

# THE LENTEN OFFICE OF MATINS

## ADAPTED READER'S SERVICE

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us. Amen. Glory to thee, our God, glory to thee.

O Heavenly King, the Comforter, the Spirit of truth, who art everywhere and fillest all things; Treasury of blessings and Giver of life: come and abide in us and cleanse us from every impurity, and save our souls, O Good One.

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

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for thy Name's sake.

Lord, have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

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 trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

Glory to God in the highest and on earth peace, good will towards men.  
(3x)

O Lord, open my lips, and my mouth shall show forth thy praise. (2x)

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### Psalm 3

O Lord, how many are my foes. Many are rising against me; many are saying of me, there is no help for him in God. But thou, O Lord, art a shield about me, my glory, and the lifter of my head. I cry aloud to the Lord, and he answers me from his holy hill. I lie down and sleep; I wake again, for the Lord sustains me. I am not afraid of ten thousands of people who have set themselves against me round about. Arise, O Lord. Deliver me, O my God. For thou dost smite all my enemies on the cheek, thou dost break the teeth of the wicked. Deliverance belongs to the Lord; thy blessing be upon thy people.

I lie down and sleep; I wake again, for the Lord sustains me.

### Psalm 37

O Lord, rebuke me not in thy anger, nor chasten me in thy wrath. For thy arrows have sunk into me, and thy hand has come down on me. There is no soundness in my flesh because of thy indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; they weigh like a burden too heavy for me. My wounds grow foul and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my loins are filled with burning, and there is no soundness in my flesh. I am utterly spent and crushed; I groan because of the tumult of my heart. Lord, all my longing is known to thee, my sighing is not hidden from thee. My heart throbs, my strength fails me; and the light of my eyes -- it also has gone from me. My friends and companions stand aloof from my plague, and my kinsmen stand afar off. Those who seek my life lay their snares, those who seek my hurt speak of ruin, and meditate treachery all the day long. But I am like a deaf man, I do not hear, like a dumb man who does not open his mouth. Yea, I am like a man who does not hear, and in whose mouth are no rebukes. But for

thee, O Lord, do I wait; it is thou, O Lord my God, who wilt answer. For I pray, "Only let them not rejoice over me, who boast against me when my foot slips." For I am ready to fall, and my pain is ever with me. I confess my iniquity, I am sorry for my sin. Those who are my foes without cause are mighty, and many are those who hate me wrongfully. Those who render me evil for good are my adversaries because I follow after good. Do not forsake me, O Lord. O my God, be not far from me. Make haste to help me, O Lord, my salvation.

Do not forsake me, O Lord. O my God, be not far from me.

Make haste to help me, O Lord, my salvation.

### Psalm 62

O God, thou art my God, I seek thee, my soul thirsts for thee; my flesh faints for thee, as in a dry and weary land where no water is. So I have looked upon thee in the sanctuary, beholding thy power and glory. Because thy steadfast love is better than life, my lips will praise thee. So I will bless thee as long as I live; I will lift up my hands and call on thy name. My soul is feasted as with marrow and fat, and my mouth praises thee with joyful lips, when I think of thee upon my bed, and meditate on thee in the watches of the night; for thou hast been my help, and in the shadow of thy wings I sing for joy. My soul clings to thee; thy right hand upholds me. But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword, they shall be prey for jackals. But the king shall rejoice in God; all who swear by him shall glory; for the mouths of liars will be stopped

I think of thee upon my bed, and meditate on thee in the watches of the night; for thou hast been my help, and in the shadow of thy wings I sing for joy.

My soul clings to thee; thy right hand upholds me.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Alleluia, alleluia, alleluia, glory to thee, O God. (3x)



Lord, have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

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### Psalm 87

O Lord, my God, I call for help by day; I cry out in the night before thee. Let my prayer come before thee, incline thy ear to my cry. For my soul is full of troubles, and my life draws near to Sheol. I am reckoned among those who go down to the Pit; I am a man who has no strength, like one forsaken among the dead, like the slain that lie in the grave, like those whom thou dost remember no more, for they are cut off from thy hand. Thou hast put me in the depths of the Pit, in the regions dark and deep. Thy wrath lies heavy upon me, and thou dost overwhelm me with all thy waves. Thou hast caused my companions to shun me; thou hast made me a thing of horror to them. I am shut in so that I cannot escape; my eye grows dim through sorrow. Every day I call upon thee, O Lord; I spread out my hands to thee. Dost thou work wonders for the dead? Do the shades rise up to praise thee? Is thy steadfast love declared in the grave, or thy faithfulness in Abaddon? Are thy wonders known in the darkness, or thy saving help in the land of forgetfulness? But I, O Lord, cry to thee; in the morning my prayer comes before thee. O Lord, why dost thou cast me off? Why dost thou hide thy face from me? Afflicted and close to death from my youth up, I suffer thy terrors; I am helpless. Thy wrath has swept over me; thy dread assaults destroy me. They surround me like a flood all day long; they close in upon me together. Thou hast caused lover and friend to shun me; my companions are in darkness.

O Lord, my God, I call for help by day; I cry out in the night before thee. Let my prayer come before thee, incline thy ear to my cry.

## **Psalm 102**

Bless the Lord, O my soul; and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle's. The Lord works vindication and justice for all who are oppressed. He made known his ways to Moses, his acts to the people of Israel. The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger for ever. He does not deal with us according to our sins, nor requite us according to our iniquities. For as the heavens are high above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father pities his children, so the Lord pities those who fear him. For he knows our frame; he remembers that we are dust. As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more. But the steadfast love of the Lord is from everlasting to everlasting upon those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments. The Lord has established his throne in the heavens, and his kingdom rules over all. Bless the Lord, O you his angels, you mighty ones who do his word, hearkening to the voice of his word. Bless the Lord, all his hosts, his ministers that do his will. Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul. In all place of his dominion, bless the Lord, O my soul.

