

THE LENTEN OFFICE OF DAILY MATINS

The Lenten Office of Daily Matins is used on Wednesday and Friday morning in Cheesefare Week and on Monday through Friday mornings in Great Lent. If the Midnight Office preceded Matins, the reader does not say Glory to Thee... or O Heavenly King... but instead says Amen. Holy God... and the rest.

Priest: Blessed is our God always, now and ever and unto ages of ages.

Reader: 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. (*thrice*)

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. (*thrice*)

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.

Priest: For Thine is the Kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.¹

[Reader: Amen. Lord, have mercy. (*twelve times*)

¹ *What follows here, in brackets, is the Royal Office, which is often abbreviated or even omitted entirely in parish life. If omitted, the reader continues on pg. 4, at the *, with Amen. In the Name of the Lord, Father, bless and the Six Psalms.*

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

Come, let us worship God our King. Come, let us worship and fall down before Christ, our King and our God. Come, let us worship and fall down before Christ Himself, our King and our God.

PSALM 19

The Lord answer you in the day of trouble! The Name of the God of Jacob protect you! May He send you help from the sanctuary, and give you support from Zion! May He remember all your offerings, and regard with favor your burnt sacrifices! May He grant you your heart's desire, and fulfil all your plans! May we shout for joy over your victory, and in the Name of our God set up our banners! May the Lord fulfil all your petitions! Now I know that the Lord will help His anointed; He will answer him from His holy heaven with mighty victories by His right hand. Some boast of chariots, and some of horses; but we boast of the Name of the Lord our God. They will collapse and fall; but we shall rise and stand upright. Give victory to the king, O Lord; answer us when we call.

PSALM 20

In Thy strength the king rejoices, O Lord; and in Thy help how greatly he exults! Thou hast given him his heart's desire, and hast not withheld the request of his lips. For Thou dost meet him with goodly blessings; Thou dost set a crown of fine gold upon his head. He asked life of Thee; Thou gavest it to him, length of days for ever and ever. His glory is great through Thy help; splendor and majesty Thou dost bestow upon him. Yea, Thou dost make him most blessed forever; Thou dost make him glad with the joy of Thy presence. For the king trusts in the Lord; and through the steadfast love of the Most High he shall not be moved. Your hand will find out all your enemies; your right hand will find out those who hate you. You will make them as a blazing oven when you appear. The Lord will swallow them up in His wrath; and fire will consume them. You will destroy their offspring from the earth, and their children from among the sons of men. If they plan evil against you, if they devise mischief, they will not succeed. For you will put them to flight; you will aim at their faces with your bows. Be exalted, O Lord, in Thy strength! We will sing and praise Thy power.

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

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*thrice*)

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. (*thrice*)

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.

Priest: For Thine is the Kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen.

O Lord, save Thy people, and bless Thine inheritance! Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation!

As Thou wast voluntarily raised upon the Cross for our sake, grant mercy to those who are called by Thy Name, O Christ God; make all Orthodox Christians glad by Thy power, granting them victories over their adversaries by bestowing on them the invincible trophy, Thy weapon of peace!

O dread Champion who cannot be put to confusion, despise not our petitions, O good and all-praised Theotokos. Strengthen the life of Orthodox Christians; save those who have been called upon to govern us, leading us all to that victory which is from heaven, for thou art she who gavest birth to God and alone art blessed.

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

℞ Lord, have mercy. (*thrice*)

Again we pray for our Metropolitan *N.*, for our Bishop [*or Archbishop*] *N.*, and for all our brethren in Christ. ℞

Again we pray for this country, its President [*or title of the highest civil authority*], for all civil authorities, and for the armed forces. ℞

Again we pray for our brethren and for all Christians. *R̄*

Priest: For Thou art a merciful God and lovest mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

**R̄* Amen. In the Name of the Lord, Father, bless.

Priest: Glory to the holy, consubstantial, life-giving, and undivided Trinity, always, now and ever and unto ages of ages.

R̄ Amen.

Reader: Glory to God in the highest and on earth peace, good will towards men. *(thrice)*

O Lord, open my lips, and my mouth shall show forth Thy praise. *(twice)*

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.

And again:

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

PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows have sunk into me, and Thy hand has come down on me. There is no soundness in my flesh because of Thine 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.

And again:

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.

And again:

I 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. (*thrice*)

Lord, have mercy. (*thrice*)

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

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 Thine 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 eyes grow 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.

