

**OSSÆ OKR
DELHI DIOCESE**

*Psalm*s



*Prayer*s

**KG to Class XII
2015**

Psalms are from THE ORTHODOX STUDY BIBLE

Please Note the Following:

1. All Psalms are taken from **The Orthodox Study Bible** in consent with OSSAE OKR Director.
2. As the OSB is based on Septuagint (LXX), numbering of chapters and individual verse numbers of Psalms are different from NIV, NRSV or NKJV. For eg. First verse number of Psalms 4 in OSB starts at the sub title "*For the End; in psalms; an ode by David*" whereas such numbering pattern is omitted in NIV or other Bibles. Because of this, Psalms 4 has 9 verses in OSB, and others have only 8. So I have followed NIV numbering pattern to the verses from OSB to match with our syllabus.
3. Prayers are taken from the Holy Qurbanakramam (Malayalam), Living Sacrifice (English) and Malayalam and English versions of the Common Prayer book.
4. For Class XI, two prayers are given in the syllabus (Swabhavaprakaram maranamillathavanum, and Psalm 113). I found that Psalm 113 is already given under the "Psalms" section for this class. This is brought to the notice of the OKR Director and I expect he may suggest another prayer in place of Psalm 113.
5. For Class V, only one song is given in the syllabus.
6. There are two songs for Class VII, (1) Marthoma Sreeha... & Marthoma Sidha.., and (2) Uyirekunnan raja... mahatwam.
7. Updated syllabus with above mentioned songs for half yearly and annual exam is given in page# 2 and 3 of this booklet.
8. **Please distribute this booklet to teachers and students as the evaluation of answer sheets will be based on this booklet only.**
9. Please send your suggestions @ babukk5909@gmail.com

SYLLABUS FOR HALF YEARLY EXAMINATION – 2015

Class	Lessons	Psalm	Prayers	Church Songs
KG	Unit 1 (1-9)	-----	Making the Sign of Cross	-----
I	1,2,3,4,5,14,15,20,21	1	1. Our Father...	1. Sthuthidaivathinuyarathil...
			2. Peace be unto you Mary...	2. Bhoovakenamikkum ninne...
II	1,2,3,4,5,14,15,20,21	23	1. Kauma	1. Nayavan Panapole...pushtikalum, Barekmor
				2. Nin Jananeemariayam...
III	1,2,3,4,5,14,15,20,21	4	1. Prayer while entering Church	1. Daivasuthanmarrayiduvan...
			2. Psalm 23	2. Yeshu Prithrusuthane...
IV	1,2,3,4,5,14,15,21,24,25	121:1-6	1. Prayer before meals	1. Nadha nin mruthiyor...
			2. Prayer after meals	2. Sweekaranam nedee... stothram
V	1,2,3,4,5,14,15,21,24,25	91:1-6	1. Sudhamulla Bava...	1. Yachikunnu njangalodoppam...
			2. Karunayulla Daivame...	2.
VI	1,2,3,4,5,14,15,21,24,25	149:1-6	1. Anugrahangal niranjirikunnavane...	1. Mooshe Aloho...
			2. Moran Yeshumashiha...	2. Paavana nibimaare... dhanyan thaan
VII	1,2,3,4,5,14,15,21,24,25	19:1-6	1. Prayer before Communion	1. Marthoma Sreeha... and Marthoma Sidha..
			2. Prayer after Communion	2. Uyirekunnon raja... mahatwam
VIII	1,2,3,7,8,10,12,13,16,17,20,21,26	63:1-8	1. Urakamillatha unarvullavanaya..	1. Nibyanmaarum jaathikalode...
			2. Raathrikalangalil... (Ps 134, 119, 117) <i>cf. Qurbana Kramam</i>	2. Srapikalekkandeshaya...
IX	1,2,6,7,8,10,12,15,18,22	150	1. Karthave ninne stothram cheyyunnathum...	1. Seenai girinin...cheythilithum
			2. Ente Daivame nee ente... (Ps 63) <i>cf. Qurbana Kramam</i>	2. Daivam srushtichaadathe... sleehanmar
X	Book 1: Ch. 1,3,5,9, 10,13,14,17,18,21, 22,27,32	119:1-8	1. Mahonnathante maravilirikunnavanaya karthave...	1. Vellum shatrakale...akatte kota
	Catholicate History: Ch. 1,2,3			
	Parumala Thirumeni: 1,2,3,4,11,12			
XI	Units 4,6,7 (complete lessons within the units)	113	1. Swabhavaprakaram maranamillathavanum...	1. Daivathe pettorumathavam...
			2.	2. Sleebaye vandipanayi...kashtamavarkkennum
XII	Book 1: Ch. 9,10,11,12,13,14,15,16, 20,25,26,28	148:1-8	1. Nicene Creed	1. Mochanamacharyar...
	Rituals are Meaningful: 1,7,8,9,10		2. Athamavil daridrarayavar..(Matt 5:3-12) <i>cf. Qurbana Kramam</i>	2. Mashiharaajavam naadhan...

