

**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  
σκηνώσον 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. Ἄγιε,  
ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας 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,  
ἀγιασθήτω 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 στόμα 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 καταισχυνθείην 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 μνησθῆς. 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· πολλή γὰρ ἐστὶ. Τίς ἐστὶν ἄνθρωπος ὁ φοβούμενος τὸν Κύριον; νομοθετήσει αὐτῷ ἐν ὁδῷ ἣ ἡρετίσατο. Ἡ ψυχὴ αὐτοῦ ἐν ἀγαθοῖς ἀνλίσθησεται, καὶ τὸ σπέρμα αὐτοῦ κληρονομήσει γῆν, Κραταίωμα Κύριος τῶν φοβουμένων αὐτόν, καὶ ἡ διαθήκη αὐτοῦ δηλώσει αὐτοῖς. Οἱ ὀφθαλμοί μου διὰ παντός 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 καταισχυρθεῖν 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 πλυνόν 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. Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσώπῳ, 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 τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιᾶσεται 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' ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεός

**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



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 ἀεί, 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 ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

*Καὶ ἐνθύς·*

Τῆς Οἰκτιρήσου ---

**Ἀπολυτίκιον Ἀναστάσιμον.**  
**Ἦχος δ'.**

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,  
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου  
Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν  
ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι  
ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡ γέρθη  
Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ  
μέγα ἔλεος.

**Τοῦ Ὁσίου.**  
**Ἦχος πλ. δ'.**

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς  
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ  
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους  
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ  
οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη  
Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

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:*

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]

Καὶ νῦν καὶ ἀεί, 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 εὐλογητός, εὐλογητός Κύριος ἡμέραν καθ' ἡμέραν· κατευοδῶσαι ἡμῖν ὁ Θεὸς τῶν σωτηρίων ἡμῶν, ὁ Θεὸς ἡμῶν, ὁ Θεὸς τοῦ σώζειν.

**Τρισάγιον.**

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

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, 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 ἀεί, 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

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]

εἰσενέγκης 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.

Τῆς Οκτωήχου - - -

**Ὑπακοή. Ὕχος δ'.**

Τὰ τῆς σῆς παραδόξου Ἐγέρσεως, προδραμοῦσαι αἱ Μυροφόροι, τοῖς Ἀποστόλοις ἐκήρυττον Χριστέ, ὅτι ἀνέστης ὡς Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

### Κοντάκιον.

Τοῦ Τριωδίου - - -

**Ὕχος δ'. Ἐπεφάνης σήμερον.**

Ἐν τῷ ὕψει Κύριος, τῆς ἐγκρατείας, ἀληθῆ σε ἔθετο, ὥσπερ ἀστέρα ἀπλανῆ, φωταγωγοῦντα τὰ πέρατα, καθηγητὰ Ἰωάννη Πατὴρ ἡμῶν.

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 ἁγνισον, τοὺς λογισμοὺς διόρθωσον, τὰς ἐννοίας κάθαρον καὶ ρῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ

### 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.

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]

### 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]

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



οδύνης. 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 Ἀγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,  
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**

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.

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**

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.

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' ἐμέ 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  
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 ἐπεῖδεν 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  
ἐνεκότεουν 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 ὥσει περιστερᾶς  
καὶ πετασθήσομαι καὶ καταπαύσω; ἰδοὺ  
ἐμάκρυνα φυγαδεύων καὶ ηὐλίσθην ἐν  
τῇ ἐρήμῳ. Προσεδεχόμεν τὸν σῶζοντά  
με, ἀπὸ ὀλιγοψυχίας καὶ ἀπὸ καταιγίδος.

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. [SAAS]

**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

Καταπόντισον, Κύριε, καὶ καταδίελε τὰς  
 γλώσσας αὐτῶν, ὅτι εἶδον ἀνομίαν καὶ  
 ἀντιλογίαν ἐν τῇ πόλει. Ἡμέρας καὶ νυκτὸς  
 κυκλώσει αὐτὴν ἐπὶ τὰ τείχη αὐτῆς, καὶ  
 ἀνομία καὶ κόπος ἐν μέσῳ αὐτῆς καὶ  
 ἀδικία, καὶ οὐκ ἐξέλιπεν ἐκ τῶν πλατειῶν  
 αὐτῆς τόκος καὶ δόλος. Ὅτι εἰ ἐχθρὸς  
 ὠνείδισέ με, ὑπήνεγκα ἄν, καὶ εἰ ὁ μισῶν  
 ἐπ' ἐμὲ ἐμεγαλορρημόνησεν, ἐκρύβην  
 ἄν ἀπ' αὐτοῦ. Σὺ δέ, ἄνθρωπε ἰσόψυχε,  
 ἡγεμὼν μου καὶ γνωστὴ 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.  
 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. Διμερίσθησαν 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,  
 κατάξεις αὐτοὺς εἰς φρέαρ διαφθορᾶς·  
 ἄνδρες αἱμάτων καὶ δολιότητος οὐ μὴ  
 ἡμισεύσωσι τὰς ἡμέρας αὐτῶν, ἐγὼ δέ,  
 Κύριε, ἐλπῶ ἐπὶ σέ.

