You were named Sophronius by divine foreknowledge, a name meaning sobriety. You were righteous and sober in your deeds, O courageous and wise one. As a most eminent administrator, you were nobly crowned with natural virtues of...
both soul and body, and you steadfastly grew

in them.

Your mouth thundered forth the teachings of the theology of the unoriginate Father,

O all-blessed Sophronius. You clearly expounded the theology of the co-equal Son
and the equally everlasting Holy Spirit: the Trinity in unity

and unity in Trinity; one God in Essence.

You wisely taught that the Word is equally unoriginate with the

Fa ther, O most wise one; that though incorporeal, He united flesh to His Person, without change or confusion;

Sticheron 3

Soprano

Alto

Tenor

Bass

You wisely taught that the Word is equally unoriginate with the

Fa ther, O most wise one; that though incorporeal,

He united flesh to His Person, without change or confusion;
that His actions are two-fold, for both natures from which He acts and is beheld are revealed as contained, one in the other, // for He is One, undivided in Essence.