Great and Holy Monday
Matins
Served Sunday evening or Monday morning

Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.

Glory to thee, our God, glory to thee.
O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of blessings and Giver of life: come and abide in us; and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for thy Name’s sake.

Lord, have mercy. (thrice) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us. ]

Amen.

Lord, have mercy. (Twelve times)
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Come, let us worship God our King.
Come, let us worship and fall down before Christ, our King and our God.
Come, let us worship and fall down before Christ himself, our King and our God.
PSALM 19
The Lord hear thee in the day of affliction; the Name of the God of Jacob defend thee. May he send thee help from the sanctuary, and aid thee out of Sion. May he remember all thy sacrifice, and fatten thy whole-burnt offering. May he grant thee according to thy heart, and fulfill all thy counsel. We shall rejoice in thy salvation, and in the Name of our God shall we be magnified; the Lord fulfill all thy petitions. Now have I known that the Lord has saved his Christ; he will hear him from his holy heaven; the salvation of his right hand is wrought in mighty acts. Some trust in chariots and some in horses, but we will call upon the Name of the Lord. They are overthrown and fallen, but we are risen and set upright. O Lord, save the king, and hear us in the day when we call upon thee.

PSALM 20
The king shall be glad in thy strength, O Lord, and in thy salvation shall he greatly rejoice. Thou hast granted him his heart’s desire, and hast not denied him the request of his lips. For thou hast gone before him with the blessings of goodness; thou hast set upon his head a crown of precious stone. He asked life of thee, and thou gavest him length of days for ever and ever. His glory is great in thy salvation; glory and majesty shalt thou lay upon him. For thou shalt give him blessing for ever and ever; thou shalt make him glad with joy by thy countenance. For the king hopes in the Lord, and in the mercy of the Most High he shall not be shaken. Let thy hand be found on all thine enemies; let thy right hand find out all them that hate thee. Thou shalt make them as a fiery oven at the time of thy presence; the Lord shall trouble them in his wrath, and fire shall devour them. Their fruit shalt thou destroy from the earth, and their seed from among the sons of men. For they intended evils against thee; they devised counsels which they cannot establish. For thou shalt make them turn their back. In thy remnant, thou shalt prepare their face. Be thou exalted, O Lord, in thy strength. We shall sing and praise thy mighty acts.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for thy Name’s sake.
Lord, have mercy. (thrice) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.]
Amen.

O Lord, save thy people, and bless thine inheritance. Grant victories to the Orthodox Christians over their adversaries, and by virtue of thy Cross, preserve thy habitation.

Glory to the Father and to the Son and to the Holy Spirit.

As thou wast voluntarily crucified for our sake, grant mercy to those who are called by thy Name, O Christ God. Make all Orthodox Christians glad by thy power, granting them victories over their adversaries, by bestowing on them the invincible trophy, thy weapon of peace.

Now and ever and unto ages of ages. Amen.

O awesome Protectress who cannot be put to shame, despise not our prayers, O good and all-hymned Theotokos; confirm the habitation of the Orthodox; save those called upon to govern us, and grant them the victory which is from heaven, for thou hast given birth to God and alone art blessed.

[Lord, have mercy. (Thrice) Glory... now and ever...]

Glory to God in the highest, and on earth peace, good will among men. (Thrice)
O Lord, open thou my lips and my mouth shall show forth thy praise. (Twice)

PSALM 3

Lord, why are they multiplied that afflict me? Many rise up against me. Many say of my soul, ‘There is no salvation for him in his God’. But thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and he heard me out of his holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people, that set themselves against me round about. Arise, O Lord; save me, O my God; for thou hast smitten all who without cause were my enemies; thou hast broken the teeth of sinners. Salvation belongs to the Lord, and thy blessing is upon thy people.

AND AGAIN:
I laid me down and slept; I awoke, for the Lord will help me.
PSALM 37

O Lord, rebuke me not in thine anger, neither chasten me in thy wrath. For thine arrows are stuck fast in me, and thou hast pressed thy hand heavily upon me. For there is no health in my flesh in the face of thy wrath. There is no peace in my bones in the face of my sins. For mine iniquities have gone over my head; they have weighed upon me like a heavy burden. My wounds stank and festered in the face of my foolishness. I was wretched and bowed down until the end. I went mourning all the day long. For my loins are filled with insults, and there is no health in my flesh. I am afflicted and greatly humbled; I have roared from the groaning of my heart. Lord, all my desire is before thee, and my groaning is not hidden from thee. My heart is troubled, my strength has failed me, and the light of mine eyes is not with me. My friends and my neighbors drew near and stood before me, and my nearest of kin stood afar off. And they that sought my soul took to violence, and they that sought evils for me spoke empty things, and devised deceits all the day long. But I, like a deaf man, heard not, and was as a speechless man not opening his mouth. And I became as a man that hears not, and whose mouth has no reproofs. For in thee, O Lord, have I hoped. Thou wilt hear, O Lord my God. For I said, ‘Let my enemies never rejoice over me’; for when my feet were shaken, they spoke boastful words against me. For I am ready for scourges, and my grief is continually before me. For I will declare mine iniquity, and be sorry for my sin. But my enemies live, and they are stronger than I, and they that hate me unjustly are multiplied. They that reward evil for good have slandered me, because I pursued goodness. Forsake me not, O Lord my God; depart not from me. Attend unto my help, O Lord of my salvation.

