

## **THE FIRST, THIRD AND SIXTH HOURS** **Mondays through Fridays during the Great Fast**

### **THE OPENING**

*The Priest, vested in exorasson and epitachelion, stands before the closed holy doors, facing east, and makes three metanias, blessing himself each time. He then intones:*

*PRIEST:* Blessed is our God, always, now and ever, and unto ages of ages.

*READER:* Amen.

*PRIEST:* Glory to Thee, our God. Glory to Thee.

O Heavenly King, Comforter, the Spirit of Truth, Who art everywhere present and fillest all things, the Treasury of good things and Giver of life: Come, and abide in us, and cleanse us from every stain, and save our souls, O good One.

*READER:* Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now, and ever and unto 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 from evil.

*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 ever, and unto ages of ages.

*READER:* Amen.

Lord, have mercy. ( 12x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

## FIRST HOUR

O come, let us worship and fall down before God our King. ( *bow* )

O come, let us worship and fall down before Christ, our King and our God. ( *bow* )

O come, let us worship and fall down before Christ Himself, our King and our God. ( *bow* )

*The Priest now goes and stands at the chanters' stand while the Psalms are said.*

### Psalm 5

Unto my words give ear, O Lord; hear my cry. Attend unto the voice of my supplication, O my King and my God; for unto Thee will I pray, O Lord. In the morning Thou shalt hear my voice. In the morning shall I stand before Thee, and Thou shalt look upon me; for not a God that willest iniquity art Thou. He that worketh evil shall not dwell near Thee, nor shall transgressors abide before Thine eyes. Thou hast hated all them that work iniquity; Thou shalt destroy all them that speak a lie. A man that is bloody and deceitful shall the Lord abhor. But as for me, in the multitude of Thy mercy shall I go into Thy house; I shall worship toward Thy holy temple in fear of Thee. O Lord, guide me in the way of Thy righteousness; because of mine enemies, make straight my way before Thee, For in their mouth there is no truth; their heart is vain. Their throat is an open sepulchre, with their tongues have they spoken deceitfully; judge them, O God. Let them fall down on account of their own devisings; according to the multitude of their ungodliness, cast them out, for they have embittered Thee, O Lord. And let them be glad that hope in Thee; they shall ever rejoice, and Thou shalt dwell among them. And all shall glory in Thee that love Thy name, for Thou shalt bless the righteous. O Lord, as with a shield of Thy good pleasure hast Thou crowned us.

### Psalm 89

Lord, Thou hast been our refuge in generation and generation. Before the mountains came to be and the earth was formed and the world, even from everlasting to everlasting art Thou. Turn not man away unto lowliness; yea, Thou hast said: Turn back ye sons of men. For a thousand years in Thine eyes, O Lord, are but as yesterday that is past, and as a watch in the night. Things of no account shall their years be; in the morning like grass shall man pass away. In the morning shall he bloom and pass away. In the evening shall he fall and grow withered and dry. For we have fainted away in Thy wrath, and in Thine anger have we been troubled. Thou hast set our iniquities before us; our lifespan is in the light of Thy countenance. For all our days are faded away, and in Thy wrath are we fainted away; our years have, like a spider, spun out their tale. As for the days of our years, in their span, they be threescore years and ten. And if we be in strength, mayhap fourscore years; and what is more than these is toil and travail. For mildness is come upon us, and we shall be chastened. Who knoweth the might of Thy wrath? And out of fear of Thee, who can recount Thine anger? So make Thy right hand known to me, and to them that in their heart are instructed in wisdom. Return, O Lord; how long? And be Thou entreated concerning Thy servants. We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works, and

do Thou guide their sons. And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us, yea, the works of our hands do Thou guide aright.

### **Psalm 100**

Of mercy and judgement will I sing to Thee, O Lord; I will chant and have understanding in a blameless path. When wilt Thou come unto me? I have walked in the innocence of my heart in the midst of my house. I have no unlawful thing before mine eyes; the workers of transgressions I have hated. A crooked heart hath not cleaved unto me; as for the wicked man who turned from me, I knew him not. Him that privily talked against his neighbor did I drive away from me. With him whose eye was proud and his heart insatiate, I did not eat. Mine eyes were upon the faithful of the land, that they might sit with me; the man that walked in the blameless path, he ministered unto me. The proud doer dwelt not in the midst of my house; the speaker of unjust things prospered not before mine eyes. In the morning I slew all the sinners of the land, utterly to destroy out of the city of the Lord all them that work iniquity.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. ( 3x )

Lord, have mercy. ( 3x )

***The appointed Kathisma from the Psalter is now read with the customary threefold Alleluia, with three reverences after each Stasis, then the troparion with its verses appointed for the 1<sup>st</sup> Hour is chanted:***

### **In tone 6**

In the morning, hearken to my voice, O my King and my God. (*prostration*)

*Verse:* Unto my words give ear, O Lord; hear my cry.

In the morning, hearken to my voice, O my King and my God. (*prostration*)

*Verse:* For unto Thee will I pray, O Lord.

