

Sing This First

The Lamentations, Second Stasis

Book mark

It is right to ma - gni fy Thee

8 Gi - ver of Life, Who hast stretched out Thine arms u - pon the

15 Cross and bro - ken the po - wer of thee e - ne my.

FAST -
Thy hands have made me and fashioned me: give me understanding, and I will learn Thy

com - mand - - - - - ments. Immediately sing ②

2

- ⑦ [V. Let those that fear Thee turn unto me, and those that know Thy testimonies.

He who at the beginning by His will alone set the earth upon its course, now descends dead beneath the earth. Tremble, O heaven, at this sight.

- ⑧ [V. Let my heart be blameless in Thy statutes: that I be not ashamed.

O Thou who hast fashioned Adam with Thine own hand, Thou hast gone down beneath the earth, to raise up fallen men by Thine almighty power.

- ⑨ [V. My soul faints for Thy salvation: and I have hoped in Thy words.

Come, and as the women bearing myrrh let us sing a holy lament to the dead Christ, that like them we too may hear Him say 'Rejoice!' ²²

- ⑩ [V. Mine eyes have grown dim with waiting for Thy word; they say: when wilt Thou comfort me.

Thou art in very truth, O Word, the myrrh that never fails: yet the women with their spices brought myrrh to Thee, the living God, to anoint Thee as a corpse.

- ⑪ [V. For I am become like a wineskin in the frost; yet have I not forgotten Thy statutes.

Through Thy burial, O Christ, Thou dost destroy the palaces of hell: by Thy death Thou slayest death, and dost deliver from corruption the children of the earth.

- ⑫ [V. How many are the days of Thy servant? When wilt Thou execute judgement on them that persecute me?

Source of the river of life, the Wisdom of God descends into the tomb and gives life to all those in the depths of hell.

- ⑬ [V. The transgressors told me idle tales, which are not after Thy law, O Lord.

'To renew the broken nature of mortal men, willingly have I been wounded in the flesh by death. O Mother, do not strike thy breast in grief.'

- ⑭ [V. All Thy commandments are true: they persecute me wrongfully; help Thou me.

O Morning Star of righteousness, Thou art gone down beneath

the earth and hast raised up the dead as if from sleep, dispersing all the darkness of hell.

- (15) [V. They had almost made an end of me upon earth; but I forsook not Thy commandments.

The life-giving Seed, twofold in nature, today is sown with tears in the furrows of the earth; but springing up He will bring joy to the world.²³

- (16) [V. Quicken me according to Thy mercy; so shall I keep the testimonies of Thy mouth.

Adam was afraid when God walked in Paradise, but now he rejoices when God descends to hell. Then he fell, but now he is raised up.²⁴

- (17) [V. For ever, O Lord, Thy word endures in heaven.

Seeing Thy body laid in the tomb, O Christ, Thy Mother brings Thee the offering of her tears, and she says: 'Arise, my Child, as Thou hast foretold.'

- (18) [V. Thy truth also remains from one generation to another: Thou hast established the earth, and it abides.

Joseph hid Thee reverently in a new tomb, O Saviour, and lamenting sang to Thee a funeral hymn fitting for God.

- (19) [V. The day continues according to Thine ordinance: for all things are Thy servants.

Seeing Thee, O Word, pierced with nails upon the Cross, Thy Mother was wounded in her soul with the nails and arrows of bitter grief.

- (20) [V. Unless Thy law had been my study, I should have perished in my humiliation.

Thy Mother saw Thee drink the bitter vinegar, O Sweetness of the world, and her cheeks were wet with bitter tears.

- (21) [V. I will never forget Thy precepts: for with them Thou hast quickened me.

'I am grievously wounded and my heart is torn, O Word, as I behold Thee slain unjustly', said the All-pure Virgin weeping.

- (22) [V. I am Thine, save me; for I have sought Thy precepts.

'How shall I close Thy sweet eyes and Thy lips, O Word? And how shall I lay Thee out for burial as a corpse?' cried Joseph trembling.

²³ Ps. 125: 5-6; John 12: 24.

²⁴ Gen. 3: 1-6.

23 [[^] Y. Sinners have waited for me to destroy me: but I have understood Thy testimonies.

Joseph and Nicodemus now sing hymns of burial to the dead Christ; and with them sing the seraphim.

24 [[^] Y. I have seen the outcome of all perfection: but Thy commandment is exceed-^{ing} board.

O Saviour, Sun of Righteousness, Thou dost set beneath the earth: therefore the Moon, Thy Mother, is eclipsed in grief, seeing Thee no more.

