

THE LENTEN OFFICE OF THE SIXTH HOUR

The Sixth Hour is often celebrated immediately following the Third Hour, and it begins as shown here. If the Sixth Hour is said separately, it begins with the Typical Beginning, as at Vespers. The present Office gives the order for a Lenten service only and should not be used outside of Great Lent.

Reader: 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 53

Save me, O God, by Thy Name, and vindicate me by Thy might. Hear my prayer, O God; give ear to the words of my mouth. For insolent men have risen against me, ruthless men seek my life; they do not set God before them. Behold, God is my helper; the Lord is the upholder of my life. He will requite my enemies with evil; in Thy faithfulness put an end to them. With a freewill offering I will sacrifice to Thee; I will give thanks to Thy Name, O Lord, for it is good. For Thou hast delivered me from every trouble, and my eye has looked in triumph on my enemies.

PSALM 54

Give ear to my prayer, O God; and hide not Thyself from my supplication! Attend to me, and answer me; I am overcome by my trouble. I am distraught by the noise of the enemy, because of the oppression of the wicked. For they bring trouble upon me, and in anger they cherish enmity against me. My heart is in anguish within me, the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, "O that I had wings like a dove! I would fly away and be at rest; yea, I would wander afar, I would lodge in the wilderness, I would hasten to find me a shelter from the raging wind and tempest." Destroy their plans, O Lord, confuse their tongues; for I see violence and strife in the city. Day and night they go around it on its walls; and mischief and trouble are within it, ruin is in its midst; oppression and fraud do not depart from its market place. It is not an enemy who taunts me – then I could bear it; it is not an adversary who deals insolently with me – then I could hide from him. But it is thou, my equal, my companion, my familiar friend. We used to hold sweet converse together; within God's house we walked in fellowship. Let death come upon them; let them go down to Sheol alive; let them go away in terror into their graves. But I call upon God; and the Lord will save me. Evening and morning and at noon I utter my complaint and moan, and He will hear my voice. He will deliver my soul in safety from the battle that I wage, for many are arrayed against me. God will give ear, and humble them, He Who is enthroned from of old; because they keep no law, and

do not fear God. My companion stretched out his hand against his friends, he violated his covenant. His speech was smoother than butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords. Cast thy burden on the Lord, and He will sustain thee; He will never permit the righteous to be moved. But Thou, O God, wilt cast them down into the lowest pit; men of blood and treachery shall not live out half their days. But I will trust in Thee.

PSALM 90

He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For He will deliver thee from the snare of the fowler and from the deadly pestilence; He will cover thee with His pinions, and under His wings thou wilt find refuge; His faithfulness is a shield and buckler. Thou wilt not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at thy side, ten thousand at thy right hand; but it will not come near thee. Thou wilt only look with thine eyes and see the recompense of the wicked. Because thou hast made the Lord thy refuge, the Most High thy habitation, no evil shall befall thee, no scourge come near thy tent. For He will give His angels charge of thee to guard thee in all thy ways. On their hands they will bear thee up, lest thou dash thy foot against a stone. Thou wilt tread on the lion and the adder, the young lion and the serpent thou wilt trample under foot. Because he cleaves to Me in love, I will deliver him; I will protect him, because he knows My Name. When he calls to Me, I will answer him; I will be with him in trouble, I will rescue him and honor him. With long life I will satisfy him, and show him My salvation.

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*)

The reader continues with Glory... now and ever... *and the appointed* Kathisma, *with the customary threefold* Alleluia *after each stasis. After ending the Kathisma in the usual manner, he continues with* Lord, have mercy (*thrice*). *Then:*

TROPARION OF THE SIXTH HOUR: Tone 2¹

Priest: O Thou Who on the sixth day and hour didst nail to the Cross the sin that Adam dared to commit in Paradise: tear up the record of our trespasses, O Christ our God, and save us. (*prostration*)

℟: O Thou Who on the sixth day and hour didst nail to the Cross the sin that Adam dared to commit in Paradise: tear up the record of our trespasses, O Christ our God, and save us.

Give ear to my prayer, O God; and hide not Thyself from my supplication!
(*prostration*)

℟: O Thou Who on the sixth day and hour didst nail to the Cross the sin that Adam dared to commit in Paradise: tear up the record of our trespasses, O Christ our God, and save us.

