

# First Hour

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*If another service immediately precedes the First Hour, we omit the entire opening and begin with “Come, let us worship...” (or “Christ is risen from the dead...” in Paschaltide) below:*

*Priest:* + Blessed is our God, always, now and ever and unto ages of ages.

*Reader:* Amen.

## ***From Pentecost to Great and Holy Saturday:***

*Reader:* Glory to You, our God; glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, You are everywhere and fulfill 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!

## ***From Thomas Sunday to the Leave-taking of Pascha:***

*People:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

### **The Trisagion Prayers**

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name’s sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

Lord, have mercy. (*12x*)

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

***From Ascension to Great and Holy Saturday and, within Paschaltide, when no service precedes the First Hour:***

*Reader:* 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!

***From Thomas Sunday to the Leave-taking of Pascha, when another service precedes the First Hour and the service therefore begins here:***

*Reader:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (*3x*)

*Psalm 5*

Listen to my words, O Lord,  
consider my cry.

Attend to the voice of my prayer.  
my King and my God,  
because to You I will pray, O Lord.

You will hear my voice in the morning.  
In the morning I will stand before You  
and You will visit and watch over me.

For You are not a God Who desires lawlessness;  
and evildoers will not live with You,

nor will the violent remain before Your eyes.  
You hate all who practice lawlessness.

You will destroy all who tell lies;  
the Lord abhors a bloody and deceitful man.

But in Your great mercy  
I will enter Your house, and in the fear of You  
I will worship toward Your holy temple.

O Lord, guide me in Your righteousness,  
direct my way before You  
because of my enemies.

For there is no truth in their mouth;  
their heart is empty.

Their throat is a yawning tomb,  
with their tongues they deceive.

Judge them, O God,  
let them fall by their own thoughts.  
For the enormity of their godlessness cast them out,  
because they have rebelled against You, O Lord.

But let all who hope in You be glad in You;  
they will rejoice forever  
and You will live in them.  
All who love Your name will glory in You,  
because You will bless a righteous person, O Lord.  
You have crowned us with goodwill as with a shield.

*Psalm 89 (90)*

Lord, You have been our refuge  
from generation to generation.

Before the mountains were born  
and before the earth and the world were formed,  
even from age to age eternally You are.

Do not abandon man to humiliation,  
for You have said, “Return, sons of men.”

For a thousand years in Your eyes are like a day,  
like yesterday which has come and gone,  
and like a watch in the night.

Mere nothings will their years be  
In the morning like grass they may pass away.

In the morning it blooms, then passes away;  
by evening it droops, grows hard and withers.

For we perish in Your anger  
and we are troubled by Your wrath.

You have set our sins before You,  
our life in the light of Your face.

For all our days have passed  
and we have perished in Your anger.  
Our years have spun out like a cobweb.

The days of our life may be seventy years,  
and if in the strong they are eighty years,  
yet most of it is labor and trouble,  
because weakness comes over us  
and we are corrected.

Who knows the power of Your anger  
and who can gauge Your wrath from Your fear?

So make Your right hand known to me  
and those disciplined in heart by wisdom.

Return, O Lord! How long?  
And be gracious to Your servants.

Let us be satisfied with Your mercy in the morning, Lord,  
and we shall be glad and rejoice all our days.

Let us be glad for the days in which You humbled us,  
for the years in which we have seen evils.

And look upon Your servants and Your works,  
and guide their children.

And may the radiance of the Lord our God be upon us,  
and direct the works of our hands for us,  
and direct the work of our hands.

*Psalm 100 (101)*

I will sing to You, Lord, of mercy and justice,  
I will sing praise and understand in a faultless way.

When will You come to me?  
I have walked in my house in the innocence of my heart.

I set no unlawful thing before my eyes,  
I hate those who do wrong,  
no crooked heart has joined me.  
A villain who avoided me, I refused to know.

The man who in secret talks against his neighbor,  
him I drive away.  
A man with a proud eye and a greedy heart,  
with him I was not eating.

My eyes are on the faithful of the land,  
that they may sit with me.  
He who walks in a blameless way  
has been employed in my service.

One who acts proudly has not lived in my house;  
one who talks wrong things will not prosper in my sight.

Each morning I put to death all the sinners of the land,  
to destroy all evildoers from the city of God.

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 You, O God (3x)

Lord, have mercy. (3x)

*Here, on certain days, a Kathisma is appointed.*

**On Non-Lenten days:**

*Reader: [Troparion, if there are two]*

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

*[Troparion, or second Troparion, if there are two]*

**Cheesefare Wednesday & Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

*During the following, when the Priest chants, all others make a prostration and when the People sing, the Priest makes a prostration.*

*Priest: Attend to the voice of my prayer, my King and my God.*

*Tone 6*

*People: Attend to the voice of my prayer, my King and my God.*

*Priest: Listen to my words, O Lord, consider my cry.*

*People: Attend to the voice of my prayer, my King and my God.*

*Priest: Because to You I will pray, O Lord. You will hear my voice in the morning.*

*People: Attend to the voice of my prayer, my King and my God.*

*There is no prostration during the following:*

*Priest: Glory to the Father, and to the Son, and to the Holy Spirit...*

**For all days:**

...now and ever and unto ages of ages. Amen.

What shall we call you, O full of grace? Heaven: for from you shone forth the Sun of Righteousness; Paradise: for you have budded forth the flower of immortality; Virgin: for you have remained undefiled; Pure Mother: for you have held in your arms the Son, Who is God of all. Implore Him to save our souls.

***On Non-Lenten days:***

Direct my steps according to Your word,  
and let no lawlessness have dominion over me.

Deliver me from the accusations of men,  
and I will keep Your commandments.

Let Your face beam on Your servant  
and teach me Your requirements.

Let my mouth be filled with Your praise, O Lord,  
that I may sing of Your glory and honor all the day long.

***Monday, Wednesday, and Friday of the fourth week of Great Lent:***

Before Your Cross we bow down in veneration, O Master, and Your  
holy Resurrection we glorify. (3x)

***Cheesefare Wednesday & Friday, Weekdays of weeks 1-3, 5, & 6 of Great Lent,  
Tuesday and Thursday of the 4th week, and Holy Monday through Wednesday:***

Direct my steps according to Your word,  
and let no lawlessness have dominion over me. (2x)

Deliver me from the accusations of men,  
and I will keep Your commandments. (2x)

Let Your face beam on Your servant  
and teach me Your requirements. (2x)

Let my mouth be filled with Your praise, O Lord,  
that I may sing of Your glory and honor all the day long. (3x)

**The Trisagion Prayers**

*Reader:*   Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!  
O Lord, cleanse us from our sins!  
O Master, pardon our transgressions!  
O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

***On Non-Lenten days, if there is a Kontakion of the day:***

*Reader:* [the Kontakion of the day]

**When there is no Kontakion, Cheesefare Wednesday and Friday, and Weekdays of Great Lent:<sup>1</sup>**

**On Monday, Tuesday, and Thursday:**

*Reader:* With our heart, let us continually magnify the glorious Mother of God, who is more holy than the holy angels, confessing her to be the Theotokos, for she truly gave birth to God incarnate, and she unceasingly intercedes for our souls.

