I have committed countless sins against You,
deserving punishments beyond number: inconsolable
weeping and gnashing of teeth, the fire of hell, the
darkness of Gehenna. Therefore, O righteous Judge,
give me the grace of tears, that I may find forgiveness of sins and deliverance from my iniquities, and that,

while I fast, I may cry to You: “Have compassion on me, O Christ and Lord, according to Your great and rich mercy!”

Though I am lost in the hills of evil iniquities,
seek me, O Word, as I call out to You, having wandered far from You in the multitude of my evil passions!

Re vive me in this death, and purify me with fasting and constant weeping, that I may cry out to You: “O Christ Lord, have compassion on me // according to Your great and
Having begun the third week of the fast, O believers,
let us praise the venerable Trinity, passing the remaining time
with gladness and joy, starving the passions of the flesh!

Let us glean divine flowers from our souls, weaving them into crowns

Soprano
Alto
Tenor
Bass

Sticheron 3
by Theodore
for the day that is lord of days, // that wearing our crowns, we may

praise the triumphant Christ!