Thou wast born, as Thou Thy - self didst will,

and didst appear, as Thou Thy - self didst de - sire;

Thou didst suf - fer in the flesh, O our God, and didst

rise from the dead, having tram - pled on death.

Thou wast taken up in glory, fill - ing all things,

[and Thou didst send ...]
and Thou didst send us the Divine Spirit, //

that we may praise and glorify Thy Godhead.

v: Oh, clap your hands, all you peoples. Shout to God with loud songs of joy! (Ps 46/47:1)

Sticheron 2

As Thou wast taken up, O Christ, from the Mount of Olives, the Powers saw it and cried to one another:

"Who is this?" and they were told: "This is He Who is
Strong and Mighty, this is He Who is mighty in war,

this is truly the King of Glory." "And why are His garments crimson?" "He has come from Bosor, that is, from the flesh." But, as God, Thou didst sit down at the right hand of Majesty and hast sent us the [Holy Spirit]
v: God has gone up with a shout; the Lord with the sound of a trumpet! (Ps. 46/47:5)

Sticheron 3

Thou didst ascend in glory from the Mount of Olives, O

Christ our God, in the presence of Thy Disciples,

and didst sit down at the right hand of the Father,

Thou Who in Thy Godhead fillest the universe;

[and Thou didst...]
and Thou didst send them the Holy Spirit, //

Who enlightens and strengthens and sanctifies our souls.