

**ΩΡΑ Γ'.**

**ΙΕΡΕΥΣ**

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν  
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν.

**ΙΕΡΕΥΣ**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Βασιλεῦ οὐράνιε, Παράκλητε, τὸ  
Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρὼν  
καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν  
ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθὲ καὶ  
σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς  
ἀπὸ πάσης κηλίδος καὶ σῶσον, Ἀγαθέ, τὰς  
ψυχὰς ἡμῶν.

**ΑΝΑΓΝΩΣΤΗΣ**

**Τρισάγιον.**

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,  
ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,  
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε,  
ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενεῖας ἡμῶν,  
ἐνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ  
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,

**THIRD HOUR**

**PRIEST**

Blessed is our God always, now and ever,  
and to the ages of ages.

**READER**

Amen.

**PRIEST**

Glory to You, our God. Glory to You.

Heavenly King, Comforter, Spirit of  
Truth, present in all places and filling all  
things, treasury of good things and giver of  
life: come; take Your abode in us; cleanse us of  
every stain, and save our souls, O Good one.

[HC]

**READER**

**Trisagion Prayers.**

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.

All-holy Trinity, have mercy on us.  
Lord, forgive our sins. Master, pardon our  
transgressions. Holy One, visit and heal our  
infirmities for your name's sake.

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

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

Our Father, who art in heaven, hallowed  
be Thy name. Thy kingdom come, Thy will  
be done, on earth as it is in heaven. Give us

ὥς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον  
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ  
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὥς καὶ  
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ  
εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι  
ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις  
καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ  
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων. (Ἀμήν.)

### ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

Κύριε, ἐλέησον. (ιβ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν  
Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ  
Θεῷ ἡμῶν.

### Ψαλμὸς ΙϚ' (16).

Εἰσάκουσον, Κύριε, τῆς δικαιοσύνης  
μου, πρόσχες τῇ δεήσει μου, ἐνώτισαι τὴν  
προσευχὴν μου οὐκ ἐν χεῖλεσι δολίοις.  
Ἐκ προσώπου σου τὸ κριμὰ μου ἐξέλθοι,  
οἱ ὀφθαλμοί μου ιδέτωσαν εὐθύτητας.  
Ἐδοκίμασας τὴν καρδίαν μου, ἐπεσκέψω  
νυκτός· ἐπύρωςάς με, καὶ οὐχ εὗρέθη  
ἐν ἐμοὶ ἀδικία. Ὅπως ἂν μὴ λαλήσῃ  
τὸ στόμα μου τὰ ἔργα τῶν ἀνθρώπων,  
διὰ τοὺς λόγους τῶν χειλέων σου ἐγὼ

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 evil. [GOA]

### PRIEST

For Thine 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.)

### READER

Amen.

Lord, have mercy. (12)

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

Come, let us worship and bow down  
before God our King.

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

Come, let us worship and bow down  
before Him, Christ our King and God.

### Psalms 16 (17).

Listen, O Lord of my righteousness;  
attend to my supplication; give ear to my  
prayer that is not with deceitful lips. From  
Your face let my judgment come; let my eyes  
behold uprightness. You tested my heart,  
when You visited me in the night; You tried  
me in the fire, and found nothing unjust in  
me. That my mouth might not speak of the  
works of men, I held to hard ways because  
of the words of Your lips. Restore my steps

ἐφύλαξα ὁδοὺς σκληράς. Κατάρτισαι τὰ διαβήματά μου ἐν ταῖς τρίβοις σου, ἵνα μὴ σαλευθῶσι τὰ διαβήματά μου. Ἐγὼ ἐκέκραξα, ὅτι ἐπήκουσάς μου, ὁ Θεός· κλῖνον τὸ οὖς σου ἐμοὶ καὶ εἰσάκουσον τῶν ῥημάτων μου. Θαυμάστωσον τὰ ἐλέη σου, ὁ σῶζων τοὺς ἐλπίζοντας ἐπὶ σὲ ἐκ τῶν ἀνθεστηκότων τῇ δεξιᾷ σου. Φύλαξόν με ὡς κόρην ὀφθαλμοῦ· ἐν σκέπη τῶν πτερυγῶν σου σκεπάσεις με ἀπὸ προσώπου ἀσεβῶν τῶν ταλαιπωρησάντων με. Οἱ ἐχθροί μου τὴν ψυχὴν μου περιέσχον· τὸ στέαρ αὐτῶν συνέκλεισαν, τὸ στόμα αὐτῶν ἐλάλησεν ὑπερηφανίαν. Ἐκβαλόντες με νυνὶ περιεκύκλωσάν με, τοὺς ὀφθαλμοὺς αὐτῶν ἔθεντο ἐκκλίνειν ἐν τῇ γῇ. Ὑπέλαβόν με ὡσεὶ λέων ἔτοιμος εἰς θήραν καὶ ὡσεὶ σκύμνος οἰκῶν ἐν ἀποκρύφοις. Ἀνάστηθι, Κύριε, πρόφθασον αὐτοὺς καὶ ὑποσκέλισον αὐτούς, ῥῦσαι τὴν ψυχὴν μου ἀπὸ ἀσεβοῦς, ῥομφαίαν σου ἀπὸ ἐχθρῶν τῆς χειρός σου. Κύριε, ἀπὸ ὀλίγων ἀπὸ γῆς διαμέρισον αὐτοὺς ἐν τῇ ζωῇ αὐτῶν, καὶ τῶν κεκρυμμένων σου ἐπλήσθη ἡ γαστήρ αὐτῶν, ἐχορτάσθησαν υἱῶν\*, καὶ ἀφῆκαν τὰ κατάλοιπα τοῖς νηπίοις αὐτῶν. Ἐγὼ δὲ ἐν δικαιοσύνῃ ὀφθήσομαι τῷ προσώπῳ σου, χορτασθήσομαι ἐν τῷ ὀφθῆναί μοι τὴν δόξαν σου.