AND AGAIN:

Forsake me not, O Lord my God; depart not from me. Attend unto my help, O Lord of my salvation.

PSALM 62

O God, my God, I keep watch for thee at dawn. My soul has thirsted for thee; how often has my flesh longed for thee, in a barren and trackless and waterless land. So have I appeared before thee in the sanctuary, to see thy power and thy glory. For thy mercy is better than life; my lips shall praise thee. Thus will I bless thee while I live; I will lift up my hands in thy Name. Let my soul be filled as with marrow and fat, and my mouth shall praise thee with joyful lips. If I remembered thee upon my bed, at dawn I did meditate on thee. For thou hast been my helper, and in the shelter of thy wings will I rejoice. My soul has cleaved to thee; thy right hand has upheld me. But they sought after my soul in vain; they shall go into the lowest parts of the earth. They shall be delivered up to the edge of the sword; they shall be portions for foxes. But the king shall rejoice in God. Everyone that swears by him shall be praised, for the mouth of them that speak unjust things is stopped.
AND AGAIN:
At dawn I did meditate on thee. For thou hast been my helper, and in the shelter of thy wings will I rejoice. My soul has cleaved to thee; thy right hand has upheld me.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
Alleluia. Alleluia. Alleluia. Glory to thee, O God. (thrice)
Lord, have mercy. (thrice)
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

PSALM 87
O Lord God of my salvation, I have cried day and night before thee. Let my prayer come before thee; incline thine ear to my supplication. For my soul is filled with evils, and my life has drawn nigh unto hell. I have been counted with them that go down to the pit; I am become as a man without help, free among the dead, like the slain that sleep in the grave, whom thou rememberest no more; and they are cast off from thy hand. They laid me in the lowest pit, in dark places, and in the shadow of death. Thine anger lies hard upon me, and thou hast brought all thy waves upon me. Thou hast removed mine acquaintances far from me; they made me an abomination to themselves. I have been delivered up, and have not gone forth. Mine eyes are weakened from poverty. I cried unto thee, O Lord, all the day. I have stretched out my hands unto thee. Wilt thou work wonders for the dead? Or shall physicians raise them up, that they shall praise thee? Shall anyone tell of thy mercy in the grave, and of thy truth in destruction? Shall thy wonders be known in darkness, and thy righteousness in the land of forgetfulness? But unto thee have I cried, O Lord, and in the morning shall my prayer come before thee. Lord, why dost thou cast off my prayer, and turnest thy face away from me? I am poor and in troubles from my youth. And after I was exalted, I was humbled and distressed. Thy wrath passed over me, and thy terrors greatly troubled me. They encircled me like water; all the day long they surrounded me together. Thou hast put far from me friend and neighbor, and mine acquaintances, because of my misery.

AND AGAIN:
O Lord God of my salvation, I have cried day and night before thee. Let my prayer come before thee; incline thine ear to my supplication.

PSALM 102
Bless the Lord, O my soul, and all that is within me, bless his holy Name. Bless the Lord, O my soul, and forget not all his benefits: who forgives all thine iniquities, who heals
all thy diseases, who redeems thy life from corruption, who crowns thee with mercy and compassion, who satisfies thy desire with good things, so that thy youth shall be renewed like the eagle’s. The Lord executes mercy and judgment for all them that are wronged. He made known his ways unto Moses, his will to the children of Israel. The Lord is compassionate and merciful, long-suffering and plenteous in mercy. His wrath will not endure until the end, neither will he be angry forever. He has not dealt with us according to our iniquities, nor rewarded us according to our sins. As high as heaven is above the earth, so the Lord has strengthened his mercy toward them that fear him. As far as the east is from the west, so far has he removed our iniquities from us. As a father has compassion on his children, so the Lord has compassion upon them that fear him. For he knows our fashioning; he has remembered that we are dust. As for man, his days are like grass; as a flower of the field shall he flourish. For the wind passes over it, and it shall be no more, and no longer shall it know its place. But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness to children’s children, to them that keep his covenant, and remember his commandments to do them. The Lord has prepared his throne in the heavens, and his kingdom rules over all. Bless the Lord, all ye his angels, mighty in strength, that do his word, hearkening to the voice of his words. Bless the Lord, all ye his hosts, his ministers that do his will. Bless the Lord, all his works, in every place of his dominion: bless the Lord, O my soul.

