

El-Tasbeha

(The Church Holiest Prayer)

(by: Father Samaan Saint Paul)

Our Coptic Church has arranged before the Divine Liturgy a prayer, which is called the Viel. It is like a preparation for the holy mass, (because the church prepares to meet the Lord Jesus Christ in the mass, so the sequence of this night prayer is to prepare our souls to meet Jesus in the mass.

The Viel (El Tasbeha) is the holiest prayer in the church because all what it consists of is praising, glorifying and thanking God without any demands. All praising as what the angels do in heaven....it is a heavenly image situation emitted on earth.. It is a sharing between earth and heaven and all its parts are taken from the bible as we shall see.

Midnight Psalmody

1. As with all other services in the Coptic Church, the Holy Psalmody starts with Zoxa Patri, Epschois Nai Nan, Our Father....., the Thanksgiving Prayer and Psalm 50. Then the Midnight Office of the Agpeyia
2. Introductory Psalm: psalm (116) Glory be to God. Oh praise the Lord all you nations..... (Ni Ethnos Tiroo)
3. **Ten Theno:** this introductory prayer to aware the people of what are the prayer and how it should be. Arise, O children of the light, let us praise the Lord of Hosts.
4. **Tennav** it is a hymn for the resurrection stating what happened at the resurrection of Lord Jesus and how the Marries received this news. It is said from Easter and through out the fifty days. Then afterward, we pray it only on Sunday psalmody.
5. **The first Hoos:** it is the prayer and praise that Mosses and the congregation of Israel prayed after crossing the Red Sea, to show how great the work was done by God with them and how they were saved from the Egyptians (Exodus 15).

It is followed by psali Adam (Khen Ooshoot)

With the split, the waters of the sea split,
And the very deep, became a walkway.....

6. **The Second Hoos:** (Psalm135) it is a psalm of thanksgiving to God for His great works with the Israeli.

This is followed by **Epsali Adam** (Maren Oonh Evol) Let us give thanks, to Christ our God, with David the prophet and psalmist.

7. **The Third Hoos:** it is the prayer of the 3 young men inside the blazing furnace when they were saved from the danger of fire.

Followed by

✓ **Aripsalin**, this is a Greek Psali Watos for the Three Saintly Children.

Sings unto Him, who was crucified,
Buried and resurrected,
Who trampled and abolished death.
Praise Him and exalt Him above all.

- ✓ **Tenoweh Encwk (we follow You)** it is as a promise to God that we will be honest in following him with all our hearts
- ✓ **The Commemoration of Saints:** in which we ask the intercessions of St Mary, Angels, Profits, Apostles, Martyrs and Saints on our behalf, and we notice that they are mentioned in orders according to their rank in heaven.
- ✓ **Doxologies:** this praising the Virgin Mary, Angels, Martyrs and saints. It is a somehow elongated praise for every saint alone contemplating on some of his virtues.
- 8. **The Fourth Hoos:** it is the psalms (148,149 and 150) also it is a praising, thanksgiving and honouring to God for all His good works in the creation and with us.

Till here, this is the part repeated everyday in the Viel

1. The following part changes everyday, it consists of
2. **The hymn of the day (Ebsalia)** it is a kind of the unceasing prayer mentioning he name of God repeatedly.
3. **Teotokia:** this is a praise to St Mary the Mother of God, it is a hymn praising the Virgin Mary and recounting her symbols and examples given in the bible in the old and the new testament.
4. **Lobsh:** it is an explanation for some of the symbols and meanings mentioned in the theotokia
5. **The end of Theotokia**
6. **Kerialyson**
7. **Efnoti Nai Nan.**

In the Evening Tasbeha

Start with zoxa patri.....to psalm 50 then 9th, 11th, 12th prayer from Agbeya, the introductory Psalm (116), then proceed to the fourth Hoos. Then the Epsali of the feast if applicable, the Theotokia of the day, then Conclusion of the Theotokia. Finally, the raising of the Evening Incense is prayed.

†

I AM Too blessed to be stressed!"

The shortest distance between a problem and a solution is the distance between your knees and the floor.

The one who kneels to the Lord can stand up to anything.

Love and peace be with you forever

Amen.

GOD LOVES YOU.