**Ψαλμὸς ΚΔ' (24).**

Πρὸς σέ, Κύριε, ἤρα τὴν ψυχὴν μου, ὁ Θεός μου, ἐπὶ σοὶ πέποιθα, μὴ καταισχυνθεῖν εἰς τὸν αἰῶνα. Μηδὲ καταγελασάτωσάν με οἱ ἐχθροί μου· καὶ γὰρ πάντες οἱ ὑπομένοντές σε, οὐ μὴ καταισχυνθῶσιν. Αἰσχυνθήτωσαν οἱ ἀνομοῦντες διακενῆς. Τὰς ὁδοὺς σου, Κύριε, γνῶρισόν μοι, καὶ τὰς τρίβους σου δίδαξόν

in Your paths, that my footsteps may not slip. I cried out, because You listened to me, O God; incline Your ear to me, and hear my words. Magnify Your mercies, O You who save those who hope in You from those who rise up against Your right hand. Keep me as the apple of Your eye; in the shelter of Your wings, You will shelter me from the face of the ungodly who trouble me. My enemies surrounded my soul; their fat enclosed them; their mouth spoke arrogantly. Casting me out, they now surround me; they set their eyes to bend down to the earth. They seized me like a lion ready to tear its prey, like a young lion lurking in secret places. Arise, O Lord, outrun them and trip up their heels; rescue my soul from the ungodly, and Your sword from the enemies of Your hand. O Lord, destroy them from the earth; scatter them in their life. Their belly is filled with Your hidden things; they are satisfied with their sons, and they leave their possessions to their children. As for me, in righteousness I shall behold Your face; I shall be satisfied when Your glory is revealed.

[SAAS]

**Psalm 24 (25).**

To You, O Lord, I lift up my soul, O my God. I trust in You; let me not be ashamed; let not my enemies laugh at me. For all who wait upon You shall not be ashamed; let those be ashamed who act lawlessly in vain. Make known Your ways to me, O Lord, and teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation,

με. Ὁδήγησόν με ἐπὶ τὴν ἀλήθειάν σου, καὶ δίδαξόν με, ὅτι σὺ εἶ ὁ Θεὸς ὁ Σωτὴρ μου, καὶ σὲ ὑπέμεινα ὅλην τὴν ἡμέραν. Μνήσθητι τῶν οἰκτιρμῶν σου, Κύριε, καὶ τὰ ἐλέη σου, ὅτι ἀπὸ τοῦ αἰῶνός εἰσιν. Ἀμαρτίας νεότητός μου καὶ ἀγνοίας μου μὴ μνησθῇς. Κατὰ τὸ ἔλεός σου μνήσθητί μου σύ, ἕνεκεν τῆς χρηστότητός σου, Κύριε, Χρηστὸς καὶ εὐθύς ὁ Κύριος, διὰ τοῦτο νομοθετήσει ἀμαρτάνοντας ἐν ὁδῷ. Ὁδηγήσει πραεῖς ἐν κρίσει, διδάξει πραεῖς ὁδοὺς αὐτοῦ. Πᾶσαι αἱ ὁδοὶ Κυρίου ἔλεος, καὶ ἀλήθεια τοῖς ἐκζητοῦσι τὴν διαθήκην αὐτοῦ, καὶ τὰ μαρτύρια αὐτοῦ. Ἐνεκεν τοῦ ὀνόματός σου, Κύριε, καὶ ἰλάσθητι τῇ ἀμαρτία μου· πολλὴ γὰρ ἐστὶ. Τίς ἐστὶν ἄνθρωπος ὁ φοβούμενος τὸν Κύριον; νομοθετήσει αὐτῷ ἐν ὁδῷ ἣ ἡρετίσατο. Ἡ ψυχὴ αὐτοῦ ἐν ἀγαθοῖς ἀνλισθήσεται, καὶ τὸ σπέρμα αὐτοῦ κληρονομήσει γῆν, Κραταίωμα Κύριος τῶν φοβουμένων αὐτόν, καὶ ἡ διαθήκη αὐτοῦ δηλώσει αὐτοῖς. Οἱ ὀφθαλμοί μου διὰ παντὸς πρὸς τὸν Κύριον, ὅτι αὐτὸς ἐκσπάσει ἐκ παγίδος τοὺς πόδας μου. Ἐπίβλεψον ἐπ' ἐμέ, καὶ ἐλέησόν με, ὅτι μονογενὴς καὶ πτωχός εἰμι ἐγώ. Αἱ θλίψεις τῆς καρδίας μου ἐπληθύνθησαν, ἐκ τῶν ἀναγκῶν μου ἐξάγαγέ με. Ἴδε τὴν ταπείνωσίν μου, καὶ τὸν κόπον μου, καὶ ἄφες πάσας τὰς ἀμαρτίας μου. Ἴδε τοὺς ἐχθρούς μου, ὅτι ἐπληθύνθησαν, καὶ μῖσος ἄδικον ἐμίσησάν με. Φύλαξον τὴν ψυχὴν μου, καὶ ῥῦσαί με, μὴ κατασυνθῇ ὅτι ἥλπισα ἐπὶ σέ. Ἀκακοὶ καὶ εὐθεῖς ἐκολλῶντό μοι, ὅτι ὑπέμεινά σε, Κύριε. Λύτρωσαι, ὁ Θεός, τὸν Ἰσραὴλ ἐκ πασῶν τῶν θλίψεων αὐτοῦ.