SYLLABUS FOR ANNUAL EXAMINATION – 2015

Class	Lessons	Psalm	Prayers	Church Songs
KG	Units 2,3,4 (complete)	-----	Making the Sign of Cross	-----
I	6,7,8,9,10,11,12,13,16,17,18,19	1	1. Our Father...	1. Sthuthidaivathinuyarathil...
			2. Peace be unto you Mary...	2. Bhoovakenamikkum ninne...
II	6,7,8,9,10,11,12,13,16,17,18,19	23	1. Kauma	1. Nayavan Panapole...pushtikalum, Barekmor
				2. Nin Jananeemariyam...
III	6,7,8,9,10,11,12,13,16,17,18,19	4	1. Prayer while entering Church	1. Daivasuthanmarrayiduvan...
			2. Psalm 23	2. Yesu Prithrusuthane...
IV	6,7,8,9,10,11,12,13,16,17,18,19,20,22,23	121:1-6	1. Prayer before meals	1. Nadha nin mruthiyor...
			2. Prayer after meals	2. Sweekaranam nedee... stothram
V	6,7,8,9,10,11,12,13,16,17,18,19,20,22,23	91:1-6	1. Sudhamulla Bava...	1. Yachikunnu njangalodoppam...
			2. Karunayulla Daivame...	2.
VI	6,7,8,9,10,11,12,13,16,17,18,19,20,22,23	149:1-6	1. Anugrahagal niranjirikunnavane...	1. Mooshe Aloho...
			2. Moran Yeshumashiha...	2. Paavana nibimaare... dhanyan thaan
VII	6,7,8,9,10,11,12,13,16,17,18,19,20,22,23	19:1-6	1. Prayer before Communion	1. Marthoma Sreeha... and Marthoma Sidha..
			2. Prayer after Communion	2. Uyirekunnon raja... mahatwam
VIII	4,5,6,9,11,14,15,18,19,22,23,24,25,27	63:1-8	1. Urakamillatha unarvullavanaya..	1. Nibyanmaarum jaathikalode...
			2. Raathrikalangalil... (Ps 134, 119, 117) <i>cf. Qurbana Kramam</i>	2. Srapikalekkandeshaya...
IX	3,4,5,9,11,13,14,16,17,18,19,20,21	150	1. Karthave ninne stothram cheyunnathum...	1. Seenai girinin...cheythillem
			2. Ente Daivame nee ente... (Ps 63) <i>cf. Qurbana Kramam</i>	2. Daivam srushtichaadathe... sleehanmar
X	Book 1: Ch. 2,4,6,7,8,11,12,15,16,19,20,23,24,25,26,28,29,30,31	119:1-8	1. Mahonnathante maravilirikunnavanaya karthave...	1. Vellum shatrakale...akatte kota
	Catholicate History: Ch. 1,3,4			
	Parumala Thirumeni: Full Text			
XI	Units 1,2,3,5 (complete lessons within the units)	113	1. Swabhavaprakaram maranamillathavanum...	1. Daivathe pettorumathavam...
			2.	2. Sreebaye vandipanayi...kashtamavarkkennum
XII	Book 1: Ch. 1,2,3,4,5,6,7,8,17,18,19,21,22,23,24,27	148:1-8	1. Nicene Creed	1. Mochanamacharyar...

Class KG

Prayer

1. Making the Sign of Cross

Making the sign of cross embodies the theology of incarnation. It is a silent and meaningful, worship by itself. It is a very rich and ancient Christian practice, and sums up the whole Christian faith in a single ritual act. In order to recall to mind, the full implications of making the sign of cross, it should be done slowly and thoughtfully. A believer who makes the sign of cross thoughtfully experiences Christ invariably.

How to make the sign of Cross?

Hold the three fingers (thumb, index and middle fingers) of the right hand together, with the tip of the index finger projecting slightly. The three fingers symbolize the Three Persons of the Holy Trinity - the source of all life and all good; God the Father, God the Son and God the Holy Spirit. The projected index finger symbolizes the dual nature of Christ - divine and human.

The fourth and the fifth finger closed on the palm. The two fingers closed on the palm expresses that the power of our heart, mind, soul and strength are dedicated to the service of God. It shows our humility before God.

Then bow our heads. The bowing of head is a sign of humility and reverence, whereby we are in fact bowing our inner self before God.

What is the meaning of making the sign of Cross?

Touch the index finger to the forehead and descend to the chest. This signifies the vertical arm of the cross and incarnation of the second person of the Holy Trinity, Jesus, who came down from heaven to earth, for our salvation.

Then take the fingers from the left shoulder to the right shoulder, signifies the horizontal arm of the cross and the very fact that the children of the left side/darkness and of sins were converted and brought as children of right side/light and of God.

Class 1

Psalm 1

1. Blessed is the man who walks not in the counsel of the ungodly, nor stands in the way of sinners, nor sits in the seat of the troublesome;
2. But his will is in the law of the Lord, and in His law he meditates day and night.
3. He shall be like a tree planted by streams of waters, that produces its fruit in its season; and his leaf shall not wither, and whatever he does shall prosper.
4. Not so are the ungodly, not so, but they are like the dust the wind drives from the face of the earth.
5. Therefore the ungodly shall not rise in the judgment, nor sinners in the counsel of the righteous;
6. For the Lord knows the way of the righteous, but the way of the ungodly shall perish.

Prayer

1. Our Father

Our Father who art in heaven, hallowed be 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 debts and sins, as we also have forgiven our debtors. Lead us not into temptation, but deliver us from the evil one. For Thine is the kingdom, the power and the glory, forever and ever. Amen.

2. Peace be unto you Mary (Hail Mary)

Hail Mary full of grace, our Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, our Lord Jesus Christ. O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times, and at the hour of our death. Amen.

