



## **The Prayer Rule of St. Pachomius**

# About the Prayer Rule of St. Pachomius

In the early 4<sup>th</sup> century an angel taught St. Pachomius this simple rule of prayer for the large community of monks who lived in the desert of Egypt. The community sought to find a prayer rule that balanced work, communal life, and solitude. This makes it especially appropriate for personal use and home life. It consists of the Trisagion Prayers, Psalm 50(51), the Creed, 100 Jesus Prayers, and “it is truly right...” The simplicity of the structure makes it easy to memorize over time so as to be recited without aid when needed. However, a 100 knot prayer rope (Chotki) is useful for keeping track the 100 Jesus Prayers.

The monks prayed the basic prayer hourly when possible. However, in contemporary settings, it is a practice done randomly throughout the day, at a set time of day, or as replacements for morning or evening prayer as needed. It also serves as a possible replacement for the Horologion for monastics with adjustments made on how many Jesus Prayers are recited (300 for Orthros, 150 for Vespers, 100 for Compline, and 50 for each Little Hour).

St. John Cassian (a disciple of St. John Chrysostom in the East and contemporary of St. Leo the Great in the West) in the early 5<sup>th</sup> century added 12 Psalms to the prayer. This is in imitation of the Holy Angel who gave the Rule to St. Pachomius.



# How to Pray the Rule of St. Pachomius

## Step 1 – Understand the Structure

The structure is simple and linear. It is not complicated structurally like the Prayer Rule of the Theotokos or the Holy Rosary. It consists of the Trisagion Prayers, Psalm 50(51), the Creed, 100 Jesus Prayers (varies depending on usage), and “it is truly right...” One may add 12 Psalms (not counting Psalm 50(51)) after the Jesus Prayers.

\*\*Praying this prayer rule with a 100 knot prayer rope is advisable for not losing track of how many Jesus Prayers have been prayed.

### **The Jesus Prayer**

*Lord Jesus Christ Son of God, have mercy on me a sinner.*

**-or-**

*Lord Jesus Christ, have mercy on me*

**-or-**

*Jesus, mercy*

\*\*The Prayer Rules are not about completing a task, but about growing in one’s relationship with the person of Jesus Christ.

## Step 2 – Select an option that fits yours and your family’s needs

### **Option 1 (Best for just starting to learn the structure as a family)**

10-50 Jesus Prayers (Optional: add 1 Psalm) – Everything else remains the same.

### **Option 2 (Best for personal usage)**

100 Jesus Prayers (Optional: add 12 Psalms) – Everything else remains the same.

### **Option 3 (Best for replacing Canonical Hours)**

Morning (Orthros): 300 Jesus Prayers – Everything else remains the same.

6:00 am (1<sup>st</sup> Hour): 50 Jesus Prayers – Everything else remains the same.

9:00 am (3<sup>rd</sup> Hour): 50 Jesus Prayers – Everything else remains the same.

12:00 pm (6<sup>th</sup> Hour): 50 Jesus Prayers – Everything else remains the same.

3:00 pm (9<sup>th</sup> Hour): 50 Jesus Prayers – Everything else remains the same.

Late Afternoon (Vespers): 200 Jesus Prayers – Everything else remains the same.

Evening (Compline): 100 Jesus Prayers – Everything else remains the same.

Night (Midnight Office): 100 Jesus Prayers – Everything else remains the same.

## Step 3 – Start praying!

# The Prayer Rule of St. Pachomius

## Trisagion Prayers

God be merciful to me a sinner... (Pause briefly)

Glory to you, our God, glory to you!

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, treasury of blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

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

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

Most Holy Trinity, have mercy on us;

Lord, cleanse us of our sins;

Master, forgive our transgressions;

Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy (3x)

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

Our Father, who art in heaven, hallowed be thy name; thy Kingdom come, they 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.

Lord, have mercy (12x)

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

Come, let us worship our King and God (bow)

Come, let us worship Christ our King and God (bow)

Come, let us worship and bow before the only Lord Jesus Christ, the King and our God (bow)

## Psalm 50(51)

Have mercy on me, O God, in your kindness. In your compassion blot out my offense.

O wash me more and more from my guilt and cleanse me from my sin.

My offenses truly I know them; my sin is always before me.

Against you, you alone, I have sinned; what is evil in your sight I have done.

That you may be justified when you give sentence and be without reproach when you judge.

O see, in guilt, I was born. A sinner was I conceived.

Indeed you love truth in the heart; then in the secret of my heart teach me wisdom.

Sprinkle me with hyssop, then I shall be clean; O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed may thrill (rejoice).

From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast spirit within me.

Do not cast me away from your presence nor deprive me of your Holy Spirit.

Give me again the joy of your help; with a spirit of fervor sustain me; that I may teach transgressors your ways and sinners may return to you.

Deliver me from blood-guilt, O God, my saving God, and my tongue shall ring out your goodness.

O Lord, open my lips, and my mouth will declare your praise.

For in sacrifice you take not delight, burnt offering from me you would refuse.

My sacrifice, a contrite spirit, a contrite humbled heart you will not spurn.

In your goodness, O Lord, show favor to Zion; rebuild the walls of Jerusalem.

Then you will be pleased with the lawful sacrifice, burnt offerings wholly consumed; then you will be offered young bulls on your altar.

## Creed

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only begotten, born of the Father before all ages.

Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made.

For us and for our salvation, he came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried.

He rose on the third day according to the scriptures.

He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end.

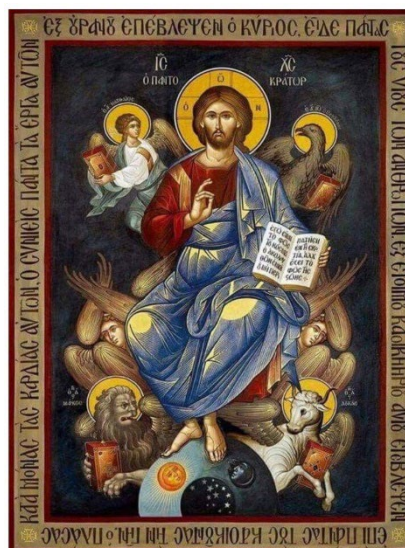
And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets.

In one, holy, catholic, and apostolic Church.

I profess one baptism for the remission of sins.

I expect the resurrection of the dead and the life of the world to come.

Amen.



## Jesus Prayer

- Morning (Orthros) Say *Jesus Prayer* (x300)
- 1<sup>st</sup>, 3<sup>rd</sup>, 6<sup>th</sup>, & 9<sup>th</sup> (Small Hours) Say *Jesus Prayer* (x50)
- Afternoon/Early Evening (Vespers) Say *Jesus Prayer* (x200)
- Late Evening (Compline) Say *Jesus Prayer* (x100)
- Night (Midnight Office) Say *Jesus Prayer* (x100)

*\*\* Psalms may be added at any point before, during, or after the praying of the Jesus Prayer. However, it is preferable to pray the Psalms all at once to not interrupt the resuscitation of the Jesus Prayer.*

### {Optional Psalms}

Any combination of Psalms may be prayed, including the Kathisma numbering, which is preferred. Below are also some predesignated Psalms to get started:

*\*Psalms follow the Septuagint numbering. Masoretic is in the parenthesis.*

1, 21 (22), 22 (23), 24 (25), 36 (37), 85 (86), 88 (89), 102 (103), 117 (118), 126 (127), 127 (128),  
138 (139)

## Conclusion

It is truly right to call you blessed, O Theotokos, ever blessed and most blameless, and 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.

Lord, have mercy (3x)

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