AND AGAIN:

In every place of his dominion: bless the Lord, O my soul.

PSALM 142

Hear my prayer, O Lord; give ear to my supplication in thy truth; hearken unto me in thy righteousness. And enter not into judgment with thy servant, for in thy sight shall no man living be justified. For the enemy has persecuted my soul; he has humbled my life to the earth; he has set me in dark places, like those long dead. And my spirit was despondent within me; my heart within me was troubled. I remembered days of old, I meditated on all thy deeds; on the works of thy hands did I meditate. I spread forth my hands unto thee; my soul thirsts for thee like a waterless land. Hear me speedily, O Lord, my spirit has failed; turn not thy face from me; lest I become like them that go down to the pit. Cause me to hear thy mercy in the morning, for I have hoped in thee; make known to me, O Lord, the way wherein I should walk, for I have lifted my soul up to thee. Deliver me from my enemies, O Lord; I have fled unto thee for refuge. Teach me to do thy will, for thou art my God; thy good Spirit shall guide me in the land of uprightness. Thou shalt quicken me, O Lord, for thy Name’s sake; in thy righteousness thou shalt bring my soul out of affliction, and in thy mercy thou wilt lay waste my enemies. And thou wilt destroy all
them that afflict my soul; for I am thy servant. Hearken unto me in thy righteousness. And enter not into judgment with thy servant.

Hearken unto me in thy righteousness. And enter not into judgment with thy servant. Hearken unto me in thy righteousness. And enter not into judgment with thy servant. Thy good Spirit shall guide me in the land of uprightness.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
Alleluia. Alleluia. Alleluia. Glory to thee, O God. (thrice)

[Lord, have mercy. (Twelve times) Glory... now and ever... ]

In the eighth tone: Alleluia, alleluia, alleluia. In the night my soul rises early for thee, O God, for thy commandments are a light on the earth.

Alleluia, alleluia, alleluia.
Learn righteousness, ye that dwell upon the earth.

Alleluia, alleluia, alleluia.
Jealousy shall take hold of an untaught people.

Alleluia, alleluia, alleluia.
Bring more evils upon them, O Lord, bring more evils upon those who are glorious on the earth.

Alleluia, alleluia, alleluia.

TROPARION, TONE 8
Behold, the Bridegroom comes at midnight, and blessed is the servant whom he shall find watching; and again, unworthy is the servant whom he shall find heedless. Beware, therefore, O my soul, do not be weighed down with sleep, lest thou be given up to death, and lest thou be shut out of the Kingdom! But rouse thyself, crying: “Holy, holy, holy, art Thou, O our God”; through the Theotokos have mercy on us. (Thrice)

Lord, have mercy. (Thrice)
Glory to the Father and to the Son and to the Holy Spirit.
Now and ever and unto ages of ages. Amen.

KATHISMA 4 (Ps. 24-31)¹

¹ In the parish practice, the kathismas of the Psalter are usually omitted. It is recommended, however, that the sessional hymns should still be read or sung.
Lord, have mercy. (Thrice)

Sessional Hymn, Tone 1

Today Christ’s holy Passion draws upon the world as a saving light. For he comes of His
goodness to suffer. He who holds all things in His hand consents to be hung upon the
Wood in order to save mankind.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto
ages of ages. Amen.

Today Christ’s holy Passion... (repeat the same as above)

Kathisma 5 (Ps. 32-36)

Sessional Hymn, Tone 1

O invisible Judge, how hast thou been seen in the flesh? How hast thou been slain by
lawless men, condemning our condemnation by thy sufferings? Therefore, with one
voice, O Word, we ascribe glory, dominion, and praise to thy power.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto
ages of ages. Amen.

O invisible Judge... (repeat the same as above)

Kathisma 6 (Ps. 37-45)

Sessional Hymn, Tone 8

This day shines as the first-fruits of the Lord. Come, then, all who love the feast and join
together in hymns. For the Creator comes to accept the Cross, the afflictions, the beatings,
and the judgment by Pilate. A servant strikes him on the head, but he endures all things
that he may save mankind. Therefore, let us cry out to him: “Grant remission of sins to
those who venerate thy holy Passion in faith, O Christ, our God, who lovest mankind!”

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto
ages of ages. Amen.

