

Octoechos

Mode 4.

On Sunday Morning

Triodion

Fourth Sunday of Lent: St John Climacus

LITURGY

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Antiphon I. Mode 2.

Verse 1: *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 2: *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

Verse 3: *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

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

Through the intercessions of the Theotokos, Savior, save us.

Antiphon II. Mode 2.

Verse 1: *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 2: *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Verse 3: *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

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

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

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

Antiphon III.

Mode 4.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

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]

Verse 2: *Let heaven and earth praise Him.*

[SAAS]

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]

An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 4.

Resurrectional.

From Octoechos - - -

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

[RSV]

Adam fell by a tree, and he was evicted from Paradise. * By the tree of the Cross the Robber gained entrance to Paradise. * The former, by tasting fruit, disobeyed his Maker's commandment not to eat. * The latter was crucified with Him, whom though hidden he confessed to be God. * Remember us as well in Your kingdom, O Savior. [SD]

Blessed are those who mourn, for they shall be comforted. [RSV]

You were lifted on the Cross and destroyed the power of death on us, * and You set aside the bond which stood against us and, as God, cancelled it. * Grant that we may also have the Robber's repentance, O only Friend of man. * We faithfully worship You, O Christ our God, and we cry aloud to You, * "Remember us as well in Your kingdom, O Savior." [SD]

Blessed are the meek, for they shall inherit the earth. [RSV]

You have set aside the bond which stood against us, shredding it by Your Cross. * When You were numbered with the dead,

You disarmed and bound the tyrant ruling there, * delivering everyone from the bonds of death by Your resurrection; * through which we were illumined. And we cry out to You, O Lord who love humanity, * "Remember us as well in Your kingdom, O Savior." [SD]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. [RSV]

Theotokion.

O Christ our God, we present, as an intercessor to pray for us, * Your Virgin Mother who conceived without seed and physically gave birth to You, * and after the childbirth remained incorrupt, O most merciful Lord. * She prays that You always grant forgiveness of offences to those who cry aloud, * "Remember us as well in Your kingdom, O Savior." [SD]

Canon from the Triodion.

From Triodion - - -

Ode iii. Mode pl. 1. (N/M)

Blessed are the merciful, for they shall obtain mercy. [RSV]

Christ, as I walk on the path of life, I am gravely wounded by thieves through my passions: I pray that You will raise me up. [OCA]

Blessed are the pure in heart, for they shall see God. [RSV]

Thieves have robbed my mind and left me half dead. I am wounded by my sins, but heal me, Lord. [OCA]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

My passions have stripped me bare of Your commandments, Christ, and I have been

scourged by sensual pleasures, but pour oil on my wounds, O Savior. [OCA] you O Virgin, in an ineffable union, and has brought light to the world. [OCA]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

Theotokion.

Pray without ceasing, pure Bride of God, to the One who came forth from your womb, that those who sing your praises may be delivered from the deceit of the devil. [OCA]

Canon for the Devout Man.

From Triodion - - -

Ode vi. Mode pl. 4. N/M (Be gracious to me.)

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

You received the divine wealth of the Spirit in your soul: blameless prayer, chastity and purity with unceasing watchfulness and the labors of abstinence. Through these you became a dwelling place of God. [OCA]

Rejoice and be glad, for your reward is great in heaven. [RSV]

You passed by the worthless joys of this material world, wise father, raising your mind on the wings of immaterial prayer. Through the perfection of your life you received an inheritance on high. [OCA]

Glory.

You quenched the fiery darts of the enemy with the sweat of your ascetic toil; kindling the fire of faith, you burnt up the proud insolence of unbelief and heresy! [OCA]

Both now. **Theotokion.**

The majesty of the Most High has shone forth from Zion! He has put on flesh from

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, risen
from the dead. We sing to You, Alleluia. [GOA]

From all kinds of perils free me, so that unto
you
I may cry aloud: Rejoice, O unwedded Bride. [SD]

Hymns After the Small Entrance.

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]

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]

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

Kontakion.

Mode pl. 4. Automelon.

O Champion General, I your City now
inscribe to you
Triumphant anthems as the tokens of my
gratitude,
Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,

THE TRISAGION HYMN

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

*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.

The Epistle

THE FOURTH SUNDAY IN LENT

Prokeimenon. Mode 4. Psalm 103.

O Lord, Your works shall be magnified
greatly; You made all things in wisdom. [SAAS]

Verse: *Bless the Lord, O my soul. O Lord my
God, You are magnified exceedingly.* [SAAS]

The reading is from Paul's Letter to the
Hebrews.

6:13-20

Brethren, when God made a promise to
Abraham, since he had no one greater by
whom to swear, he swore to himself, saying,
"Surely I will bless you and multiply you."
And thus Abraham, having patiently endured,
obtained the promise. Men indeed swear by
a greater than themselves, and in all their
disputes an oath is final for confirmation. So
when God desired to show more convincingly
to the heirs of the promise the unchangeable
character of his purpose, he interposed with
an oath, so that through two unchangeable
things, in which it is impossible that God
should prove false, we who have fled for
refuge might have strong encouragement to

seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek. [RSV]

Alleluia. Mode 4. Psalm 44.

Alleluia. Alleluia. Alleluia.

Verse 1: *Stretch Your bow, and grant prosperity, and reign, because of truth and goodness.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *You loved righteousness and hated lawlessness.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Fourth Sunday in Lent

The reading is from the Holy Gospel according to Mark.

9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into

the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise." [RSV]

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. [SD]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise
Him in the highest. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, worshiping the undivided
Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He who rose from the dead, 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, our devout father John
Climacus, the author of the Ladder, whose
memory we celebrate, and of all the saints,
have mercy on us and save us, for He is good
and loves mankind.

Fasting Rule

*Wine: Wine and oil are allowed. Refrain from meat, fish,
dairy, and eggs.*

It is Saturday or Sunday in Lent.