

# The Praises

## First Stasis

Set By Fr. David Anderson  
Ioanna

Chantor

Bles - sed art Thou O Lord;  
Teach me Thy sta - - - tutes.

Blessed are the blameless in the way,  
who walk in the way of the Lord.

*1. X*

In a tomb they laid Thee, O Christ the life.  
The an - ge - lic hosts were o - ver - come with awe,  
and glor - ri - fied Thy con - de - scen - sion.

Blessed are they that search out His testimonies;  
with their whole heart shall they seek after Him.

2.

O Life, how canst Thou die? How canst Thou dwell in a tomb?  
Yet by Thy death Thou hast des - troyed the reign of death,  
and raised all the dead from Ha - des.

For they that work iniquity have not walked in His ways.

3.

We mag - ni - fy Thee O Je - sus, our King,  
and we wor - ship Thy pas - sion and Thy bu - ri - al,  
for by them, Thou hast saved us from Death.

Thou hast enjoined Thy commandments,  
that we should keep them most diligently.

4.

Earth's bounds Thou hast mea - sured, O Je - sus, King of all,  
yet to - day Thou dwell - est in a nar - row tomb,  
rai - - - sing the dead from their graves.

Would that my ways were directed to keep Thy statutes.

5.

O Mes - si - ah, Je - sus, my King, the Lord of all,  
whom art Thou see - king in the depths of Had - -des?  
Hast Thou come to free the race of mor - tal men?

Then shall I not be ashamed, when I look on all Thy commandments.

6.

Lo the sov-reign ru - - ler of cre - at - ion is dead.  
Al - migh - ty God is laid in a new tomb,  
to emp - - ty the graves of all their dead.

I will confess Thee with uprightness of heart,  
when I have learned the judgments of Thy righteousness

7.

In a tomb they laid Thee, O Christ the life.  
By Thy death Thou hast cast down the might of death,  
and be - come the font of life for all the world.

I will keep Thy statutes; do not utterly forsake me.

8.

Page 5.

Thou Hast been num - bered with trans-gress - sors, O Christ.  
Thou hast jus - ti - fied us all, O Lamb of God,  
by free - ing us from the de - vil's works.

Wherewithall shall a young man correct his way?  
By keeping Thy words.

9.

Thou, O Lord, art fair - er than all the sons of men.  
Thou hast filled cre - a - tion with Thy beau - ty.  
How canst Thou lie be - fore us dead this day?

With my whole heart have I sought after Thee,  
cast me not away from Thy commandments.

10.

Page

How could Hell bear Thy co - ming, and not shat - ter at once?  
Death is blin - ded by Thy - splen - dor, O Lord.  
Its gloom is scat - tered by Thy daz - zling light.

In my heart have I hid Thy sayings  
that I might not sin against Thee.

11.

O Jes - sus, my sal - va - tion, my sweet ness, my light,  
how hast Thou been hid - den in a dark tomb?  
O pa - tience, past our strength to un - der - stand!

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

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66.

O my God and Word, O Joy of my heart,  
how shall I endure Thy three days in the tomb?  
My heart is torn a sun - der with grief.

Before I was humbled, I transgressed;  
therefore Thy sayings have I kept.

67.

"Who will give me wa - ter, a spring for my tears,  
that I may weep for my sweet Je - - - sus?"

cried the Vir - gin Bride of God.

Thou art good, O Lord, and in Thy goodness teach me Thy statutes

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68.

"O hills and val - leys, the mul - ti - tude of men,  
and all cre - a - tion, weep and la - ment  
with me the mo - ther of Thy God.

Multiplied against me hath been the  
unrighteousness of the proud; but as for me,  
with my whole heart will I serch out Thy commandments.

69.

"O Joy and Light E - ter - nal, the glad - ness of my heart,  
when shall I see Thee O my Sav - - - ior?"

cried the Vir - gin in her bit - ter grief.

Curdled like milk is their heart; but as for me,  
in Thy law have I meditated.

Thy side was pierced, O Sav - ior, like the des - er's rock of old.  
From it, O Sav - ior, well - spring of e - ter - nal life,  
a stream of liv - ing wa - - - ter flows.

It is good for me that Thou hast humbled me,  
that I might learn Thy statutes.