This day shines... (repeat the same as above)

The reading of the Holy Gospel according to Matthew

(Matt. 21:18-43)

Glory to Thee, O our God, glory to Thee!

At that time, as Jesus was returning to the city, he was hungry. And seeing a fig tree by
the wayside he went to it, and found nothing on it but leaves only. And he said to it,
“May no fruit ever come from you again!” And the fig tree withered at once. When the
disciples saw it they marveled, saying, “How did the fig tree wither at once?” And Jesus
answered them, “Truly, I say to you, if you have faith and never doubt, you will not only do
what has been done to the fig tree, but even if you say to this mountain, ‘Be taken up and cast into the sea,’ it will be done. And whatever you ask in prayer, you will receive, if you have faith.”

And when he entered the temple, the chief priests and the elders of the people came up to him as he was teaching, and said, “By what authority are you doing these things, and who gave you this authority?” Jesus answered them, “I also will ask you a question; and if you tell me the answer, then I also will tell you by what authority I do these things. The baptism of John, whence was it? From heaven or from men?” And they argued with one another, “If we say, ‘From heaven,’ he will say to us, ‘Why then did you not believe him?’ But if we say, ‘From men,’ we are afraid of the multitude; for all hold that John was a prophet.” So they answered Jesus, “We do not know.” And he said to them, “Neither will I tell you by what authority I do these things. “What do you think? A man had two sons; and he went to the first and said, ‘Son, go and work in the vineyard today.’ And he answered, ‘I will not’; but afterward he repented and went. And he went to the second and said the same; and he answered, ‘I go, sir,’ but did not go. Which of the two did the will of his father?” They said, “The first.” Jesus said to them, “Truly, I say to you, the tax collectors and the harlots go into the kingdom of God before you. For John came to you in the way of righteousness, and you did not believe him, but the tax collectors and the harlots believed him; and even when you saw it, you did not afterward repent and believe him.

“Hear another parable. There was a householder who planted a vineyard, and set a hedge around it, and dug a wine press in it, and built a tower, and let it out to tenants, and went into another country. When the season of fruit drew near, he sent his servants to the tenants, to get his fruit; and the tenants took his servants and beat one, killed another, and stoned another. Again he sent other servants, more than the first; and they did the same to them. Afterward he sent his son to them, saying, ‘They will respect my son.’ But when the tenants saw the son, they said to themselves, ‘This is the heir; come, let us kill him and have his inheritance.’ And they took him and cast him out of the vineyard, and killed him. When therefore the owner of the vineyard comes, what will he do to those tenants?” They said to him, “He will put those wretches to a miserable death, and let out the vineyard to other tenants who will give him the fruits in their seasons.”

Jesus said to them, “Have you never read in the Scriptures: ‘The very stone which the builders rejected has become the head of the corner; this was the Lord’s doing, and it is marvelous in our eyes? Therefore I tell you, the kingdom of God will be taken away from you and given to a nation producing the fruits of it.

**Glory to Thee, O our God, glory to Thee!**
PSALM 50

Have mercy on me, O God, according to thy great mercy, and according to the multitude of thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is continually before me. Against thee only have I sinned, and done what is evil before thee, that thou mightest be justified in thy words, and prevail when thou art judged. For, behold, I was conceived in iniquities, and in sins did my mother bear me. For, behold, thou hast loved truth, the unknown and hidden things of thy wisdom hast thou made known unto me. Thou shalt sprinkle me with hyssop, and I shall be cleansed; thou shalt wash me, and I shall be made whiter than snow. Thou shalt cause me to hear joy and gladness, the bones that have been humbled shall rejoice. Turn thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me. Restore unto me the joy of thy salvation, and establish me with a ruling spirit. I will teach transgressors thy ways, and the ungodly shall return to thee. Deliver me from blood-guiltiness, O God, thou God of my salvation, and my tongue shall rejoice in thy righteousness. O Lord, thou shalt open my lips, and my mouth shall declare thy praise. For if thou hadst desired sacrifice, I would have given it; thou wilt not be pleased with whole-burnt-offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in thy good pleasure unto Sion, and let the walls of Jerusalem be built. Then shalt thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt-offerings. Then shall they offer bullocks upon thine altar.

[Lord, have mercy. (Twelve times) Glory... now and ever... ]

Then we read the three-ode canon by St Cosmas of Maiuma: the heirmoi are sung, the troparia are read with the refrain: Glory to thee, our God, glory to thee.

Ode 1
Heirmos, tone 2

Let us sing unto the Lord. By his divine command, he dried up the raging and impassable sea, and led the people of Israel through on foot, for gloriously has he been glorified.

