

Smoothly

Lamentations

S.C. 1st
T.C. 2nd
S.C. 3rd

First Stasis

S,T
A

Bles - - - - sed art Thou, O

B

8

Lord: teach me Thy sta - - - - tutes.

17

1 Bles-sed art those that are blameless in the way, who walk in the law of the Lord.

Turn page and sing Verse 2!

FIRST STASIS

TONE FIVE

~~Blessed art Thou, O Lord: teach me Thy statutes.~~

① ~~Ψ. Blessed art those that are blameless in the way, who walk in the law of the Lord.~~

~~Thou who art the Life wast laid in a tomb, O Christ; and the hosts of angels were amazed and glorified Thy self-abasement.~~

② ~~Ψ. Blessed are they that search out His testimonies, and seek Him with their whole heart.~~

O Life, how canst Thou die? How canst Thou dwell in a tomb? Yet Thou dost destroy death's kingdom and raise the dead from hell.

③ ~~Ψ. For they that work wickedness have not walked in His ways. We magnify Thee, Jesus our King: we honour Thy burial and Thy sufferings, whereby Thou hast saved us from corruption.~~

④ ~~Ψ. Thou hast commanded us to keep Thy precepts diligently. O Jesus, King of all, who hast set measures to the earth, Thou dost go this day to dwell in a narrow grave, raising up the dead from their tombs.~~

⑤ ~~Ψ. O that my ways were directed to keep Thy statutes! O Jesus, my Christ and King of all, why hast Thou come to those in hell? Is it to set free the race of mortal men?~~

⑥ ~~Ψ. Then shall I not be ashamed, when I give heed unto all Thy commandments.~~

The Master of all is seen lying dead, and in a new tomb He is laid, who empties the tombs of the dead.

⑦ ~~Ψ. I will praise Thee with uprightness of heart, when I shall have learned the judgements of Thy righteousness.~~

Thou who art Life wast laid in a tomb, O Christ: by Thy death Thou hast destroyed death and art become a fountain of life for the world.

⑧ ~~Ψ. I will keep Thy statutes: O forsake me not utterly. Numbered with the transgressors, O Christ, Thou dost free us all from the guilt brought upon us of old by the deceiver.²~~

⑨ ~~Ψ. Wherewithal shall a young man cleanse his way? By keeping Thy words.~~

² Isa. 53: 12; Mark 15: 28.

Fairer in His beauty than all mortal men, He appears now as a corpse without form or comeliness, He who has made beautiful the nature of all things.³

- ⑩ [V̇. With my whole heart have I sought Thee: O let me not wander from Thy commandments.

How could hell endure Thy coming, O Saviour? Was it not shattered and struck blind by the dazzling radiance of Thy light?

- ⑪ [V̇. Thy words have I hid in my heart, that I might not sin against Thee.

O Jesus, my sweetness and light of salvation, how art Thou hidden in a dark tomb? O forbearance ineffable, beyond all words!

- ⑫ [V̇. Bl̃ssed art Thou, O Lord: teach me Thy statutes.

The spiritual powers and the angelic hosts are amazed, O Christ, at the mystery of Thy burial past utterance and speech.

- ⑬ [V̇. With my lips have I declared all the judgements of Thy mouth.

O strange wonder, new to man! He who granted me the breath of life is carried lifeless in Joseph's hands to burial.

- ⑭ [V̇. I have rejoiced in the way of Thy testimonies, as much as in all riches.

Thou hast gone down into the tomb, O Christ, yet wast Thou never parted from Thy Father's side. O marvellous wonder!

- ⑮ [V̇. I will meditate on Thy precepts, and I will understand Thy ways.

Though Thou wast shut within the narrowest of sepulchres, O Jesus, all creation knew Thee as true King of heaven and earth.

- ⑯ [V̇. My study shall be in Thy statutes: I will not forget Thy words.

When Thou wast laid in a tomb, O Christ the Creator, the foundations of hell were shaken and the graves of mortal men were opened.

- ⑰ [V̇. O reward Thy servant: give me life, and I shall keep Thy words.