and on You I wait all the day. Remember Your compassion, O Lord, and Your mercy, for they are from of old. Do not remember the sins of my youth, nor of my ignorance; but remember me according to Your mercy, because of Your loving-kindness, O Lord. Good and upright is the Lord; therefore He will instruct sinners in His way. He will guide the gentle in judgment; He will teach the gentle His ways. All the ways of the Lord are mercy and truth for those who seek His covenant and His testimonies. For Your name's sake, O Lord, pardon my sin, for it is great. Who is the man who fears the Lord? He will instruct him in the way He chooses. His soul shall dwell among good things; his seed shall inherit the earth. The Lord is the strength of those who fear Him, and to those who fear Him, His name is the Lord, and He will show them His covenant. My eyes are always toward the Lord, for He shall pluck my feet out of the trap. Look upon me and have mercy on me, for I am only-begotten and poor. The afflictions of my heart have been widened; bring me out of my distresses. Look on my humiliation and my pain and forgive all my sins. Look on my enemies, because they multiply, and they hate me with unjustified hatred. Keep my soul, and deliver me; let me not be ashamed, because I hope in You. The innocent and the upright cleave to me because I wait upon You, O Lord. Redeem Israel, O God, out of all his afflictions. [SAAS]

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἰδὺν γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἰδὺν γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στηρίζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἰμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἅν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεός

**Psalms 50 (51).**

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



οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ  
εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ  
τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν  
δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.  
Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
μόσχους.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.  
Δόξα σοι ὁ Θεός. (ἐκ γ')

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

*Καὶ ἐνθὺς·*

### **Ἀπολυτίκιον.**

Τοῦ Τριωδίου - - -

#### **Ἦχος β'.**

Μεγάλα τὰ τῆς πίστεως κατορθώματα!  
Ἐν τῇ πηγῇ τῆς φλογός, ὡς ἐπὶ ὕδατος  
ἀναπαύσεως, ὁ ἅγιος Μάρτυς Θεόδωρος  
ἠγάλλετο· πυρὶ γὰρ ὀλοκαυτωθεὶς, ὡς  
ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς  
αὐτοῦ ἱκεσίαις, Χριστὲ ὁ Θεός, ἐλέησον  
ἡμᾶς.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

### **Θεοτοκίον.**

Θεοτόκε, σὺ εἶ ἡ ἄμπελος ἡ ἀληθινή,  
ἡ βλαστήσασα τὸν καρπὸν τῆς ζωῆς, σὲ  
ἱκετεύομεν, πρέσβευε Δέσποινα, μετὰ  
τῶν Ἀποστόλων, καὶ πάντων τῶν Ἁγίων,  
ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Κύριος ὁ Θεὸς εὐλογητὸς, εὐλογητὸς  
Κύριος ἡμέραν καθ' ἡμέραν· κατευοδῶσαι

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. [SAAS]

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

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

Lord, have mercy. (3)

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

*And then:*

### **Apolytikion.**

From Triodion - - -

#### **Mode 2.**

Magnificent are the accomplishments  
of faith! The holy Martyr Theodore greatly  
rejoiced as he stood in the fountain of fire as  
if beside the still waters. He was consumed  
by fire and offered like sweet bread to the  
Trinity. At his entreaties, O Christ God, save  
our souls. [SD]

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

### **Theotokion.**

Theotokos, you are the true vine that  
produced the fruit of life. Lady, we fervently  
entreat you to intercede along with the  
Apostles and all the saints, that our souls be  
treated mercifully. [SD]

Blessed is the Lord from day to day; the  
God of our salvation will bring prosperity

ἡμῖν ὁ Θεὸς τῶν σωτηρίων ἡμῶν, ὁ Θεὸς ἡμῶν, ὁ Θεὸς τοῦ σῶζειν.

**Τρισάγιον.**

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε, ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. (Ἀμήν.)

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν.

upon us; our God is the God Who saves us.

[SAAS]

**Trisagion Prayers.**

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.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

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

**PRIEST**

For Thine 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.)

**READER**

Amen.

**Κοντάκιον.**

Τοῦ Τριωδίου ---

**Ἦχος πλ. δ'. Ἀυτόμελον.**

Πίστιν Χριστοῦ ὥσεϊ θώρακα, ἔνδον  
λαβὼν ἐν καρδίᾳ σου, τὰς ἐναντίας  
δυνάμεις κατεπάτησας Πολύαθλε, καὶ  
στέφει σὺρανίῳ ἐστέφθης αἰωνίως, ὡς  
ἀήττητος.

Κύριε, ἐλέησον. (μ')

Ὁ ἐν παντὶ καιρῷ καὶ πάσῃ ὥρᾳ ἐν  
οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος  
καὶ δοξαζόμενος Χριστὸς ὁ Θεός,  
ὁ μακρόθυμος, ὁ πολυέλεος, ὁ  
πολυεύσπλαγχνος, ὁ τοὺς δικαίους ἀγαπῶν  
καὶ τοὺς ἁμαρτωλοὺς ἐλεῶν, ὁ πάντα  
καλῶν πρὸς σωτηρίαν διὰ τῆς ἐπαγγελίας  
τῶν μελλόντων ἀγαθῶν, αὐτός Κύριε,  
πρόσδεξαι καὶ ἡμῶν ἐν τῇ ὥρᾳ ταύτῃ τὰς  
ἐντεύξεις καὶ ἴθυνον τὴν ζωὴν ἡμῶν πρὸς  
τὰς ἐντολάς σου. Τὰς ψυχὰς ἡμῶν ἀγίασον,  
τὰ σώματα ἁγνισον, τοὺς λογισμοὺς  
διόρθωσον, τὰς ἐννοίας κάθαρον καὶ ῥῦσαι  
ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ  
ὀδύνης. Τείχισον ἡμᾶς ἀγίοις σου Ἀγγέλοις,  
ἵνα τῇ παρεμβολῇ αὐτῶν φρουρούμενοι  
καὶ ὁδηγούμενοι καταντήσωμεν εἰς τὴν  
ἐνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν  
τῆς ἀπροσίτου σου δόξης, ὅτι εὐλογητὸς εἶ  
εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,  
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**Kontakion.**