Glory to Thee, our God, glory to Thee.
Ineffable is the condescension of the Word of God. Christ is himself both God and man; yet he counted not his Godhead a thing to be seized and held fast, and this he showed to his disciples by taking the form of a servant: for gloriously has he been glorified.
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

“With the wealth of my divine nature, I came in order to minister to Adam in his poverty. I fashioned his body and now willingly I put it on. Though in my divine nature I am not subject to passion, I lay down my life to ransom his.”

Katavasia:

Let us sing unto the Lord. By his divine command, he dried up the raging and impassable sea, and led the people of Israel through on foot, for gloriously has he been glorified.

[Lord, have mercy. (Three times) Glory... now and ever...] 

Kontakion, Tone 8

Jacob lamented the loss of Joseph but his noble son was seated on a chariot and honored as a king. For when he refused to be enslaved by the pleasures of the Egyptian woman he was glorified by the Lord, Who beholds the hearts of men and bestows upon them an incorruptible crown.

Ikos

Today let us add lamentation to lamentation. Let our tears flow with those of Jacob, who weeps for his celebrated and sober-minded son; for though bodily Joseph was indeed a slave, he preserved the freedom of his soul and was lord over all Egypt. For God prepares for His servants an incorruptible crown.

Ode 8

Heirmos, tone 2

The relentless fire was fed by fuel in endless supply, yet it shrank before the flesh of the Holy Youths, as pure as their souls, and when the never-ending flame was quenched, the singing of an everlasting hymn began: Praise the Lord, all works of the Lord, and exalt him throughout all ages.

Glory to thee, our God, glory to thee.

“By this will all men know that ye are my disciples,” said the Savior to his friends as he went to his Passion, “if ye will keep my commandments. Be at peace among yourselves, and ye will be exalted. And, knowing that I am the Lord, ye will sing and exalt me throughout all ages.”
Let us bless the Father, the Son, and the Holy Spirit, the Lord, now and ever and unto ages of ages. Amen.

“Let your order be contrary to that of the Gentiles, who hold power over their fellow-men, for such is not My portion, but rather self-appointed tyranny. He then who would be great among you, must be the servant of all, and knowing that I am the Lord, he will sing and exalt Me throughout all ages.”

We praise, bless, and worship the Lord, singing and exalting Him throughout all ages.

Katavasia:
The relentless fire was fed by fuel in endless supply, yet it shrank before the flesh of the Holy Youths, as pure as their souls, and when the never-ending flame was quenched, the singing of an everlasting hymn began: Praise the Lord, all works of the Lord, and exalt him throughout all ages.

Magnificat is not sung.

Ode 9
Heirmos, tone 2
Thou hast magnified the Theotokos who bore thee, O Christ. From her thou didst on a body like our own, O our Creator, which releases us from our errors. Blessing her, we in all generations magnify thee.

Glory to thee, our God, glory to thee.
Thou didst warn thy Apostles, O Wisdom of All: “Flee from all impure passion, seek instead wisdom worthy of the Kingdom of God. Thus, ye will be glorified and shine more brightly than the sun.”

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.
The Lord said to his Disciples: “As ye look at me, do not be haughty, but be joined to the lowly. The cup which I drink, drink also, that ye may be glorified with Me in my Father’s Kingdom.”

Katavasia:
Thou hast magnified the Theotokos who bore thee, O Christ. From her thou didst on a body like our own, O our Creator, which releases us from our errors. Blessing her, we in all generations magnify thee.
[Lord, have mercy. (Three times) Glory... now and ever... ]

Exapostilarion

Thy bridal chamber I see adorned, O my Savior, and I have no wedding garment that I may enter. O Giver of Light, enlighten the vesture of my soul, and save me. (thrice)

Then read the psalms of Praises (Ps. 148-150) with the appointed stichera:

Praise the Lord from the heavens.
To thee is due praise, O God.
Praise the Lord from the heavens; praise him in the highest.
To thee is due praise, O God.
Praise him, all ye angels of his; praise him, all his hosts.
To thee is due praise, O God.
Praise him, sun and moon; praise him, all ye stars and light. Praise him, ye heavens of heavens, and thou water above the heavens. Let them praise the Name of the Lord; for he spoke, and they came to be; he commanded, and they were created. He established them forever, yea, for ever and ever; he made a decree, and it shall not pass away. Praise the Lord from the earth, ye dragons and all the deeps. Fire and hail, snow and ice, stormy wind, performing his word. Mountains and all hills; fruitful trees and all cedars; beasts and all cattle; creeping things and winged birds; kings of the earth and all peoples; princes and all judges of the earth; young men and maidens, old men with the younger: let them praise the Name of the Lord: for his Name alone is exalted; his praise is above earth and heaven, and he shall exalt the horn of his people, a hymn for all his saints, for the children of Israel, a people that draws near to him.