25 [[^] Y. O how I have loved Thy law, O Lord! It is my meditation all the day.

Hell trembled, O Saviour, when he saw Thee, the Giver of Life, despoiling him of his wealth and raising up the dead from every age.

26 [[^] Y. Thou through Thy commandment hast made me wiser than mine enemies: for it is mine for ^{ever} -ver.

After the night the sun shines out again in brightness; and after death do Thou, O Word, arise once more and shine in Thy glory, as a bridegroom coming from his chamber.²⁵

27 [[^] Y. I have more understanding than all my teachers: for Thy testimonies are my meditation ^{-tion} -tion.

When she received Thee in her bosom, O Creator and Saviour, the earth shook in fear, and with her quaking she awoke the dead.

28 [[^] Y. I understand more than my elders, because I have sought Thy commandments.

In a new and strange way Nicodemus and noble Joseph buried Thee with spices, and they cried aloud: 'Tremble, all the earth!'

29 [[^] Y. I have restrained my feet from every evil way, that I might keep Thy words.

Thou hast gone down beneath the earth, O Creator of light, and with Thee the sun's light has also set; creation is seized with trembling and proclaims Thee the Maker of all.

30 [[^] Y. I have not departed from Thy judgements: for Thou hast taught me.

A stone hewn from the rock covers the Cornerstone; and a mortal man now buries God in the grave as one dead. Tremble, O earth!²⁶

31 [[^] Y. How sweet are Thy words unto my taste! yea, sweeter than honey to my mouth!

²⁵ Ps. 18: 6.

²⁶ Matt. 27: 60: 21: 42: Eph. 2: 20.

'Behold the disciple whom Thou hast loved and Thine own Mother, O my sweetest Child, and do Thou speak to them', cried the pure Virgin weeping.²⁷

32 [V. Through Thy commandments I have gained understanding: therefore have I hated every evil way.

Since Thou art Life-giver, O Word, when stretched out upon the Cross, Thou hast not slain the Jews but raised their forefathers from the dead.

→ 33 [V. Thy law is a lamp unto my feet, and a light unto my path. At Thy Passion, O Word, there was neither form nor beauty in Thee: but Thou hast risen in glory, and with Thy divine light Thou hast given beauty to mortal men.²⁸

34 [V. I have sworn, and am steadfastly purposed, that I will keep the judgements of Thy righteousness.

Daystar without evening, Thou hast gone down in the flesh beneath the earth; and the sun grew dark at height of noon-day, for it could not bear to look upon Thee.

35 [V. I have been very greatly humbled: quicken me, O Lord, according unto Thy word.

The sun and moon grew dark together, O Saviour, like faithful servants clothed in black robes of mourning.

36 [V. Accept, I beseech Thee, the free-will offerings of my mouth, O Lord, and teach me Thy judgements.

'The centurion knew Thee to be God, though Thou wast dead. How, then, my God, shall I touch Thee with my hands? I am afraid', cried Joseph.²⁹

37 [V. My soul is continually in Thy hands: yet have I not forgotten Thy law.

Adam slept, and from his side there came death; now Thou dost sleep, O Word of God, and from Thy side there flows a fountain of life for the world.³⁰

38 [V. Sinners have laid a snare for me: yet have I not gone astray from Thy commandments.

Thou hast slept a little while, and brought the dead to life; Thou

²⁷ John 19: 26-7.

²⁸ Isa. 53: 2.

²⁹ Matt. 27: 54.

hast arisen, O loving Lord, and raised up those that from the beginning of time had fallen asleep.

39 [V. Thy testimonies have I received as an heritage for ever: for they are the rejoicing of my heart.

O life-giving Vine, Thou wast lifted up from the earth, yet hast Thou poured out the wine of salvation. I glorify Thy Passion and Thy Cross.

40 [V. I have inclined my heart to perform Thy statutes: for therein is an everlasting reward.

When the chief captains of the heavenly hosts saw Thee, Saviour, stripped, bloodstained and condemned, how could they bear the boldness of Thy crucifiers?

41 [V. I have hated transgressors: but Thy law have I loved.

Perverse and crooked people of the Hebrews, ye knew how the temple would be raised again: why then did ye condemn Christ?³¹

42 [V. Thou art my helper and defender: I have hoped in Thy words.

In a robe of mockery ye clothe Him who ordered all things, who adorned the heavens with stars and the earth with wonders.

43 [V. Depart from me, ye evildoers: for I will seek the commandments of my God.