Class 2

Psalm 23

1. The Lord is my shepherd; I shall not want.
2. He makes me to lie down in green pastures; He leads me beside the still waters.
3. He restores my soul; He leads me in the paths of righteousness for His name's sake.
4. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.
5. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.
6. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord to the end of my days.

Prayer

1. Kauma

(Kauma is a set of prayers with Trisagion, Lord's Prayer & Hail Mary)

In the name of the Father, and of the Son, and of the Holy Spirit, one true God;

Glory be to Him, and may His grace and mercy be upon us forever. Amen.

Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and earth are filled, Hosanna in the Highest.

Blessed is He, who has come, and is to come, in the name of the Lord; Glory be to Him in the Highest.

Trisagion

Holy art thou, O God!

Holy art thou, Almighty,

Holy art thou, Immortal,

† Crucified for us, have mercy on us. (Repeat Thrice)

Lord, have mercy upon us,

Lord be kind, and have mercy,

Lord accept Thou our office

And our entreaties have mercy on us.

Glory be to Thee, O God!
Glory be to Thee, O Creator,
Glory be to Thee, O King,
Christ who dost pity sinners, Thy servants. Barekmor

Our Father

Our Father who art in heaven, hallowed be 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 debts and sins, as we also have forgiven our debtors. Lead us not into temptation, but deliver us from the evil one. For Thine is the kingdom, the power and the glory, forever and ever, Amen.

Hail Mary

Hail Mary, full of grace, our Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, our Lord Jesus Christ. O Virgin Saint Mary, O Mother of God, pray for us sinners, now and at all times, and at the hour of our death, Amen.

Class 3

Psalm 4

1. You heard me when I called, O God of my righteousness, You strengthened my heart when I was in distress; have mercy on me, and hear my prayer.
2. How long, O you sons of men, will you be slow of heart? Why do you love vain things and seek after lies?
3. Know that the Lord made His Holy One wondrous; the Lord will hear me when I cry to Him.
4. Be angry, and do not sin; have remorse upon your beds for what you say in your hearts.
5. Offer the sacrifice of righteousness, and hope in the Lord.
6. There are many who say, "Who will show us good things?" O Lord, the light of Your face was stamped upon us.
7. You put gladness in my heart; from their season of wheat, wine, and oil they were multiplied.
8. I will both sleep and rest in peace, for You alone, O Lord, cause me to dwell in hope.

Prayer

1. Prayer while entering Church

(Every one entering the Church, shall make the sign of the cross)

English

In reverence, will I enter Thy house, and offer my vows to Thee.

Manglish

Bahumathipoorvam ninte bhavanathilekku njan vannu ente nerchakal ninakku kazhikkum.

2. Psalm 23

1. The Lord is my shepherd; I shall not want.
2. He makes me to lie down in green pastures; He leads me beside the still waters.
3. He restores my soul; He leads me in the paths of righteousness for His name's sake.
4. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.
5. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.
6. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord to the end of my days.

Class 4

Psalm 121:1-6

1. I lifted my eyes to the mountains; from where shall my help come?
2. My help comes from the Lord, who made heaven and earth.
3. Let not your foot be moved; neither let Him who keeps you slumber.
4. Behold, He who keeps Israel shall neither slumber nor sleep.
5. The Lord shall keep you; the Lord is your shelter at your right hand.
6. The sun shall not burn you by day nor the moon by night.

Prayer

1. Prayer before Meals

English

Make us worthy to praise and worship you for all the blessings, particularly this food which you have given to us to eat and drink. Amen.

Manglish

Karthave! Bhakshipaanum paanam cheyyuvanumaayitte nee njangalkku thannittulla aaharatheyum ninte karunayeyum orthu ninne sthuthikkukayum vandhikkukayum cheyyuvan njangale yogyaraakitheerkename, Amen.

2. Prayer after Meals

English

We thank you, God, for your grace and blessings. We thank you for feeding us and satisfying us. We thank you because we live by eating and drinking from what you give us. Make us worthy to praise you and to do your will, now and for ever, Amen.

Manglish

Daivame! Ninte krupayum vaazhvum nimitham ninakku sthuthi. Njangale theeti thrupthippeduthiyathinaal ninakku sthuthi. Ninakkullathilinnu njangal bhakshichu paanam cheithu jeevikkunnathinaal ninte karunakalkkaiittu ninakku sthuthi. Ninne sthuthippaanum ninte ishttam cheyyuvaanum njangale nee yogyarakkename, Amen.

Class 5

Psalm 91:1-6

1. He who dwells in the help of the Most High shall lodge in the shelter of the God of heaven.
2. He shall say to the Lord, "You are my protector and my refuge, my God; I will hope in Him;
3. For He shall free me from the snare of the hunters, and from every troubling word."
4. He shall overshadow you with His shoulders, and under His wings you shall hope; His truth shall encircle you with a shield.
5. You shall not be frightened by fear at night, nor from an arrow that flies by day.
6. Nor by a thing moving in darkness, nor by mishap and a demon of noonday.