## **Psalm 142**

Hear my prayer, O Lord; give ear to my supplications. In thy faithfulness answer me, in thy righteousness. Enter not into judgment with thy servant; for no man living is righteous before thee. For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old, I meditate on all

that thou hast done; I muse on what thy hands have wrought. I stretch out my hands to thee; my soul thirsts for thee like a parched land. Make haste to answer me, O Lord. My spirit fails. Hide not thy face from me, lest I be like those who go down to the Pit. Let me hear in the morning of thy steadfast love, for in thee I put my trust. Teach me the way I should go, for to thee I lift up my soul. Deliver me, O Lord, from my enemies. I have fled to thee for refuge. Teach me to do thy will, for thou art my God. Let thy good spirit lead me on a level path. For thy name's sake, O Lord, preserve my life. In thy righteousness bring me out of trouble. And in thy steadfast love cut off my enemies, and destroy all my adversaries, for I am thy servant.

In thy faithfulness answer me, in thy righteousness. Enter not into judgment with thy servant.

In thy faithfulness answer me, in thy righteousness. Enter not into judgment with thy servant.

Let thy good spirit lead me on a level path.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Alleluia, alleluia, alleluia, glory to thee, O God. (3x)



Lord, have mercy. (12x)

Alleluia, alleluia, alleluia. *Ps*: In the night my soul rises early for thee, O God, for thy commandments are a light on the earth.

Alleluia, alleluia, alleluia.

*Ps*: Learn righteousness, ye that dwell upon the earth.

Alleluia, alleluia, alleluia.

*Ps*: Jealousy shall take hold of an untaught people.

Alleluia, alleluia, alleluia.

Bring more evils upon them, O Lord, bring more evils upon those who are glorious on the earth.

Alleluia, alleluia, alleluia.

*Then we sing the Triadika hymns in the tone of the week.*

*The first hymn ends as follows:*

*Monday: ...through the protection of thine angels, have mercy on us.*

*Tuesday: ...through the prayers of thy forerunner, have mercy on us.*

*Wednesday: ...by the power of thy cross, preserve us, O Lord.*

*Thursday: ...through the prayers of thine apostles and St. Nicholas, have mercy on us.*

*Friday: ... by the power of thy cross, preserve us, O Lord.*

### **Tone 1**

Led upwards in bodily forms to the spiritual and immaterial understanding of the Bodiless Powers, and receiving by the thrice-holy song the illumination of the Godhead in three persons, like the Cherubim let us cry to the one God: Holy, holy, holy, art thou O our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. With all the Heavenly Powers let us cry to God in the highest, as we sing the thrice-holy praise: Holy, holy, holy art thou, our God, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Rising from sleep, we fall down before thee, O Good One, and we cry to thee, All-powerful, the hymn of the angels: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.



## **Tone 2**

Imitating the powers on high, we on earth offer thee, O Good One, a triumphant hymn: Holy, holy, holy art thou our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. O Uncreated Nature, the Maker of all things, open our lips so that we may proclaim thy praise, crying: Holy, holy, holy art thou, our God, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Thou hast raised me, O Lord, from my bed and sleep, enlighten both my mind and my heart, and open my lips that I may hymn thee, O Holy Trinity: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.



## **Tone 3**

Consubstantial and undivided Trinity, Unity in three Persons and co-eternal, to thee as God we cry with the hymn of the angels: Holy, holy, holy art thou, our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. As we dare to glorify like the cherubim the Father who has no beginning, the Son, like him without beginning and the co-eternal Spirit, one Godhead, we say: Holy, holy, holy art thou, O God, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Suddenly the Judge will come, and the deeds of every man will be made known. But at midnight let us cry with fear: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.





#### **Tone 4**

Though we are mortal, we dare to offer unto thee the hymn of thine angelic ministers, saying: Holy, holy, holy art thou, our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. As the orders of angels in heaven, we men on earth, standing now with fear, offer unto thee, O loving Lord, a triumphant hymn: Holy, holy, holy art thou, our God, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Daring to give glory to thine Eternal Father, and to thee, O Christ our God, and to thy most Holy Spirit, as the Cherubim we say: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.



#### **Tone 5**

Now is the hour for praise and prayer; let us cry fervently to the one and only God: Holy, holy, holy art thou, our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. We dare to act as icons of thy spiritual hosts, and with our unworthy mouths we cry to thee, O Trinity without beginning: Holy, holy, holy art thou, our God, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. O Christ God, contained in a virgin womb, yet not parted from the Father's bosom, accept us as we cry with the angels: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.



### **Tone 6**

The Cherubim, standing with fear, the Seraphim, standing amazed with trembling, with never silent voices offer the thrice-holy hymn. With them we sinners also cry: Holy, holy, holy art thou, our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. With bodiless voices and never silent hymns of glory, the six-winged beings sing the thrice-holy hymn to thee, our God. And we on earth, with unworthy lips, send up our praise: Holy, holy, holy art thou, our God, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Let us glorify the Godhead of threefold Unity with unconfused union, and let us cry aloud the Angels' hymn: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.



### **Tone 7**

Praised by the cherubim in thine almighty power, and worshipped by the angels in thy divine glory, do thou accept us sinners also who unworthily dare to cry to thee: Holy, holy, holy art thou, our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. Casting off both sleep and slothfulness O my soul, bring to the Judge more fervent hymns of praise, and cry aloud with fear: Holy, holy, holy art thou, our God, through the prayers of all the saints, have mercy on us.