He who holds the earth in the hollow of His hand is held fast by the earth; put to death according to the flesh, He delivers the dead from the grasping hand of hell.⁴

- ⑱ [V̇. Open Thou mine eyes, that I may behold the wondrous things of Thy law.

³ Ps. 44: 3; Isa. 53: 2.

⁴ Isa. 53: 2.

O Saviour, my Life, dying Thou hast gone to dwell among the dead: yet Thou hast shattered the bars of hell and arisen from corruption.

(19) [V. I am but a sojourner upon the earth: hide not Thy commandments from me.

The flesh of God is hidden now beneath the earth, like a candle underneath a bushel, and it drives away the darkness in hell.⁵

(20) [V. My soul is consumed with the longing that it has for Thy judgements at all times.

The multitude of the heavenly powers makes haste with Joseph and Nicodemus, and within a narrow sepulchre they enclose Thee whom nothing can contain.

(21) [V. Thou hast rebuked the proud: and cursed are they that do err from Thy commandments.

With Thine own consent slain and laid beneath the earth, O my Jesus, Fountain of Life, Thou hast brought me back to life when I was dead through bitter sin.

(22) [V. Remove from me reproach and contempt; for I have sought Thy testimonies.

The whole creation was altered by Thy Passion: for all things suffered with Thee, knowing, O Word, that Thou holdest all in unity.⁶

(23) [V. Princes also did sit and speak against me: but Thy servant did meditate on Thy statutes.

All-devouring hell received within himself the Rock of Life, and cast forth all the dead that he had swallowed since the beginning of the world.⁷

(24) [V. Thy testimonies also are my study: and Thy statutes are my counsellors.

Thou wast laid in a new tomb, O Christ, and hast made new the nature of mortal man, rising from the dead by Thy divine power.

(25) [V. My soul has cleaved unto the dust: quicken Thou me according to Thy word.

To earth hast Thou come down, O Master, to save Adam: and not finding him on earth, Thou hast descended into hell, seeking him there.

⁵ Matt. 5: 15.

⁶ Col. 1: 16-17.

⁷ Jonah 1: 17; 2: 10; 1 Cor. 10: 4.

- (26) [Ψ . \hat{I} have declared my ways, and Thou heardest me: \overline{teach} me Thy statutes.

The whole earth quaked with fear, O Word, and the daystar hid its rays, when Thy great Light was hidden in the earth.

- (27) [Ψ . Make me to understand the way of Thy precepts: so shall I talk of Thy $\overline{wondrous}$ works.

Willingly Thou diest as a mortal man, O Saviour, but as God Thou dost raise up the dead from the grave and from the depths of sin.

- (28) [Ψ . My \hat{soul} is grown drowsy from heaviness: strengthen me \overline{with} Thy words.

Tears of lamentation the pure Virgin shed over Thee, Jesus, and with a mother's grief she cried: 'How shall I bury Thee, my Son?'

- (29) [Ψ . \hat{Remove} from me the way of lying: and take pity on \overline{me} with Thy law.

Buried in the earth like a grain of wheat, Thou hast yielded a rich harvest, raising to life the mortal sons of Adam.⁸

- (30) [Ψ . \hat{I} have chosen the way of truth: Thy judgements have I \overline{not} forgotten.

Now art Thou hidden like the setting sun beneath the earth and covered by the night of death: but, O Saviour, rise in brighter dawn.

- (31) [Ψ . \hat{I} have stuck unto Thy testimonies: O Lord, put me \overline{not} to shame.

As the moon hides the circle of the sun, O Saviour, now the grave has hidden Thee, bodily eclipsed in death.

- (32) [Ψ . \hat{I} have run the way of Thy commandments: for Thou hast enlarged my heart.

Christ the Life, by tasting death, has delivered mortal men from death, and now gives life to all.

- (33) [Ψ . \hat{Teach} me, O Lord, the way of Thy statutes; and I shall seek it \overline{always} .