From Triodion ---

**Mode pl. 4. Automelon.**

Once you had taken the Faith of Christ  
into your heart like a suit of armor, you  
trampled the hostile forces underfoot, having  
contended much, and you were crowned with  
heavenly laurels forever, as one invincible. [SD]

Lord, have mercy. (40)

O Christ our God, who at all times and at  
every hour, both in heaven and on earth, are  
worshipped and glorified, long suffering and  
plenteous in mercy and compassion; who love  
the just and show mercy to the sinners; who  
call all men to salvation through the promise  
of the blessings to come: Do you, the same  
Lord, receive also our supplications at this  
present time, and direct our lives according  
to your commandments. Sanctify our souls;  
purify our bodies; set our minds right; clear  
up our thoughts, and deliver us from every  
sorrow, evil and distress. Surround us with  
your holy Angels so that being guarded and  
guided by their presence, we may arrive at the  
unity of the faith and the knowledge of your  
ineffable glory; for blessed are you unto the  
ages of ages. Amen.

Lord, have mercy. (3)

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

Greater in honor than the Cherubim, and  
in glory greater beyond compare than the  
Seraphim; you without corruption gave birth



Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

**ΙΕΡΕΥΣ**

Ὁ Θεὸς οἰκτιρῆσαι ἡμᾶς καὶ εὐλογῆσαι ἡμᾶς· ἐπιφάναι τὸ πρόσωπον αὐτοῦ ἐφ' ἡμᾶς, καὶ ἐλεῆσαι ἡμᾶς.

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν.

**ΙΕΡΕΥΣ**

Δέσποτα Θεέ, Πάτερ παντοκράτωρ, Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ καὶ ἅγιον Πνεῦμα, μία Θεότης, μία Δύναμις, ἐλέησόν με τὸν ἁμαρτωλόν, καί, οἷς ἐπίστασαι κρίμασι, σῶσόν με τὸν ἀνάξιον δοῦλόν σου, ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. (Ἀμήν.)

**ΩΡΑ Σ'.**

**ΑΝΑΓΝΩΣΤΗΣ**

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ Θεῷ ἡμῶν.

**Ψαλμὸς ΝΓ'.**

Ὁ Θεός, ἐν τῷ ὀνόματί σου σῶσόν με καὶ ἐν τῇ δυνάμει σου κρινόν με. Ὁ Θεός, εἰσάκουσον τῆς προσευχῆς μου, ἐνώτισαι τὰ ῥήματα τοῦ στόματός μου. Ὅτι ἄλλότριοι ἐπανεστήσαν ἐπ' ἐμὲ καὶ κραταιοὶ ἐζήτησαν τὴν ψυχὴν μου καὶ οὐ προέθεντο τὸν θεὸν ἐνώπιον αὐτῶν. Ἴδου γὰρ ὁ Θεὸς βοηθεῖ μοι, καὶ ὁ Κύριος ἀντιλήπτωρ τῆς ψυχῆς

to God the Word, and are truly Theotokos. You do we magnify.

In the name of the Lord, Father, bless!

**PRIEST**

May God have compassion on us and bless us; may his face shine upon us and have mercy on us.

**READER**

Amen.

**PRIEST**

O Master God, Father Almighty, Lord only-begotten Son Jesus Christ, and Holy Spirit, one Godhead, one Power: have mercy on me a sinner, and by the judgments which You know, save me Your unworthy servant; for blessed are You to the ages of ages. (Amen.)

**SIXTH HOUR**

**READER**

Come, let us worship and bow down before God our King.

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

Come, let us worship and bow down before Him, Christ our King and God.

**Psalms 53 (54).**

Save me, O God, in Your name, and judge me in Your power. O God, hear my prayer; give ear to the words of my mouth. For strangers rise up against me, and the powerful seek after my soul; they have not set God before them. For behold, God is my helper; the Lord is the protector of my soul. He will return evils to my enemies; utterly

μου. Αποστρέψει τὰ κακὰ τοῖς ἐχθροῖς μου· ἐν τῇ ἀληθείᾳ σου ἐξολόθρευσον αὐτούς. Ἐκουσίως θύσω σοι, ἐξομολογήσομαι τῷ ὀνόματί σου, Κύριε, ὅτι ἀγαθόν· ὅτι ἐκ πάσης θλίψεως ἐρρύσω με, καὶ ἐν τοῖς ἐχθροῖς μου ἐπεΐδεν ὁ ὀφθαλμός μου.