Now and ever and unto ages of ages. Amen. To the Godhead that no man can approach, to the Trinity in unity, let us offer the thrice-holy hymn of the Seraphim and cry aloud with fear: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.



## Tone 8

With our hearts in heaven, let us imitate the angelic order, and in fear let us fall before the impartial Judge, crying out a hymn of victory: Holy, holy, holy art thou, our God, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. Daring not to gaze upon thee, the winged Cherubim cry out in the words of the thrice-holy hymn inspired by God; and with them we sinners also cry to thee: Holy, holy, holy art thou, our God, through the prayers of all the saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Bent down by the multitude of our offences and not daring to raise our eyes to thee on high, bending both soul and body, we cry out with the Angels the hymn: Holy, holy, holy art thou, our God, through the Theotokos, have mercy on us.

*At the conclusion of the Triadika hymns, continue:*

Lord, have mercy. (3x) Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

*An appointed reading from the Psalter.*

*When finished, continue:*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen. Alleluia, alleluia, alleluia. Glory to thee, O God. (3x)

Lord, have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

## Psalm 50

Have mercy on me, O God, according to thy steadfast love; according to thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against thee, thee only, have I sinned, and done that which is evil in thy sight, so that thou art justified in thy sentence and blameless in thy judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which thou hast broken rejoice. Hide thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from thy presence, and take not thy holy Spirit from me. Restore to me the joy of thy salvation, and uphold me with a willing spirit. Then I will teach transgressors thy ways, and sinners will return to thee. Deliver me from bloodguiltiness, O God, thou God of my salvation, and my tongue will sing aloud of thy deliverance. O Lord, open thou my lips, and my mouth shall show forth thy praise. For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise. Do good to Zion in thy good pleasure; rebuild the walls of Jerusalem, then wilt thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on thy altar.

*After Psalm 50, begin reading the biblical ode for the day:*

*Monday: 1 (page 13), 8-9 (page 24)*

*Tuesday: 2 (page 14), 8-9 (page 24)*

*Wednesday: 3 (page 17), 8-9 (page 24)*

*Thursday: 4 (page 18), 8-9 (page 24)*

*Friday: 5 (page 20), 8-9 (page 24)*

## ODE 1

### *The Song of Moses in Exodus 15*

*Having utterly drowned Pharaoh in the deep Moses says:*

*Let us sing to the Lord, for he is greatly glorified.*

Then Moses and the people of Israel sang this song to the Lord, saying, "I will sing to the Lord, for he has triumphed gloriously; the horse and his rider he has thrown into the sea. The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him. The Lord is a man of war; the Lord is his name. Pharaoh's chariots and his host he cast into the sea; and his picked officers are sunk in the Red Sea. The floods cover them; they went down into the depths like a stone. Thy right hand, O Lord, glorious in power, thy right hand, O Lord, shatters the enemy. In the greatness of thy majesty thou overthrowest thy adversaries; thou sendest forth thy fury, it consumes them like stubble. At the blast of thy nostrils the waters piled up, the floods stood up in a heap; the deeps congealed in the heart of the sea. The enemy said, 'I will pursue, I will overtake, I will divide the spoil, my desire shall have its fill of them. I will draw my sword, my hand shall destroy them.' Thou didst blow with thy wind, the sea covered them; they sank as lead in the mighty waters. Who is like thee, O Lord, among the gods? Who is like thee, majestic in holiness, terrible in glorious deeds, doing wonders? Thou didst stretch out thy right hand, the earth swallowed them. Thou hast led in thy steadfast love the people whom thou hast redeemed, thou hast guided them by thy strength to thy holy abode. The peoples have heard, they tremble; pangs have seized on the inhabitants of Philistia.

### *For 8 verses*

8. Now are the chiefs of Edom dismayed; the leaders of Moab, trembling seizes them; all the inhabitants of Canaan have melted away.
7. Terror and dread fall upon them; because of the greatness of thy arm, they are as still as a stone.

*For 6 verses*

6. Till thy people, O Lord, pass by, till the people pass by whom thou hast purchased.

5. Thou wilt bring them in, and plant them on thy own mountain, the place, O Lord, which thou hast made for thy abode, the sanctuary, Lord, which thy hands have established.

*For 4 verses*

4. The Lord will reign for ever and ever." For when the horses of Pharaoh with his chariots and his horsemen went into the sea, the Lord brought back the waters of the sea upon them.

3. But the people of Israel walked on dry ground in the midst of the sea.

*Glory* to the Father, and to the Son, and to the Holy Spirit.

*Now* and ever and unto ages of ages. Amen.

*Glory* to thee, our God, glory to thee.



**ODE 2**

*N.b.: the 2<sup>nd</sup> Ode is never recited, except only in great Lent. After the 1<sup>st</sup> Ode we recite it through to the end. For the troparia we say before each one: Glory to thee, our God, glory to thee.*