And again:

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 Thine 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 forever. 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 re-

move 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.

And again:

In all places 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.

And again:

In Thy faithfulness answer me, in Thy righteousness. Enter not into judgment with Thy servant. *(twice)*

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. *(thrice)*

After the conclusion of the Six Psalms, the priest begins the Great Litany.

Priest: In peace, let us pray to the Lord.

℟. Lord, have mercy. (*after each petition*)

For the peace from above and for the salvation of our souls, let us pray to the Lord. ℟.

For the peace of the whole world, for the welfare of the holy Churches of God, and for the union of all, let us pray to the Lord. ℟.

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord. ℟.

For our Metropolitan *N.*, for our Bishop [*or Archbishop*] *N.*, for the honorable priesthood, the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord. ℟.

For this country, its President [*or the title of the highest civil authority*], for all civil authorities, and for the armed forces, let us pray to the Lord. ℟.

For this city,² for every city and countryside, and for the faithful dwelling in them, let us pray to the Lord. ℟.

For seasonable weather, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord. ℟.

For travelers by land, by sea, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord. ℟.

That we may be delivered from all affliction, wrath, danger, and necessity, let us pray to the Lord. ℟.

Help us, save us, have mercy on us, and keep us, O God, by Thy grace. ℟.

Commemorating our most holy, most pure, most blessed and glorious Lady Theotokos and Ever-virgin Mary with all the saints, let us commend ourselves and each other, and all our life unto Christ our God.

℟. To Thee, O Lord.

Priest: For unto Thee are due all glory, honor, and worship: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

℟. Amen.

² Or *village*, or *holy monastery*.

Priest: In the ___ tone:³ Alleluia. Alleluia. Alleluia. *✠* In the night my soul rises early for Thee, O God, for Thy commandments are a light on the earth.

✠ Alleluia. Alleluia. Alleluia. *(And so, after each of the following verses.)*

✠ Learn righteousness, you inhabitants of the earth. *✠*

✠ Jealousy shall grasp an untaught people. *✠*

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

Then the choir sings the Hymns to the Trinity (Triadika) 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..." *(see above for the proper ending for the day)*

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, O 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, O All-powerful, the hymn of the angels: "Holy, holy, holy art Thou, O our God; through the Theotokos, have mercy on us."



³ *In Lent, the Tone of the week; in Holy Week, the eighth tone.*

Tone 2

Imitating the powers on high, we on earth offer Thee, O Good One, a triumphant hymn: "Holy, holy, holy, art Thou, O our God..." *(see above for the proper ending for the day)*

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, O 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, O 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, O our God..." *(see above for the proper ending for the day)*

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 our 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, O 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, O our God..." *(see above for the proper ending for the day)*

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, O 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, O 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, O our God..." *(see above for the proper ending for the day)*

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, O 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, O 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, O our God..." *(see above for the proper ending for the day)*

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, O 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, O 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, O our God..." *(see above for the proper ending for the day)*

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, O our God; through the prayers of all Thy 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, O 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, O our God..." *(see above for the proper ending for the day)*

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, O our God; through the prayers of all Thy 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, O our God; through the Theotokos, have mercy on us."

At the conclusion of the Triadika, the reader begins the three appointed kathismata from the Psalter; the first reading is followed by the sessional hymns from the Octoechos; the second and third readings are followed by the sessional hymns from the Triodion.

After the third set of sessional hymns, the reader continues with Psalm 50:

PSALM 50

Have mercy on me, O God, according to Thy great mercy; according to the multitude of Thy tender mercies, 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 sins 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 blood-guiltiness, 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 Thine altar.

And the priest immediately begins the Great Intercession:

Priest: O God, save Thy people and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-pure Lady the Theotokos and Ever-virgin Mary... [...] ⁴ ...of the holy and righteous ancestors of God Joachim and Anna and of all Thy saints, we beseech Thee, O most merciful Lord, hearken to us sinners who make our supplications unto Thee, and have mercy on us.

Choir: Lord, have mercy. (*twelve times*)

⁴ Due to its length, the full text of this petition has been excluded here. The petition should not be abbreviated in this fashion. Clergy should reference the Hieratikon, © St. Tikhon's Monastery Press, 2017, for the full text of this petition.