**Ψαλμὸς ΝΔ' (54).**

Ἐνώτισαι, ὁ Θεός, τὴν προσευχήν μου καὶ μὴ ὑπερίδῃς τὴν δέησίν μου, πρόσχες μοι καὶ εἰσάκουσόν μου. Ἐλυπήθην ἐν τῇ ἀδολεσχίᾳ μου καὶ ἐταράχθην ἀπὸ φωνῆς ἐχθροῦ καὶ ἀπὸ θλίψεως ἀμαρτωλοῦ, ὅτι ἐξέκλιναν ἐπ' ἐμέ ἀνομίαν καὶ ἐν ὀργῇ ἐνεκότουν μοι. Ἡ καρδιά μου ἐταράχθη ἐν ἐμοί, καὶ δειλία θανάτου ἐπέπεσεν ἐπ' ἐμέ· φόβος καὶ τρόμος ἦλθεν ἐπ' ἐμέ, καὶ ἐκάλυψέ με σκότος. Καὶ εἶπα· τίς δώσει μοι πτέρυγας ὥσεί περιστερᾶς καὶ πετασθήσομαι καὶ καταπαύσω; ἰδοὺ ἐμάκρυνα φυγαδεύων καὶ ηὐλίσθην ἐν τῇ ἐρήμῳ. Προσεδεχόμενην τὸν σῶζοντά με, ἀπὸ ὀλιγοψυχίας καὶ ἀπὸ καταγίδος. Καταπόντισον, Κύριε, καὶ καταδίελε τὰς γλώσσας αὐτῶν, ὅτι εἶδον ἀνομίαν καὶ ἀντιλογίαν ἐν τῇ πόλει. Ἡμέρας καὶ νυκτὸς κυκλώσει αὐτὴν ἐπὶ τὰ τεῖχη αὐτῆς, καὶ ἀνομία καὶ κόπος ἐν μέσῳ αὐτῆς καὶ ἀδικία, καὶ οὐκ ἐξέλιπεν ἐκ τῶν πλατειῶν αὐτῆς τόκος καὶ δόλος. Ὅτι εἰ ἐχθρὸς ὠνεΐδισέ με, ὑπήνεγκα ἄν, καὶ εἰ ὁ μισῶν ἐπ' ἐμέ ἐμεγαλορρημόνησεν, ἐκρύβην ἄν ἀπ' αὐτοῦ. Σὺ δέ, ἄνθρωπε ἰσόψυχε, ἡγεμὼν μου καὶ γνωστέ μου, ὃς ἐπὶ τὸ αὐτὸ ἐγλύκανάς μοι ἐδέσματα, ἐν τῷ οἴκῳ τοῦ Θεοῦ ἐπορεύθην ἐν ὁμονοίᾳ. Ἐλθέτω δὴ θάνατος ἐπ' αὐτούς, καὶ καταβήτωσαν εἰς ᾄδου ζῶντες· ὅτι πονηρία ἐν ταῖς παροικίαις αὐτῶν ἐν μέσῳ αὐτῶν.

destroy them in Your truth. I will sacrifice to You voluntarily; I will give thanks to Your name, O Lord, for it is good. You delivered me from all my afflictions, and my eye looked upon my enemies. [SAAS]

**Psalm 54 (55).**

Give ear to my prayer, O God, and do not despise my supplication; attend to me, and hear me. I am vexed in my prayer, and troubled by the enemy's voice and by the sinner's affliction; for they turned their lawlessness upon me, and in wrath they were indignant with me. My heart was troubled within me, and the terror of death fell on me. Fear and trembling came upon me, and the darkness covered me. I said, "Who will give me wings like a dove, and I will fly away, and be at rest? Behold, I fled far away, and lodged in the wilderness." I wait for the One who saves me from faintheartedness and storm. Drown them in the sea, O Lord, and divide their tongues; for I see lawlessness and strife in the city. Day and night, it shall surround her upon her walls; lawlessness and trouble and wrongdoing are in her midst; and usury and treachery have not ceased from her squares. For if an enemy reviled me, I would have endured it; and if one hating me boasted against me, I would have hidden from him. But it was you, a man my equal, my guide and my friend, who together with me sweetened our meals; in God's house we walked in unity. Let death come upon them, and let them go down alive into Hades; because evils are in their dwellings, in the very midst of them. But I cried out to God, and the Lord heard me. Evening and morning

Ἐγὼ πρὸς τὸν θεὸν ἐκέκραξα, καὶ ὁ Κύριος εἰσήκουσέ μου. Ἐσπέρας καὶ πρωῒ καὶ μεσημβρίας διηγῆσομαι καὶ ἀπαγγελῶ, καὶ εἰσακούσεται τῆς φωνῆς μου. Λυτρώσεται ἐν εἰρήνῃ τὴν ψυχὴν μου ἀπὸ τῶν ἐγγιζόντων μοι, ὅτι ἐν πολλοῖς ἦσαν σὺν ἐμοί. Εἰσακούσεται ὁ Θεὸς καὶ ταπεινώσει αὐτοὺς ὁ ὑπάρχων πρὸ τῶν αἰώνων. Οὐ γάρ ἐστιν αὐτοῖς ἀντάλλαγμα, ὅτι οὐκ ἐφοβήθησαν τὸν Θεόν. Ἐξέτεινε τὴν χεῖρα αὐτοῦ ἐν τῷ ἀποδιδόναι· ἐβεβήλωσαν τὴν διαθήκην αὐτοῦ. Διεμερίσθησαν ἀπὸ ὀργῆς τοῦ προσώπου αὐτοῦ, καὶ ἤγγισαν αἱ καρδίαι αὐτῶν· ἠπαλύνθησαν οἱ λόγοι αὐτοῦ ὑπὲρ ἔλαιον, καὶ αὐτοὶ εἰσι βολίδες. Ἐπίρριπον ἐπὶ Κύριον τὴν μέριμνάν σου, καὶ αὐτός σε διαθρέψει· οὐ δώσει εἰς τὸν αἰῶνα σάλον τῷ δικαίῳ. Σὺ δέ, ὁ Θεός, κατὰξεις αὐτοὺς εἰς φρέαρ διαφθορᾶς· ἄνδρες αἱμάτων καὶ δολιότητος οὐ μὴ ἡμισεύσωσι τὰς ἡμέρας αὐτῶν, ἐγὼ δέ, Κύριε, ἐλπῶ ἐπὶ σέ.