*The Song of Moses in Deuteronomy. Chap. 32.*

*After the law was written, once more a song of Moses.*

Attend, O heavens, and I will speak; and let the earth hear the words of my mouth. May my teaching drop as the rain, my speech distil as the dew, as the gentle rain upon the tender grass, and as the showers upon the herb. For I will proclaim the name of the Lord. Ascribe greatness to our God. The Rock, his work is perfect; for all his ways are justice. A God of faithfulness and without iniquity, just and right is he. They have dealt corruptly with him, they are no longer his children because of their blemish; they are a perverse and crooked generation. Do you thus requite

the Lord, you foolish and senseless people? Is not he your father, who created you, who made you and established you? Remember the days of old, consider the years of many generations; ask your father, and he will show you; your elders, and they will tell you. When the Most High gave to the nations their inheritance, when he separated the sons of men, he fixed the bounds of the peoples according to the number of the sons of God. For the Lord's portion is his people, Jacob his allotted heritage. He found him in a desert land, and in the howling waste of the wilderness; he encircled him, he cared for him, he kept him as the apple of his eye. Like an eagle that stirs up its nest, that flutters over its young, spreading out its wings, catching them, bearing them on its pinions, the Lord alone did lead him, and there was no foreign god with him. He made him ride on the high places of the earth, and he ate the produce of the field; and he made him suck honey out of the rock, and oil out of the flinty rock. Curds from the herd, and milk from the flock, with fat of lambs and rams, herds of Bashan and goats, with the finest of the wheat – and of the blood of the grape you drank wine. But Jeshurun waxed fat, and kicked; you waxed fat, you grew thick, you became sleek; then he forsook God who made him, and scoffed at the Rock of his salvation. They stirred him to jealousy with strange gods; with abominable practices they provoked him to anger. They sacrificed to demons which were no gods, to gods they had never known, to new gods that had come in of late, whom your fathers had never dreaded. You were unmindful of the Rock that begot you, and you forgot the God who gave you birth. The Lord saw it, and spurned them, because of the provocation of his sons and his daughters. And he said, "I will hide my face from them, I will see what their end will be, for they are a perverse generation, children in whom is no faithfulness. They have stirred me to jealousy with what is no god; they have provoked me with their idols. So I will stir them to jealousy with those who are no people; I will provoke them with a foolish nation. For a fire is kindled by my anger, and it burns to the depths of Sheol, devours the earth and its increase, and sets on fire the foundations of the mountains. And I will heap evils upon them; I will spend my arrows upon them; they shall be wasted with hunger, and devoured with burning heat and poisonous pestilence; and I

will send the teeth of beasts against them, with venom of crawling things of the dust. In the open the sword shall bereave, and in the chambers shall be terror, destroying both young man and virgin, the sucking child with the man of gray hairs. I would have said, I will scatter them afar, I will make the remembrance of them cease from among men, had I not feared provocation by the enemy, lest their adversaries should judge amiss, lest they should say, 'Our hand is triumphant, the Lord has not wrought all this.' For they are a nation void of counsel, and there is no understanding in them. If they were wise, they would understand this, they would discern their latter end. How should one chase a thousand, and two put ten thousand to flight, unless their Rock had sold them, and the Lord had given them up? For their rock is not as our Rock, even our enemies themselves being judges. For their vine comes from the vine of Sodom, and from the fields of Gomorrah; their grapes are grapes of poison, their clusters are bitter; their wine is the poison of serpents, and the cruel venom of asps. Is not this laid up in store with me, sealed up in my treasuries? Vengeance is mine, and recompense, for the time when their foot shall slip; for the day of their calamity is at hand, and their doom comes swiftly. For the Lord will vindicate his people and have compassion on his servants, when he sees that their power is gone, and there is none remaining, bond or free. Then he will say, Where are their gods, the rock in which they took refuge, who ate the fat of their sacrifices, and drank the wine of their drink offering? Let them rise up and help you, let them be your protection. See now that I, even I, am he, and there is no god beside me; I kill and I make alive; I wound and I heal; and there is none that can deliver out of my hand. For I lift up my hand to heaven, and swear, As I live for ever, if I whet my glittering sword, and my hand takes hold on judgment, I will take vengeance on my adversaries, and will requite those who hate me. I will make my arrows drunk with blood, and my sword shall devour flesh – with the blood of the slain and the captives, from the long-haired heads of the enemy. Praise his people, O you nations; for he avenges the blood of his servants, and takes vengeance on his adversaries, and makes expiation for the land of his people.

**8-3.** Glory to thee, our God, glory to thee.



*Glory* to the Father, and to the Son, and to the Holy Spirit.  
*Now* and ever and unto ages of ages. Amen.  
*Glory* to thee, our God, glory to thee.

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### ODE 3

*The Prayer of Anne, the mother of the Prophet Samuel. 1 Reigns 2.*

*A barren woman strangely bearing child praises God.*

*Holy are you, O Lord, and my spirit sings your praise.*

My heart is established in the Lord, my spirit is exalted in my God; my mouth derides my enemies, I rejoice in your salvation. There is none holy like the Lord, and none just like our God. Do not boast or talk so very proudly; let no arrogance come from your mouth. For the Lord is a God of knowledge, and God prepares his ways. He has weakened the bow of the mighty, and the weak have girded themselves with power. Those who were full of bread have been brought low, and the hungry have deserted the land; because a barren woman has given birth to seven, and she who has many children has grown weak. The Lord kills and gives life, leads down to hell and leads up. The Lord makes poor and makes rich, humbles and exalts. Makes the pauper rise from the earth, and raises the poor from the dunghill, to seat him with the powerful of the people, giving him a throne of glory as his inheritance.

*For 8 verses*

8. He grants the prayers of him who prays, and blesses the years of the just.

7. Because a powerful man has no strength in his strength. The Lord will weaken his adversary, the Lord is holy.

*For 6 verses*

6. Let not the wise man boast of his wisdom, nor the powerful boast of his power, nor the wealthy boast of his wealth.

5. But let him who boasts boast of this: of understanding and knowing the Lord, and of executing judgment and justice in the midst of the earth.

*For 4 verses*

4. The Lord has gone up to the heavens and thundered, being just he will judge the ends of the earth.

3. He will give strength to our kings and exalt the horn of his anointed ones.

*Glory* to the Father, and to the Son, and to the Holy Spirit.