Blood and wa - ter flo - wing in a dou - ble stream  
from Thy pierced side as from a sin - gle source  
have quenched our thirst for im - mor - tal life.

The law of Thy mouth is better to me than  
thousands of gold and silver.

Of Thine own will, O Sav - ior, Thou wast laid dead in the tomb,  
yet Thou art a - live / and as Thou hast - for - told  
by Thy ri - sing, Thou shalt raise up mor - tal man.

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

O Word of God, we praise Thee the Lord of all the world,  
with Thy Fa - ther and Thy Ho - ly Spi - - rit,  
and we glo - ri - fy Thy bu - - - ri - al.

both now and ever and unto ages of ages. Amen

74.

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We bless thee, O Vir - gin Birth - gi - ver of God,  
 and with faith we praise the three - day bu - ri - al  
 of thy Son and our God.

Repeat first verse

1.

In a tomb they laid Thee, O Christ the life.  
 The an - ge - lic hosts were o - ver - come with awe,  
 and glo - ri - fied Thy con - de - scen - - - sion.

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high

## Second Stasis

1.

It is right to mag - ni - fy Thee, O life-giv - ing Lord.  
 Thou hast stretched out Thy most pure arms u - pon the cross,  
 and hast bro - ken the e - - - ne - my's power.

Thy hands have made me and fashioned me;  
 give me understanding and I will learn Thy commandments.

2.

It is right to mag - ni - fy - - Thee O Cre - a - tor of all.  
 We are freed from pas - sions through Thy Pas - sion,  
 and de - li - vered from cor - rup - - - tion.

They that fear Thee shall see me and be glad,  
 for on Thy words have I set my hope.

3.

The earth quaked with fear, O Sav - ior Christ; the sun hid it - self,  
see - ing Thee the light that knows no eve - ning,  
sin - king in Thy bo - dy down in - to the tomb.

I have known, O Lord, that Thy judgments are righteousness,  
and with truth hast Thou humbled me.

4.

Thou hast slept in the tomb, O Christ, a life - giv - ing sleep,  
by which Thou hast wa - kened all the hu - man race  
from the hea - vy slum - - ber of sin

Let now Thy mercy be my comfort,  
according to Thy saying unto The servant.

5.

A - lone a - mong wo - men, O my child, with - out pain I bore - Thee.  
Now I can - not bear the pain I suf - - fer,  
said the Ho - ly Vir - - - - gin.

Let Thy compassions come upon me and I shall live,  
for Thy law is my meditation.

6.

The se-ra-phim saw Thee, O Lord, ly - ing dead on earth be - low  
yet u - ni - ted with Thy Fa - ther on high,  
and they shud - - dered and trem - - bled with - fear.

Let the proud be put to shame,  
for unjustly have they transgressed against me;  
but as for me, I will ponder on Thy commandments.

rag

7.

The veil of the tem - ple was torn at Thy cru - ci - fix - ion,  
and the lights of Hea - ven hid their ra - di - ance,  
when Thou the Sun wast hid - den in the earth.

Let those that fear Thee return unto me,  
and those that know Thy testimonies.

8.

By Thy nod a - lone, long a - go, the earth was set on its course,  
now Thou hast des - cen - ded dead be neath the earth.  
Trem - - - ble, O Hea - ven, at this sight.

Let my heart be blamesless in Thy statutes,  
that I may not be put to shame.

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9.

Thou didst form A-dam with Thine own hand; now Thou go'st be-neath the earth  
and, O Lord with Thine al - migh - ty right hand,  
Thou hast raised up fal - - - len man.

My soul fainteth for Thy salvation;  
on Thy words have I set my hope.

10.

Come, let us sing our la - ment to Christ who died for us,  
that we may be wor - thy, with the myrrh - bea - rers,  
to hear Him greet us: Re - joice.

Mine eyes are grown dim with waiting for Thine oracel;  
they say: When wilt Thou comfort me?

53.

Thine all-blame-less mo - - - ther wept most bit - ter - ly  
when she saw Thee laid with - in the tomb, O Word,  
in - ef - fa - ble, e - ter - - - nal God.

I am Thy servant; give me understanding,  
and I shall know Thy testimonies.