Psalm 149

Sing unto the Lord a new song; his praise in the church of the saints. Let Israel be glad in him that made him; and let the sons of Sion rejoice in their king. Let them praise his Name in the dance; let them sing praises unto him with timbrel and harp. For the Lord is well pleased with his people, and will exalt the meek with salvation. The saints shall boast in glory and shall rejoice upon their beds. The high praises of God shall be in their throat, and two-edged swords in their hands; to execute vengeance upon the nations, and punishments upon the peoples; to bind their kings with chains, and their nobles with fetters of iron; to execute upon them the judgment that is written; this glory shall be for all his saints.

Psalm 150

Praise God in his saints; praise him in the firmament of his power.
(4) Praise him for his mighty acts; * praise him according to his abundant greatness.
Tone 1
As the Lord was going to his voluntary Passion, he said to the Apostles on the way: “Behold, we go up to Jerusalem, and the Son of Man shall be delivered up, as it is written of him.” Come, therefore, let us also go with him, purified in mind. Let us be crucified with him and die through him to the pleatures of this life. Then we shall live with him and hear him say: “I go no more to the earthly Jerusalem to suffer, but to my Father and your Father, to my God and your God. I shall raise you up to the Jerusalem on high in the Kingdom of Heaven.”

(3) Praise him with the sound of the trumpet; * praise him with psaltery and harp.
As the Lord was going to his voluntary Passion… (repeat the same as above)

(2) Praise him with timbrel and dance; * praise him with strings and pipe.
Tone 5
We have reached the saving Passion of Christ our God. Let us, the faithful, glorify his ineffable forbearance, that in his compassion he may raise us up who were dead in sin, for he is good and loves mankind.

(1) Praise him with tuneful cymbals; praise him with loud clashing cymbals. * Let every breath praise the Lord!
We have reached the saving Passion… (repeat the same as above)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.
Tone 5
Going to thy Passion, O Lord, thou didst take thy Disciples aside and reassure them: “How have you forgotten the words that I once spoke? Is it not written: ‘A prophet cannot be killed but in Jerusalem?’ Now is the time of which I told you. Behold, I am betrayed into the hands of sinners to be mocked. They will nail me to the Cross and deliver me up to burial, regarding me as a dead man, a thing of loathing. Yet take courage, for I will arise on the third day, giving to the faithful joy and life everlasting!”

Then read the Doxology:
Glory to thee who hast shown us the light.
Glory to God in the highest, and on earth peace, good will among men. We praise thee; we bless thee; we worship thee; we glorify thee; we give thanks to thee for thy great glory: O
Lord, heavenly King, God the Father Almighty; O Lord, the Only-begotten Son Jesus Christ; and thou, O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of the Father, have mercy on us. For thou only art holy, thou only art Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless thee and praise thy name for ever, yea for ever and ever. Lord, thou hast been our refuge from generation to generation. I said, Lord, be merciful to me, heal my soul for I have sinned against thee. Lord, I have fled unto thee. Teach me to do thy will, for thou art my God. For with thee is the fountain of life, and in thy light shall we see light. O continue thy mercy unto them that know thee.

Vouchsafe, O Lord, to keep us this day without sin. Blessed art thou, O Lord, God of our fathers, and praised and glorified is thy Name forever. Amen.

Let thy mercy, O Lord, be upon us, as we have set our hope on thee. Blessed art thou, O Lord, teach me thy statutes. Blessed art thou, O Master, make me to understand thy statutes. Blessed art thou, O Holy One, enlighten me with thy statutes.

Thy mercy, O Lord, endureth forever: despise not the works of thy hands.

To thee is due praise, to thee is due song, to thee is due glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

[Lord, have mercy. (Twelve times) Glory... now and ever... ]

**APOSTICHA**

*Tone 5*

The mother of Zebedee’s children, O Lord, could not understand the ineffable mystery of thy dispensation. She asked the honor of a temporal kingdom for her sons; but instead, thou didst promise thy friends that they should drink the cup of death, a cup that thou wouldst drink before them for the cleansing of sins. Therefore we cry out to thee: “O Salvation of our souls, glory to thee!”

We were filled with thy mercy in the morning, O Lord, and we rejoiced and were glad. In all our days let us be glad for the days in which thou didst humble us, for the years in which we saw evils. And look upon thy servants and upon thy works, and do thou guide their sons. (Ps 89)

Thou didst teach thy disciples, O Lord, to desire what is perfect, saying: “Be not like the Gentiles, who oppress the weak! It shall not be so with you, O my disciples, for of My own
will I am poor. Let the first among you, therefore, be the servant of all. Let the ruler be like those who are ruled. Let him who is first be like the last. For I have come to serve Adam in his poverty, and to give my life as a ransom for the many who cry to me: `O Lord, glory to thee!’”