Prayer

1. Shudhamulla Bava

English

O Holy Father, guard us by Your Sacred Name, O Son of God, our Savior, protect us with Your victorious Cross †. O Holy Spirit, make us worthy temples of Your Holy habitation. O Lord, our God for ever shelter us under Your divine wings, at all times for ever. Amen

Manglish

Shudhamulla Bava, Shudhamulla ninte thirunamathaal njangale kaathukollename. Rakshithaavaya putra jayamulla ninte sleebayaal † njangale marachukollename. Sudhamulla rooha, sudhamulla ninte kudiyririppinnu bhavanangalaayi njangale chamakkenname. Njungalude daivamaya karthave, ella samayavum ella neravum ninte daivathwathinte chirakukalude keezhil ennekkum njangale marachukollename. Amen.

2. Karunayulla Daivame

English

O Merciful God, the voice of our prayer knocks at Thy door; prevent not from Thy devotees the petitions of their needs. We call upon Thee, O God, to assist us in our infirmities. O Good one, hearken to the voice of our supplication, and grant our petitions in Thy mercy.

Manglish

Karunayulla Daivame ninte vaathilil njungalude apekshayude swaram muttunnu. Ninne vannikunnavarude aavasyangale mudakkaruthe. Daivame, balaheenaraaya njangale sahaayippanai ninne njangal vilikunnu. Nallavane njungalude apekshayude swaram kettu ninte karunayaal njungalude yaachanakal nalkumaraakenname.

Class 6

Psalm 149:1-6

1. Sing to the Lord a new song, His praise in the assembly of His holy ones.
2. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.
3. Let them praise His name with dance; with tambourine and harp let them sing to Him;
4. For the Lord is pleased with His people, and He shall exalt the gentle with salvation.
5. The holy ones shall boast in glory, and they shall greatly rejoice on their beds;
6. The high praise of God shall be in their mouth and a two-edged sword in their hand.

Prayer

1. Anugrahanga niranjirikkunnavane

English

O Thou, full of mercy, renew Thy creation at the resurrection. O Lord, Comfort and absolve our departed ones, who died with hope in Thee, and await Thy coming. O Lord, make them dwell in the bosom of Abraham, and of Isaac and of Jacob. May the living and the departed together cry out, 'Blessed is He, who has come, and is to come, and give life to the dead.' Amen.

Manglish

Anugrahanga niranjirikkunnavane uyirppu divasathil ninte srishtiyee nee puthuthakkidaname. Karthave ninte saranathil marichu ninte varavinayi nokki parthirikkunna njangalude marichu poyavare nee ashwasippichu punya-ppeduthename. Abrahaminteyum Isahakkinteyum Yakkobinteyum madiyil avare nee vasippikkaname. Vannavanum varuvanirikkunnavanum marichu poyavarey uyarpikkunnavanum ayavan vazthapettavanakunnu ennu sareerangalum almakkalum orupole attahasichu parayumarakaname. Amen.

2. Moran Yesu Masiha

English

O Jesus Christ, our Lord, close not the door of Thy mercy upon our faces. We confess, we are sinners; have mercy upon us. O Lord, Thy love for us didst make Thee come down to us from Thy place. That by Thy death, our death be abolished. Have mercy upon us. Amen.

Manglish

Moran Yesu Masiha, ninte karunayude vathil njangalude mupil nee adaykaruthe. Karthave, njangal paapikal aakunnu ennu njangal etthu parayunnu. Njangalodu karuna cheyyename. Karthave, ninte maranathal njangalude maranam maanju pokaanaayittu ninte sneham ninte pakkal ninnu njangalude adukkalekku ninne irakki njangalodu karuna cheyyeneme. Amen.

Class 7

Psalm 19:1-6

1. The heavens declare the glory of God; the firmament shows the creation of His hands.
2. Day to day utters speech, and night to night reveals knowledge.
3. There is no speech nor language where their voices are not heard.
4. Their proclamation went forth into all the earth, and their words to the ends of the world. In the sun He set His tabernacle;
5. And it rejoices exceedingly like a bridegroom coming forth from his bridal chamber. Like a strong man to run a race.
6. Its rising is from one end of heaven, and its circuit runs to the other end; and nothing shall be hidden from its heat.

Prayer

1. Prayer before receiving Holy Communion

English

Make me worthy O Lord, to receive Thee with holiness, that by the food of Thy holy Body, my lust may be lulled, and by the drink of Thy living chalice my passions may be quenched, and by Thee, I may become worthy of the absolution of debts, and the remission of sins, my Lord and my God, for ever. Amen.

Manglish

Ente Karthave! Nine bhakshippan enne yogyanakkaname. Ninte parisudhasareeramakunna bhakshanam moolam ente durmmohangal kshazhichupokukayum, ninte jeevanulla kasayakunna paaneeyathal ente durvikarangal samikkukayum cheyyumarakaname. Ente karthavum daivavume! Kadangalude pariharathinum papangalude mochanathinum ninnal njan yogyanayitheeraname. Amen.

2. Prayer after receiving Holy Communion

English

O Lord, thy exalted and holy mouth has promised and said "Whoso eats my Body and drinks my Blood and believes in me, shall abide in me, and I in him, and I will raise him up on the last day", O Lord, I have eaten Thy holy Body and drunk thy propitiating Blood. May they not become to me for judgment or vengeance or condemnation or indictment; but for remission of debts, and the forgiveness of sins, and for the blessed resurrection from the place of the dead, and for a joyful face before Thy awe-inspiring throne, my Lord and my God, for ever. Amen.