Adam was slain of old through envy, but by Thy dying Thou hast brought him back to life, O Saviour, revealed in the flesh as the new Adam.⁹

- (34) [Ψ . Give me understanding, and I shall seek Thy law; yea, I shall observe it with my \overline{whole} heart.

⁸ John 12: 24.

When the ranks of angels saw Thee, O Saviour, laid out dead for our sake, they were filled with wonder and veiled their faces with their wings.

35 [*Ps.* Make me to go in the path of Thy commandments; for therein do I delight.

Taking Thee down dead from the Tree, O Word, Joseph now has laid Thee in a tomb: but rise up as God to save us all.

36 [*Ps.* Incline my heart unto Thy testimonies, and not to covetousness.

Thou art the Joy of the angels, O Saviour, but now Thou art become the cause of their grief, as they see Thee in the flesh a lifeless corpse.

37 [*Ps.* Turn away mine eyes from beholding vanity, and quicken Thou me in Thy way.

Uplifted on the Cross, Thou hast uplifted with Thyself all living men; and then descending beneath the earth, Thou raisest all that lie buried there.

38 [*Ps.* Stablish Thy word in Thy servant, that I may fear Thee.

As a lion hast Thou fallen asleep in the flesh, O Saviour, and as a young lion hast Thou risen from the dead, putting off the old age of the flesh.¹⁰

39 [*Ps.* Take away my reproach which I fear: for Thy judgements are good.

O Thou who hast fashioned Eve from Adam's side, Thy side was pierced and from it flowed streams of cleansing.¹¹

40 [*Ps.* Behold, I have longed after Thy precepts: quicken me in Thy righteousness.

Of old the lamb was sacrificed in secret; but Thou, longsuffering Saviour, wast sacrificed beneath the open sky and hast cleansed the whole creation.¹²

41 [*Ps.* Let Thy mercy come also upon me, O Lord, even Thy salvation, according to Thy word.

Who can describe this strange and terrible thing? The Lord of Creation today accepts the Passion and dies for our sake.

42 [*Ps.* So shall I give an answer to them that reproach me: for I trust in Thy word.

¹⁰ Gen. 49: 9.

¹¹ Gen. 2: 21-2; John 19: 34.

¹² Exod. 12: 3-11.

'How do we see the Giver of Life now dead?' the angels cried in amazement. 'How is God enclosed within a tomb?'

(43) [V̄. And take [^]not the word of truth utterly out of my mouth; for I have hoped in Thy judgements.

Pierced by a spear, O Saviour, from Thy side Thou pourest out life upon Eve, the mother of all the living, who banished me from life; and Thou quickenest me also with her.¹³

(44) [V̄. So shall I keep Thy law continually for ever and ever.

Stretched out upon the Wood, Thou hast drawn mortal men to unity; pierced in Thy life-giving side, O Jesus, Thou art become a fountain of forgiveness unto all.¹⁴

(45) [V̄. And I walked at liberty: for I have sought Thy precepts.

With fear and reverence noble Joseph lays Thee out for burial as a corpse, O Saviour, and he looks with wonder on Thy dread form.

(46) [V̄. I spoke of Thy testimonies also before kings, and was not ashamed.

Of Thine own will descending as one dead beneath the earth, O Jesus, Thou ledest up the fallen from earth to heaven.

(47) [V̄. And my study was in Thy commandments, which I have loved exceedingly.

Dead in outward appearance, yet alive as God, O Jesus, Thou ledest up the fallen from earth to heaven.

(48) [V̄. My hands also have I lifted up unto Thy commandments, which I have loved.

Dead in outward appearance, yet alive as God, Thou hast restored dead mortals to life and slain him that slew me.

(49) [V̄. And I have meditated in Thy statutes.

How great the joy, how full the gladness, that Thou hast brought to those in hell, shining as lightning in its gloomy depths.

(50) [V̄. Remember Thy words unto Thy servant, in which Thou hast caused me to hope.

I venerate Thy Passion, I sing the praises of Thy burial, and I magnify Thy power, O loving Lord: through them I am set free from corrupting passions.