*Now* and ever and unto ages of ages. Amen.

*Glory* to thee, our God, glory to thee.



#### ODE 4

*The Prayer of the Prophet Avvakoum. Chap. 3:1*

*Avvakoum express the self-emptying of the Word.*

*Glory to your power O Lord.*

O Lord, I heard your report and was afraid: Lord I considered your works and was amazed. In the midst of two living creatures you will be known, when the years draw near you will be recognized, when the moment comes you will be revealed. When my soul is troubled, in anger you will remember mercy. God will come from Theman: and the Holy One from a shady, wooded mountain. His virtue covered the heavens and the earth was full of his praise. And his radiance was like light; there were horns in his hands and he caused a strong love of his strength. A word will go before his face, and will go out for chastisement at his feet. He stood, and the earth was shaken; he looked, and nations melted away. The mountains were broken in pieces by force, everlasting hills melted away; instead of toils I saw his everlasting paths. The tents of the Ethiopians quivered with fear, and the tabernacles of the land of Midian. Were you enraged at rivers, Lord? Was your wrath at rivers? Or your indignation at the sea? Because you mounted on your horses, and your cavalry is

salvation. You draw, you draw your bow against sceptres, says the Lord; the land of rivers will be rent. Peoples will see you and be in pain, as you scatter moving waters; the deep uttered its voice, the height of its appearance. The sun was raised high and the moon stood in her course; your thunderbolts will go forth at the light, at the radiance of the lightning of your weapons. With a threat you will bring low the earth, and with rage bring down nations. You went forth for the salvation of your people, you have come to save your anointed ones, you hurled death on the heads of the lawless, you raised bonds as far as the neck to the end. You cut open in amazement the heads of the powerful; they will be shaken by them, they will break open their bridles, like a poor man eating in secret. And you made your horses mount upon the sea, as they troubled many waters. I kept watch, and my heart quivered with fear, from the sound of the prayer of my lips; and trembling entered my bones, and my strength was troubled within me. I shall rest in the day of my trouble, from going up to the people of my sojourning.

*For 8 verses*

8. For the fig-tree will not bear fruit, nor will there be produce on the vines.
7. The labor of the olive will deceive, and the fields yield no food.

*For 6 verses*

6. The sheep have failed from lack of fodder, and there will be no oxen at the mangers.
5. Yet I will rejoice in the Lord: I will be joyful in God my Savior.

*For 4 verses*

4. The Lord is my strength: he will perfectly station my feet.
3. And he puts me on high places: for me to conquer with his song.

*Glory* to the Father, and to the Son, and to the Holy Spirit.

*Now* and ever and unto ages of ages. Amen.

*Glory* to thee, our God, glory to thee.



## ODE 5

*Prayer of the Prophet Isaiah. Chap. 26:9.*

*Isaiah prophecy, a perfect prayer.*

*O Lord our God give us peace.*

In the night my soul rises for you, O God: for your commands are light upon the earth. Learn righteousness, you that dwell upon the earth. The impious has come to an end; everyone who has in no way learnt justice upon earth will not do truth at all. Let the impious be taken away, that he may not see the glory of the Lord. Lord, your hand was lifted up and they knew it not; but once they know they will be ashamed. Jealousy shall take hold of an untaught people, and now fire devours their adversaries. Lord our God, give us peace; for all things you have given back to us. Lord our God, possess us; Lord, we know no other but you, we call upon your name. The dead may in no way see life, nor will physicians raise them up; because of this you have brought out and destroyed and taken away every one of their males.

*For 8 verses*

8. Bring more evils upon them, O Lord, bring more evils upon those who are glorious on the earth .

7. O Lord, in affliction we remembered you, with a little affliction you chastised us.

*For 6 verses*

6. As the woman in labor draws near the time of her delivery and cries out in her labor: so have we been to your beloved.

5. Through fear of you, Lord, we have conceived in the womb, and have been in labor, and have given birth to a spirit of salvation, which we have made upon the earth. We shall not fall, but they will fall, the inhabitants of the earth.

*For 4 verses*

4. The dead shall arise and those in the graves shall be raised: and those in the earth shall rejoice.

3. For the dew which comes from you is healing for them: but the land of the impious shall perish. Go, my people, enter your chamber, shut your door, be hidden for a little while, until the anger of the Lord has passed by.

*Glory* to the Father, and to the Son, and to the Holy Spirit.

*Now* and ever and unto ages of ages. Amen.

*Glory* to thee, our God, glory to thee.



## ODE 6

*Prayer of the Prophet Jonah. Chap. 2:2.*

*Jonas cried from the beast and said:*

*As you did the prophet Jonas, save us, O Lord.*

I called to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and thou didst hear my voice. For thou didst cast me into the deep, into the heart of the seas, and the flood was round about me; all thy waves and thy billows passed over me. Then I said, "I am cast out from thy presence; how shall I again look upon thy holy temple?"

*For 8 verses*

8. The waters closed in over me the deep was round about me.

7. Weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me for ever.

*For 6 verses*

6. Yet thou didst bring up my life from the Pit, O Lord my God.

5. When my soul fainted within me, I remembered the Lord; and my prayer came to thee, into thy holy temple.

*For 4 verses*

4. Those who pay regard to vain idols forsake their true loyalty.

3. But I with the voice of thanksgiving will sacrifice to thee; what I have vowed I will pay. Deliverance belongs to the Lord.

*Glory* to the Father, and to the Son, and to the Holy Spirit.  
*Now* and ever and unto ages of ages. Amen.

