Stichera on “Lord, I Call”
Triodion - Second Monday (Sunday Evening)

Soprano
Alto

Grant compunction, estrangement from evil, and perfect discipline

to me, who am now drowned in the passions of the flesh

and separated from You, in utter lack of hope, my God, the King of

all! Save me, Your prodigal son, by the bounty of Your
goodness, // O Jesus, the Almighty, the Savior of

our souls!

Sticheron 2

When Moses the wonder-worker was purified by fasting, he beheld the Beloved One. Therefore, emulate him, my humble soul!

Hasten to be purified of evils on the day of abstinence, that the
Lord may bestow forgiveness on you, and that you may behold Him, for He is the Almighty, the good Lord, and the Lover of mankind!

Let us begin the second week of the fast, O brothers, fulfilling it with rejoicing, day by day, making a fiery chariot for ourselves,
like Elijah the Tishbite, out of the great cardinal virtues,
elevating our minds by subduing our passions, arming ourselves
with purity, to chase away and vanquish the Enemy!