As - cend - ing up - on the cross O Lord you a - bol -ished our an - ces - tral curse $^{\lambda}$ and de - scend - ing in - to Ha - des you set free those in e - ter - nal bonds $^{\lambda}$ And you be - stowed on hu-man-kind in - cor - rup-tion and life $^{\lambda}$ We there - fore praise and glo - ri - fy q your res - ur - rec- tion on the third day