**On Wednesday and Friday:**

*Reader:* Speedily prevent us from being led into captivity, O Christ our God, by the enemy which blasphemes You and constrains us. Overcome, through the strength of Your Cross, those who war against us, so that they may know how powerful is the faith of Orthodox believers. Through the intercessions of the Theotokos, have mercy on us, O You Who alone love mankind.

**On Saturday:**

*Reader:* The universe offers the God-bearing martyrs as the first fruits of nature to You, O Lord, the author of creation. By their prayers and through the intercessions of the Theotokos, preserve Your Church in peace, O most merciful one.

***For all days:***

*Reader:* Lord, have mercy. (12x)<sup>2</sup>

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<sup>1</sup> During the Fourth Week of Great Lent, at this point in the Hours we are to replace this item with the following Kontakion in Tone 7:  
Now the flaming sword no longer guards the gates of paradise;  
it has been mysteriously quenched by the wood of the cross!  
The sting of death and the victory of Hades have been vanquished;  
for You, O my Savior, came and cried to those in Hades: Enter again into paradise!

<sup>2</sup> Technically 40x, but, outside of monasteries, commonly 12x by custom.

## The Prayer of the Hours

At every season and every hour, in heaven and on earth, You are worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; You love the just and show mercy on the sinner; You call all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Your commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil, and distress. Surround us with Your holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Your unapproachable glory, for You are blessed unto ages of ages. Amen.

Lord, have mercy. (3x)

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 you gave birth to God the Word: true Theotokos, we magnify you.

In the name of the Lord, Father, bless.

*The Priest comes out to the solea before the Holy Doors, vested only in his epitrachelion; he says:*

*Priest:* May God have compassion on us and bless us,  
may He manifest His presence to us and have mercy on us.

*Reader:* Amen.

**Cheesefare Wednesday and Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

**The Prayer of Saint Ephraim**

*Priest:* O Lord and Master of my life, do not permit me the spirit of laziness, despair, lust of power, and idle talk. (*All make a prostration.*)

But give, rather, the spirit of chastity, humility, patience and love to Your servant. (*All make a prostration.*)

O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are You unto ages of ages. Amen. (*All make a prostration.*)

*Then all make 12 lesser reverences, saying for each:*

O God, cleanse me a sinner and have mercy on me.

*The Prayer of Saint Ephraim is repeated, with one prostration at the end.*

**The Trisagion Prayers**

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

Lord, have mercy. (12x)

### The Prayer of the First Hour

*Reader:* O Christ, You are the true light which enlightens and sanctifies every man that comes into the world. Let the light of Your countenance shine on us, that in it we may behold the unapproachable light, and guide our footsteps aright to the keeping of Your commandments; through the prayers of Your most pure Mother and of all Your saints. Amen.

*People:* O victorious Leader of triumphant hosts!  
We your servants, delivered from evil,  
sing our grateful thanks to you, O Theotokos!  
As you possess invincible might set us free from every calamity,  
so that we may sing: “Rejoice! O unwedded Bride!”

*If no other service will immediately follow, the Priest pronounces the dismissal, facing the people, after which he bows to them, and returns to the Sanctuary:*

### The Dismissal

*The Priest bows toward the icon of Christ on the Iconostasis, saying:*

*Priest:* Glory to You, O Christ, our God and our hope, glory to You.

**From Ascension to Great and Holy Saturday:**

*Reader:* 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. (3x)

Father, bless.

**From Thomas Sunday to the Leave-taking of Pascha:**

*People:* Christ is risen from the dead, trampling down death by death, and upon  
those in the tombs bestowing life!

*Standing in front of the Holy Doors, facing the people, the Priest says the Dismissal:*

**Usually, except from Pascha to Thomas Sunday:**

*Priest:* May Christ our true God, through the prayers of His most pure Mother;  
[Monday] by the protection of the honorable Bodiless Powers of heaven;  
[Tuesday] of the honorable and glorious Prophet, Forerunner and Baptist  
John;  
[Wednesday, Friday] by the power of the precious and life-creating  
Cross;  
of the holy, glorious, and all-laudable Apostles;  
[Thursday] of our Father among the Saints, Nicholas the Wonderworker,  
Archbishop of Myra in Lycia;  
[Saturday] of the holy, glorious and right-victorious Martyrs;  
of St. (of the temple.....; of (of the day), whom we commemorate  
today; of the holy and righteous ancestors of God, Joachim and Anna;  
and of all the saints: have mercy on us and save us for He is good and  
loves mankind.

***From Thomas Sunday to the Leave-taking of Pascha:***

*Reader:* Amen.

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3x)

And unto us He has given eternal life! Let us worship His resurrection on the third day!



## **Third Hour**

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*If another service immediately precedes the Third Hour, we omit the entire opening and begin with “Come, let us worship...” (or “Christ is risen from the dead...” in Paschaltide) below:*

*Priest:* + Blessed is our God, always, now and ever and unto ages of ages.

*Reader:* Amen.

### ***From Pentecost to Great and Holy Saturday:***

*Reader:* Glory to You, our God; glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, You are everywhere and fulfill 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!

### ***From Thomas Sunday to the Leave-taking of Pascha:***

*People:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

### **The Trisagion Prayers**

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

Lord, have mercy. (12x)

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

***From Ascension to Great and Holy Saturday and, within Paschaltide, when no service precedes the Third Hour:***

*Reader:* 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!

***From Thomas Sunday to the Leave-taking of Pascha, when another service precedes the Third Hour and the service therefore begins here:***

*Reader:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

**Psalm 16 (17)**

Hear, O Lord, my righteousness, attend to my need,  
give ear to my prayer, not uttered with deceitful lips.

Let my judgment come out from Your presence,  
let my eyes see what is right.

You have tested my heart, You have visited me at night,  
You have tried me by fire and no wrongdoing was found in me.

That my mouth may not talk of the doings of men,  
for the sake of the words of Your lips  
I have kept hard ways.

Set my steps in Your tracks  
that my steps may not slip.

I cry out to You, O God, because You answer me;  
incline Your ear to me and answer my words.

Show me the wonder of Your mercies,  
You Who save those who hope in You  
from those who resist Your right hand.

Keep me as the apple of Your eye;  
You will protect me in the shelter of Your wings  
from the presence of the godless who trouble me.  
My enemies surround my soul.

They have closed their heart,  
their mouth speaks arrogance.

Those who threw me out have now surrounded me;  
they have set their eyes to cast me down on the ground.

They lie in wait for me like a lion alert for its prey,  
and like a lion cub living in hidden places.

Arise, O Lord, forestall them and overthrow them;  
deliver my soul from the godless,  
take Your sword from Your enemies' hand.

