Stichera at the Aposticha

Ascension - 40 Days after Pascha

You were born, as You Yourself willed; you appeared, as

You Yourself desired; you suffered in the flesh,

O our God; You rose from the dead, having trampled on death.

You were taken up in glory, You Who fill the universe,

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and You sent us the Divine Spirit, // that we may praise

and glorify Your Godhead.

v: All you nations, clap your hands; shout to God with a voice of gladness! (Ps 46/47:1)

As You were 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 the Strong and Powerful One, 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, You sat down at the right hand of Majesty and have sent us the Holy Spirit, to guide and save our souls.
You ascended in glory from the Mount of Olives, O Christ our God,
in the presence of Your Disciples, and sat down at the
right hand of the Father, You Who in Your Godhead fill the
universe; and You sent them the Holy Spirit, Who enlightens and strengthens and sanctifies our souls.

v: God has gone up with a shout; the Lord with the sound of a trumpet! (Ps 46/47:5)