Wounded in Thy side, O Word, through the life-giving drops of Thy blood as the pelican Thou hast restored Thy dead children to life.

44 [V. Uphold me according unto Thy word, and give me life: and turn me not away in shame from mine expectation.

Of old Joshua made the sun stand still, as he smote the heathen tribes; but Thou hast blotted out its light, whilst casting down the prince of darkness.³²

45 [V. Help me, and I shall be saved: and my study shall be ever in Thy statutes.

Without leaving Thy Father's side, O merciful Christ, Thou hast consented in Thy love to become a mortal man, and Thou hast gone down to hell.

46 [V. Thou hast brought to nothing all them that depart from Thy statutes: for their inward thought is unrighteous.

He who hung the earth upon the waters is hung upon the Cross.

³¹ John 2: 19.

³² Josh. 10: 12-13.

As a lifeless corpse He is laid in the earth, and it quakes in terror, unable to endure His presence.

(47) [V̇. I have regarded all the wicked of the earth as transgressors: therefore I love Thy testimonies.

'Woe is me, my Son!' laments the Virgin. 'I see Thee now condemned upon the Cross, whom I had hoped to see enthroned as King.'

(48) [V̇. Nail my flesh with the fear of Thee: for I am afraid of Thy judge-ments.

'Such were the tidings Gabriel brought me when he flew down from heaven: for he said that the Kingdom of my Son Jesus would be eternal.'³³

(49) [V̇. I have done judgement and justice: O give me not over unto mine oppres-sors.

'Alas! the prophecy of Simeon has been fulfilled: for Thy sword has pierced my heart, Emmanuel.'³⁴

(50) [V̇. Be surety for Thy servant for good: let not the proud accuse me false-ly.

Be ashamed, O Jews, for the Life-giver raised your dead, yet ye slew Him out of envy.³⁵

(51) [V̇. Mine eyes have failed with waiting for Thy salvation, and for the word of Thy righteousness.

Seeing Thee, my Christ, the Light invisible, hidden lifeless in the tomb, the sun trembled and darkened its light.

(52) [V̇. Deal with Thy servant according unto Thy mercy, and teach me Thy statutes.

Thine all-blameless Mother wept bitterly, O Word, when she beheld Thee in the grave, God ineffable and without beginning.

(53) [V̇. I am Thy servant; give me understanding, that I may know Thy testimonies.

Thine undefiled Mother, seeing Thy death, O Christ, cried to Thee in bitter sorrow: 'Tarry not, O Life, among the dead.'

(54) [V̇. It is time for the Lord to act: for they have made void Thy law.

Cruel hell trembled when he saw Thee, O immortal Sun of glory, and in haste he yielded up his prisoners.

³³ Luke 1: 33.

³⁴ Luke 2: 35.

³⁵ Matt. 27: 65.

(55) [V̇. Therefore have I loved Thy commandments above gold or topaz.

Great and fearful is the sight now before our eyes, O Saviour: for of His own will the Cause of life submits to death, that He may give life to all.

(56) [V̇. Therefore I walked uprightly according unto all Thy commandments: and I hated every evil way.

Thy side is pierced, O Master, and Thy hands are transfixed with nails; so Thou healest the wound of our first parents and the sinful greed of their hands.

(57) [V̇. Thy testimonies are wonderful: therefore has my soul sought them.

Once they wept in every house for Rachel's child; and now the company of Christ's disciples with His Mother lament for the Virgin's Son.³⁶

(58) [V̇. The revelation of Thy words shall give light and understanding unto the simple.

With their hands they struck Christ in the face, though He it was who formed man with His hand and crushed the teeth of the beast.

(59) [V̇. I opened my mouth, and drew in my breath: for I longed for Thy commandments.

In our hymns, O Christ, with all the faithful we worship now Thy Crucifixion and Thy Sepulchre, for by Thy burial we are set free from death.

(60) [Glory be to the Father. . . . Holy Spirit.

O God without beginning, Word coeternal, and Holy Spirit, in Thy love strengthen the power of our rulers against their enemies.

(61) [Both now. . . . ages of ages. Amen.

Theotokion

O Virgin pure and undefiled, who hast given birth to our Life, bring to an end the scandals of the Church and in thy love grant her peace.

And we repeat the first troparion of the second stasis:

It is right to magnify Thee, Giver of Life, who hast stretched Thine arms upon the Cross and broken the power of the enemy.

