Thou wast born, as Thou Thyself didst will,

and didst appear, as Thou Thyself didst desire;

Thou didst suffer in the flesh, O our God, and didst rise from the dead, having trampled on death.

Thou wast taken up in glory, filling 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

Olivies, 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]
Majesty and hast sent us the Holy Spirit, to guide and save our souls.

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]
Father, Thou Who in Thy Godhead dost fill the universe; and Thou didst send unto them the Holy Spirit, Who enlightens and strengthens and sanctifies our souls.