

The Orthodox Christian Community of St. Constantine
The Church of Antioch in the City of York

The Pre-Communion Prayers

I believe, Lord, and I confess that you are truly the Christ, the Son of the Living God, who came into the world to save sinners, of whom I am first. Also I believe that this is indeed your most pure Body and this is indeed your precious Blood. Therefore I beseech you, have mercy on me and forgive me my offences, voluntary and involuntary, in word and deed, in knowledge and ignorance, and count me worthy to partake uncondemned of your most pure Mysteries for forgiveness of sins and for eternal life. Amen.

Of your mystical Supper, Son of God, receive me today as a communicant; for I will not tell of the Mystery to your enemies; I will not give you a kiss like Judas; but like the thief I confess you: Remember me, Lord, in your Kingdom.

Let not the Communion of your holy Mysteries, Lord, be to me for judgement and condemnation, but for healing of soul and body.