O Lord, separate them from the few  
and from the earth in their lifetime.  
Their stomach is filled with Your hidden treasure.  
They are satisfied with children,  
and they leave what remains for their babes.

But I will appear to Your face in righteousness.  
I shall be satisfied when Your glory appears to me.

*Psalm 24 (25)*

To You, O Lord, I lift up my soul.

O my God, in You I trust:  
let me never be put to shame,  
nor let my enemies laugh at me.

For none who wait for You will be put to shame;  
let those be ashamed who do wrong for no reason.

Your ways, O Lord, make known to me  
and teach me Your paths.

Guide me by Your truth and teach me,  
because You, O God, are my Savior  
and for You I wait all day.

Remember Your compassion, O Lord, and Your mercies,  
because they are from all eternity.

Remember not the sins of my youth and my ignorance,  
but in Your mercy remember me  
for Your goodness' sake, O Lord.

Good and straight is the Lord;  
so He gives laws for sinners in the way.

He will guide the meek<sup>3</sup> to judge what is right,  
He will teach the humble His ways.

All the ways of the Lord are mercy and truth  
to those who seek His covenant and His laws.

For Your name's sake, O Lord,  
forgive my sin, for it is great.

Who is a man who fears the Lord?  
He will instruct him in the way he should choose.

His soul will live among good things,  
and his children will inherit the earth.

The Lord is the strength of those who fear Him,  
and His covenant will make it clear to them.

My eyes continually look to the Lord,  
because He will pull my feet out of the trap.

Look upon me and have mercy on me  
because I am poor and lonely.

The troubles of my heart are multiplied;  
O bring me out of my afflictions.

See my humiliation and my labor  
and forgive all my sins.

See my enemies, for they are multiplied  
and they hate me with an unjust hatred.

Guard my soul and deliver me;  
let me not be ashamed, for I have hoped in You.

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<sup>3</sup> Gk. *praus* = meek & humble, so we give both translations.

The innocent and upright have joined me,  
because I wait for You, O Lord.

Redeem Israel, O God,  
out of all his troubles.

*Psalm 50 (51)*

Have mercy on me, O God,  
in Your great mercy,  
and in Your abundant compassion  
blot out my transgression.

Wash me thoroughly from my lawlessness  
and cleanse me from my sin.

For I know my sinfulness  
and my sin is before me continually.

Against You only have I sinned  
and done what is evil in Your sight,  
that You may be justified in Your words  
and win when You are judged.

For I was conceived in iniquities<sup>4</sup>  
and in sins my mother gave me birth.

But You love truth;  
the hidden and secret things of Your wisdom  
You have made known to me.

You will sprinkle me with hyssop and I shall be clean.  
You will wash me  
and I shall be whiter than snow.

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<sup>4</sup> Lit. “lawlessnesses”.

Make me hear joy and gladness.  
The bones that have been humbled will rejoice.

Turn Your face from my sins  
and blot out all my iniquities.

Create in me a clean heart, O God,  
and renew a right spirit within me.

Do not cast me away from Your presence  
or take Your Holy Spirit from me.

Restore to me the joy of Your salvation  
and strengthen me with Your ruling Spirit.

I will teach Your ways to the lawless,  
and sinners will return to You.

Deliver me from bloodshed, O God,  
O God of my salvation.  
My tongue will rejoice in Your righteousness.<sup>5</sup>

O Lord, You will open my lips  
and my mouth will declare Your praise.

For if You desired sacrifice,  
I would have given it.  
You take no delight in whole burnt offerings.

A sacrifice for God is a broken spirit;  
a broken and humbled heart God will not despise.

Gladden Zion, O Lord, with Your goodwill,  
and let the walls of Jerusalem be built.

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<sup>5</sup> As Slavonic.

Then You will delight in the sacrifice of righteousness,  
in offering and whole burnt offerings.  
Then they will offer young bulls on Your altar.

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 You, O God (3x)

Lord, have mercy. (3x)

*Here, on certain days, a Kathisma is appointed.*

**On Non-Lenten days:**

*Reader: [Troparion, if there are two]*

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

*[Troparion, or second Troparion, if there are two]*

**Cheesefare Wednesday & Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

*During the following, when the Priest chants, all others make a prostration and when the People sing, the Priest makes a prostration.*

*Priest:* O Lord Who sent down Your most-holy Spirit upon Your Apostles at the third hour: do not take Him from us, O Good One, but renew Him in us who pray to You.

*Tone 6*

*People:* O Lord Who sent down Your most-holy Spirit upon Your Apostles at the third hour: do not take Him from us, O Good One, but renew Him in us who pray to You.

*Priest:* Create in me a clean heart, O God, and renew a right spirit within me.

*People:* O Lord Who sent down Your most-holy Spirit upon Your Apostles at the third hour: do not take Him from us, O Good One, but renew Him in us who pray to You.

*Priest:* Do not cast me away from Your presence or take Your Holy Spirit from me.

*People:* O Lord Who sent down Your most-holy Spirit upon Your Apostles at the third hour: do not take Him from us, O Good One, but renew Him in us who pray to You.

*There is no prostration during the following:*

*Priest:* Glory to the Father, and to the Son, and to the Holy Spirit...

*For all days:*

*Reader:* ...now and ever and unto ages of ages. Amen.

O Theotokos, you are the true vine laden with the fruit of life. We implore you, O Lady: intercede together with the Apostles and all the saints, that mercy may be granted to our souls.

***In the Sixth Week of Great Lent, and Holy Monday through Wednesday:***

### Gospel Reading

*The Holy Doors are opened. The Gospel is read at the Altar Table. See Appendix A.*

*Deacon:* And that we may be accounted worthy of hearing the Holy Gospel, let us pray to the Lord God.

*People:* Lord, have mercy. (3x)

*Priest:* The reading from the Holy Gospel according to St. \_\_\_\_\_.

*People:* Glory to You, O Lord, Glory to You.

*Deacon:* Wisdom! Let us attend! Let us listen to the Holy Gospel.

*Priest:* + Peace be unto all.

*People:* And to your spirit.

*Deacon:* Let us attend.

*Priest:* [Reads the Gospel]

*People:* Glory to You, O Lord, Glory to You.

*After it is read, the Gospel is replaced on the Altar Table. The Holy Doors are closed.*

*Reader:* Blessed is the Lord God,  
blessed is the Lord day by day;  
the God of our salvation will prosper us.  
Our God is the God Who saves.

### **The Trisagion Prayers**

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!  
O Lord, cleanse us from our sins!  
O Master, pardon our transgressions!  
O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

***On Non-Lenten days, if there is a Kontakion of the day:***

*Reader:* [the Kontakion of the day]

***When there is no Kontakion, Cheesefare Wednesday and Friday, and Weekdays of Great Lent:<sup>6</sup>***

*Tone 8*

*Reader:* Blessed are You, O Christ our God, Who has revealed the fishermen as most wise by sending down upon them the Holy Spirit; through them You drew the world into Your net, O Lover of Man, glory to You.