But I call upon God; and the Lord will save me. (*prostration*)

℟: O Thou Who on the sixth day and hour didst nail to the Cross the sin that Adam dared to commit in Paradise: tear up the record of our trespasses, O Christ our God, and save us.

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

Reader: Now and ever and unto ages of ages. Amen.

We have no boldness because of the multitude of our sins, but entreat Him Who was born of thee, O Virgin Theotokos, for the prayer of a mother has great power to win the favor of the Master. Do not despise the supplications of sinners, O all-pure one, for merciful and strong to save is He Who willed to suffer for us!

Priest: Wisdom.

Reader: The Troparion of the Prophecy in the ___ tone.

The Choir sings the Troparion of the Prophecy *from the Triodion.*

Priest: Wisdom.

Reader: The Prokeimenon in the ___ tone. *And he and the choir chant the first* Prokeimenon *from the Triodion in the typical manner.*

Priest: Wisdom.

Reader: The reading from the Prophecy of *N.*

¹ On Cheesefare Wednesday and Friday, on the Thursday of the Great Canon, and on any day when the Polyeleos was sung at Matins, these troparia are simply read by the reader, without prostrations.

Priest: Let us attend. *And the reader reads the appointed* lesson.

Priest: Wisdom!

Reader: The Prokeimenon in the ___ tone. *And the reader and choir chant the second prokeimenon from the Triodion in the typical manner, after which the reader continues:*

Let Thy tender mercies, O Lord, speedily go before us, for we have become exceedingly poor. Help us, O God of our salvation, for the glory of Thy Name: O Lord, deliver us and purge away our sins, for Thy Name's sake.

And immediately:

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.

℞ Amen.

The choir then sings the appointed Kontakia of the Horologion, *in Tone 2 (troparion melody)*²

² *If it is a Feast, or on the first four days of Holy Week, the appointed Kontakion of each day is sung.*

Thou hast worked salvation in the midst of the earth, O Christ our God,
by stretching out Thy most pure hands upon the Cross,
gathering together all the nations, who cry://
“O Lord, glory to Thee!”

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

We venerate Thy most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Thine own will Thou wast pleased to ascend the Cross in the flesh
and deliver Thy creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to Thee:
“Thou hast filled all with joy, O our Savior,//
by coming to save the world.”

now and ever and unto ages of ages. Amen. (Theotokion)

Make us worthy of mercy, O Theotokos, Fountain of Tenderness.
Look upon a people that has sinned,
and reveal thy power as always,
for we have put our hope in thee.
“Rejoice,” we cry to thee,//
as once did Gabriel, the leader of the bodiless hosts.

Lord, have mercy. (*forty times*)

Thou Who at every season and every hour, in Heaven and on earth, art worshipped and glorified, O Christ our God, long-suffering, merciful and compassionate; Who lovest the just and showest mercy upon the sinner; Who callest all men to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil, and distress. Surround us with Thy holy Angels, that guided and guarded by their host, we may attain to the unity of the Faith, and to the knowledge of Thine unapproachable glory; for Thou art blessed unto ages of ages. Amen.

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.

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

R̄. Amen. Then the following:

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.*

Reader: 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.

✠ Amen. Lord, have mercy. (*twelve times*)

And immediately, the reader continues:

THE PRAYER OF ST. BASIL THE GREAT

O God, the Lord of Hosts, and Author of all creation, Who in Thy boundless tender mercy hast sent down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of the human race, and through His holy Cross hast torn up the handwriting of our sins and thereby triumphed over the princes and dominions of darkness: Do Thou, O Master, Who lovest mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every deadly and dark transgression and from all the visible and invisible enemies that seek to do us harm. Nail our flesh with the fear of Thee, and let not our hearts incline to evil words or thoughts, but wound our souls with Thy love, that ever gazing upon Thee, guided by Thy light and beholding Thee, the Eternal Light that no man can approach, we may send up unceasing praises and thanks unto Thee: the Father without beginning, together with Thine Only-begotten Son and Thy most-holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.³

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 THE SIXTH HOUR



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³ *If another service is to follow immediately, the reader begins here with* Come, let us worship... *thrice*.