Priest: Through the mercy and compassion and love for mankind of Thine only-begotten Son with Whom Thou art blessed, together with Thine all-holy, good, and life-giving Spirit, now and ever and unto ages of ages.

Choir: Amen.

The choir then begins to sing the appointed Canons: (1) the Canon to the saint of the day from the Menaion, which has eight odes in the usual way; and (2) the two Canons from the Triodion, the first by Joseph and the second by Theodore, which generally have three odes. Each day, the Odes 8 and 9 are sung, while the opening ode or odes vary according to the day of the week:

Monday: Ode 1
Tuesday: Ode 2
Wednesday: Ode 3
Thursday: Ode 4
Friday: Ode 5
Saturday: Odes 6 and 7

Each day, the full Biblical Ode appointed for the day is sung, and also the Biblical Odes 8 and 9, but for the other odes only the last two verses of the Biblical Ode are used. The full text of each Biblical Ode is given below (beginning on pg. 15).⁵

After the Third Ode, the priest says the Little Litany, with the exclamation:

Priest: For Thou art our God, and unto Thee do we send up glory...

And the choir sings the Sessional Hymns from the Menaion, and then continues with the Fourth Ode of the canon. After the Sixth Ode, the priest says the Little Litany as above, with this exclamation:

Priest: For Thou art the King of peace and the Savior of our souls, and unto Thee do we send up glory...

And the choir sings the appointed Kontakion, after which the reader reads the Ikos.⁶

After the Eighth Ode, the choir sings We praise, bless... and the Katavasia, and the Magnificat is sung to begin the Ninth Ode (see pg. 26).



⁵ The preceding note was adapted from *The Lenten Triodion*, © 1977 Mother Mary and Archim. Kallistos Ware.

⁶ In some places, the *Synaxarion* (the lives of the saints of the day) is read after the ikos.

ODE 1

The Song of Moses in Exodus (Exodus 15:1-19)

Having utterly drowned Pharaoh in the deep, Moses says:

“Let us sing to the Lord, for gloriously has He been glorified.”

“Let us sing to the LORD, for gloriously has He been glorified; the horse and his rider He has thrown into the sea. He was to me a helper and protector for salvation; this is my God and I will glorify Him; the God of my father and I will exalt Him. The LORD bringing wars to naught, the LORD is His Name. Pharaoh’s chariots and his host He cast into the sea, and his chosen 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, has been glorified in power; Thy right hand, O LORD, has shattered the enemy, and in the greatness of Thy majesty Thou hast overthrown Thine adversaries. Thou sendest forth Thy fury, it consumes them like stubble, and by the spirit of Thy displeasure the water parted asunder;

For 14 verses

- ✠ (14) the waters stood up like a wall, the deeps congealed in the heart of the sea.
- ✠ (13) The enemy said, ‘I will pursue and I will overtake, I will divide the spoil, I will satisfy my soul, I will destroy with my sword, my hand shall have dominion.’

For 12 verses

- ✠ (12) Thou didst send Thy Spirit, the sea covered them; they sank as lead in the mighty waters.
- ✠ (11) Who is like Thee, O LORD, among the gods? Who is like Thee – glorified in holiness, marvelous in glory, doing wonders?

For 10 verses

- ✠ (10) Thou didst stretch out Thy right hand and the earth swallowed them. Thou hast led in Thy righteousness the people whom Thou hast redeemed,
- ✠ (9) Thou hast guided them by Thy strength to Thy holy abode. The people 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) Let trembling and fear fall upon them; because of the greatness of Thine arm, let them become as stone,

For 6 verses

- ✠ (6) until Thy people pass by, O LORD, until the people pass by whom Thou hast purchased.
- ✠ (5) Thou wilt bring them in and plant them on the mountain of Thine inheritance, the place, O LORD, which Thou hast made for Thine abode. The sanctuary, O LORD, which Thy hands have made ready.

For 4 verses

- ✠ (4) The LORD shall reign forever and ever.”
- ✠ (3) For when the horse of the Pharaoh with the chariots and horsemen went into the sea, the LORD brought back the water of the sea upon them. But the children of Israel walked on dry ground in the midst of the sea.
- ✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.
- ✠ (1) Now and ever and unto ages of ages. Amen.
- Glory to Thee, our God, glory to Thee!



ODE 2

It should be noted that the Second Ode is never chanted, except only during Great Lent during which, on Tuesday only, it is chanted through to the end. And for each troparion of the Second Ode, we say: Glory to Thee, our God, glory to Thee!

