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The Service of Matins

for Sunday, April 7, 2019

**Octoechos - Mode 4.
on Sunday Morning**

Eothion 1

**Triodion - Fourth Sunday of Lent
Fourth Sunday of Lent: St John Climacus
on Sunday Morning at Matins**

Katavasias of Theotokos

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Octoechos

Mode 4.

On Sunday Morning

Triodion

Fourth Sunday of Lent: Our Devout Father John Climacus, the Author of the Ladder

MATINS

CHOIR

Mode 4.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. [SAAS]

Verse 1: *Give thanks to the Lord and call upon His name.*

or: Give thanks to the Lord, for He is good; for His mercy endures forever.

Verse 2: *All the nations surrounded me, but in the name of the Lord I defended myself against them.*

Verse 3: *And this came about from the Lord, and it is wonderful in our eyes.*

From Octoechos - - -

Resurrectional Apolytikion.

Mode 4.

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

From Triodion - - -

Glory. **For the Devout Man.**

Mode pl. 4.

With the rivers of your tears you made the barren desert bloom; and with your sighs from

deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls. [SD]

From Octoechos - - -

Both now. **Theotokion.**

Mode pl. 4.

Born of a Virgin, O Good One who also endured crucifixion for our sake, who by death took the spoils of death as plunder and showed resurrection, being God, O despise not the ones that You formed with Your own hand. Demonstrate Your love for man, O Lord of mercy, and accept Your Mother, the Theotokos, who intercedes on our behalf, O Savior, and save us a despairing people. [SD]

PRIEST

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Octoechos - - -

CHOIR

Kathisma I.

Mode 4.

Looking up at the entrance to the sepulcher, and unable to endure the Angel's radiance, the myrrh-bearing women were trembling and said in astonishment: Has He been stolen, who to the Robber opened up Paradise? Has He arisen, who spoke of rising before even suffering? He is truly risen as Christ our God, granting those in Hades life and resurrection. [SD]

Glory.

Joseph marveled.

By Your voluntary will, O Savior, You endured the Cross, * and by mortal men were You into a new tomb interred, * who by a word had created the entire world. * Therefore being bound was the enemy Death * plundered of his spoils catastrophically. * And those in Hades all together cried aloud at Your life-bearing resurrection: * The Christ is risen, the Life-bestower, * and He abides forever. [SD]

Both now. **Theotokion.**

O Theotokos, through you became manifest to us on earth the mystery, which was hid from eternity, and which the Angels themselves knew not: that God, uniting natures without confusion, becomes a man and accepts crucifixion for our salvation voluntarily. By virtue of this, resurrecting man whom He had first created, He saved our souls from death. [SD]

From Octoechos - - -

Kathisma II.

Mode 4. Come quickly.

O Savior, immortal as You are, from Hades You rose, * by virtue of Your own

resurrection raising Your world * together, O Christ our God. * Mightily You have broken death's dominion, O Master. * You as the Lord of mercy showed to all the resurrection. * We therefore glorify You who alone love humanity. [SD]

Glory.

Joseph marveled.

From exalted heights above descended Gabriel and came, * and he sat upon the rock wherein the Rock of life had lain. * Arrayed in white, he cried out to the weeping women: * "Cease now from your mourning and cries of lament, * you women who are always moved to sympathy. * Take courage; for truly risen * is He for whom you weep and are seeking. * And therefore, cry out to the Apostles, * "The Lord has truly risen."" [SD]

Both now. **Theotokion.**

Joseph marveled.

O pure Maiden, all the hosts of holy angels were amazed * at the awesome mystery of your pregnancy and birth, * how He whose simple command holds all things together * is held in your embrace as a mortal babe, * the pre-eternal Word accepts an origin, * and He is nursed who nourishes the whole world * in His ineffable kindness. * And they extol you and glorify you * who are truly God's Mother. [SD]

Resurrectional Evlogetaria.

Mode pl. 1.