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

Grant speedy and certain encouragement, O Jesus, to Your servants, when our spirits become despondent; do not forsake our souls in affliction, nor depart from our minds in time of trouble, but always come quickly to our help. Draw near to us, draw near, You Who are everywhere. Just as You were always with Your apostles, so also unite Yourself to those who love You; so that with one accord we may sing to You, and glorify Your all-Holy Spirit.

...now and ever and unto ages of ages. Amen.

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<sup>6</sup> During the Fourth Week of Great Lent, at this point in the Hours we are to replace this item with the following Kontakion in Tone 7:  
Now the flaming sword no longer guards the gates of paradise;  
it has been mysteriously quenched by the wood of the cross!  
The sting of death and the victory of Hades have been vanquished;  
for You, O my Savior, came and cried to those in Hades: Enter again into paradise!

You, O most holy Theotokos, are the hope, and the defense, and the refuge of Christians, the unassailable wall, the peaceful haven for the weary. But as one who saves the world with your unceasing prayer, remember us also, O most praised Virgin.

**For all days:**

*Reader:* Lord, have mercy. (12x)<sup>7</sup>

### **The Prayer of the Hours**

At every season and every hour, in heaven and on earth, You are worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; You love the just and show mercy on the sinner; You call all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Your commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil, and distress. Surround us with Your holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Your unapproachable glory, for You are blessed unto ages of ages. Amen.

Lord, have mercy. (3x)

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 you gave birth to God the Word: true Theotokos, we magnify you.

In the name of the Lord, Father, bless.

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<sup>7</sup> Technically 40x, but, outside of monasteries, commonly 12x by custom.

*The Priest comes out to the solea before the Holy Doors, vested only in his epitrachelion; he says:*

*Priest:* Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us.

*Reader:* Amen.

**Cheesefare Wednesday and Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

### The Prayer of Saint Ephraim

*Priest:* O Lord and Master of my life, do not permit me the spirit of laziness, despair, lust of power, and idle talk. (*All make a prostration.*)

But give, rather, the spirit of chastity, humility, patience and love to Your servant. (*All make a prostration.*)

O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are You unto ages of ages. Amen. (*All make a prostration.*)

*Then all make 12 lesser reverences, saying for each:*

O God, cleanse me a sinner and have mercy on me.

*The Prayer of Saint Ephraim is repeated, with one prostration at the end.*

### The Prayer of the Third Hour

*Reader:* O God, the Master, Father almighty; O Lord Jesus Christ, the only-begotten Son; and You, O Holy Spirit: one godhead, one power: have mercy on me a sinner, and according to Your divine judgment, save me, Your unworthy servant, for blessed are You unto ages of ages. Amen.

*If no other service will immediately follow, the Priest pronounces the dismissal, facing the people, after which he bows to them, and returns to the Sanctuary:*

## **The Dismissal**

*The Priest bows toward the icon of Christ on the Iconostasis, saying:*

*Priest:*      Glory to You, O Christ, our God and our hope, glory to You.

### ***From Ascension to Great and Holy Saturday:***

*Reader:*    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. (3x)

Father, bless.

### ***From Thomas Sunday to the Leave-taking of Pascha:***

*People:*    Christ is risen from the dead, trampling down death by death, and upon  
those in the tombs bestowing life!

*Standing in front of the Holy Doors, facing the people, the Priest says the Dismissal:*

### ***Usually, except from Pascha to Thomas Sunday:***

*Priest:*    May Christ our true God, through the prayers of His most pure Mother;  
[Monday] by the protection of the honorable Bodiless Powers of heaven;  
[Tuesday] of the honorable and glorious Prophet, Forerunner and Baptist  
John;  
[Wednesday, Friday] by the power of the precious and life-creating  
Cross;

of the holy, glorious, and all-laudable Apostles;

[Thursday] of our Father among the Saints, Nicholas the Wonderworker,  
Archbishop of Myra in Lycia;  
[Saturday] of the holy, glorious and right-victorious Martyrs;

of St. (of the temple.....); of (of the day), whom we commemorate

today; of the holy and righteous ancestors of God, Joachim and Anna; and of all the saints: have mercy on us and save us for He is good and loves mankind.

***From Thomas Sunday to the Leave-taking of Pascha:***

*Reader:* Amen.

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3x)

And unto us He has given eternal life! Let us worship His resurrection on the third day!



## Sixth Hour

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*If another service immediately precedes the Sixth Hour, we omit the entire opening and begin with “Come, let us worship...” (or “Christ is risen from the dead...” in Paschaltide) below:*

*Priest:* + Blessed is our God, always, now and ever and unto ages of ages.

*Reader:* Amen.

### ***From Pentecost to Great and Holy Saturday:***

*Reader:* Glory to You, our God; glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, You are everywhere and fulfill 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!

### ***Thomas Sunday to the Leave-taking of Pascha:***

*People:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

### **The Trisagion Prayers**

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

Lord, have mercy. (*12x*)

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

***From Ascension to Great and Holy Saturday and, within Paschaltide, when no service precedes the Sixth Hour:***

*Reader:* 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!

***From Thomas Sunday to the Leave-taking of Pascha, when another service precedes the Sixth Hour and the service therefore begins here:***

*Reader:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (*3x*)

*Psalm 53 (54)*

O God, save me by Your name  
and judge me by Your power.

O God, hear my prayer;  
listen<sup>8</sup> to the words of my mouth.

For strangers have risen against me  
and strong ones have tried to take my life  
and have not set God before them.

For look, God is helping me,  
and the Lord is the protector of my soul.

He will divert the evils to my enemies.  
Destroy them by Your truth.

I will willingly sacrifice to You, O Lord,  
I will give thanks to Your name, because it is good.

For You have delivered me out of all my trouble,  
and my eye has kept watch on my enemies.

*Psalm 54 (55)*

Listen, O God, to my prayer  
and do not overlook my need.

Attend to me and answer me.  
I was pained in my meditation and was troubled

because of the voice of the enemy,  
and because of the pressure of the sinner.  
For they accuse me of lawlessness  
and fume with anger against me.

My heart was troubled within me  
and fear of death fell upon me.

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<sup>8</sup> or “give ear”.

Fear and trembling came upon me  
and darkness covered me.

And I said, “Who will give me wings like a dove?  
And I will fly and rest.”

See, I have traveled far by taking to flight  
and have camped in the desert.

I waited expectantly for God Who saves me  
from faintheartedness and from storm.

Drown them, O Lord, and divide their tongues,  
for I see lawlessness and strife in the city.

Day and night they go around it upon its walls,  
but lawlessness and trouble are in the midst of it,  
and there is always injustice;  
and oppression and fraud never leave its streets.

For if an enemy had reproached me,  
I would have borne it.