*The Song of Moses in Deuteronomy (Deuteronomy 32:1-43)
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 distill 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 thy father, Who created thee, Who made thee and established thee? Remember the days of old, consider the years of many generations; ask thy father, and he will show thee; thine elders, and they will tell thee. 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 thou didst drink wine.

But Jacob waxed fat, and kicked; thou didst wax fat, thou art grown thick, thou becamest 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. Thou wast unmindful of the Rock that begot thee, and thou hast forgotten the God Who gave thee 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 Mine 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 Mine 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 treasures? 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 Mine adversaries, and will requite those who hate Me. I will make Mine 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.

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

*And we sing the irmos of the first canon,
followed the troparia with the refrain:*

✠ (14-3) Glory to Thee, our God, glory to Thee!

✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.

✠ (1) Now and ever and unto ages of ages. Amen.

Glory to Thee, our God, glory to Thee!



ODE 3

The Prayer of Hannah, the mother of the Prophet Samuel (1 Kings 2:1-10)

A barren woman strangely bearing child praises God.

Holy art Thou, O Lord, and my spirit sings Thy praise.

My heart is established in the LORD, my spirit is exalted in my God; my mouth derides my enemies, I rejoice in Thy salvation. There is none holy like the LORD, and none righteous like our God; there is none holy save Thee. Do not boast or talk so very proudly; let no arrogance come from your mouth;

For 14 verses

℣. (14) for the LORD is a God of knowledge, and God prepares His ways.

℣. (13) He has weakened the bow of the mighty, and the weak have girded themselves with power.

For 12 verses

℣. (12) 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.

℣. (11) The LORD kills and gives life, leads down to hell and leads up.

For 10 verses

℣. (10) The LORD makes poor and makes rich, humbles and exalts.

℣. (9) He 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 Christ.
- ✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.
- ✠ (1) Now and ever and unto ages of ages. Amen.
- Glory to Thee, our God, glory to Thee!



ODE 4

The Prayer of the Prophet Habakkuk (Habakkuk 3:2-19)
Habakkuk expresses the self-emptying of the Word.
Glory to Thy power, O Lord.

O LORD, I heard Thy report and was afraid: LORD, I considered Thy works and was amazed. In the midst of two living creatures Thou wilt be known; when the years draw near Thou wilt be recognized; when the moment comes Thou wilt be revealed. When my soul is troubled, in anger Thou wilt 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. Wast Thou enraged at rivers, LORD? Was Thy wrath at rivers? Or Thine indignation at the sea? Because Thou didst mount on Thy horses, and Thy cavalry is salvation. Thou drawest, Thou drawest Thy bow against scepters, says the LORD; the land of rivers will be rent. Peoples will see Thee and be in pain, as Thou scatterest moving waters; the deep uttered its voice, the height of its appearance. The sun was raised high and the moon stood in her course; Thy thunderbolts will go forth at the light, at the radiance of the lightning of Thy weapons.

For 14 verses

- ✠ (14) With a threat Thou wilt bring low the earth, and with rage bring down nations.

✠ (13) Thou wentest forth for the salvation of Thy people, Thou hast come to save Thine anointed ones, Thou didst hurl death on the heads of the lawless, Thou didst raise bonds as far as the neck to the end.

For 12 verses

✠ (12) Thou didst 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.

✠ (11) And Thou madest Thy horses mount upon the sea, as they troubled many waters.

For 10 verses

✠ (10) 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.

✠ (9) 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.

✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.

✠ (1) Now and ever and unto ages of ages. Amen.

Glory to Thee, our God, glory to Thee!



ODE 5

The Prayer of the Prophet Isaiah (Isaiah 26:9-20)

Isaiah's prophecy, a perfect prayer.

O Lord our God, give us peace.

In the night my soul rises early for Thee, O God, for Thy commandments are a light on the earth. Learn righteousness, you inhabitants of the earth.

For 14 verses

✠ (14) 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.

✠ (13) Lord, Thy hand was lifted up and they knew it not; but once they know they will be ashamed.

For 12 verses

✠ (12) Jealousy shall grasp an untaught people, and now fire devours their adversaries.

✠ (11) O Lord our God, give us peace; for all things Thou hast given back to us.

For 10 verses

✠ (10) O Lord our God, possess us; O Lord, we know no other but Thee, we call upon Thy Name.