Manglish

Ente sareeram bhakshikukayum ente raktham kudikkukayum ennil viswasikkukayum cheyunnavan ennilum njan avanilum vasikkumennum avasanadivasathil njanavane uyirthezhunnelpikkumennum punnyavum parishuddhavumaya ninte thiruvayarulichheythu vagdwanam cheyythirikkunnuvallo. Ente karthave, njan ninte parishuddhasareeram bhakshikkukayum punnyapradamaya ninte raktham kudikkukayum cheyythirikkunnu. Athe eniku nyayavidhikko, prathikarathino, shikshakko, kuttaropanathino aayitheerathe ente karthavum ennekkum ente daivavume! Kadangalude pariharathinum, papangalude mochanathinum, marichavarude edayil ninnulla anugrahikkappetta punaruddhanathinum, ninte bhayankara simhasanathinu mumbakeyulla mukha prasannathaikkumaayitheerename. Amen.

Class 8

Psalm 63:1-8

1. O God, my God, I rise early to be with You; my soul thirsts for You. How often my flesh thirsts for You in a desolate, impassable, and waterless land.
2. So in the holy place I appear before You, to see Your power and Your glory.
3. Because Your mercy is better than life, my lips shall praise You.
4. Thus I will bless You in my life; I will lift up my hands in Your name.
5. May my soul be filled, as if with marrow and fatness, and my mouth shall sing praise to You with lips filled with rejoicing.
6. If I remembered You on my bed, I meditated on You at daybreak;
7. For You are my helper, and in the shelter of Your wings I will greatly rejoice.
8. My soul follows close behind You; Your right hand takes hold of me.

Prayer

1. Urakkamillatha unarvullavanaaya...

English

O Lord, awaken us from our slumber who are immersed in sin, that we may extol Thy watchfulness. O Vigilant one, who drowsest not, redeem us mortals, from our slumber to death and corruption, that we may worship Thy mercy. O everlasting and immortal God, make us worthy to adore and glorify Thee with holiness, in the glorious company of the angels of heaven who adore Thee. O Father, Son and Holy Spirit, we praise Thee; for Thou art glorious and blessed, both in heaven and earth, now and always forever. Amen.

Manglish

Urakkamillatha unarvullavanaaya ente karthave ! ninte unarvine sthuthippaanaayittu papa muzhukalil ninnu njangalude urakkathe nee unarthename. Maranamillaatha jeevanullavane ! Ninte karunaye njangal vannippaanaayittu maranavum naasavumaakunna urakkathil ninnu njangalude maranathe nee jeevippekkaname. Pithavum Puthranum Parishudha Roohaayumaayullove, nee maathram swargathilum bhoomiyilum sthuthikkappettavanum vazhthappettavanum aaka kondu ninne sthuthikunna swargeeya maalakhamaarude mahathwamulla koottangalodu onnichu, vishudhiyodu koodi ippozhum ellaaypozhum ennekkum ninne sthuthichu vaazhthuvaan njangale yogyarakkename, Amen.

2. Rathrikalangalil karthavinte bhavanathil...

English

Behold, all you servants of the Lord who stand in the house of the Lord through night watches, you praise the Lord.

Lift up your hands towards heavenly sanctuary and praise the Lord.

May the Lord that made the heaven and earth bless you from Zion.

Lord, let my praise enter into Your presence. Let Your word grant me life. Let my supplication come before you. May Your words deliver me.

My tongue shall utter your words, for all your commandments are righteous.

When you teach me Your commandments, my lips shall utter Your praise. Since I have taken delight in Your laws, Your hand shall help me.

My soul has longed for Your salvation and I have meditated Your law. Let my soul live and it shall praise You. Let Your judgments help me.

I have gone astray like a lost sheep. Seek Your servant; for I have not forgotten Your commandments.

Praise the Lord, all you nations. Praise him all you people, for His kindness is great toward us. Truly, the Lord's goodness is for ever.

To you belongs praise, O God. Barekmor.

Manglish

Rathrikalangalil karthavinte bhavanathil nilkunnavarai karthavinte sakala dasanmarumayullo! Ningal karthavine sthuthippin.

Suddhasthalathekku ningalude kaikal uyarthi karthavine sthuthippin.

Aakasavum bhoomiyum srushticha karthavu sehiyonil ninnu ninne anugrahikkum.

Karthave! Ente sthuthi ninte mumbake pravesikkukayum, ninte vachanathal enne jeevippikkukayum cheiyename. Ente apeksha ninte mumbake pravesikkukayum, ninte vachanathal enne rakshikukayum cheiyename.

Ente navu ninte vachanam uchharikum. Enthennal ninte kalpanakalellam neethiyodukoodiyavayakunnu.

Ninte kalpanakal enne nee padippikumbol ente adharangal ninte sthuthikal uchharikum. Ninte kalpanakalil njan ishtappedunnathinal ninte kai enne sahayikkaname.

Ente almavu ninte rakshakkayittu kaathirunnu. Ninte vedapramanam njan dhyanichu. Ente almavu jeevichu nine sthuthikukayum ninte nyayavidhi enne sahaayikkukayum cheiyename.

Kaanathepoya aadu pole njan thettipoi. Ninte bhruthyane anneshikaname. Enthennal ninte kalpanakalonnum njan marannilla.

Sakala jaathikalume! Karthavine sthuthippin. Sakala janagalume! Avane sthuthippin; enthennal avante krupa nammude mel balappettirikunnu. Avan sathyamayittu ennekkum karthavakunnu.