And if someone who hates me had boasted against me,  
I would have hidden myself from him.

But it was you, a man my equal,  
my guide and my friend,  
who made sweet for me our meals together;  
we walked in the house of God in harmony.

Let death come upon them  
and let them go down alive to Hades,  
for evil is in their homes and within them.

As for me, I cried to God  
and the Lord answered me.

Evening, morning and noon  
I will tell and declare my needs,  
and He will hear my voice.

He will deliver my soul in peace  
from those who come near me,  
for they were with me in crowds.

God will answer and humble them,  
the One Who is before the ages.

For there is no change of heart for them,  
because they do not fear God.

He has stretched out His hand to repay them;  
they have broken His covenant.

They were scattered by the wrath of His face,  
yet their heart drew near.

Their words were smoother than oil,  
and yet they are spears.

Cast your care on the Lord and He will support you;  
He will not give the righteous a shaking forever.

But You, O God, will bring them down  
into the pit of destruction.  
Murderers and liars will not live out half their days.  
But I, O Lord, will hope in You.

*Psalm 90 (91)*

He who lives by the help of the Most High  
will pass the night in the protection of the God of Heaven.

He will say to the Lord, “You are my protector and my refuge, my God,” and in Him I will hope.

For He will deliver you from the trap of the hunters and from the embarrassing word.

He will overshadow you with His shoulders, and under His wings you will hope. His truth will surround you with armor.

You will not be afraid of any terror by night, nor of the arrow that flies by day--

of a thing going by in the dark, of an accident or a noonday demon.

A thousand will fall at your side and ten thousand at your right hand, but it will not come near you.

Only with your eyes you will look on, and you will see the reward of sinners.

For You, Lord, are my hope; You made the Most High Your refuge.

No evils will come to you, and no scourge will come near your dwelling.

For He will command His angels regarding you to guard you in all your ways.

They will lift you on their hands, lest you strike your foot against a stone.

You will step on the asp and the adder; the lion and the serpent you will trample underfoot.

“Because he has set his hope on Me, I will deliver him;  
I will protect him, because he knows My name.

He will call to Me and I will answer him.  
I am with him in trouble,  
I will deliver him and glorify him.

With a long life I will satisfy him,  
and I will show him My salvation.”

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 You, O God (3x)

Lord, have mercy. (3x)

*Here, on certain days, a Kathisma is appointed.*

***On Non-Lenten days:***

*Reader: [Troparion, if there are two]*

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

*[Troparion, or second Troparion, if there are two]*

***Cheesefare Wednesday & Friday, weekdays of Great Lent, and Holy Monday through Wednesday:***

*During the following, when the Priest chants, all others make a prostration and when the People sing, the Priest makes a prostration.*

*Priest: O Lord, Who on the sixth day, at the sixth hour, nailed to the Cross the sin which rebellious Adam committed in Paradise: tear up the record of our trespasses, O Christ, our God, and save us.*

**Tone 2**

**People:** O Lord, Who on the sixth day, at the sixth hour, nailed to the Cross the sin which rebellious Adam committed in Paradise: tear up the record of our trespasses, O Christ, our God, and save us.

**Priest:** O God, hear my prayer; listen to the words of my mouth.

**People:** O Lord, Who on the sixth day, at the sixth hour, nailed to the Cross the sin which rebellious Adam committed in Paradise: tear up the record of our trespasses, O Christ, our God, and save us.

**Priest:** As for me, I cried to God and the Lord answered me.

**People:** O Lord, Who on the sixth day, at the sixth hour, nailed to the Cross the sin which rebellious Adam committed in Paradise: tear up the record of our trespasses, O Christ, our God, and save us.

*There is no prostration during the following:*

**Priest:** Glory to the Father, and to the Son, and to the Holy Spirit...

**For all days:**

**Reader:** ...now and ever and unto ages of ages. Amen.

We have no boldness because of the multitude of our sins, but entreat Him Who was born of you, O Virgin Theotokos, for the prayer of a mother has great power to win the favor of the Master. Do not despise the supplications of sinners, O all-pure one, for merciful and strong to save is He Who willed to suffer for us.

**Cheesefare Wednesday & Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

*The Deacon, passing the High Place, exits the Sanctuary through the North door, goes to his place on the solea, lifts his orarion and says:*

**Deacon:** Wisdom.

**Reader:** The Troparion of the Prophecy in the \_\_\_\_\_ tone:

[*Reads the Troparion*]

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

[*Repeats the Troparion*]

*Deacon:* Wisdom! Let us attend!

*Reader:* The Prokeimenon in the \_\_\_\_\_ tone.

(*The Reader reads the first verse of the Prokeimenon*)

*People:* (*The people sing the first verse of the Prokeimenon*)

*Reader:* (*reads the second verse of the Prokeimenon*)

*People:* (*sing the first verse of the Prokeimenon*)

*Reader:* (*reads the first half of the first verse of the Prokeimenon*)

*People:* (*sing the second half of the first verse of the Prokeimenon*)

*Deacon:* Wisdom!

*Reader:* The reading from \_\_\_\_\_.

*Deacon:* Let us attend!

*Reader:* [*Reads the reading*]

*Deacon:* Wisdom! Let us attend!

*Reader:* The Prokeimenon in the \_\_\_\_\_ tone.

(*The reader reads the first verse of the Prokeimenon*)

*People:* (*The people sing the first verse of the Prokeimenon*)

*Reader:* (*reads the second verse of the Prokeimenon*)

*People:* (*sing the first verse of the Prokeimenon*)

*Reader: (reads the first half of the first verse of the Prokeimenon)*

*People: (sing the second half of the first verse of the Prokeimenon)*

*The Deacon enters the Sanctuary through the South door.*

***In the Sixth Week of Great Lent, and Holy Monday through Wednesday:***

**Gospel Reading**

*The Holy Doors are opened. The Gospel is read at the Altar Table. See Appendix A.*

*Deacon:* And that we may be accounted worthy of hearing the Holy Gospel, let us pray to the Lord God.

*People:* Lord, have mercy. (3x)

*Priest:* The reading from the Holy Gospel according to St. \_\_\_\_\_.

*People:* Glory to You, O Lord, Glory to You.

*Deacon:* Wisdom! Let us attend! Let us listen to the Holy Gospel.

*Priest:* + Peace be unto all.

*People:* And to your spirit.

*Deacon:* Let us attend.

*Priest:* [Reads the Gospel]

*People:* Glory to You, O Lord, Glory to You.

*After it is read, the Gospel is replaced on the Altar Table. The Holy Doors are closed.*

*Reader:* Let Your compassion come quickly to meet us,  
because great is our need, O Lord.  
Help us, O God our Savior, for the glory of Your name;  
O Lord, deliver us and forgive our sins for Your name's sake.