✠ (9) The dead may in no way see life, nor will physicians raise them up; because of this Thou hast brought out and destroyed and taken away every one of their males.

For 8 verses

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

✠ (7) O Lord, in affliction we remembered Thee, with a little affliction Thou hast 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 Thy beloved.

✠ (5) Through fear of Thee, O 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 Thee is healing for them: but the land of the impious shall perish. Go, my people, enter thy chamber, shut thy door, be hidden for a little while, until the anger of the Lord has passed by.
- ✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.
- ✠ (1) Now and ever and unto ages of ages. Amen.
- Glory to Thee, our God, glory to Thee!



ODE 6

*The Prayer of the Prophet Jonah (Jonah 2:2-9)
As Thou didst the Prophet Jonah, save us, O Lord.
Jonah cried from the beast and said:*

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 12 verses

- ✠ (12) For Thou didst cast me into the deep, into the heart of the seas, and the flood was round about me.
- ✠ (11) All Thy waves and Thy billows passed over me.

For 10 verses

- ✠ (10) Then I said, "I am cast out from Thy presence; how shall I again look upon Thy holy temple?"
- ✠ (9) The waters closed in over me the deep was round about me.

For 8 verses

- ✠ (8) Weeds were wrapped about my head at the roots of the mountains.
- ✠ (7) 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!
- ✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.
- ✠ (1) Now and ever and unto ages of ages. Amen.
- Glory to Thee, our God, glory to Thee!



ODE 7

The Prayer of the Three Holy Youths (Daniel 3:26-56)
The praise of the Three Holy Youths quenches a flame.
O our God and the God of our fathers, blessed art Thou.

“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 Thine 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.

For 14 verses

✠ (14) Let them know that Thou art the Lord, the only God, glorious over the whole world.”

✠ (13) Now the king's servants who threw them in did not cease feeding the furnace fires with naphtha, pitch, tow, and brush.

For 12 verses

✠ (12) 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.

✠ (11) 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,

For 10 verses

✠ (10) 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.

✠ (9) Then the three, as with one mouth, praised and glorified and blessed God in the furnace, saying:

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."
- ✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.
- ✠ (1) Now and ever and unto ages of ages. Amen.
Glory to Thee, our God, glory to Thee!



ODE 8

The Hymn of the Three Holy Youths (Daniel 3:57-88)

Created nature, sing the Master's praise.

Praise the Lord, you His works, and highly exalt Him above all for ever.

Bless the Lord, all works of the Lord, sing praise to Him and highly exalt Him forever. Bless the Lord, you angels of the Lord and you heavens, sing praise to Him and highly exalt Him forever. Bless the Lord, all waters above the heaven and all powers of the Lord, sing praise to Him and highly exalt Him forever. Bless the Lord, sun and moon, and stars of heaven, sing praise to Him and highly exalt Him forever. Bless the Lord, all rain and dew, and all winds, sing praise to Him and highly exalt Him forever.

For 14 verses

- ✠ (14) Bless the Lord, fire and heat, winter cold and summer heat, sing praise to Him and highly exalt Him forever.
- ✠ (13) Bless the Lord, dews and snows, ice and cold, sing praise to Him and highly exalt Him forever.

For 12 verses

- ✠ (12) Bless the Lord, frosts and snows, lightnings and clouds, sing praise to Him and highly exalt Him forever.
- ✠ (11) Bless the Lord, light and darkness, nights and days, sing praise to Him and highly exalt Him forever.

For 10 verses

- ✠ (10) Bless the Lord, O earth, mountains and hills, and all things that grow on the earth, sing praise to Him and highly exalt Him forever.

✠ (9) 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 forever.

For 8 verses

✠ (8) Bless the Lord all birds of the air, all beasts and cattle, sing praise to Him and highly exalt Him forever.

✠ (7) Bless the Lord you sons of men. Let Israel bless the Lord, sing praise to Him and highly exalt Him forever.

For 6 verses

✠ (6) Bless the Lord, you priests of the Lord and you servants of the Lord, sing praise to Him and highly exalt Him forever.

✠ (5) Bless the Lord spirits and souls of the righteous, and you who are holy and humble in heart, sing praise to Him and highly exalt Him forever.

For 4 verses

✠ (4) Bless the Lord Hananiah, Azariah, and Mishael, sing praise to Him and highly exalt Him forever.

