

**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  
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.

**Psalm 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  
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, 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]

#### **Psalm 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 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.

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 3.*

*And then:*

## CHOIR

### Mode pl. 2.

Lord, You sent down Your all-holy Spirit upon Your apostles at the third hour: O Good One, take It not from us, but renew It in us who pray to You. [SD]

**Verse 1:** *Create in me a clean heart, O God, and renew a right spirit within me.* [SAAS]

Lord, You sent down Your all-holy Spirit upon Your apostles at the third hour: O Good One, take It not from us, but renew It in us who pray to You. [SD]

**Verse 2:** *Do not cast me away from Your presence, and do not take Your Holy Spirit from me.* [SAAS]

Lord, You sent down Your all-holy Spirit upon Your apostles at the third hour: O Good One, take It not from us, but renew It in us who pray to You. [SD]

## READER

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

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

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.

Blessed are You, O Christ our God. You  
made the fishermen all-wise, by sending down  
upon them the Holy Spirit, and through them

You drew the world into Your net. O Lover of  
mankind, glory to You. [SD]

Glory.

Speedy and constant consolation give  
us, Your servants, O Jesus, when our spirits  
become despondent. Do not part from our  
souls when we are in trouble, nor be far  
from our minds when we are in peril. But  
draw near to us, draw near, O You who are  
everywhere. And as You are always with Your  
Apostles, so also unite yourself to us who long  
for You the Compassionate; so that united to  
You we may extol and glorify Your all-holy  
Spirit. [GKD]

Both now. **Theotokion.**

O immaculate Theotokos, you are the  
hope and protection and refuge of Christians,  
the unassailable fortress, and the storm-free  
haven of the weary. As you save the world  
by your unceasing intercession, remember us  
also, O Virgin who are extolled by all. [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 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**

### **Prayer of St. Ephraim**

O Lord and Master of my life, do not permit the spirit of laziness and meddling, the lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit of prudence, humility, patience and love.

Yes, Lord and King, give me the power to see my own faults and not to judge my brother.

For you are blessed unto the ages of ages. Amen. <sup>[HC]</sup>

**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 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. <sup>[SAAS]</sup>

### **Psalms 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 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; 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. Both now and ever and to the ages of ages. Amen.

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 4.*

*And then:*

## CHOIR

### Mode pl. 2.

On the sixth day and hour, You nailed to the Cross the sin that Adam dared to commit in Paradise. So also shred the record of our own offenses, O Christ our God, and save us.

[SD]

**Verse 1:** *Give ear to my prayer, O God, and do not despise my supplication.* [SAAS]

On the sixth day and hour, You nailed to the Cross the sin that Adam dared to commit in Paradise. So also shred the record of our own offenses, O Christ our God, and save us.

[SD]

**Verse 2:** *But I cried out to God, and the Lord heard me.* [SAAS]

On the sixth day and hour, You nailed to the Cross the sin that Adam dared to commit in Paradise. So also shred the record of our own offenses, O Christ our God, and save us.

[SD]

## READER

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

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]

## CHOIR

### Troparion before the Prophecy. Mode pl. 1.

Act with mercy towards us, Lord, and do not hand us over to our iniquities, holy Master almighty, we beg you. [EL]

Glory. Both now. **Repeat.**

From Triodion - -

## THE PROPHECY

## READER

Prokeimenon. Mode 4.

Psalms 112 (113).

Praise the Lord, O you servants; praise the name of the Lord.

*Blessed be the name of the Lord.* [SAAS]

The reading is from the Prophecy of Isaiah.

## PRIEST

Wisdom. Let us be attentive.

## READER

58:1-11

“[Thus says the Lord:] Cry aloud with strength, and spare not; lift up your voice like a trumpet, and declare to My people their sins, and to the house of Jacob their lawlessness. They seek Me day by day, and desire to know My ways. As a people who did righteousness, and did not forsake the judgment of their God, they now ask Me about righteous judgment, and desire to draw near to God, saying, ‘Why

have we fasted, but You did not see it? Why have we humbled our souls, but You did not know it?' Because in the days of your fasts, you seek your own wills, and mistreat those under your authority. If you fast for condemnations and quarrels, and strike a humble man with your fists, why do you fast to Me as you do today, so your voice may be heard in crying? I did not choose this fast, and such a day for a man to humble his soul; nor if you should bow your neck like a ring and spread sackcloth and ashes under yourself, could you thus call such a fast acceptable. I did not choose such a fast," says the Lord; "rather, loose every bond of wrongdoing; untie the knots of violent dealings; cancel the debts of the oppressed; and tear apart every unjust contract. Break your bread for the hungry, and bring the homeless poor into your house. If you see a naked man, clothe him, nor shall you disregard your offspring in your own household. Then your light shall break forth as the morning, and your healing shall spring forth quickly. Your righteousness shall go before you, and the glory of God shall cover you. Then you shall cry out, and God will hear you. While you are still speaking, He will say, 'Behold, I am here.' If you take away your fetter and the pointing of the finger, and the word of grumbling, and if you give bread to the hungry from your soul, and satisfy the humble soul, then your light shall rise up in the darkness, and your darkness shall be as midday. God shall be with you continually."

[SAAS]

Prokeimenon. Mode pl. 2.

Psalm 113 (114).

You are blessed by the Lord, who made heaven and earth.

*In the exodus of Israel from Egypt.* [SAAS]

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 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.

You worked salvation in the midst of the earth, O Christ our God. You stretched out your immaculate hands on the Cross, and gathered all the nations, who cry to You: "Lord, glory to You!" <sup>[SD]</sup>

Glory.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world. <sup>[SD]</sup>

Both now. **Theotokion.**

You are supremely glorified, O Virgin Theotokos; we sing your praise. For by means of your Son's crucifixion Hades been overthrown and death itself has died. We have risen, who once were dead, and have been made worthy of life. We received the original enjoyment of Paradise. And therefore with thanksgiving we send up glory to Christ our God because He is powerful and alone very merciful. <sup>[SD]</sup>

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 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**

**Prayer of St. Ephraim**

O Lord and Master of my life, do not permit the spirit of laziness and meddling, the lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit of prudence, humility, patience and love.

Yes, Lord and King, give me the power to see my own faults and not to judge my brother.

For you are blessed unto the ages of ages. Amen. <sup>[HC]</sup>

**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 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, 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.*)