(51) [V̄. This is my comfort in my affliction: for Thy word has quickened me.

A sword was sharpened against Thee, O Christ: but the sword of

¹³ Gen. 3: 20.

the strong was blunted, and the sword that guards Eden was turned back.¹⁵

- (52) [Ps. The proud have transgressed exceedingly: yet have I not turned aside from Thy law.

The Ewe, seeing her Lamb slaughtered, was pierced with anguish: and she cried aloud in grief, calling the flock to lament with her.¹⁶

- (53) [Ps. I rem^embered Thy judgements of old, O Lord; and was com-
forted.

Though Thou art buried in a grave, though Thou goest down to hell, O Saviour Christ, yet hast Thou emptied the graves and stripped hell naked.

- (54) [Ps. Discouragement has taken hold upon me, because of the wicked that forsake Thy law.

Willingly, O Saviour, Thou hast gone down beneath the earth, and Thou hast restored the dead to life, leading them back to the glory of the Father.

- (55) [Ps. Thy statutes have been my songs in the house of my pil-
grimage.

One of the Trinity endures a shameful death in the flesh on our account; the sun trembles and the earth quakes.

- (56) [Ps. I have rem^embered Thy Name, O Lord, in the night, and have kept Thy law.

Offspring from a bitter source, the children of the tribe of Judah have cast into a pit Jesus who fed them with manna.¹⁷

- (57) [Ps. This has been my reward, because I sought Thy precepts.

The Judge stood as one accused before the judgement-seat of Pilate, and He was condemned to an unjust death upon the wood of the Cross.

- (58) [Ps. Thou art my portion, O Lord: I have said that I would keep
Thy law.

O arrogant Israel, O people guilty of blood, why hast thou set free Barabbas but delivered the Saviour to be crucified?¹⁸

- (59) [Ps. I entreated Thy favour with my whole heart: be merciful unto me according to Thy word.

With Thy hand Thou hast fashioned Adam from the earth; and

¹⁵ Ps. 7: 13; 9: 7; Gen. 3: 24.

¹⁶ John 1: 29; Isa. 53: 7; Luke 2: 35; 12: 32.

¹⁷ Gen. 37: 24; Ps. 87: 7.

¹⁸ Matt. 27: 21-2, 25.

for his sake Thou hast become by nature man and wast of Thine own will crucified.

(60) [*Ψ*. I thought on Thy ways, and turned my feet unto Thy testimonies.

In obedience to Thine own Father, O Word, Thou hast descended to dread hell and raised up the race of mortal men.

(61) [*Ψ*. I made ready, and I was not troubled: that I might keep Thy commandments.

'Woe is me, Light of the world! Woe is me, my Light! Jesus, my heart's desire!' cried the Virgin in her bitter grief.

(62) [*Ψ*. The cords of the wicked have entangled me: but I have not forgotten Thy law.

O bloodthirsty people, jealous and vengeful! May the very grave-clothes and the napkin put you to shame at Christ's Resurrection.

(63) [*Ψ*. At midnight I rose to give thanks unto Thee because of the judgements of Thy righteousness.

Come, evil disciple, murderer of thy Lord, and show me the manner of thy wickedness, how thou hast become Christ's betrayer.

(64) [*Ψ*. I am a companion of all them that fear Thee and keep Thy commandments.

O blind fool, utterly wicked, implacable in hatred, thou dost make a pretence of love for men, yet thou hast sold for money the sweet Myrrh.¹⁹

(65) [*Ψ*. The earth, O Lord, is full of Thy mercy: teach me Thy statutes.

What price hast thou received for the heavenly Myrrh? What wast thou given in exchange for Him who is precious? Thou hast gained folly and madness, O accursed Satan.

(66) [*Ψ*. Thou hast dealt well with Thy servant, O Lord, according to Thy word.

If thou lovest the poor and dost grieve over the ointment emptied out in cleansing propitiation for a soul, how canst thou sell the Giver of Light for gold?

(67) [*Ψ*. Teach me goodness, discipline and knowledge: for I have believed in Thy commandments.