### Ψαλμὸς C' (90).

Ὁ κατοικῶν ἐν βοηθείᾳ τοῦ Ὑψίστου, ἐν σκέπη τοῦ Θεοῦ τοῦ οὐρανοῦ ἀλίσθησεται. Ἐρεῖ τῷ Κυρίῳ Ἀντιλήπτωρ μου εἶ, καὶ καταφυγή μου, ὁ Θεός μου, καὶ ἐλπῶ ἐπ' αὐτόν. Ὅτι αὐτὸς ῥύσεται σε ἐκ παγίδος θηρευτῶν, καὶ ἀπὸ λόγου ταραχώδους. Ἐν τοῖς μεταφρένοις αὐτοῦ ἐπισκιάσει σοι, καὶ ὑπὸ τὰς πτέρυγας αὐτοῦ ἐλπιεῖς, ὅπλῳ κυκλώσει σε ἡ ἀλήθεια αὐτοῦ. Οὐ φοβηθήσῃ ἀπὸ φόβου νυκτερινοῦ, ἀπὸ βέλους πετομένου ἡμέρας. Ἀπὸ πράγματος ἐν σκότει διαπορευομένου, ἀπὸ συμπτώματος καὶ δαιμονίου μεσημβρινοῦ. Πεσεῖται ἐκ τοῦ κλίτους σου χιλιάς, καὶ μυριάς ἐκ δεξιῶν σου, πρὸς σέ δὲ οὐκ ἐγγιεῖ.

and midday, I shall tell; I shall proclaim, and He will hear my voice. He will redeem my soul in peace from those who draw near to me, for they were with me in abundance. God shall hear, and humble them, He who exists before the ages. For there is no change in them, and they have not feared God. He stretched forth His hand in punishment; they defiled His covenant. They were scattered by the wrath of His face, and His heart drew near; His words were softened above oil, and they are arrows. Cast your care upon the Lord, and He shall support you; He will never allow the righteous to be moved. But You, O God, will bring them down into the pit of decay; men of blood and deceit shall not live even half their days. But I will hope in You, O Lord. [SAAS]

### Psalm 90 (91).

He who dwells in the help of the Most High shall lodge in the shelter of the God of heaven. He shall say to the Lord, "You are my protector and my refuge, my God; I will hope in Him; for He shall free me from the snare of the hunters, and from every troubling word." He shall overshadow you with His shoulders, and under His wings you shall hope; His truth shall encircle you with a shield. You shall not be frightened by fear at night, nor from an arrow that flies by day, nor by a thing moving in darkness, nor by mishap and a demon of noonday. A thousand shall fall at your side and ten thousand at your right hand, yet it shall not come near you;

Πλὴν τοῖς ὀφθαλμοῖς σου κατανοήσεις,  
καὶ ἀνταπόδοσιν ἀμαρτωλῶν ὄψει. Ὅτι  
σύ, Κύριε, ἡ ἐλπίς μου, τὸν Ὑψιστον ἔθου  
καταφυγὴν σου. Οὐ προσελεύσεται πρὸς  
σὲ κακά, καὶ μάστιξ οὐκ ἐγγιεῖ ἐν τῷ  
σκηνώματί σου. Ὅτι τοῖς Ἀγγέλοις αὐτοῦ  
ἐντελεῖται περὶ σοῦ, τοῦ διαφυλάξαι σε ἐν  
πάσαις ταῖς ὁδοῖς σου. Ἐπὶ χειρῶν ἀρουσί  
σε, μήποτε προσκόψῃς πρὸς λίθον τὸν πόδα  
σου. Ἐπὶ ἀσπίδα καὶ βασιλίσκον ἐπιβήσει,  
καὶ καταπατήσεις λέοντα καὶ δράκοντα.  
Ὅτι ἐπ' ἐμὲ ἤλπισε, καὶ ῥύσομαι αὐτόν,  
σκεπάσω αὐτόν, ὅτι ἔγνω τὸ ὄνομά μου.  
Κεκράζεται πρὸς με, καὶ εἰσακούσομαι  
αὐτοῦ, μετ' αὐτοῦ εἰμι ἐν θλίψει, ἐξελοῦμαι  
αὐτόν, καὶ δοξάσω αὐτόν. Μακρότητα  
ἡμερῶν ἐμπλήσω αὐτόν, καὶ δείξω αὐτῷ τὸ  
σωτήριόν μου.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.  
Δόξα σοι ὁ Θεός. (ἐκ γ')

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

### Ἀπολυτίκιον.

Τοῦ Τριωδίου - -

### ᾠχος β'.

Μεγάλα τὰ τῆς πίστεως κατορθώματα!  
Ἐν τῇ πηγῇ τῆς φλογός, ὡς ἐπὶ ὕδατος  
ἀναπαύσεως, ὁ ἅγιος Μάρτυς Θεόδωρος  
ἠγάλλετο· πυρὶ γὰρ ὀλοκαυθθεῖς, ὡς  
ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς  
αὐτοῦ ἱκεσίαις, Χριστὲ ὁ Θεός, ἐλέησον  
ἡμᾶς.

but you shall observe with your eyes, and  
you shall see the reward of sinners. For You,  
O Lord, are my hope; You made the Most  
High your refuge. Evils shall not come to  
you, and a scourge shall not draw near your  
dwelling; for He shall command His angels  
concerning you, to keep you in all your ways;  
in their hands they shall bear you up, lest  
you strike your foot against a stone; You shall  
tread upon the asp and the basilisk, and you  
shall trample the lion and the dragon. "For  
he hoped in Me, and I will deliver him; I will  
shelter him, because he knew My name. He  
shall call upon Me, and I will hear him; I am  
with him in affliction, and I will deliver and  
glorify him. With length of days I will satisfy  
him, and show him My salvation." [SAAS]

