De scend- ing from heaven to a scend the Cross, the eternal Life
has come for death to raise those who are fallen; to en-
lighten those in dark ness.// O Jesus, our Savior and Illuminator,
glo - ry to You!

We glo - rify Christ, Who rose from the dead. He accepted the hu-
man body and soul, and freed both from suffering. His most
pure soul descended to hell, which He spoiled. His holy body did not
see corruption in the tomb. // He is the Redeemer of our souls.

V. For He has established the world, so that it shall never be moved.
Sticheron 3

In psalms and songs we glorify Your Resurrection from the dead,

O Christ. By it, You have freed us from the tortures of hell//
V. Holiness befits Your house, O Lord, forevermore!

Sticheron 4

O Master of all, incomprehensible Creator of heaven and earth,

by Your suffering on the Cross You have gained passionlessness for me. Accepting burial and arising in glory, You res-

urrected Adam with Yourself by Your almighty hand. Glory to Your
rising on the third day! By it You have granted us eternal life—

and cleansing of sins// as the only compassionate One.

Then "Glory..." and the rest.
If there is a Doxastichon appointed from the Menaion:
  "Glory...," Doxastichon, "Now and ever...," Theotokion.
If not, then:
  "Glory...now and ever..." and the Theotokion.
The tone of the Aposticha Theotokion typically follows the tone of the preceding sticheron.