### **The Trisagion Prayers**

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

***On Non-Lenten days, if there is a Kontakion of the day:***

*Reader:* [the Kontakion of the day]

**When there is no Kontakion, Cheesefare Wednesday and Friday, and Weekdays of Great Lent:<sup>9</sup>**

**Tone 2**

**Reader:** You have worked salvation in the midst of the earth, O Christ our God. You have stretched out Your all-pure hands on the Cross, gathering together all the nations, who cry aloud to You: glory to You, O Lord.

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

We venerate Your most pure image, O Good One, and ask forgiveness for our transgressions, O Christ our God. Of Your good will You were pleased to ascend the Cross in the flesh and deliver Your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to You: You have filled all with joy, O our Savior, for You came to save the world.

...now and ever and unto ages of ages. Amen.

**On Monday, Tuesday, and Thursday:**

Make us worthy of mercy, O Theotokos, Fountain of Tenderness. Look on us sinful men and reveal your power as always, for we have put our hope in you. Rejoice! we cry to you, as once did Gabriel, the leader of the bodiless hosts.

**On Wednesday and Friday:**

You are exceedingly blessed, O Virgin Theotokos, and we sing your praise: for by the Cross of your Son Hades was overthrown and death was slain. We who were dead have risen and have mercifully been made worthy of life. We have received the joy of Paradise that was ours at the beginning. Therefore, with thanksgiving we magnify Christ our God, Who is mighty and alone is abundant in mercy.

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<sup>9</sup> During the Fourth Week of Great Lent, at this point in the Hours we are to replace this item with the following Kontakion in Tone 7:  
Now the flaming sword no longer guards the gates of paradise;  
it has been mysteriously quenched by the wood of the cross!  
The sting of death and the victory of Hades have been vanquished;  
for You, O my Savior, came and cried to those in Hades: Enter again into paradise!

*Reader:* Lord, have mercy. (12x)<sup>10</sup>

### **The Prayer of the Hours**

At every season and every hour, in heaven and on earth, You are worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; You love the just and show mercy on the sinner; You call all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Your commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil, and distress. Surround us with Your holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Your unapproachable glory, for You are blessed unto ages of ages. Amen.

Lord, have mercy. (3x)

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 you gave birth to God the Word: true Theotokos, we magnify you.

In the name of the Lord, Father, bless.

*The Priest comes out to the solea before the Holy Doors, vested only in his epitrachelion; he says:*

*Priest:* Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us.

*Reader:* Amen.

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<sup>10</sup> Technically 40x, but, outside of monasteries, commonly 12x by custom.

**Cheesefare Wednesday and Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

**The Prayer of Saint Ephraim**

*Priest:* O Lord and Master of my life, do not permit me the spirit of laziness, despair, lust of power, and idle talk. (*All make a prostration.*)

But give, rather, the spirit of chastity, humility, patience and love to Your servant. (*All make a prostration.*)

O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are You unto ages of ages. Amen. (*All make a prostration.*)

*Then all make 12 lesser reverences, saying for each:*

O God, cleanse me a sinner and have mercy on me.

*The Prayer of Saint Ephraim is repeated, with one prostration at the end.*

**The Prayer of the Sixth Hour**

*Reader:* O God, the Lord of hosts, and author of all creation, Who in Your boundless tender mercy have sent down Your only-begotten Son, our Lord Jesus Christ, for the salvation of the human race, and through His holy Cross have torn up the record of our sins and by the Cross triumphed over the princes and dominions of darkness: O Master, Who loves mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every deadly and dark transgression and from all the visible and invisible enemies that seek to do us harm. Nail our flesh with the fear of You, and let not our hearts incline to evil words or thoughts, but wound our souls with Your love, that ever gazing on You, the eternal light that no man can approach, we may send up unceasing praises and thanks to You; the Father without beginning, together with Your only-begotten Son and Your most holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

*If no other service will immediately follow, the Priest pronounces the dismissal, facing the people, after which he bows to them, and returns to the Sanctuary:*

### **The Dismissal**

*The Priest bows toward the icon of Christ on the Iconostasis, saying:*

*Priest:*      Glory to You, O Christ, our God and our hope, glory to You.

#### ***From Ascension to Great and Holy Saturday:***

*Reader:*    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. (3x)

Father, bless.

#### ***From Thomas Sunday to the Leave-taking of Pascha:***

*People:*    Christ is risen from the dead, trampling down death by death, and upon  
those in the tombs bestowing life!

*Standing in front of the Holy Doors, facing the people, the Priest says the Dismissal:*

#### ***Usually, except from Pascha to Thomas Sunday:***

*Priest:*    May Christ our true God, through the prayers of His most pure Mother;  
[Monday] by the protection of the honorable Bodiless Powers of heaven;  
[Tuesday] of the honorable and glorious Prophet, Forerunner and Baptist  
John;  
[Wednesday, Friday] by the power of the precious and life-creating  
Cross;

of the holy, glorious, and all-laudable Apostles;

[Thursday] of our Father among the Saints, Nicholas the Wonderworker,  
Archbishop of Myra in Lycia;  
[Saturday] of the holy, glorious and right-victorious Martyrs;

of St. (of the temple.....; of (of the day), whom we commemorate today; of the holy and righteous ancestors of God, Joachim and Anna; and of all the saints: have mercy on us and save us for He is good and loves mankind.

***From Thomas Sunday to the Leave-taking of Pascha:***

*Reader:* Amen.

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3x)

And unto us He has given eternal life! Let us worship His resurrection on the third day!

## Ninth Hour

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*If another service immediately precedes the Ninth Hour, we omit the entire opening and begin with “Come, let us worship...” (or “Christ is risen from the dead...” in Paschaltide) below:*

*Priest:* + Blessed is our God, always, now and ever and unto ages of ages.

*Reader:* Amen.

### ***From Pentecost to Great and Holy Saturday:***

*Reader:* Glory to You, our God; glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, You are everywhere and fulfill 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!

### ***From Thomas Sunday to the Leave-taking of Pascha:***

*People:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (3x)

### **The Trisagion Prayers**

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O most-holy Trinity, have mercy on us!

O Lord, cleanse us from our sins!

O Master, pardon our transgressions!

O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (3x)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

Lord, have mercy. (*12x*)

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

***From Ascension to Great and Holy Saturday and, within Paschaltide, when no service precedes the Ninth Hour:***

*Reader:* 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!

***From Thomas Sunday to the Leave-taking of Pascha, when another service precedes the Ninth Hour and the service therefore begins here:***

*Reader:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (*3x*)

***Psalm 83 (84)***

How beloved are Your temples, O Lord of hosts!

My soul longs and pines for the courts of the Lord,  
my heart and my flesh rejoice in the living God.

For even a sparrow finds herself a house  
and the turtle-dove a nest for herself  
where she may lay her young--  
Your altars, O Lord of hosts, my King and my God.

Blessed are those who live in Your house!  
They will praise You forever and ever.

Blessed is the man whose help is from You!  
He has arranged in his heart steps of ascent  
  
in the valley of weeping, in the place he has made.  
For the Lawgiver also will give blessings.