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

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

Lord, have mercy. (3)

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

### Apolytikion.

From Triodion - -

### Mode 2.

Magnificent are the accomplishments  
of faith! The holy Martyr Theodore greatly  
rejoiced as he stood in the fountain of fire as  
if beside the still waters. He was consumed  
by fire and offered like sweet bread to the  
Trinity. At his entreaties, O Christ God, save  
our souls. [SD]

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**Θεοτοκίον.**

Ὅτι οὐκ ἔχομεν παρησΐαν διὰ τὰ πολλὰ ἡμῶν ἁμαρτήματα, σὺ τὸν ἐκ σοῦ γεννηθέντα δυσώπησον Θεοτόκε Παρθένε· πολλὰ γὰρ ἰσχύει δέησις Μητρὸς πρὸς εὐμένειαν Δεσπότης. Μὴ παρίδῃς ἁμαρτωλῶν ἱκεσίας, ἢ πάνσεμνος, ὅτι ἐλεήμων ἐστί, καὶ σφύζειν δυνάμενος, ὁ καὶ παθεῖν ὑπὲρ ἡμῶν καταδεξάμενος.

Ταχὺ προκαταλαβέτωσαν ἡμᾶς οἱ οἰκτιρμοὶ σου, Κύριε, ὅτι ἐπτωχεύσαμεν σφόδρα. Βοήθησον ἡμῖν, ὁ Θεός, ὁ σωτὴρ ἡμῶν· ἕνεκεν τῆς δόξης τοῦ ὀνόματός σου, Κύριε, ρῦσαι ἡμᾶς καὶ ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν ἕνεκα τοῦ ὀνόματός σου.

**Τρισάγιον.**

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ

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

**Theotokion.**

Since we may not presume to speak because of our many sins, will you beseech your Son, O Virgin Theotokos. For the request of a mother can do much to pacify the Master. Do not despise the prayers of us sinners, all-noble Lady. He is merciful and able to save us; after all, He accepted to suffer for our sake.

[SD]

Let Your mercies quickly overtake us, for we have become very poor. Help us, O God our savior; because of the glory of Your name, O Lord, save us, and be merciful to our sins because of Your name. [SAAS]

**Trisagion Prayers.**

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.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will



βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. (Ἀμήν.)

### ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

### Κοντάκιον.

Τοῦ Τριωδίου - -

**Ἦχος πλ. δ'. Αὐτόμελον.**

Πίστιν Χριστοῦ ὡσεὶ θώρακα, ἔνδον λαβὼν ἐν καρδίᾳ σου, τὰς ἐναντίας δυνάμεις κατεπάτησας Πολύαθλε, καὶ στέφει οὐρανίῳ ἐστέφθης αἰωνίως, ὡς ἀήττητος.

Κύριε, ἐλέησον. (μ')

Ὁ ἐν παντὶ καιρῷ καὶ πάσῃ ὥρᾳ ἐν οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος καὶ δοξαζόμενος Χριστὸς ὁ Θεός, ὁ μακρόθυμος, ὁ πολυέλεος, ὁ πολυεύσπλαγχνος, ὁ τοὺς δικαίους ἀγαπῶν καὶ τοὺς ἁμαρτωλοὺς ἐλεῶν, ὁ πάντας καλῶν πρὸς σωτηρίαν διὰ τῆς ἐπαγγελίας τῶν μελλόντων ἀγαθῶν, αὐτός Κύριε, πρόσδεξαι καὶ ἡμῶν ἐν τῇ ὥρᾳ ταύτῃ τὰς ἐντεύξεις καὶ ἱθύνον τὴν ζωὴν ἡμῶν πρὸς τὰς ἐντολάς σου. Τὰς ψυχὰς ἡμῶν ἀγίασον, τὰ σώματα ἄγνισον, τοὺς λογισμοὺς διόρθωσον, τὰς ἐννοίας κάθαρον καὶ ρῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ ὀδύνης. Τείχισον ἡμᾶς ἀγίοις σου Ἀγγέλοις,

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 evil. [GOA]

### PRIEST

For Thine 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.)

### READER

Amen.

### Kontakion.

From Triodion - -

**Mode pl. 4. Automelon.**

Once you had taken the Faith of Christ into your heart like a suit of armor, you trampled the hostile forces underfoot, having contended much, and you were crowned with heavenly laurels forever, as one invincible. [SD]

Lord, have mercy. (40)

O Christ our God, who at all times and at every hour, both in heaven and on earth, are worshipped and glorified, long suffering and plenteous in mercy and compassion; who love the just and show mercy to the sinners; who call all men to salvation through the promise of the blessings to come: Do you, the same Lord, receive also our supplications at this present time, and direct our lives according to your commandments. Sanctify our souls; purify our bodies; set our minds right; clear up our thoughts, and deliver us from every sorrow, evil and distress. Surround us with your holy Angels so that being guarded and guided by their presence, we may arrive at the

ἵνα τῇ παρεμβολῇ αὐτῶν φρουρούμενοι  
καὶ ὁδηγούμενοι καταντήσωμεν εἰς τὴν  
ἐνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν  
τῆς ἀπροσίτου σου δόξης, ὅτι εὐλογητὸς εἶ  
εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ,  
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

#### ΙΕΡΕΥΣ

Ὁ Θεὸς οἰκτιρῆσαι ἡμᾶς καὶ εὐλογήσαι  
ἡμᾶς· ἐπιφάναι τὸ πρόσωπον αὐτοῦ ἐφ'  
ἡμᾶς, καὶ ἐλεῆσαι ἡμᾶς.

#### ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

#### ΙΕΡΕΥΣ

Θεὲ καὶ Κύριε τῶν δυνάμεων, καὶ  
πάσης κτίσεως δημιουργέ, ὁ διὰ σπλάγχνα  
ἀνεικάστου ἐλέους σου, τὸν μονογενῆ σου  
Υἱόν, τὸν Κύριον ἡμῶν Ἰησοῦν Χριστόν,  
καταπέμψας ἐπὶ σωτηρίᾳ τοῦ γένους  
ἡμῶν, καὶ διὰ τοῦ τιμίου αὐτοῦ Σταυροῦ,  
τὸ χειρόγραφον τῶν ἁμαρτιῶν ἡμῶν  
διαρρήξας, καὶ θριαμβεύσας ἐν αὐτῷ τὰς  
ἀρχὰς καὶ ἐξουσίας τοῦ σκότους, αὐτός,  
Δέσποτα φιλόανθρωπε, πρόσδεξαι καὶ  
ἡμῶν τῶν ἁμαρτωλῶν τὰς εὐχαριστηρίους  
ταύτας καὶ ἱκετηρίους ἐντεύξεις, καὶ ῥῦσαι  
ἡμᾶς ἀπὸ παντὸς ὀλεθρίου καὶ σκοτεινοῦ  
παραπτώματος, καὶ πάντων τῶν κακῶσαι

unity of the faith and the knowledge of your  
ineffable glory; for blessed are you unto the  
ages of ages. Amen.

Lord, have mercy. (3)

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

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.

In the name of the Lord, Father, bless!

#### PRIEST

May God have compassion on us and  
bless us; may his face shine upon us and have  
mercy on us.

#### READER

Amen.

#### PRIEST

God and Lord of hosts and Maker of all  
creation, in Your unfathomable compassion  
and mercy You sent down Your Only-  
Begotten Son, our Lord Jesus Christ, for the  
salvation of the human race; and by His  
precious Cross You tore up the record of our  
sins, and triumphed over the principalities  
and powers of darkness. O Lord and Lover of  
mankind, accept the thanksgiving and fervent  
prayers even of us sinners. Deliver us from  
every dark and destructive transgression and  
from all the visible and invisible enemies that  
seek to harm us. Nail our flesh with the fear  
of You, and do not incline our hearts to evil

ἡμᾶς ζητούντων, ὁρατῶν καὶ ἀοράτων  
ἐχθρῶν. Καθήλωσον ἐκ τοῦ φόβου σου τὰς  
σάρκας ἡμῶν, καὶ μὴ ἐκκλίνῃς τὰς καρδίας  
ἡμῶν εἰς λόγους, ἢ εἰς λογισμοὺς πονηρίας,  
ἀλλὰ τῷ πόθῳ σου τρῶσον ἡμῶν τὰς  
ψυχάς, ἵνα πρὸς σὲ διαπαντὸς ἀτενίζοντες,  
καὶ τῷ παρὰ σοῦ φωτὶ ὁδηγούμενοι, σὲ τὸ  
ἀπρόσιτον καὶ ἀίδιον κατοπτεύοντες φῶς,  
ἀκατάπαυστόν σοι τὴν ἐξομολόγησιν, καὶ  
εὐχαριστίαν ἀναπέμπομεν, τῷ ἀνάρχῳ  
Πατρὶ σὺν τῷ μονογενεῖ σου Υἱῷ, καὶ τῷ  
παναγίῳ, καὶ ἀγαθῷ, καὶ ζωοποιῷ σου  
Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων. (Ἀμήν.)

*Ἄν θὰ γίνῃ ἀμέσως ἡ Θ' Ὡρα, παραλείπεται ἡ  
ἀπόλυσις τῆς Σ', καὶ ἄρχεται ἡ Θ' εὐθὺς μὲ τὸ "Ἅγιος  
ὁ Θεός..." χωρὶς τὸ "Εὐλογητός... Βασιλεὺς οὐράνιε..."*

### ΑΝΑΓΝΩΣΤΗΣ

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Εὐλόγησον.

### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, τοῦ Ἁγίου

words or thoughts; but rather prick our souls  
with love for You, so that always looking to  
You, and guided by Your light, and gazing on  
You, the eternal and ineffable Light, we may  
send up unceasing praise and thanksgiving to  
You, the Father without beginning, and Your  
Only-Begotten Son, and Your all-holy, good  
and life-giving Spirit, now and forever and to  
ages of ages. (Amen.)

*If the Ninth Hour is to be appended, the dismissal  
of the Sixth Hour is omitted, and the Ninth Hour begins  
immediately at "Holy God..." without "Blessed is our God...  
Heavenly King..."*

### READER

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

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

Father, bless!

### PRIEST

May Christ our true God, through  
the intercessions of His all-pure and all-  
immaculate holy Mother, the power of the  
precious and life-giving Cross, the protection  
of the honorable, bodiless powers of heaven,  
the supplications of the honorable, glorious  
prophet and forerunner John the Baptist, of  
the holy, glorious, and praiseworthy apostles,  
of the holy, glorious, and triumphant martyrs,  
of our righteous and God-bearing fathers,  
(local patron saint); of the holy and righteous  
ancestors of God Joachim and Anna, the Holy  
Great Martyr Theodore Tyro, whose miracle

Μεγαλομάρτυρος Θεοδώρου τοῦ Τήρωνος,  
οὗ τὸ διὰ κολλύβων θαῦμα ἐορτάζομεν·  
καὶ πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλάνθρωπος.

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ  
σῶσον ἡμᾶς.

(Ἀμήν.)

of the kolyva we celebrate; and of all the  
saints, have mercy on us and save us, for He is  
good and loves mankind.

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

(Amen.)