✠ (3) Bless the Lord Apostles, Prophets, and Martyrs of the Lord, sing praise to Him and highly exalt Him forever.

✠ (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, singing praise to Him and highly exalting Him forever.

And the choir sings the Katavasia.



After the Katavasia, the priest, standing with the censer before the icon of the Mother of God, exclaims:

Priest: The Theotokos and the Mother of the Light let us magnify in song.

And the choir immediately begins the Magnificat:

ODE 9 - THE MAGNIFICAT

The Song of the Mother of God (Luke 1:46-55)

The maiden mother praises her Son and God.

Let us magnify the Theotokos with hymns.

✠ 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 thou gavest birth to God the Word: true Theotokos, we magnify thee. *(And so, after each of the following verses.)*

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

✠ 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. ✠

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

✠ 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. ✠

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

The verses for the Canon are taken from the Prayer of Zachariah, given below:

The Prayer of Zachariah, the Father of the Forerunner (Luke 1:68-79)

Zachariah blesses the birth of his child.

Blessed be the Lord God of Israel, for He has visited and redeemed His people,

For 12 verses

✠ (12) and has raised up a horn of salvation for us in the house of His servant David,

✠ (11) as He spoke by the mouth of His holy prophets from of old,

For 10 verses

✠ (10) that we should be saved from our enemies, and from the hand of all that hate us;

✠ (9) 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 thou, child, shalt be called the prophet of the Most High; for thou shalt 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) whereby the Dayspring from on high has visited us, 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.

✠ (2) Glory to the Father, and to the Son, and to the Holy Spirit.

✠ (1) Now and ever and unto ages of ages. Amen.

Glory to Thee, our God, glory to Thee!

And the choir sings the Katavasia.



After the katavasia of the Ninth Ode, the choir sings:

It is truly meet to bless thee, 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 thou gavest birth to God the Word: true Theotokos, we magnify thee.

And the priest says the Little Litany, *with the exclamation:*

Priest: For all the powers of heaven praise Thee, and unto Thee do we send up glory...

Then the appointed Hymns of Guiding Light (Photagogica) are sung in the Tone of the week. The first hymn ends as follows:

Monday: ...through the protection of Thine angels, O Lord, and save me.

Tuesday: ...through the prayers of Thy Forerunner, O Lord, and save me.

Wednesday: ...by the power of Thy Cross, O Lord, and save me.

Thursday: ...through the prayers of Thine apostles and St. Nicholas, O Lord, and save me.

Friday: ...by the power of Thy Cross, O Lord, and save me.

Tone 1

O Christ, Who makest light to shine, cleanse my soul from every sin... *(see above for the proper ending for the day)*

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, O Lord, and save me.

Now and ever and unto ages of ages. Amen.

O Christ, Who makest light to shine, cleanse my soul from every sin; through the prayers of the Theotokos, O Lord, and save me.



Tone 2

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart... *(see above for the proper ending for the day)*

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, O Lord, and save me.

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 prayers of the Theotokos, O Lord, and save me.



Tone 3

Send forth Thy light, O Christ, my God, and illumine my heart... *(see above for the proper ending for the day)*

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, O Lord, and save me.

Now and ever and unto ages of ages. Amen.

Send forth Thy light, O Christ, my God, and illumine my heart, through the prayers of the Theotokos, O Lord, and save me.



Tone 4

O Thou Who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness... *(see above for the proper ending for the day)*

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, O Lord, and save me.

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 prayers of the Theotokos, O Lord, and save me.



Tone 5

O Lord, the Giver of light, send down Thy light and illumine my heart... *(see above for the proper ending for the day)*

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, O Lord, and save me.

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 prayers of the Theotokos, O Lord, and save me.



Tone 6

Send down upon our souls Thine everlasting light... *(see above for the proper ending for the day)*

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, O Lord, and save me.

Now and ever and unto ages of ages. Amen.

Send down upon our souls Thine everlasting light, through the prayers of the Theotokos, O Lord, and save me.



Tone 7

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One... *(see above for the proper ending for the day)*

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, O Lord, and save me.

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 prayers of the Theotokos, O Lord, and save me.



Tone 8

Thou Who art the Light, O Christ, fill me with Thy radiance... *(see above for the proper ending for the day)*

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, O Lord, and save me.

Now and ever and unto ages of ages. Amen.

Thou Who art the Light, O Christ, fill me with Thy radiance, through the prayers of the Theotokos, O Lord, and save me.