Blessed are You, O Lord, teach me Your statutes.

When the hosts of the Angels saw how You were accounted among the dead, they all marveled. You, O Savior, are the One who

destroyed the might of death; and when You arose You raised Adam with yourself and from Hades liberated everyone. [SD]

Blessed are You, O Lord, teach me Your statutes.

"Why do you mingle the ointments with your tears full of pity, O women disciples?" Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. "See for yourselves the empty tomb and understand, that the Savior has risen from the sepulcher."

[SD]

Blessed are You, O Lord, teach me Your statutes.

Very early in the morning, the myrrh-bearing women were hastening to Your tomb lamenting. But the Angel appeared to them and uttered, "The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles." [SD]

Blessed are You, O Lord, teach me Your statutes.

When the myrrh-bearing women had come with their spices to Your sepulcher, O Savior, they heard the voice of an Angel clearly speaking to them, "Why do you account among the dead the One who lives? For as God, He has risen from the sepulcher."

[SD]

Glory.

We bow down in worship to the Father and His Son and the Holy Spirit, the Holy Trinity, one in essence; and we cry aloud with the Seraphim: Holy, Holy, Holy are You, O Lord. [SD]

Both now.

Giving birth to the Giver of life, O Virgin, you delivered Adam from sin, and to Eve you have rendered joy in place of sorrow. He who from you became incarnate, God and man, has directed to life him who fell from it. [SD]

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

DEACON

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

READER

From Octoechos - - -

Hypakoe. Mode 4.

The women bearing myrrh hurried to declare the matter of Your paradoxal rising to Your Apostles, O Christ, that as God You arose, granting the world great mercy. [SD]

CHOIR

Anavathmoi.

Antiphon I. Mode 4.

Since my youth have many passions
waged war against me. O my Savior,
nonetheless help me and save me. [SD]

You, the haters of Zion, be put to shame
by the Lord, for like thatch in fire you will be
completely dried up. [SD]

Glory. Both now.

From the Holy Spirit every soul receives
life, and through cleansing is lifted and
brightened, in a hidden, sacred manner, by the
trinal Monad. [SD]

Antiphon II.

I cried to You, O Lord, from the depth of
my soul with fervor. Let Your divine ears be
responsive to me. [SD]

Whosoever has acquired hope in the Lord
is superior to all whatsoever might grieve him.
[SD]

Glory. Both now.

From the Holy Spirit do the streams of
grace well forth; they irrigate everything
created, so that life be engendered. [SD]

Antiphon III.

Let my heart be lifted up unto You, O
Logos; and none of the world's delights will
entice me to be earthly-minded. [SD]

Whereas one has filial affection for his
mother, for the Lord we ought to have a love
even more fervent. [SD]

Glory. Both now.

In the Holy Spirit is the wealth of
knowledge of God, contemplation and

wisdom. For in Him the Logos discloses all the
dogmas of the Father. [SD]

Prokeimenon.

Arise, O Lord; help us, and redeem us,
because of the glory of Your name. (2)

Verse: *O God, we heard with our ears.*

Arise, O Lord; help us, and redeem us,
because of the glory of Your name. [SAAS]

From Octoechos - - -

READER

Resurrectional Kontakion.

Savior and Deliverer is He who raised up
from the tomb and from the bonds those born
on earth, for He is God; and He destroyed
Hades' bars and gates, and on the third day
arose, as the Master of all. [SD]

Oikos.

To Him who from the dead arose, Christ
the Life-Giver, on the third day from the
tomb; who crushed the gates of death today
by the power which is His; who slew Hades
and ground away the sting of death, and
rescued Adam and Eve: to Him let us all, born
on earth, now sing, earnestly shouting our
grateful praise. For He, alone our mighty God,
on the third day arose, as the Master of all. [GKD]

Kontakion.