54.

Thine un - de - filed mo - - - ther, when she saw Thee die,  
cried to Thee in bit - ter sor - - row, O Christ,  
"Do not tar - - ry a - mong the dead, O Life.

It is time for the Lord to act;  
for they have dispersed Thy law.

55.

Ha - des, which had cruel - ly bound all men, trem - bled at the sight of Thee  
and in haste it yiel - ded up its pri - so - ners,  
O Im - mor - tal - Son of Glo - - - ry.

Therefore have I loved Thy commandments  
more than gold and topaz.

56.

O Sav - ior, the sight be - fore our eyes is great and ter - ri - ble;  
for the Cause of life sub - mits to death of His own will,  
that He may give life to all.

Therefore I directed myself according to all Thy commandments:  
every way that is unrighteous have I hated.

57.

O Mas-ter, Thy side is pierced, and Thy hands trans-fixed with nails;  
thus Thou heal - est the wound of our first par - ents  
and the sin - ful greed of their hands.

Wonderful are Thy testimonies;  
therefore hath my soul searched them out.

58.

Once in ev - ery house in Beth - le - hem, they wept for Ra - chel's chil - dren.  
Now, His mo - ther, with the a - pos - to - lic choir,  
la - ments for the Vir - - - gin's Sons.

The unfolding of Thy word will give  
light and understanding unto babes.

59.

By the hands of mor - tal men, Christ was slapped on the face,  
though He fash - loned man with His al - migh - ty hand  
and crushed the teeth of the beast.

I opened my mouth and drew in my breath,  
for I longed for Thy commandments.

60.

All Thy faith - ful peo - ple, O Christ, sing - ing hymns of praise,  
bless Thy cru - cl - fix - ion and Thy bu - ri - ail,  
by which we are ran - somed from death.

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

Page

61.

O God with - out be - gin - ning, E - ter - nal Word and Spi - rit,  
help - Thy peo - ple to pre - vail a - gainst their foes,  
for Thou art the Lo - ver of man - kind.

Now and ever and unto ages of ages. Amen

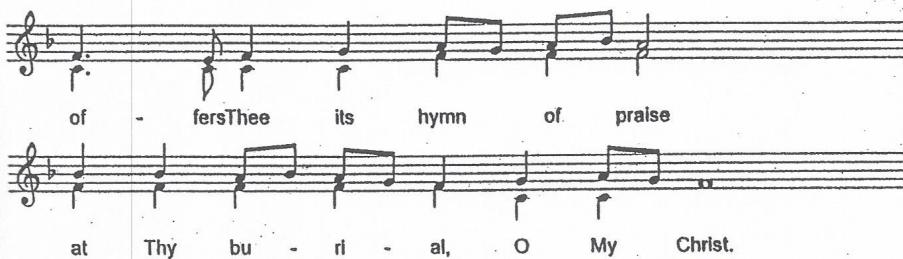
62.

O Vir - gin, pure and un - de - filed, Thou gav - est birth to our Life;  
make the strife and scan - dals of the Church to cease;  
in Thy good - ness grant her peace.

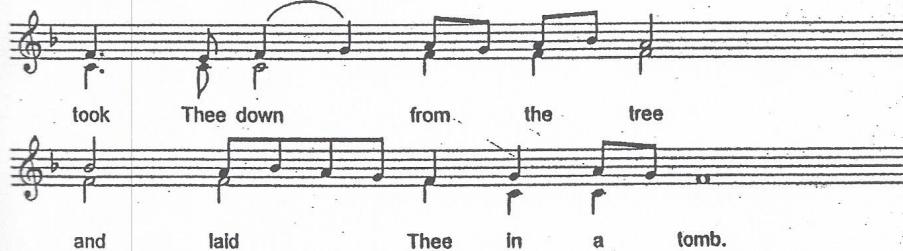
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It is right to mag - ni - fy Thee, O life - giv - ing Lord.  
Thou hast stretched out Thy most pure arms u - pon the cross  
and hast bro - - ken the e - - ne - my's power.

## Third Stasis



Look upon me and have mercy on me,  
according to the judgment of them that love Thy name.



My steps do Thou direct according to Thy saying,  
and let no iniquity have dominion over me.