The reader then continues below with the Praises: Psalms 148, 149, and 150.

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, to execute on them the judgment written. This is glory for all His faithful ones.

PSALM 150

Praise God in His sanctuary; praise Him in His mighty firmament. Praise Him for His mighty deeds; praise Him according to His exceeding greatness. Praise Him with trumpet sound; praise Him with lute and harp. Praise Him with timbrel and dance; praise Him with strings and pipe. Praise Him with sounding cymbals; praise Him with loud clashing cymbals. Let everything that breathes praise the Lord.⁷

To Thee, O Lord our God, belongs glory, and to Thee do 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.

⁷ *In some practices, the following phrase is said by the priest instead of the reader.*

Priest: Glory to Thee Who hast shown us the light!

And the reader continues with the Lesser Doxology:

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, 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 the Father have mercy on us. For Thou alone art holy, Thou alone art Lord, 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 have fled 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 be upon us, O Lord, 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, endureth forever: despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

After the Doxology, the priest begins the Morning Litany:

Priest: Let us complete our morning prayer unto the Lord.

℟ Lord, have mercy.

Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

℟ Lord, have mercy.

That the whole day may be perfect, holy, peaceful, and sinless, let us ask of the Lord.

℟ Grant this, O Lord. *(after each petition)*

An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord. *R̄*

Pardon and remission of our sins and transgressions, let us ask of the Lord. *R̄*

All things that are good and profitable for our souls, and peace for the world, let us ask of the Lord. *R̄*

That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord. *R̄*

A Christian ending to our life, painless, blameless, and peaceful, and a good defense before the dread Judgment Seat of Christ, let us ask. *R̄*

Commemorating our most holy, most pure, most blessed and glorious Lady Theotokos and Ever-virgin Mary with all the saints, let us commend ourselves and each other, and all our life unto Christ our God.

R̄ To Thee, O Lord.

Priest: For Thou art a good God and lovest mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

R̄ Amen.

Priest: Peace be unto all.

R̄ And to thy spirit.

Priest: Let us bow our heads unto the Lord.

R̄ To Thee, O Lord.

Priest: O holy Lord Who dwellest on high and regardest the humble of heart, and with Thine all-seeing eye dost behold all creation: unto Thee have we bowed the neck of our soul and body, and we entreat Thee, O Holy of holies: stretch forth Thine invisible hand from Thy holy dwelling-place, and bless us all. And if in any way we have sinned, whether voluntarily or involuntarily, forgive, inasmuch as Thou art a good God, and lovest mankind, granting us Thine earthy and heavenly good things.

For Thine it is to show mercy and to save us, O our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

R̄ Amen.

The choir then sings the appointed Aposticha, with the verses:

✠ Satisfy us in the morning with Thy steadfast love, 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. *(Ps. 89:16-18)*

✠ 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. *(Ps. 89:19)*

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

Now and ever and unto ages of ages. Amen.

After the final sticheron, the reader continues:

It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High; to declare Thy steadfast love in the morning, and Thy truth by night. *(twice)*⁸

Holy God, Holy Mighty, Holy Immortal, have mercy on us. *(thrice)*

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. *(thrice)*

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.

Priest: For Thine is the Kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen. Standing in the Temple of thy glory, we think that we are in heaven. O Theotokos, Gate of Heaven, open to us the gate of thy mercy.

Lord, have mercy. *(forty times)*

⁸ *During Cheese-fare Week, only once.*

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 thou gavest birth to God the Word: true Theotokos, we magnify thee.

In the Name of the Lord, Father, bless.

Priest: Blessed be He Who Is, Christ our God, always, now and ever and unto ages of ages.

Reader: Amen. 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

Priest: O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather a 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*)

And we make twelve bows from the waist, quietly saying O God, cleanse me a sinner *each time.*

And again, the whole prayer O Lord and Master... *with only one prostration at the end.*

If the Lenten Office of the First Hour is to follow, the reader begins it here with Come, let us worship... *Otherwise, the priest continues after the Prayer of St. Ephraim as set forth below:*

Priest: Glory to Thee, O Christ our God and our hope, 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. Lord, have mercy (*thrice*). Father, bless.

The priest pronounces the appropriate Dismissal, *after which the choir responds:*

℞ Amen.

THE END OF THE LENTEN OFFICE OF DAILY MATINS



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