From Triodion - - -

Mode 4. *You appeared today.*

In the height of self-control the Lord has
placed you as a true unerring star illuminating
all the earth and also guiding us to the light, as
our professor and mentor, O Father John. [SD]

Oikos.

You have rendered yourself God's true
abode, O Father, by your divine virtue,
adorning it lucidly, as with gold that glitters

from afar. You set forth faith, hope and true charity as divine axioms. As with angelic self-control, you practiced prudence, courage, and temperance. You acquired humility, by which you were exalted. Hence, you were enlightened by prayer unfailing, and you attained the mansions of heaven, as our professor and mentor, O Father John. [GKD]

Synaxarion.

From the Menaion.

On April 7 we commemorate the holy martyr Kalliopios.

On this day we also commemorate our father among the saints George, Bishop of Mytilene, the worker of signs and wonders.

On this day we also commemorate the holy martyr Rufinus the deacon.

On this day the holy martyr Aquilina died after they tied her hands and burned her body.

On this day we also commemorate the holy two-hundred martyrs in Sinope who died by the sword.

On this day we also commemorate our devout and God-bearing father Savas the new of Kalymnos.

From the Triodion.

On this day, the fourth Sunday of Lent, we commemorate our devout Father John, author of The Ladder.

Verses

John, who was dead in the flesh while living,
Ever lives, while appearing
to be dead and not breathing.

He left us his book, the Ladder for ascending,
And shows us the way of his ascent to heaven.

By his intercessions, O God, have mercy on us and save us. Amen.

CHOIR

Katavasias of Theotokos

Ode i. Mode 4.

I open my mouth and pray the Spirit fill it, like David said, * to pour out a good word to the Queen and Mother of God. * I will celebrate * her feast with joy and gladness * and sing to her merrily, lauding her miracles.

[SD]

Ode iii.

Establish your servants who extol you,
* O Mother of God, for they have formed
* a spiritual choir for you * the living and
abundant fount; * and graciously in your
divine glory give glorious crowns to them. [SD]

Ode iv.

When the Prophet Habakkuk heard the
divine * and incomprehensible counsel of
Your Incarnation * from the Virgin, O Most
High, * considering, he cried aloud: * Glory to
Your power, O Lord my God. [SD]

Ode v.

Amazed was the universe by your divine
magnificence. * You who were perpetually
virgin * carried the heavenly God of all in
your womb * and gave birth to the eternal Son,
* who awards salvation to all who sing hymns
of praise to you. [SD]

Ode vi.

O godly-minded believers, come * and
celebrate this sacred and venerable feast
and thus extol * the Theotokos, and clap our
hands, * and glorify our God who was truly
born of her. [SD]

Ode vii.

Godly-minded three * did not adore
created things in the Creator's stead; * rather,
disdaining the threat * of fire, they trampled
it, and joyfully they sang: * "O supremely
praised * and most exalted Lord and God * of
the fathers, You are blessed." [SD]

Ode viii.

*We praise and we bless and we worship the
Lord.*

Guiltless were those Servants in the
furnace. * The Son of the Theotokos went and
rescued them. * He who was prefigured then,
* having been incarnate now, * is gathering
the whole wide world into His Church to sing:
* "O all you works of the Lord, to all ages *
sing praises to the Lord and exalt Him beyond
measure." [SD]

DEACON

Let us pray to the Lord.
(Lord, have mercy.)

PRIEST

For you are holy, our God, who rest
among the Saints, and to you we give glory,
to the Father and the Son and the Holy Spirit,
now and forever and to the ages of ages.

CHOIR

Amen.

Mode 2.

Let everything that breathes praise the
Lord. (2) Let everything that breathes. praise
the Lord. [SAAS]

DEACON

Let us pray to the Lord our God that we
may be made worthy to hear the holy Gospel.

*(Lord, have mercy. Lord, have mercy. Lord,
have mercy.)*

DEACON

Wisdom. Arise. Let us hear the Holy
Gospel.

PRIEST

Peace be with all.
(And with your spirit.)