And let the brightness of the Lord our God be upon us, and do thou guide aright the works of our hands upon us, yea, the works of our hands do thou guide aright.

Tone 8
The fig tree was withered up because it was unfruitful. We should fear the same punishment, O brethren, and bring worthy fruits of repentance to Christ, who brings to us great mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Tone 8
The serpent found a second Eve in the Egyptian woman, and plotted the fall of Joseph through words of flattery. But, leaving behind his garment, Joseph fled from sin. He was naked but unashamed, like Adam before the fall. Through his prayers, O Christ, have mercy on us.

It is good to give thanks to the Lord, and to sing praises to thy Name, O Most High, to proclaim thy mercy in the morning, and thy truth by night. (twice)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for thy Name’s sake.

Lord, have mercy. (thrice) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.
[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.]

Amen.

Standing in the temple of thy glory, we think that we are standing in heaven; O Theotokos, the Gate of heaven, open to us the doors of thy mercy.

Lord, have mercy. (40 times)
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

More honorable than the cherubim and more glorious, beyond compare, than the seraphim: without corruption thou gavest birth to God the Word; true Theotokos, we magnify thee.

O heavenly King, strengthen the Orthodox Christians, confirm the Faith, calm the nations, give peace to the world, preserve well this holy church (or: this household, or: this city), grant repose in the mansions of the righteous to our fathers and brethren who have departed this life and accept us in repentance and confession, for thou art Good and the Lover of mankind.

PRAYER OF ST EPHREM

O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (prostration) But give rather a spirit of chastity, humility, patience, and love to thy servant. (prostration) Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother: for blessed art thou unto ages of ages. Amen. (prostration)

And we make twelve bows from the waist, quietly saying O God, cleanse me a sinner each time. And again, the whole prayer O Lord and Master... with only one prostration at the end.

And we begin the First Hour (see below).

If the First Hour is not said, then after the Prayer of St Ephraim, say: Glory... now and ever... Lord, have mercy. (Thrice). Lord, bless, and the DISMISSAL as appointed at the end of the First Hour.
FIRST HOUR

Come, let us worship God our King.
Come, let us worship and fall down before Christ, our King and our God.
Come, let us worship and fall down before Christ himself, our King and our God.

P S A L M 5

Give ear to my words, O Lord, consider my cry. Attend to the voice of my supplication, my King and my God, for unto thee will I pray, O Lord. In the morning thou shalt hear my voice; in the morning I shall stand before thee, and thou shalt look upon me, for thou art not a god that willest iniquity; neither shall the wicked man dwell with thee; nor shall transgressors abide before thine eyes; thou hast hated all them that work iniquity. Thou shalt destroy all them that speak falsehood. The Lord abhors the bloody and deceitful man. But as for me, in the multitude of thy mercy I will go into thy house. I will worship toward thy holy temple in fear of thee. Lead me, O Lord, in thy righteousness because of my enemies; make my way straight before thy face. For there is no truth in their mouth; their heart is vain; their throat is an open sepulcher; they dealt deceitfully with their tongues. Judge them, O God; let them fall by their own counsels; cast them out according to the multitude of their ungodliness, for they have embittered thee, O Lord. And let all them that hope in thee be glad; they shall rejoice forever, and thou shalt dwell among them; and all that love thy Name shall boast in thee. For thou shalt bless the righteous. O Lord, thou hast crowned us with good pleasure as with a shield.

P S A L M 89

Lord, thou hast been our refuge from generation to generation. Before the mountains were brought forth, and before the earth and the world were formed, even from everlasting to everlasting, Thou Art. Turn not man away unto humiliation. And thou hast said, Turn back, ye sons of men. For a thousand years in thy sight are but as yesterday that is past, and as a watch in the night. Their years shall count for nothing; in the morning he shall pass away like grass. In the morning he shall flourish, and pass away; in the evening he shall fall, and wither, and dry up. For we have fainted away in thy wrath, and in thine anger we were troubled. Thou hast set our iniquities before thee, our age in the light of thy countenance. For all our days have passed away, and we have passed away in thy wrath. Our years are considered weak as a cobweb. The days of our years are threescore years and ten, and if we be in strength, fourscore years, and most of them are labor and sorrow, for mildness is come upon us, and we shall be chastened. Who knows the might of thy wrath? And who can recount thine anger from fear of thee? Make known thy right hand unto me and to them that are instructed in wisdom in their heart. Return, O Lord, how long? And be thou
entreated concerning thy servants. We were filled with thy mercy in the morning, and we
rejoiced and were glad. In all our days let us be glad for the days in which thou didst humble
us, for the years in which we saw evils. And look upon thy servants and upon thy works, and
do thou guide their sons. And let the brightness of the Lord our God be upon us, and do
thou guide aright the works of our hands upon us, yea, the works of our hands do thou
guide aright.