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]

**Ψαλμὸς 91 (90).**

Ὁ κατοικῶν ἐν βοηθείᾳ τοῦ Ὑψίστου, ἐν σκέπῃ τοῦ Θεοῦ τοῦ οὐρανοῦ ἀνλισθήσεται. Ἐρεῖ τῷ Κυρίῳ· Ἀντιλήπτωρ μου εἶ, καὶ καταφυγή μου, ὁ Θεός μου, καὶ ἐλπὶς 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 σὲ δὲ οὐκ ἐγγιεῖ. 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 ἐπιβήσῃ, καὶ καταπατήσῃς 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 ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**Psalms 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.

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

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Τῆς Οκτωήχου ---

**Ἀπολυτίκιον Ἀναστάσιμον.**

**Ἦχος δ'.**

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,  
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου  
Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν  
ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι  
ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη  
Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ  
μέγα ἔλεος.

**Τοῦ Ὁσίου.**

**Ἦχος πλ. δ'.**

Ταῖς τῶν δακρῶν σου ῥοαῖς, τῆς  
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ  
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους  
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ  
οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη  
Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

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

**Θεοτοκίον.**

Ὅτι οὐκ ἔχομεν παρησίαν 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 σώζειν δυνάμενος, ὁ καὶ  
παθεῖν ὑπὲρ ἡμῶν καταδεξάμενος.

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

Lord, have mercy. (3)

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

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]

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]



Ταχὺ προκαταλαβέτωσαν ἡμᾶς οἱ οἰκτιρμοί 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, ἄγιος Ἰσχυρός, ἄγιος 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. 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.)

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.)

**ΑΝΑΓΝΩΣΤΗΣ**

Αμήν.

Τῆς Ὀκτωήχου - - -

**Ὑπακοή. Ἦχος δ'.**

Τὰ τῆς σῆς παραδόξου Ἐγέρσεως,  
προδραμοῦσαι αἱ Μυροφόροι, τοῖς  
Ἀποστόλοις ἐκήρυττον Χριστέ, ὅτι ἀνέστης  
ὡς Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

**Κοντάκιον.**

Τοῦ Τριωδίου - - -

**Ἦχος δ'. Ἐπεφάνης σήμερον.**

Ἐν τῷ ὕψει Κύριος, τῆς ἐγκρατείας,  
ἀληθῇ σε ἔθετο, ὥσπερ ἀστέρα ἀπλανῇ,  
φωταγωγοῦντα τὰ πέρατα, καθηγητὰ  
Ἰωάννη Πατὴρ ἡμῶν.

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 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. Αμήν.

Κύριε, ἐλέησον. (ἐκ γ')

**READER**

Amen.

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]

**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]

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)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεί, 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 φιλάνθρωπε, πρόσδεξαι καὶ  
ἡμῶν τῶν ἁμαρτωλῶν τὰς εὐχαριστηρίους  
ταύτας καὶ ἱκετηρίους ἐντεύξεις, καὶ ῥῦσαι  
ἡμᾶς ἀπὸ παντὸς ὀλεθρίου καὶ σκοτεινοῦ  
παραπτώματος, καὶ πάντων τῶν κακῶσαι  
ἡμᾶς ζητούντων, ὁρατῶν καὶ ἀοράτων  
ἐχθρῶν. Καθήλωσον ἐκ τοῦ φόβου σου τὰς  
σάρκας ἡμῶν, καὶ μὴ ἐκκλίνης τὰς καρδίας  
ἡμῶν εἰς λόγους, ἢ εἰς λογισμοὺς πονηρίας,  
ἀλλὰ τῷ πόθῳ σου τρῶσον ἡμῶν τὰς  
ψυχὰς, ἵνα πρὸς σὲ διαπαντὸς ἀτενίζοντες,  
καὶ τῷ παρὰ σοῦ φωτὶ ὁδηγούμενοι, σὲ τὸ

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  
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

ἀπρόσιτον καὶ ἀΐδιον κατοπτέοντες 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 ἀεί, καὶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων. (Ἀμήν.)

*Ἄν θὰ γίνει 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 ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

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

Εὐλόγησον.

### ΙΕΡΕΥΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, 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  
όσιων καὶ θεοφόρων Πατέρων ἡμῶν·  
(τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ  
δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης,  
τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ  
Συγγραφέως τῆς Κλίμακος, οὗ καὶ τὴν  
μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν  
Ἀγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς  
καὶ φιλόανθρωπος.

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 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.

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

(Ἀμήν.)

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

(Amen.)