† † †

## ODE 7

*Prayer of the Three Holy Youths. Dan. 3.*

*Praise of the three holy Youths quenches a flame.*

*Our God and the God of our fathers, blessed are you.*

“Blessed art thou, O Lord, God of our fathers, and worthy of praise; and thy name is glorified for ever. For thou art just in all that thou hast done to us, and all thy works are true and thy ways right, and all thy judgments are truth. Thou hast executed true judgments in all that thou hast brought upon us and upon Jerusalem, the holy city of our fathers, for in truth and justice thou hast brought all this upon us because of our sins. For we have sinfully and lawlessly departed from thee, and have sinned in all things and have not obeyed thy commandments; we have not observed them or done them, as thou hast commanded us that it might go well with us. So all that thou hast brought upon us, and all that thou hast done to us, thou hast done in true judgment. Thou hast given us into the hands of lawless enemies, most hateful rebels, and to an unjust king, the most wicked in all the world. And now we cannot open our mouths; shame and disgrace have befallen thy servants and worshipers. For thy name's sake do not give us up utterly, and do not break thy covenant, and do not withdraw thy mercy from us, for the sake of Abraham thy beloved and for the sake of Isaac thy servant and Israel thy holy one, to whom thou didst promise to make their descendants as many as the stars of heaven and as the sand on the shore of the sea. For we, O Lord, have become fewer than any nation, and are brought low this day in all the world because of our sins. And at this time there is no prince, or prophet, or leader, no burnt offering, or sacrifice, or oblation, or incense, no place to make an offering before thee or to find mercy. Yet with a contrite heart and a humble spirit

may we be accepted, as though it were with burnt offerings of rams and bulls, and with tens of thousands of fat lambs; such may our sacrifice be in thy sight this day, and may we wholly follow thee, for there will be no shame for those who trust in thee. And now with all our heart we follow thee, we fear thee and seek thy face. Do not put us to shame, but deal with us in thy forbearance and in thy abundant mercy. Deliver us in accordance with thy marvelous works, and give glory to thy name, O Lord. Let all who do harm to thy servants be put to shame; let them be disgraced and deprived of all power and dominion, and let their strength be broken. Let them know that thou art the Lord, the only God, glorious over the whole world.” Now the king's servants who threw them in did not cease feeding the furnace fires with naphtha, pitch, tow, and brush. And the flame streamed out above the furnace forty-nine cubits, and it broke through and burned those of the Chaldeans whom it caught about the furnace. But the angel of the Lord came down into the furnace to be with Azariah and his companions, and drove the fiery flame out of the furnace, and made the midst of the furnace like a moist whistling wind, so that the fire did not touch them at all or hurt or trouble them. Then the three, as with one mouth, praised and glorified and blessed God in the furnace, saying:

*The hymn of the Three, which the Young Men sang.*

*For 8 verses*

8. “Blessed art thou, O Lord, God of our fathers, and to be praised and highly exalted for ever.

7. And blessed is thy glorious, holy name and to be highly praised and highly exalted for ever.

*For 6 verses*

6. Blessed art thou in the temple of thy holy glory and to be extolled and highly glorified for ever.

5. Blessed art thou, who sittest upon cherubim and lookest upon the deeps, and to be praised and highly exalted for ever.

*For 4 verses*

4. Blessed art thou upon the throne of thy kingdom and to be extolled and highly exalted for ever.

3. Blessed art thou in the firmament of heaven and to be sung and glorified for ever.”

*Glory* to the Father, and to the Son, and to the Holy Spirit.

*Now* and ever and unto ages of ages. Amen.



## ODE 8

*Hymn of the three holy Youths.*

*Created nature, sing the Master's praise.*

*Praise the Lord his works and exalt him above all for ever.*

Bless the Lord, all works of the Lord, sing praise to him and highly exalt him for ever.

Bless the Lord, you angels of the Lord, you heavens, sing praise to him and highly exalt him for ever.

Bless the Lord, all waters above the heaven, all powers, sing praise to him and highly exalt him for ever.

Bless the Lord, sun and moon, stars of heaven, sing praise to him and highly exalt him for ever.

Bless the Lord, all rain and dew, all winds, sing praise to him and highly exalt him for ever.

Bless the Lord, fire and warmth, cold and heat, sing praise to him and highly exalt him for ever.

Bless the Lord, dews and snows, ice and cold, sing praise to him and highly exalt him for ever.

Bless the Lord, frosts and snows, lightnings and clouds, sing praise to him and highly exalt him for ever.

Bless the Lord, light and darkness, nights and days, sing praise to him and highly exalt him for ever.

Bless the Lord earth, mountains and hills, all things that grow on the earth, sing praise to him and highly exalt him for ever.



Bless the Lord, you springs, seas and rivers, you whales, and all creatures that move in the waters, sing praise to him and highly exalt him for ever.

*For 8 verses*

8. Bless the Lord all you birds of the air, beasts and cattle, sing praise to him and highly exalt him for ever.

7. Bless the Lord you sons of men. Let Israel bless the Lord, sing praise to him and highly exalt him for ever.

*For 6 verses*

6. Bless the Lord priests of the Lord and servants of the Lord, sing praise to him and highly exalt him for ever.

5. Bless the Lord spirits and souls of the just, holy and humble of heart, sing praise to him and highly exalt him for ever.

*For 4 verses*

4. Bless the Lord Ananiah, Azariah, and Mishael, sing praise to him and highly exalt him for ever.

3. Bless the Lord Apostles, Prophets, and Martyrs of the Lord, sing praise to him and highly exalt him for ever.

2. Let us bless the Lord: Father, Son and Holy Spirit.

1. Now and ever and unto ages of ages. Amen.

*Glory* to thee, our God, glory to thee.