Small Litany, with the exclamation: For holy art Thou, our God, who

³⁶ Jer. 31: 15.

dost rest upon the glorious throne of the cherubim, and to Thee we ascribe glory, together with Thine eternal Father and Thy most holy, good and life-creating Spirit, now and ever, and to the ages of ages. Amen.

As we begin the third stasis, the priest or deacon once more censes the Epitaphion, the ikonostasis and the people.

THIRD STASIS

TONE THREE

Every generation, O my Christ, offers praises at Thy burial.

- ① [*Ψ.* Look Thou upon me, and be merciful unto me, according to the judgement of those that love Thy Name.

Taking Thee down from the Tree, Joseph of Arimathaea lays Thee in a sepulchre.

- ② [*Ψ.* Order my steps in Thy word: and let not any iniquity have dominion over me.

Providently bringing Thee sweet spices, O my Christ, the Myrrh-bearers drew near.

- ③ [*Ψ.* Deliver me from the false accusation of men: so will I keep Thy commandments.

Come, and with the whole creation let us offer a funeral hymn to the Creator.

- ④ [*Ψ.* Make Thy face to shine upon Thy servant; and teach me Thy statutes.

Understanding what we do, with the Myrrhbearers let us all anoint the Living as a corpse.

- ⑤ [*Ψ.* Rivers of water have run down from mine eyes, because I kept not Thy law.

O thrice-blessed Joseph, bury the body of Christ, the Giver of Life.

- ⑥ [*Ψ.* Righteous art Thou, O Lord, and upright are Thy judgements.

Those He fed with manna have lifted up their heel against their Benefactor.³⁷

- ⑦ [*Ψ.* Thy testimonies that Thou hast commanded are righteous and very faithful.

Those He fed with manna offer to the Saviour vinegar and gall.

⑧ [Ps. My [^]zeal has consumed me, because mine enemies have forgotten Thy words.

O the folly of those who killed the prophets and slew Christ!³⁸

⑨ [Ps. Thy word is tried in the fire to the uttermost: therefore has Thy servant loved it.

Like a foolish servant, the disciple has betrayed the Abyss of Wisdom.

⑩ [Ps. I am [^]young and despised: yet have I not forgotten Thy statutes.

Judas the traitor has sold his Deliverer and himself become a captive.

⑪ [Ps. Thy [^]righteousness is an everlasting righteousness, and Thy law is truth.

As Solomon said, the mouth of the transgressing Hebrews is a deep pit.³⁹

⑫ [Ps. [^]Trouble and anguish have taken hold on me: yet Thy commandments are my study.

In the crooked paths of the transgressing Hebrews there are thorns and snares.⁴⁰

⑬ [Ps. The [^]righteousness of Thy testimonies is everlasting: give me understanding, and I shall live.

Joseph and Nicodemus bury the Creator with the honours that befit the dead.

⑭ [Ps. I [^]cried with my whole heart; hear me, O Lord: I will seek Thy statutes.

Life-giver and Saviour, Thou hast destroyed hell: to Thy power be glory!

⑮ [Ps. I cried unto Thee; save me, and I shall keep Thy testimonies. When she saw Thee lying dead, O Word, the all-pure Virgin wept with a mother's grief.

⑯ [Ps. I rose [^]up before it was dawn, and cried: I have hoped in Thy word.

'O my sweet springtime, O my sweetest Child, where has all Thy beauty gone?'

⑰ [Ps. Mine [^]eyes woke before the morning: that I might meditate in Thy words.

³⁸ Matt. 23: 31.

³⁹ Prov. 22: 14.

⁴⁰ Prov. 22: 5.

When Thou, O Word, wast dead, Thine all-pure Mother raised a lamentation for Thee.

- (18) [V̇. Hear my voice according unto Thy loving-kindness, O Lord: quicken me according to Thy judgement.

- (19) [The women came with myrrh to anoint Christ, the Myrrh of God. V̇. They draw nigh that persecute me unlawfully: they are far from Thy Law.

By dying, O my God, Thou putttest death to death through Thy divine power.

- (20) [V̇. Thou art near, O Lord; and all Thy ways are truth.

The deceiver is deceived, and those he misled are set free by Thy wisdom, O my God.

- (21) [V̇. Concerning Thy testimonies, I have known of old that Thou hast founded them for ever.

The traitor was cast down to the depths of hell, and to the pit of destruction.

- (22) [V̇. Behold my humiliation, and deliver me: for I have not forgotten Thy law.

Thorns and snares beset the path of Judas the foolish and the thrice-wretched.