They will go from strength to strength;  
the God of gods will be seen in Zion.

O Lord God of hosts, hear my prayer;  
give ear, O God of Jacob.

See, O God, our Protector,  
and look upon the face of Your Christ.

For one day in Your courts is better than thousands.  
I would choose to be cast aside in the house of my God  
rather than live in the tents of sinners.

For the Lord loves mercy and truth;  
God will give grace and glory:  
the Lord will not withhold good things  
from those who walk in innocence.

O Lord God of hosts,  
blessed is the man who hopes in You.

*Psalm 84 (85)*

You have been gracious to Your land, O Lord,  
You have brought back the captives of Jacob.<sup>11</sup>

You have forgiven the lawlessness of Your people,  
You have covered all their sins.

You have put a stop to all Your anger,  
You have turned away from the heat of Your anger.

O God of our salvation, convert us,  
and turn away Your fury from us.

Will You be angry with us forever,  
or prolong Your anger from generation to generation?

O God, You will convert and revive us,  
and Your people will rejoice in You.

O Lord, show us Your mercy  
and grant us Your salvation.

I will hear what the Lord God will say in me,  
for He will speak peace to His people and to His saints  
and to those who turn their heart to Him.

But His salvation is near those who fear Him,  
that His glory may settle in our land.

Mercy and truth have met together,  
justice and peace have kissed each other.

Truth has sprung up from the earth  
and justice has looked through from heaven.

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<sup>11</sup> Lit. “reversed the captivity of Jacob”. Cp. Is. 45:13 LXX.

For the Lord will give goodness,  
and our land will give her fruit.  
  
righteousness will go before Him  
and will set His footsteps on the way.

*Psalm 85 (86)<sup>12</sup>*

Incline Your ear, O Lord, and answer me,  
for I am poor and needy.  
  
Guard my soul, for I am holy;  
my God, save Your servant who hopes in You.  
  
Have mercy on me, O Lord,  
for all day long I will call to You.  
  
Gladden the soul of Your servant,  
for to You, O Lord, I lift up my soul.  
  
For You, Lord, are good and gentle,  
and most merciful to all who call upon You.  
  
Give ear, O Lord, to my prayer,  
and attend to the cry of my need.  
  
In the day of my trouble I will call to You,  
because You will answer me.  
  
There is no one like You among the gods, O Lord,  
and there are no works like Yours.  
  
All the nations You have made will come and worship You, O Lord,  
and will glorify Your name.

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<sup>12</sup> Some restore this Psalm to Vespers as the Introductory Psalm [in lieu of Psalm 103 (104)] on certain occasions, such as weekdays of Great Lent, or at least the Pre-Sanctified Liturgy. If this is done, it is omitted here. A few would not simply omit it, but replace it with Psalm 118 (119):161-176.

For You are great and do wonderful things,  
You, alone, are God.

Guide me in Your way, O Lord,  
and I will walk in Your truth.  
Let my heart rejoice to fear Your name.

I will thank You, O Lord my God, with all my heart,  
and I will glorify Your name forever.

For great is Your mercy to me,  
and you have delivered my soul from the lowest Hades.

O God, lawbreakers have risen against me,  
and a mob of strong ones have tried to take my life  
and have not set You before them.

But You, O Lord my God, are compassionate and merciful,  
most patient, most merciful and true.

Look upon me and have mercy on me;  
give Your strength to Your servant  
and save the son of Your handmaid.

Work with me a miracle for good<sup>13</sup>  
and let those who hate me see it and be ashamed,  
because You, O Lord, have helped me and comforted 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 You, O God (3x)

Lord, have mercy. (3x)

*Here, on certain days, a Kathisma is appointed.*

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<sup>13</sup> v.17 read twice at 9th Hour.

**On Non-Lenten days:**

*Reader: [Troparion, if there are two]*

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

*[Troparion, or second Troparion, if there are two]*

**Cheesefare Wednesday & Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

*During the following, when the Priest chants, all others make a prostration and when the People sing, the Priest makes a prostration.*

*Priest: O Lord Who, at the ninth hour, tasted of death in the flesh for our sake; put to death the rebellion of our flesh, O Christ our God, and save us.*

**Tone 6**

*People: O Lord Who, at the ninth hour, tasted of death in the flesh for our sake; put to death the rebellion of our flesh, O Christ our God, and save us.*

*Priest: Let my need come before You, O Lord; give me understanding according to Your word.*

*People: O Lord Who, at the ninth hour, tasted of death in the flesh for our sake; put to death the rebellion of our flesh, O Christ our God, and save us.*

*Priest: Let my prayer enter Your presence, O Lord; deliver me according to Your word.*

*People: O Lord Who, at the ninth hour, tasted of death in the flesh for our sake; put to death the rebellion of our flesh, O Christ our God, and save us.*

*There is no prostration during the following:*

*Priest: Glory to the Father, and to the Son, and to the Holy Spirit...*

**For all days:**

*Reader:* ...now and ever and unto ages of ages. Amen.

O Lord, Who for our sake were born of a virgin and have endured crucifixion, trampling down death by death and as God revealing the Resurrection: Despise not the works of Your hands, but show Your love for mankind, O merciful one. Accept the prayers made on our behalf by her who gave You birth, and save Your despairing people, O our Savior.

***In the Sixth Week of Great Lent, and Holy Monday through Wednesday:***

**Gospel Reading**

*The Holy Doors are opened. The Gospel is read at the Altar Table. See Appendix A.*

*Deacon:* And that we may be accounted worthy of hearing the Holy Gospel, let us pray to the Lord God.

*People:* Lord, have mercy. (3x)

*Priest:* The reading from the Holy Gospel according to St. \_\_\_\_\_.

*People:* Glory to You, O Lord, Glory to You.

*Deacon:* Wisdom! Let us attend! Let us listen to the Holy Gospel.

*Priest:* + Peace be unto all.

*People:* And to your spirit.

*Deacon:* Let us attend.

*Priest:* [Reads the Gospel]

*People:* Glory to You, O Lord, Glory to You.

*After it is read, the Gospel is replaced on the Altar Table. The Holy Doors are closed.*

*Reader:* For Your holy name's sake, do not abandon us forever; do not annul Your covenant; do not take Your mercy from us, for the sake of Abraham Your beloved, and Isaac Your servant, and Israel Your holy one.

### The Trisagion Prayers

*Reader:* Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (*3x*)

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

O most-holy Trinity, have mercy on us!  
O Lord, cleanse us from our sins!  
O Master, pardon our transgressions!  
O Holy One, visit and heal our infirmities, for Your name's sake!

Lord, have mercy. (*3x*)

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

*All:* Our Father, Who are in heaven, hallowed be Your name. Your kingdom come. Your 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.

*Priest:* For Yours is the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

*Reader:* Amen.