3.

The myrr - - bea - ring wo - men  
with fore - sight brought sweet spi - ces  
and drew near to Thee O My Christ.

Deliver me from the false accusation of men,  
and I will keep Thy commandments.

4.

Come, with all cre - a - tion,  
sing a hymn to hon - - - or  
the Cre - a - - - tor's bu - ri - al.

Make Thy face to shine upon Thy servant,  
and teach me Thy statutes.

5.

Let us, with the myrr - bear - ers,  
a - noint, as dead, the Li - ving One,  
un - der - stan - - - ding what we do.

Mine eyes have poured forth streams of waters,  
because I kept not Thy law.

6.

O thrice bless - sed Jo - seph,  
bu - ry now the bo - - - dy  
of Christ, the Gl - ver of Life.

Righteous art Thou, O Lord, and upright are Thy judgments.

7.

Thou feed'st - Thy cho - sen peo - ple  
with man - na in the wil - der - ness;  
but they raised their - heel a - gainst Thee.

Thou hast ordained as Thy testimonies  
exceeding righteousness and truth.

8.

Thou feeds't Thy cho - sen peo - ple  
with man - na in the wil - der - ness.  
Now they give Thee gall and vi - ne - gar.

My zeal for Thee hath made me to pine away,  
because mine enemies have forgotten Thy words,

9.

o the fol - - ly  
of those who killed the pro - - phets.  
Now they slay the Mes - si - - ah.

Thine oracle is tried with fire to the uttermost,  
and Thy servant hath loved it..

10.

Ju - das the de - ci - - ple,  
like a foo - lish ser - - vant,  
has be - betrayed the A - byss of Wis - - dom.

I am young and accounted as nothing,  
yet Thy statutes have I not forgotten.

37.

A - rise, O Lord, and Gi - ver of Life,  
the Mo - - - ther who bore Thee  
prayed to Thee with wee - - - ping.

I have kept Thy commandments and Thy testimonies,  
for all my ways are before Thee, O Lord.

I loved

38.

Make haste to a - rise, O Word!  
Take a - way the sor - - - row  
of Thy vir gln mo - - - ther.

edly.

Let my supplication draw nigh before Thee, O Lord;  
according to Thine oracle give me understanding.

39.

All the hosts of heaven  
were filled with fear and won - - der.  
when they saw Thee dead, O Lord.

Let my petition come before Thee, O Lord;  
according to Thine oracle deliver me.

40.

We ho - - nor Thy pas - sion  
with fear and love, O Lord,  
grant us for give - ness of our sins.

My lips shall pour forth a hymn when  
Thou hast taught me Thy statutes.

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41.

O strange and dread - ful won - - der!  
How art Thou now hid - - den  
in the earth, O Word of God?

My tongue shall speak of Thy sayings,  
for all Thy commandments are righteousness.

42.

When Thou fledd - est to E - gypt,  
Jo - seph guar - ded Thee, O Lord.  
Now a - no - ther Jo - seph bu - ries Thee.

Let Thy hand be for saving me,  
for I have chosen Thy commandments.

43.

Thine All - - - Ho - ly Mo - ther.  
weeps for Thee la - men - - ting  
at Thy death, O my Sav - - - ior.

I have longed for Thy salvation, O Lord,  
and Thy law is my meditation.

44.

The hosts of an - gels trem - ble  
at the strange and fear - ful sight  
of Thy bu - ri - al, O Ma - ker of all.

My soul shall live and shall praise Thee,  
and Thy judgments will help me.

45. page 2

Ear - ly in the morn - ing,  
the myrrh - - bea - ring wo - - men  
came to Thee and sprin - kled myrrh on Thy-tomb.

I have gone astray like a sheep that is lost;  
O seek Thy servant, for I have not forgotten Thy commandments.

46.

By Thy re - sur - rec - - tion,  
grant peace to Thy Church  
and sal - va - tion to Thy peo - - ple.

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

page

47.

O God in Tri - ni - ty,  
Fa - ther, Son and Spi - - - rit,  
grant Thy mer - - - cy to the world.

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

48.

Grant us, Thy ser - - vants,  
to be - hold, O Vir - - - gin,  
the re - sur - rec - tion of Thy son.