Daivame! Sthuthi ninakku yogyamakunnu, Barekmor.

Class 9

Psalm 150

1. Alleluia. Praise God in His saints; praise Him in the firmament of His power;
2. Praise Him for His mighty acts; praise Him according to the abundance of His greatness.
3. Praise Him with the sound of a trumpet; praise Him with the harp and lyre;
4. Praise Him with timbrel and dance; praise Him with strings and flute;
5. Praise Him with resounding cymbals; praise Him with triumphant cymbals;
6. Let everything that breathes praise the Lord. Alleluia.

Prayer

1. Karthave ninne sthothram cheyunnathum

English

How good it is to give thanks to Thee, O Lord, and to sing praises to Thine exalted Name; to declare Thy loving kindness at the break of the day, and Thy faithfulness during the night. O Lord hearken to our voice at the dawn of the day; and in the morning let us be found ready by Thee. O Lord, absolve and pardon all our sins. O Holy one, overshadow Thy right hand upon us, and heal all our infirmities, for the sake of Thy eternal Name, Amen.

Manglish

Karthave ninne sthothram cheyunnathum athyunnnathamaya thante namathinu paadunnathum prabhatha kaalathu thante krupayum rathri kaalathu thante viswasavum ariyikkunnathum ethrayo nallathakunnu.

Karthave! prabhatha samayath ente shabdam kelkkenname. Prabhatha samayath njaan orungi ninakku kaanappedumarakenname. Karthave! ninte janathodu karuna cheyename. Karthave! Njungal ellavarudeyum papangal pariharichu mochikkenname. Paridsuddhanayullove! ninte valathu thrikai njungaludemel aavasippichu ninte thirunaamam nimitham njungalude paparogathe saukhyamakkenname, Amen.

2. Ente Daivame nee ente daivamakunnu..

English

O God, You are my God and I will wait for You.

Like a dry and thirsty land longing for water, my spirit thirsts for You and my body longs for You.

I truly looked up to You, to behold Your power and glory.

Because Your loving-kindness is better than life, my lips shall praise You.

Thus I will praise You while I am alive and I will raise my hands in Your name.

My soul shall be satisfied as with marrow and fat and my mouth shall sing Your glory with joyful lips.

I remember You as I lie on my bed. All night long, I think of You and meditate.

Because You have been my help, I will be protected under the shadow of Your wings.

My soul follows You and Your right hand keeps me safe.

Those that seek to destroy my soul shall go into the depths of the earth.

They shall fall by the sword and their bodies eaten by wolves. But the king shall rejoice in God.

Everyone that swears by him shall be glorified. But the mouth of the liars shall be shut.

To you belongs praise, O God. *Barekhamor.*

Manglish

Ente daivame nee ente daivamakunnu; njan ninakai kathirikkum.

Dahichuvarandu vellathinai agrahikunna bhoomipole, ente almavu ninnekurichu dahichirikkunnu. Ente jadavum ninakkai kathirikkunnu.

Ninte balavum ninte bahumanavaum kanman eprakaram sathyamayittu njan ninne nokki.

Enthennal ninte karuna jeevanekkal nallathakunnu; ente adharangal ninne sthuthikkum.

Njan jeevanodirikkupol eprakaram njan ninne vazthukayum, ninte namathil ente kaikal uyarthukayum chaiyyum.

Ente almavu kozhupum medassum kondennapole pushtiyakum; ente vaye sthuthiyulla adharangalkondu ninne mahathwapeduthukayum chaiyyum.

Ente kidakkamel njan ninne orthu; rathri kalangalil njan ninne dhyanikkukayum chaithu.

Enthennal nee eniku sahayakanai theernnu. Ninte chirakukalude nizhalil njan marakkapedum.

Ente almavu ninne pinthudarnnu; ninte valathukai enne thangukayum chaithu.

Ente almavine nasipippan anneshikunnavar bhoomiyude aazhangalileku pravesikkum.

Avar valinu elpikkapedukayum, kurunarikalku bhakshanamai theerukayum chaiyyum; rajavu daivathil santhoshikkum.

Avane kondu anayidunna evanum pukazchayundakum; enthennal asathyam parayunnavarude vaye adakkapedum.

Daivame! sthuthi ninaku yogyamakunnu. Barekhamor.

Class 10

Psalm 119:1-8

1. Blessed are the blameless in the way who walk in the law of the Lord.
2. Blessed are those who search out His testimonies; they shall search for Him with their whole heart.
3. For those who work lawlessness do not walk in His ways.
4. You commanded us regarding Your commandments, that we should be very diligent to keep them.
5. Would that my ways were led, that I might keep Your ordinances.
6. Then I would not be ashamed when I regard all Your commandments.
7. I will give thanks to You, O Lord, with an upright heart, when I learn the judgments of Your righteousness.
8. I shall keep Your ordinances; do not utterly forsake me.

Prayer

1. Mahonnathante Maravil..

English

O Lord who sittest in the secret place of the Most High, shelter under the shadow of the wings of Thy mercy, and have compassion upon us.

Thou, who hearest all things in Thy loving kindness, hearken to the supplication of Thy servants.

Grant us O Messiah. Our Saviour, a peaceful evening and a sinless night; for Thou art a glorious King and unto Thee, are our eyes lifted up.

Forgive our debts and our sins: have mercy upon us both in this world and in that to come.

