
and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, eternal life, wrapped as a servant in swaddling clothes, that as God You might  
sunder the chains of death: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

### *• Wednesday*

Jesus, Star from Jacob which rose in a cave, O shepherd of Israel whom shepherds  
adored: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!

Jesus, Deliverance of our first parents, Joy of the patriarchs, Fulfilment of the law and  
the prophets: come and save those who hope in You.

*refrain:* Emmanuel, God-With-Us, have mercy on us!