'O my God and Word, my Joy, how shall I endure Thy three days in the tomb? Now is my heart torn in pieces by a mother's grief.'

(68) [*Ψ*. Before I was humbled I went astray: but now have I kept Thy word.

'Who will give me water and springs of tears,' cried the Virgin Bride of God, 'that I may weep for my sweet Jesus?'

(69) [*Ψ*. Thou art good, O Lord: in Thy goodness teach me Thy statutes.

'O hills and valleys, the multitude of men, and all creation, weep and lament with me, the Mother of our God.'

(70) [*Ψ*. The injustice of the proud is multiplied against me: but I will seek Thy commandments with my whole heart.

'When shall I see Thee, Saviour, Light eternal, the joy and gladness of my heart?' cried the Virgin in her bitter grief.

(71) [*Ψ*. Their heart is curdled like milk; but my study has been in Thy law.

Thy side was pierced, O Saviour, like the rock of flint in the wilderness; but Thou hast poured forth a stream of living water, for Thou art the Fount of Life.²⁰

(72) [*Ψ*. It is good for me that Thou hast humbled me: that I might learn Thy statutes.

Out of Thy side, as from a single source, there flows a double stream; and drinking from it we gain immortal life.²¹

(73) [*Ψ*. The law of Thy mouth is better unto me than thousands of gold and silver pieces.

Of Thine own will, O Word, Thou wast laid dead in the tomb: yet dost Thou live, my Saviour, and, as Thou hast foretold, Thou shalt raise up mortal men by Thy Resurrection.

(74) [*Glōry* ~~be~~ to the Father. . . . *Holy Spirit,*

O Word and God of all, in our hymns we praise Thee with the Father and Thy Holy Spirit, and we glorify Thy divine burial.

(75) [Both now. . . . *ages of ages, Amen.*

Theotokion

We bless thee, O pure Theotokos, and with faith we honour the three-day burial of thy Son and our God.

And we repeat the first troparion:

Thou who art Life wast laid in a tomb, O Christ, and the hosts of angels were amazed and glorified Thy self-abasement.

²⁰ Deut. 8: 15.

²¹ John 19: 34.

Small Litany with the exclamation: For blessed is Thy Name and glorified is Thy Kingdom, of the Father, the Son and the Holy Spirit, now and ever, and to the ages of ages. Amen.

At the beginning of the second stasis, the priest or deacon censes the Epitaphion from the four sides, the ikonostasis and the people.

Start on Next pg. →

SECOND STASIS

TONE FIVE

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

- ① [*Ψ*. Thy hands have made me and fashioned me: give me understanding, and I shall learn Thy commandments.

It is right to magnify Thee, Creator of all, for through Thy Passion we are freed from passions and corruption.

- ② [*Ψ*. They that fear Thee will be glad when they see me: because I have hoped in Thy words.

The earth trembled with fear, O Saviour Christ, and the sun hid itself, seeing Thee, the Light that knows no evening, sinking in Thy body down into the tomb.

- ③ [*Ψ*. I know, O Lord, that Thy judgements are right, and that with truth Thou hast humbled me.

Thou hast slept, O Christ, a life-giving sleep in the tomb, and aroused mankind from the heavy slumber of sin.

- ④ [*Ψ*. O let Thy merciful kindness be for my comfort, according to Thy word unto Thy servant.

'Alone among women without pain I bore Thee, my Child', said the Holy Virgin. 'But now at Thy Passion I suffer unbearable pain.'

- ⑤ [*Ψ*. Let Thy tender mercies come unto me, and I shall live: for Thy law is my study.

The seraphim, O Saviour, beheld Thee on high, united inseparably with the Father, yet they saw Thee below lying dead in the tomb; and they trembled with fear.

- ⑥ [*Ψ*. Let the proud be ashamed, for they have transgressed against me unjustly: but I will meditate on Thy commandments.

The veil of the temple is rent in twain at Thy Crucifixion, O Word, and the lights of heaven hide their radiance, when Thou, the