- (23) [V̇. Judge my cause, and deliver me: quicken me according to Thy word.

All that crucified Thee shall be destroyed together, O Word, Thou Son of God and King of all.

- (24) [V̇. Salvation is far from the wicked: for they have not sought Thy statutes.

In the pit of destruction shall all the men of blood be destroyed together.

- (25) [V̇. Many are Thy tender mercies, O Lord: quicken me according to Thy judgement.

O Son of God and King of all, my God and my Creator, how hast Thou accepted suffering?

- (26) [V̇. Many are they that persecute and afflict me: yet have I not turned aside from Thy testimonies.

As the mother of a foal, the Virgin gazed on Thee in grief when she saw Thee hanging on the Tree.

- (27) [V̇. I beheld the foolish and was grieved; because they kept not Thy words.

Joseph and Nicodemus bury the body that is the Source of life.

(28) [V̇. See how I have loved Thy commandments: quicken me, O Lord, in Thy mercy.

Pierced to the heart, the Virgin shed warm tears and cried aloud.

(29) [V̇. The beginning of Thy words is truth: and every one of Thy righteous judgements endures for ever.

'O Light of mine eyes, my sweetest Child, how art Thou hidden now in the sepulchre?'

(30) [V̇. Princes have persecuted me without a cause: but my heart stands in awe of Thy words.

'Weep not, O Mother, for I suffer this to set at liberty Adam and Eve.'

(31) [V̇. I will rejoice at Thy words, as one that finds great spoil.

'O my Son, I glorify Thy supreme compassion, that causes Thee to suffer so.'

(32) [V̇. I have hated and abhorred injustice: but Thy law have I loved. Thou hast drunk vinegar and gall, in Thy compassion, to loose us from the guilt of the forbidden fruit.

(33) [V̇. Seven times a day have I praised Thee because of the judgements of Thy righteousness.

Thou art nailed upon the Cross, who of old hast sheltered Thy people with a pillar of cloud.⁴¹

(34) [V̇. Great peace have they that love Thy law: and for them there is no stumbling-block.

The women bearing myrrh came, O Saviour, to Thy tomb and offered Thee sweet spices.

(35) [V̇. Lord, I have looked for Thy salvation, and loved Thy commandments.

Arise, O merciful Lord, and raise us from the depths of hell.

(36) [V̇. My soul has kept Thy testimonies: and loved them exceedingly.

'Arise, O Giver of Life', the Mother who bore Thee said with tears.

(37) [V̇. I have kept Thy commandments and Thy testimonies: for all my ways are before Thee, O Lord.

Make haste to arise, O Word, and take away the sorrow of Thy Virgin Mother.

(38) [V̇. Let my prayer draw near to Thee, O Lord; give me understanding according to Thy word.

All the powers of heaven were filled with fear and wonder when they saw Thee dead.

- (39) [Ψ. Let my supplication come before Thee, O Lord: deliver me according to Thy word.

With love and fear we honour Thy Passion: grant us the forgiveness of our sins.

- (40) [Ψ. Let my lips speak of Thy praise: for Thou hast taught me Thy statutes.

Strange and dreadful wonder! How art Thou now hidden in the earth, O Word of God?

- (41) [Ψ. Let my tongue speak of Thy words: for all Thy commandments are righteousness.

Joseph once fled with Thee, O Saviour, and now another Joseph buries Thee.

- (42) [Ψ. Let Thine hand be near to save me: for I have chosen Thy commandments.

Thine all-holy Mother weeps for Thee lamenting, O my Saviour, at Thy death.

- (43) [Ψ. I have longed for Thy salvation, O Lord; and Thy law is my study.

The spiritual powers tremble at Thy strange and fearful burial, O Maker of all.

- (44) [Ψ. My soul shall live, and it shall praise Thee: and Thy judgments shall help me.

Early in the morning the myrrh-bearers came to Thee and sprinkled myrrh upon Thy tomb.⁴²

- (45) [Ψ. I have gone astray like a lost sheep: seek Thy servant, for I have not forgotten Thy commandments.

By Thy Resurrection give peace to the Church and salvation to Thy people.

- (46) [Glory ~~be~~ to the Father. . . . Holy Spirit.

O my God in Trinity, Father, Son and Spirit, grant Thy mercy to the world.

- (47) [Both now. . . . ages of ages, Amen.

Theotokion

Grant to us thy servants to behold, O Virgin, the Resurrection of thy Son.

⁴² At this point in the Greek use, the priest sprinkles the Epitaphion with rose-