May Thy loving kindness shelter us O Lord, and Thy grace be upon our faces. May Thy †cross protect us from the evil one and his hosts.

Let Thy right hand overshadow us all the days of our lives, and Thy peace reign among us. Do Thou give hope and salvation to the souls that pray to Thee.

By the prayers of St. Mary, Thy Mother, and of all Thy Saints, O God forgive us our debts, and have mercy upon us. Amen.

Manglish

Mahonnathante maravil irikkunnavanaaya karththaave ninte anugrahathinte chirakukalude nizhalinkeezhil njangale marachchu njangaludemel anugraham cheyyaname.

Sakalavum kelkkunnavane! Ninte anugrahathal ninte adiyaarude apeksha kelkkaname.

Mahathwamulla raajaavum njangalude rakshakanumaya mashihaa! Nirappu niranjirikunna sandhyayum, punyamulla raavum njangalkku tharename.

Njangalude kannukal ninkalekku nokkikkontirikkunnu. Njangalude kadangalum paapangalum pariharichu, ihaparamaya randu lokangalilum njangalodu karuna cheyyaname.

Karthaave! Ninte anugrahagal njangale marachchu ninte krupa njangalude mukhangalil nilkkename. Ninte sleebaa † dushtanil ninnum avante sainyangalil ninnum njangale kaathu kollaname.

Njangal jeevanodirikkunna naalukal okkeyum ninte valathukai njangaludemel aavasippikkename. Ninte nirappu njangalude idayil vaazhumaaraakename. Ninnodapekshikkunna aalmaakkalkku saranavum, rakshayum untaakaname.

Ninne prasavichcha mariyaminteyum, ninte sakala parishuddhanmaarudeyum praarthanayal, daivame! Njangalude kadangalkku parihaaramuntaakki, njangalude mel anugraham cheyyename. Amen

2. Mariam paranjathenthennal.. (The Magnificat or the song of Mary)**English**

Mary said: My soul magnifies the Lord, and my spirit rejoices in God, my Savior; because He has looked upon the lowliness of His handmaid; for behold from henceforth all generations shall call me blessed.

Because He who is mighty has done great things for me, and holy is His name. And His mercy is from generation to generation on those who fear Him.

He has won victory with His arm, He has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly.

He has filled the hungry with good things, and the rich He has sent empty away. He has given help to Israel His servant, mindful of His mercy. Even as He spoke to our fathers, to Abraham and His seed forever. Barekmor

Manglish

Mariam paranjathenthennal, ente dhehi karthavine pukazhthunnu. Ente almavu enne jeevippikkunnavanaya daivathil santhoshichu; enthennal avan thante dhasiyude thazhchaye nokkikandirikkunnu. Kandalum, ithu muthal sakala vamsangalum enikku bhagyam tharum.

Enthennal shakthimanum, thante namam parisudhavum ayirikkunnavan valiya karyangal engal pravarthichhirikkunnu. Avante karuna avane bhayappedunnavarudemel thalamurakalayum vamsangalayum undakunnu.

Avan thante bhujam kondu jayamundaki; thangalude hrudayavicharathil ahangarikalayavare chinnich; avan balavanmare simhasanangalil ninnu marichidukayum thazhmayullavare uyarthukayum chaithu.

Avan visappullavare nanmakalkondu sampurnarakkukayum sambannanmare vyardhamai ayakkukayum chaithu. Avan thante dhasanaya Israyeline sahayikukayum nammude pithakkanmaraya Abrahaminodum avante santhathiyodum samsarichaprakaram eneekum thante karunaye orkukayum chaithu. Barekmor.

Class 11

Psalm 113

1. Praise the Lord, O you servants; praise the name of the Lord;
2. Blessed be the name of the Lord from this present time and unto the ages;
3. From the rising of the sun to its setting, praise the name of the Lord.
4. The Lord is high above all the nations; His glory is above the heavens.
5. Who is like the Lord our God, who dwells in the highest,
6. And who looks upon the humble things in heaven and on earth?
7. He raises the poor man from the earth and lifts up the poor from the dunghills.
8. So as to seat him with rulers, with the rulers of His people;
9. He settles the barren woman in a home, to be a joyful mother of children.

Prayer

1. Swabhavaprakaram maranamillathavanum...

English

By the prayers of Thy Mother and of all Thy Saints; I will adore Thee, O King, my Lord, only begotten Son, who by Thy loving kindness, willed to come down for the life and salvation of the entire human race; and was incarnate of the glorious and pure Saint Mary, mother of God; and didst become man without change, and was crucified for us. O Christ, our God, who by Thy death, didst trample on and end our death; O Thou who art one of the Holy Trinity; equally worshiped and glorified; with the Father, and with Thy living Holy Spirit, have mercy upon us all.

Manglish

Swabhavaprakaram maranamillathavanum - thante kripayal manushyavargam muzhuvanteyum jeevanum rakshakum vendi vannu - visudhiyum mahathwavum vedippumulla daivamathavaya kanyakamariyamilninne sareerameduthu - bhedom koodathe manushyanai theerukayum - njangalku vendi kurisil tharakapedukayum cheitha - swargeeyapithavinte eka puthranum - vachanavum rajavumaya ente karthave! Ninne njan pukazhthum. Thante maranathal njagalude maranathe chavittikonnavanum - vishudha thrithwathil oruvanum – thante pithavinodum – jeevanulla thante parisuddha roohayodum koode - orupole vandhikappettu sthuthikappedunnavanumaya njagalude masiha thampurane! – ninne prasavicha maathavinteyum – ninte parisuddhanmarellavarudeyum prarthanayal – njangal ellavarodum karuna cheiyaname.