*We praise*, bless and worship the Lord, praising and exalting him above all for ever.



## Ode 9 – THE MAGNIFICAT

*Song of the Mother of God.*

*A maiden mother hymns her Son and God:*

*In hymns God's Mother now we magnify.*

My soul magnifies the Lord and my spirit rejoices in God my Savior.

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption you gave birth to God the Word: true Theotokos, we magnify you.

For He has regarded the low estate of His handmaiden; for behold, henceforth all generations shall call me blessed.

More honorable...

For He Who is mighty has done great things for me, and Holy is His Name; and His mercy is on those who fear Him, from generation to generation.

More honorable...

He has shown strength with His arm. He has scattered the proud in the imagination of their hearts.

More honorable...

He has put down the mighty from their thrones and exalted those of low degree; He has filled the hungry with good things and the rich He has sent empty away.

More honorable...

He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his posterity forever.

More honorable...

*Zachariah blesses the birth of his child.*

Blessed be the Lord God of Israel, for He has visited and redeemed His people, and has raised up a horn of salvation for us in the house of His servant David, as He spoke by the mouth of His holy prophets from of old, that we should be saved from our enemies, and from the hand of all that hate us; to perform the mercy promised to our fathers, and to remember His holy covenant,

*For 8 verses*

**8.** The oath which He swore to our father Abraham, to grant that we, being delivered from the hand of our enemies,

7. Might serve Him without fear, in holiness and righteousness before Him, all the days of our life.

*For 6 verses*

6. And you, child, shall be called the prophet of the Most High; for you shall go before the Lord to prepare His ways,

5. To give knowledge of salvation to His people, in the forgiveness of their sins, through the tender mercy of our God,

*For 4 verses*

4. When the Dayspring shall dawn upon us from on high to give light to those who sit in darkness and in the shadow of death,

3. To guide our feet into the way of peace.

*Glory* to the Father, and to the Son, and to the Holy Spirit.

*Now* and ever and unto ages of ages. Amen.

*Glory* to thee, our God, glory to thee.

*After the last troparion from the Triodion, begin immediately:*

It is truly meet to bless you, O Theotokos, ever-blessed and most pure and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption you gave birth to God the Word: true Theotokos, we magnify you.

*We sing the Hymn of Light the tone of the week.*

*The first one ends as follows:*

*Monday: ...through the protection of thine angels, have mercy on us.*

*Tuesday: ...through the prayers of thy forerunner, have mercy on us.*

*Wednesday: ...by the power of thy cross, preserve us, O Lord.*

*Thursday: ...through the prayers of thine apostles and St. Nicholas, have mercy on us.*

*Friday: ... by the power of thy cross, preserve us, O Lord.*

### **Tone 1**

The Hymn of Light in the first tone: O Christ, who makest light to shine, cleanse my soul from every sin, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. O Christ, who makest light to shine, cleanse my soul from every sin, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. O Christ, who makest light to shine, cleanse my soul from every sin, through the Theotokos, have mercy on us.



### **Tone 2**

The Hymn of Light in the second tone: Send forth thine eternal light, O Christ my God, and illumine the secret eyes of my heart, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. Send forth thine eternal light, O Christ my God, and illumine the secret eyes of my heart, through the prayers of all thy saints have mercy on us.

Now and ever and unto ages of ages. Amen. Send forth thine eternal light, O Christ my God, and illumine the secret eyes of my heart, through the Theotokos, have mercy on us.



### **Tone 3**

The Hymn of Light in the third tone: Send forth thy light, O Christ, my God, and illumine my heart, through the prayers..., have mercy on us.

Glory to the Father, and to the Son and to the Holy Spirit. Send forth thy light, O Christ, my God, and illumine my heart, through the prayers of all thy saints have mercy on us.

Now and ever and unto ages of ages. Amen. Send forth thy light, O Christ, my God, and illumine my heart, through the Theotokos, have mercy on us.



#### **Tone 4**

The Hymn of Light in the fourth tone: O thou who makest light to shine upon thy world, cleanse from every sin my soul that is in darkness, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. O thou who makest light to shine upon thy world, cleanse from every sin my soul that is in darkness, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. O thou who makest light to shine upon thy world, cleanse from every sin my soul that is in darkness, through the Theotokos, have mercy on us.



#### **Tone 5**

The Hymn of Light in the fifth tone: O Lord, the giver of light, send down thy light and illumine my heart, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. O Lord, the giver of light, send down thy light and illumine my heart, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. O Lord, the giver of light, send down thy light and illumine my heart, through the Theotokos, have mercy on us.



#### **Tone 6**

The Hymn of Light in the sixth tone: Send down upon our souls thine everlasting light, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. Send down upon our souls thine everlasting light, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Send down upon our souls thine everlasting light, through the Theotokos, have mercy on us.



### **Tone 7**

The Hymn of Light in the seventh tone: Rouse me to sing thy praises, O Lord, and teach me to do thy will, O Holy One, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. Rouse me to sing thy praises, O Lord, and teach me to do thy will, O Holy One, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Rouse me to sing thy praises, O Lord, and teach me to do thy will, O Holy One, through the Theotokos, have mercy on us.



### **Tone 8**

The Hymn of Light in the eighth tone: Thou who art the Light, O Christ, fill me with thy radiance, through the prayers..., have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit. Thou who art the Light, O Christ, fill me with thy radiance, through the prayers of all thy saints, have mercy on us.

Now and ever and unto ages of ages. Amen. Thou who art the Light, O Christ, fill me with thy radiance, through the Theotokos, have mercy on us.