***On Non-Lenten days, if there is a Kontakion of the day:***

*Reader:* [the Kontakion of the day]

***When there is no Kontakion, Cheesefare Wednesday and Friday, and Weekdays of Great Lent:<sup>14</sup>***

*Tone 8*

*Reader:* When the thief beheld the Author of Life hanging on the Cross, he cried out: if it were not God incarnate crucified here with us, then the sun would not have hidden its rays, nor would the earth have shaken and trembled. But, O Lord Who suffered for all men, remember me when You come in Your Kingdom.

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

Standing between two thieves, Your Cross was revealed as the balance-beam of righteousness: for while the one was led down to Hades by the burden of his blasphemy, the other was lightened of his sins and brought to the knowledge of God. O Christ our God, glory to You!

...now and ever and unto ages of ages. Amen.

When she who had carried Him beheld the Lamb and Shepherd and Savior of the world hanging on the Cross, she cried out weeping: ‘Though the world rejoices in its redemption, I burn inwardly as I behold Your crucifixion, which You suffer for all men, O my Son and my God’.

*Reader:* Lord, have mercy. (12x)<sup>15</sup>

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<sup>14</sup> During the Fourth Week of Great Lent, at this point in the Hours we are to replace this item with the following Kontakion in Tone 7:

Now the flaming sword no longer guards the gates of paradise;  
it has been mysteriously quenched by the wood of the cross!  
The sting of death and the victory of Hades have been vanquished;  
for You, O my Savior, came and cried to those in Hades: Enter again into paradise!

<sup>15</sup> Technically 40x, but, outside of monasteries, commonly 12x by custom.

## The Prayer of the Hours

At every season and every hour, in heaven and on earth, You are worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; You love the just and show mercy on the sinner; You call all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications and direct our lives according to Your commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil, and distress. Surround us with Your holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Your unapproachable glory, for You are blessed unto ages of ages. Amen.

Lord, have mercy. (3x)

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 you gave birth to God the Word: true Theotokos, we magnify you.

In the name of the Lord, Father, bless.

*The Priest comes out to the solea before the Holy Doors, vested only in his epitachelion; he says:*

*Priest:* May God have compassion on us and bless us, may He manifest His presence to us and have mercy on us.

*Reader:* Amen.

**Cheesefare Wednesday and Friday, weekdays of Great Lent, and Holy Monday through Wednesday:**

**The Prayer of Saint Ephraim**

*Priest:* O Lord and Master of my life, do not permit me the spirit of laziness, despair, lust of power, and idle talk. (*All make a prostration.*)

But give, rather, the spirit of chastity, humility, patience and love to Your servant. (*All make a prostration.*)

O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are You unto ages of ages. Amen. (*All make a prostration.*)

*<sup>16</sup>Then all make 12 lesser reverences, saying for each:*

*O God, cleanse me a sinner and have mercy on me.*

*The Prayer of Saint Ephraim is repeated, with one prostration at the end.*

**The Prayer of the Ninth Hour**

*Reader:* O Master and Lord, Jesus Christ our God, Who are long-suffering towards our sins and have brought us even to this present hour, in which, hanging upon the life-creating Cross, You have opened to the good thief the way into Paradise, and destroyed death by death: be merciful to us, Your humble and sinful and unworthy servants. For we have sinned and transgressed, and we are not worthy to lift up our eyes and look upon the height of heaven, since we have forsaken the path of Your righteousness and have walked according to the desires of our own hearts. But we implore You: in Your boundless goodness, spare us, O Lord, according to the abundance of Your mercy, and save us for Your holy name's sake, for our days are consumed in vanity. Deliver us from the hand of the adversary, forgive us our sins, and kill the passions of the flesh, that

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<sup>16</sup> Customarily, Vespers, the Typika, or the Liturgy of the Pre-Sanctified Gifts immediately follows the Ninth Hour. Perhaps because of this, the usual twelve reverences and repetition of the Prayer of Saint Ephraim are omitted by the service books. It might be useful to ignore this difference between the Ninth Hour and the other Hours in the interest of consistent structure.

putting off the old man, we may be clothed with the new, and may live for You, our master and protector; and that so, following Your ordinances, we may attain to eternal rest in the place where all the joyful dwell. For You, O Christ our God, are indeed the true joy and gladness of those that love You, and to You we send up glory, together with Your Father, Who is without beginning, and Your most holy, good, life-creating Spirit, now and ever and unto ages of ages. Amen.

*If no other service will immediately follow, the Priest pronounces the dismissal, facing the people, after which he bows to them, and returns to the Sanctuary:*

### **The Dismissal**

*The Priest bows toward the icon of Christ on the Iconostasis, saying:*

*Priest:* Glory to You, O Christ, our God and our hope, glory to You.

#### ***From Ascension to Great and Holy Saturday:***

*Reader:* 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. (3x)

Father, bless.

#### ***From Thomas Sunday to the Leave-taking of Pascha:***

*People:* Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life!

*Standing in front of the Holy Doors, facing the people, the Priest says the Dismissal:*

***Usually, except from Pascha to Thomas Sunday:***

*Priest:* May Christ our true God, through the prayers of His most pure Mother; [Monday] by the protection of the honorable Bodiless Powers of heaven; [Tuesday] of the honorable and glorious Prophet, Forerunner and Baptist John; [Wednesday, Friday] by the power of the precious and life-creating Cross; of the holy, glorious, and all-laudable Apostles; [Thursday] of our Father among the Saints, Nicholas the Wonderworker, Archbishop of Myra in Lycia; [Saturday] of the holy, glorious and right-victorious Martyrs; of St. (of the temple.....); of (of the day), whom we commemorate today; of the holy and righteous ancestors of God, Joachim and Anna; and of all the saints: have mercy on us and save us for He is good and loves mankind.

***From Thomas Sunday to the Leave-taking of Pascha:***

*Reader:* Amen.

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life! (3x)

And unto us He has given eternal life! Let us worship His resurrection on the third day!

## **Appendix A**

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Reading of the Four Gospels for the Sixth Week of Great Lent and the first three days of Great and Holy Week:

<b>DAY</b>	<b>HOUR</b>	<b>CHAPTERS</b>	<b>GOSPEL</b>
Monday	Third	1 - 6	Matthew
	Sixth	7 - 12	
	Ninth	13 - 18	
Tuesday	Third	19 - 24	Mark
	Sixth	25 - 28	
	Ninth	1 - 5	
Wednesday	Third	6 - 9	Luke
	Sixth	10 - 13	
	Ninth	14 - 16	
Thursday	Third	1 - 4	Luke
	Sixth	5 - 8	
	Ninth	9 - 11	
Friday	Third	12 - 16	John
	Sixth	17 - 21	
	Ninth	22 - 24	
Monday	Third	1	John
	Sixth	2-3	
	Ninth	4	
Tuesday	Third	5 - 6	
	Sixth	7	
	Ninth	8	

Wednesday	Third Sixth Ninth	9 - 10 11 12 - 13:32	
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