Class 12

Psalm 148:1-8

1. Praise the Lord. Praise the Lord from the heavens; praise Him in the highest.
2. Praise Him, all you His angels; praise Him, all you His hosts.
3. Praise Him, sun and moon; praise Him, all you stars and light.
4. Praise Him, you heavens of heavens, and you waters above the heavens.
5. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created.
6. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.
7. Praise the Lord from the earth, you dragons and all the deeps,
8. Fire and hail, snow and ice, stormy wind, which perform His word.

Prayer

1. Nicene Creed

English

We believe in one true God the Father Almighty, maker of heaven and earth, and of all things, visible and invisible;

And in the One Lord Jesus Christ, the only-begotten Son of God; begotten of the Father before all worlds, light of light, very God of very God; begotten, not made; being of the same substance with the Father; and by whom all things were made;

† Who for us men, and for our salvation, came down from heaven.

And was incarnate of the Holy Virgin Mary, Mother of God, by the Holy Ghost, and became Man;

† And was crucified for us in the days of Pontius Pilate and suffered, and died and was buried.

† And the third day rose again, according to His will; and ascended into heaven, and sat on the right hand of His Father, and shall come again in His great glory, to judge both the living and the dead, whose kingdom shall have no end.

And in the one living Holy Spirit, the life-giving Lord of all, who proceeds from the Father; and who with the Father and the Son is worshipped and glorified; who spoke by the prophets and the Apostles.

And in the one Holy Catholic and Apostolic Church: and we acknowledge one Baptism for the remission of sins, and look for the resurrection of the dead and the new life in the world to come. Amen.

Manglish

Sarvashaktiyulla pithaavaayi aakaashathinteyum bhoomiyudeyum kaana ppedunnavayum kaanappedaathavayumaaya sakalathinteyum srushtaavaaya sathyamulla eka daivathil njangal vishwasikkunnu.

Daivathinte eka puthranum sarvalokangalkkumumbe pithaavil ninnu janichavanum, prakaashathil ninnulla prakaashavum sathya daivathil ninnulla sathya daivavum, janichavanum srushtiyallaathavanum, saaram shathil pithaavinodu samathwamullavanum sakalavum than mukhandiramaayi nirmichavanum, manushyaraaya njangalkkum njangalude raksha kkuvendi thirumanasaaya prakaaram swargathil ninnu irangi† vishudha roohayal, daivamaathaavaaya vishudha kanyaka mariyaamilninum shareeriyaayi theernnu manushyanaayi, ponthiyos pilathosinte divasangalil njangalkkuvendi kurushil tharakkappettu† kashttatha anubhavichu marichu adakkappettu, moonnaam divasam uyarthezhunettu† swargathilekku kareri thante pithaavinte valathu bhaagathu irunnavanum jeevanullavareyum marichavareyum vidhippan thante valiya mahathwathode inniyum varuvanirikkunnavanum, thante rajyathinnu avasaanamillathavanumaaya yeshu mishiha aya eka karthaavilum njangal vishwasikkunnu.

Sakalatheyum jeevippikkunna karthaavum, pithaavil ninnu purappettu, pithavinodum puthranodum koodo vannikkappettu sthuthikkapedunnavanum nibiyenmaarum sleehanmaarum mukhantiram samsaarichavanumaaya jeevanum vishudhiyumulla eka roohayilum, caatholikavum slaihikavumaya eka vishudha sabhayilum njangal vishwasikkunnu.

Paapa mochanathinu maamodeesa orickal maathramakunnuvennu njangal ettuparanju, marichupoyavarude uyirppinum, varuvaanirikkunna lokathile puthiya jeevanumaayi njangal nokkipaarkunnu. Amen.

2. Athamavil daridrarayavar

English

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you, and falsely say all kinds of evil against you because of me.

Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

And to you belongs the praise, O God, Barekmor

Manglish

Athmaavil Daridrarayavar bhagyavanmar; Enthukondennal swargarajyam avarudethakunnu.

Dukhichirikkunnavar bhagyavanmar; Enthukondennal avar aswasappedum.

Soumyathayullavar bhagyavanmar; Enthukondennal avar bhoomiye avakasamay anubhavikum.

Neethikai visannu dhahikkunnavar Bhagyavanmar; Enthukondennal avar Thruptharakum.

Karunayullavar Bhagyanmar; Enthukondennal avarudemel karunayundakum.

Hrudaya sudhiyullavar bhagyavanmar; Enthukondennal avar daivathe kanum.

Samadhanam nadathunnavar bhagyavanmar; Enthundennal avar daivathinte puthrenmarennu vilikapedum.

Neethi nimithamayittu peedikapedunnavar bhagyamar; Enthukondennal sworgarajyam avarudethakkunnu.

Avar ningale nindikkukayum ningale peedippikkukayum ente nimitham sakala durvachanatheyum ningalude nere vyajamaittu parayukayum chaiyumpol ningal bhagyanmar.

Ningalude prathiphalam swargathil vardhichirika kondu ningal santhoshichu anandipin.

Daivame! sthuthi ninaku yogyamakunnu, Barekmor.