## Psalm 148

*Praise* the Lord from the heavens, praise him in the heights. To thee praise is due, O God. Praise him, all his angels, praise him, all his host. To thee praise is due, O God. Praise him, sun and moon, praise him, all you shining stars. Praise him, you highest heavens, and you waters above the heavens. Let them praise the name of the Lord. For he commanded and they were created. And he established them for ever and ever; he fixed their bounds which cannot be passed. Praise the Lord from the earth, you sea monsters and all deeps, fire and hail, snow and frost, stormy wind fulfilling his command. Mountains and all hills, fruit trees and all cedars. Beasts and all cattle, creeping things and flying birds. Kings of the earth and all peoples, princes and all rulers of the earth. Young men and maidens together, old men and children. Let them praise the name of the Lord, for his name alone is exalted; his glory is above earth and heaven. He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him.

## Psalm 149

*Sing* to the Lord a new song, his praise in the assembly of the faithful. Let Israel be glad in his Maker, let the sons of Zion rejoice in their King. Let them praise his name with dancing, making melody to him with timbrel and lyre. For the Lord takes pleasure in his people; he adorns the humble with victory. Let the faithful exult in glory; let them sing for joy on their couches. Let the high praises of God be in their throats and two-edged swords in their hands, to wreak vengeance on the nations and chastisement on the peoples, to bind their kings with chains and their nobles with fetters of iron,

### *On Six*

6. To execute on them the judgment written. This is glory for all his faithful ones.

## Psalm 150

5. Praise God in his sanctuary; praise him in his mighty firmament.

*On Four*

4. Praise him for his mighty deeds; praise him according to his exceeding greatness.
3. Praise him with trumpet sound; praise him with lute and harp.

*On Two*

2. Praise him with timbrel and dance; praise him with strings and pipe.
1. Praise him with sounding cymbals; praise him with loud clashing cymbals. Let everything that breathes praise the Lord.

† *If stichera are sung at the Praises, continue:*

**Glory** to the Father, and to the Son, and to the Holy Spirit.  
**Now** and ever and unto ages of ages. Amen.

† † *But if no stichera are sung, continue:*

**To thee**, O Lord our God, belongs glory, and to thee we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

*When this is completed, continue:*

**Glory** to thee who has shown us the light.  
Glory to God in the highest, and on earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory. O Lord, God, heavenly King, God the Father Almighty. O Lord, the Only-Begotten Son, Jesus Christ, and the Holy Spirit; O Lord God, Lamb of God, Son of the Father, who takest away the sin of the world, have mercy on us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father have mercy on us. For thou alone art holy, thou alone art Lord, thou only, O Jesus Christ, in the glory of God the Father. Amen.



Every day will I give thanks to thee and praise thy Name for ever and ever. Lord, thou hast been our refuge from generation to generation. I said, Lord, have mercy on me, heal my soul, for I have sinned against thee. Lord, I flee unto thee. Teach me to do thy will, for thou art my God. For with thee is the fountain of life, and in thy light shall we see light. O continue thy mercy unto those who know thee.

*Vouchsafe*, O Lord to keep us this day without sin. Blessed art thou, O Lord, God of our Fathers, and praised and glorified is thy Name forever. Amen. Let thy mercy, O Lord, be upon us, as we have set our hope on thee. Blessed art thou, O Lord, teach me thy statutes. Blessed art thou, O Master, make me to understand thy commandments. Blessed art thou, O Holy One, enlighten me with thy precepts. Thy mercy, O Lord, endures forever, despise not the works of thy hands. To thee belongs worship, to thee belongs praise, to Thee belongs glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (12x)

## **The Aposticha**

### *Idiomelon of the day, from the Triodion*

Satisfy us in the morning with thy mercy, that we may rejoice and be glad all our days. Make us glad as many days as thou hast afflicted us, and as many years as we have seen evil. Let thy work be manifest to thy servants, and thy glorious power to their children.

### *Idiomelon of the day, from the Triodion*

Let the favor of the Lord our God be upon us, and establish thou the work of our hands upon us, yea, the work of our hands establish thou it.

### *Sticheron, from the Triodion*

*Glory* to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

*Theotokion, from the Triodion*

It is good to give thanks to the Lord, to sing praises to thy name, O Most High. To declare thy mercy in the morning, and thy truth by night.

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

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Most Holy Trinity have mercy on us; Lord, cleanse us from our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

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 trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver from evil.

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

*Standing* in the Temple of your glory, we think that we are in Heaven. O Theotokos, Gate of Heaven, open to us the gate of your mercy.

Lord, have mercy. (12x)

Glory to the Father and to the Son and to the Holy Spirit now and ever and unto ages of ages. Amen.

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption you gave birth to God the Word: true Theotokos, we magnify you.

*O Heavenly King*, establish the Orthodox Christians, confirm the Faith, quiet the heathen, give peace to the world, place our departed fathers and brethren in the tabernacles of the righteous, and accept us sorrowers and penitents, for thou art good, and the Lover of mankind.

### **The Prayer of St. Ephraim**

O Lord and Master of my life, do not give to me the spirit of sloth, despair, lust of power, and idle talk. (*Prostration*)

But give rather the spirit of chastity, humility, patience, and love to thy servant. (*Prostration*)

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother; for blessed art thou unto ages of ages. Amen. (*Prostration*)

God, cleanse me a sinner. (*12x, bowing each time*)

O Lord and Master of my life, do not give to me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art thou unto ages of ages. Amen. (*Prostration*)



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

*Biblical texts used in this service are from the Revised Standard Version and translations done by Fr. Ephrem Lash.*