PRIEST

The reading is from the Holy Gospel
according to Matthew.

DEACON

Let us be attentive.
(Glory to You, O Lord, glory to You.)

PRIEST *(from the altar table)*

*Eothinon 1
Matthew. 28:16-20*

At that time, the eleven disciples went
to Galilee, to the mountain to which Jesus
had directed them. And when they saw Him
they worshiped Him; but some doubted. And
Jesus came and said to them, "All authority
in heaven and on earth has been given to Me.
Go therefore and make disciples of all nations,
baptizing them in the name of the Father and
the Son and the Holy Spirit, teaching them to
observe all that I have commanded you; and
lo, I am with you always, to the close of the
age. Amen." [RSV]

(Glory to You, O Lord, glory to You.)

READER

Having beheld the Resurrection of Christ,
let us worship the holy Lord Jesus, the only
sinless one. Your Cross, O Christ, we venerate,
and Your holy Resurrection we praise and
glorify. For You are our God; apart from You
we know no other; we call upon Your name.

Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

CHOIR

Psalm 50 (51).

Mode 2. *(or the Mode of the week)*

[Merciful,] Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

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

For I know my lawlessness, and my sin is always before me.

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

For behold, I was conceived in transgressions, and in sins my mother bore me.

Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow.

You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Turn Your face from my sins, and blot out all my transgressions.

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

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit.

I will teach transgressors Your ways, and the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness.

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

For if You desired sacrifice, I would give it; You will 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 Your good pleasure to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings.

Then shall they offer young bulls on Your altar. And have mercy on me, O God. [SAAS]

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O Theotokos, for I have befouled my soul with shameful sins and I heedlessly squandered all of my life's resources. By your intercession deliver me from every uncleanness. ^[SD]

Idiomelon. Mode pl. 2.

Verse: *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.*

When I ponder in my wretchedness on the many terrible things that I have done, I tremble for that fearful day, the Day of Judgment. But trusting in the mercy of Your compassion, like David I cry to You, "Have mercy on me, O God, according to Your great mercy." ^[SD]

DEACON

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes,

Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (**local patron saint**); the holy and righteous ancestors of God Joachim and Anna, our devout father John Climacus, the author of the Ladder, whose memory we celebrate, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

DEACON

Let us honor and magnify in song the Theotokos and the Mother of the light.

CHOIR

Ode ix.

Megalynarion. Mode 4.

Verse: *My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.* ^[NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. ^[SD]

Verse: *For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Ode ix. Katavasia. Mode 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * and all you the heavenly angelic orders, join in and celebrate; * and honoring the sacred wonders of the Mother of God, * sing the joyful salutation, "O rejoice, * Theotokos, all-blest, ever-virgin pure!" [SD]

DEACON

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Mode 2.

Holy is the Lord our God. (2) [SAAS]

Holy is the Lord our God. Exalt the Lord our God, and worship at the footstool of His feet.

For He is holy.

From Octoechos - - -

Exaposteilarion.

The First Eothinon.

Mode 2. Automelon.

On the mountain in Galilee * let us join the Disciples, * so that by faith we see and hear * Christ say that He was given * authority both in heaven * and on earth, and His teaching * on how to baptize nations all, * in the name of the Father and of the Son * and the Holy Spirit, and how He always * is with His Mystics, to the end * of the age, as He promised. [SD]

For the Devout Man.

Exaposteilarion. From the Triodion.

From Triodion - - -

Mode 2. O Women, hearken.

You spurned the comforts of the world * as being sources of distress. * The flesh you withered by fasting, * Devout one, thus renewing * the vim and vigor of the soul. * O father ever-mem'able. * And you became exceeding rich * in heavenly glory. Therefore * cease not for us interceding. [SD]

Theotokion.

Mode 2. O Women, hearken.

