How to Pray the Rule of St. Pachomius with the 100 Knot Prayer Rope (chotki)

† = Make Sign of the Cross

O God be merciful to me a sinner. † (x3)

Heavenly King, Comforter, spirit of truth, Who are everywhere present and fill all things, treasury of blessings, and give 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. (x3)

Glory be 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; come to us, Holy One, and heal our infirmities for Your Name's sake.

Lord have mercy. (x3)

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

Our Father…

† Come, let us adore our King and God.

† Come, let us adore Christ, our King and our God.

† Come, let us adore and bow down to Christ our King and our God.

Psalm 50, Prayer of Repentance

Have mercy on me, 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, have I 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.

O purify me, 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.

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.

O rescue me, God, my helper, and my tongue shall ring out your goodness.

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

For in sacrifice you take no delight, burnt offering from me you would refuse,

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

In your goodness, show favor to Zion: rebuild the walls of Jerusalem.

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

Nicene Creed:

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

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

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.

Amen.

Jesus Prayer: Lord Jesus Christ, Son of God, have mercy on me a sinner. (x100) If prayer rope has divider beads say, "Most Holy Theotokos, save us!" at each bead.

It is truly proper to glorify you, O Theotokos, the Ever-blessed, Immaculate, and the 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 Mother of God, we magnify.

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

Lord, have mercy. (x3)

Through the prayers of our holy Fathers, O Lord Jesus Christ, have mercy on us.

Amen.