**PSALM 100**
I will sing of mercy and judgment unto thee, O Lord. I will sing and have understanding in
a blameless way. O when wilt thou come unto me? In the midst of my house I have walked
in the innocence of my heart. I have set no lawless thing before mine eyes; I have hated the
workers of transgression. A perverse heart has not cleaved unto me; the wicked man, who
turned from me, I did not know. He who speaks secretly against his neighbor, I have driven
him away from me; he who has a proud eye and an insatiable heart, with him I have not
eaten. Mine eyes are upon the faithful of the land, that they might dwell with me. He that
walked in a blameless way, he served me. The proud doer dwelt not in the midst of my
house; the speaker of unjust things prospered not before mine eyes. In the morning I slew
all the sinners of the land, that I might utterly destroy all the workers of iniquity from the
city of the Lord.

Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Alleluia. Alleluia. Alleluia. Glory to thee, O God. (thrice)
Lord, have mercy. (thrice)

**TROPAIRON OF THE HOUR, Tone 6**
Hearken in the morning to my voice, my King and my God.

Hearken in the morning to my voice, my King and my God. (prostration)

Hear my words, O Lord; consider my cry.

Hearken in the morning to my voice, my King and my God. (prostration)

For unto thee will I pray, O Lord.

Hearken in the morning to my voice, my King and my God. (prostration)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages
of ages. Amen.
What shall we call thee, O Full of Grace? Heaven – for thou didst shine forth the Sun of righteousness. Paradise – for thou didst blossom forth the Flower of incorruption. Virgin – for thou hast remained incorrupt. Pure Mother – for thou hast held in thy holy embrace a Son who is God of all. Beseech Him to save our souls.

Order my steps according to thy word, and let no iniquity have dominion over me. (twice)
Deliver me from the false accusation of men, and so will I keep thy commandments. (twice)
Make thy face to shine upon thy servant, and teach me thy statutes. (twice)
Let my mouth be filled with thy praise, O Lord, that I may hymn thy glory and majesty all the day long. (3 times)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for thy Name’s sake.

Lord, have mercy. (thrice) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.
[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.]
Amen.

KONTAKION OF HOLY MONDAY
Jacob lamented the loss of Joseph but his noble son was seated on a chariot and honored as a king. For when he refused to be enslaved by the pleasures of the Egyptian woman he was glorified by the Lord, Who beholds the hearts of men and bestows upon them an incorruptible crown.

Lord, have mercy. (40 times)
PRAYER OF THE HOURS

Thou who, at every season and every hour, in heaven and on earth, art worshiped and glorified, O Christ our God, who art long-suffering, merciful, and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to thy commandments; sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil, and distress. Surround us with thy holy angels, that guided and guarded by their host, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for blessed art thou unto ages of ages. Amen.

Lord, have mercy. (thrice)
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
More honorable than the cherubim and more glorious, beyond compare, than the seraphim: without corruption thou gavest birth to God the Word; true Theotokos, we magnify thee.

PRAYER OF ST. EPHREM

O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (prostration) But give rather a spirit of chastity, humility, patience, and love to thy servant. (prostration) Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother: for blessed art thou unto ages of ages. Amen. (prostration)

And we make twelve bows from the waist, quietly saying O God, cleanse me a sinner each time. And again, the whole prayer O Lord and Master... with only one prostration at the end.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for thy Name’s sake.
Lord, have mercy. (thrice) Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.
[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.] Amen.

Lord, have mercy. (12 times)

PRAYER OF THE FIRST HOUR

O Christ, the true Light, which illumines and sanctifies every man who comes into the world: Let the light of thy countenance be signed upon us, that in it we may behold the light unapproachable. Guide our footsteps aright, to the keeping of thy commandments, through the intercessions of thine all-immaculate Mother and of all thy saints. Amen.

And we sing:

O victorious leader of triumphant hosts, we, thy servants, delivered from evil, sing our grateful thanks to thee, O Theotokos. As thou dost possess invincible might, set us free from every calamity, so that we may sing: Rejoice, O unwedded Bride!

DISMISSAL

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. Lord have mercy. (Thrice) O Lord, bless!

O thou who art going to thy voluntary Passion for our salvation, Lord Jesus Christ, Son of God, through the prayers of Thy most pure Mother and of all the saints, have mercy on us and save us, for thou art good and lovest mankind.