O Lady, we confess that you * are Theotokos lit'rally. * Through you we have our salvation, * for you ineffably gave birth * to God who neutralized the force * of death by being crucified. * Thus He attracted to

himself * the companies of devout monks, * with whom we laud you, O Virgin. [SD]

Lauds. Mode 4.

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in 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 who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

From Octoechos - - -

Resurrectional Stichera.

Sticheron 1. Mode 4.

To fulfill among them the written judgment: this glory have all His holy ones. [SAAS]

You endured crucifixion and death, O Lord, and resurrected from the dead. O Almighty One, we glorify Your resurrection.

[SD]

Sticheron 2. Mode 4.

Praise God in His saints; praise Him in the firmament of His power. [SAAS]

O Christ, by means of Your Cross, You have set us free from the ancient curse; and by means of Your death, You have neutralized the devil who tyrannized our nature; and by Your rising, You filled all things with joy. Therefore we shout to You, who rose from the dead, "Glory to You, O Lord." [SD]

Sticheron 3. Mode 4.

Praise Him for His mighty acts; praise Him according to the abundance of His greatness. [SAAS]

By means of Your Cross, O Lord, direct us to Your truth, O Christ our Savior; and deliver us from the snares of the foe. You who rose from the dead, raise us who are fallen because of sin, extending Your hand, O Lord who loves humanity, at the intercession of Your holy ones. [SD]

Sticheron 4. Mode 4.

Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]

Only-begotten Logos of God, while departing not from the Father's bosom, You came to earth for love of humanity, immutably becoming human; and You physically endured the Cross and death, although impassible in divinity. Having risen from the dead, You granted the human race immortality, as the only almighty One. [SD]

Stichera. For the Devout Man.

From Triodion - - -

Mode pl. 4. What a paradoxal.

Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]

Holy father John, as one devout, * the exaltations of God * were at all times the property * of your throat in very truth, * as you studied and practiced well * the God-inspired sayings, as one all wise. * You were enriched in your soul by the divine * grace welling up from them. * And becoming blessed you fully destroyed * the malicious purposes * of all impious men. [SD]

Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. [SAAS]

Holy father John, as one devout, * the exaltations of God * were at all times the property * of your throat in very truth, * as you studied and practiced well * the God-inspired sayings, as one all wise. * You were enriched in your soul by the divine * grace welling up from them. * And becoming blessed you fully destroyed * the malicious purposes * of all impious men. [SD]

Verse: *Blessed is the man who fears the Lord; he will delight exceedingly in His commandments.* [SAAS]

Holy father John, most glorious, * you shed a well-spring of tears, * and your soul thus was purified; * you propitiated God * by your standing in prayer all night. * Thus given wings, you ascended to His love * and to His beauty, all blessed as you are; * which now you worthily * are enjoying endlessly as you rejoice * with your fellow athlete-monks, * O godly-minded Saint. [SD]

Verse: *Precious in the sight of the Lord is the death of His holy one.* [SAAS]

Holy father John, as one devout, * when you had lifted your mind * unto God on the wings of faith * you despised the turbulence * of the world and its transience. * And on your shoulders you took up your own Cross * and followed after the Lord who sees all things. * Then the unruly flesh * you subordinated to your pious thought, * through ascetic exercise, * by the divine Spirit's might. [SD]

Glory. **From the Triodion.**

From Triodion - - -

Mode 1.

Come, let us labor in the mystical vineyard, producing fruits of repentance within it - not laboring for things that are eaten or drunk, but by prayer and fasting attaining the virtues. By such will the Lord of the labor be pleased, and He will grant them the denarius, by which He ransoms souls from the debt of sin, for He alone is greatly merciful. [GKD]

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You!

[SD]

Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You. Teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

After the Doxology, sing the following Resurrectional Troparion.

Mode 4. *(or the Mode of the week)*

Today has salvation come to pass in the world. Let us sing to Him who resurrected from the tomb and is the Author of our life. For, destroying death by death, He gave us the victory and the great mercy. [SD]