In the morning, hearken to my voice, O my King and my God. (*prostration*)

*Then the Reader says:*

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

What shall we call thee, O thou who art full of grace? Heaven, for from thee shone forth the Sun of Righteousness; Paradise, for thou hast budded forth the Flower of Immortality; Virgin, for thou hast remained incorrupt; Pure Mother, for thou hast held in thy holy embrace a Son, who is God of all. Beseech thou Him to save our souls.

My steps do Thou direct according to Thy saying, and let no iniquity have dominion over me.  
( 2x ) Deliver me from the false accusation of men, and I will keep Thy commandments. ( 2x )  
Make Thy face to shine upon Thy servant, and teach me Thy statutes. ( 2x )

Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glory and Thy majesty all the day long. (3x)

*The Reader says the Trisagion prayers, as the Priest goes to stand before the holy Doors, facing east.*

**READER:** Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now, and ever and unto 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 from evil.

**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 ever, and unto ages of ages.

**READER:** Amen.

***Then refer to The Liturgikon, pp. 188 and 189, and say that which is appointed for the 1<sup>st</sup> Hour for the appropriate day of the week.***

*Then:*

Lord, have mercy. ( 40x )

Thou who, at all times and at every hour, both in heaven and on earth art worshipped and glorified, O Christ God, long-suffering, plenteous in mercy and compassion, who lovest the just and showest mercy to sinners, who callest all men to salvation through the promise of good things to come: Do Thou, the same Lord, receive also our supplications at this present hour, and direct our lives according to Thy commandments. Sanctify our souls; purify our bodies; set

aright our minds, cleanse our thoughts; and deliver us from all calamity, wrath and distress. Compass us round about with Thy holy angels; that guided and guarded by their hosts, we may attain unto the unity of faith, and unto the comprehension of Thine ineffable glory. For blessed art Thou unto ages of ages. Amen.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

Bless, father, in the Name of the Lord.

*PRIEST:* May God have compassion upon us and bless us; may He show the light of His countenance upon us and be merciful unto us.

*READER:* Amen.

*Then the Priest says the Prayer of St. Ephraim the Syrian twice, with four prostrations and twelve bows:*

*PRIEST:* O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (*prostration*)

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

O God, be gracious unto me, a sinner. (*12x, making a bow each time*)

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

*READER:* Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now, and ever and unto 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 from evil.

*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 ever, and unto ages of ages.

*READER:* Amen.

Lord, have mercy. ( 12x )

O Christ, the true Light, which illumineth and sanctifieth every man who cometh into the world: Let the light of Thy countenance be signed upon us, that in it we may behold the light ineffable. guide our footsteps aright, to the keeping of Thy commandments, through the intercessions of Thine all-pure Mother and of all Thy saints. Amen.

### **THIRD HOUR**

O come, let us worship and fall down before God our King. ( *bow* )

O come, let us worship and fall down before Christ, our King and our God. ( *bow* )

O come, let us worship and fall down before Christ Himself, our King and our God. ( *bow* )

#### **Psalm 16**

Hearken, O Lord, unto my righteousness, attend unto the voice of my supplication. Give ear unto my prayer, which cometh not from deceitful lips. From before Thy face let my judgement come forth, let mine eyes behold uprightness. Thou hast proved my heart, Thou hast visited it in the night, Thou hast tried me by fire, and unrighteousness was not found in me. That my mouth may not speak of the works of men, for the sake of the words of Thy lips have I kept the ways that are hard. Set my footsteps in Thy paths, that my steps may not be shaken. I have cried for Thou hast hearkened unto me, O God. Incline Thine ear unto me, and hearken unto my words. Let Thy mercies be made wonderful, O Thou that savest them that hope in Thee. From them that have resisted Thy right hand, keep me, O Lord, as the apple of Thine eye. In the shelter of Thy wings wilt Thou shelter me, from the face of the ungodly which have oppressed me. Mine enemies have surrounded my soul, they have enclosed themselves with their own fat, their mouth hath spoken pride. They that have cast me out have now encircled me, they have set their eyes to look askance on the earth. They have taken me as might a lion ready for his prey, and as might a lion's whelp that dwelleth in hiding. Arise, O Lord, overtake them and trip their heels; deliver my soul from ungodly men, Thy sword from the enemies of Thy hand. O Lord, from Thy few do Thou separate them from the earth in their life; yea, with Thy hidden treasures hath their belly been filled. They have satisfied themselves with swine and have left the remnants to their babes.

But as for me, in righteousness shall I appear before Thy face; I shall be filled when Thy glory is made manifest to me.

### **Psalm 24**

Judge me, O Lord, for in mine innocence have I walked; and hoping in the Lord I shall not grow weak. Prove me, O Lord, and try me; prove with fire my reins and my heart. For Thy mercy is before mine eyes, and I have been well-pleasing in Thy truth. I have not set with the council of vanity, nor shall I go in with them that transgress the law. I have hated the congregation of evil-doers, and with the ungodly will I not sit. I will wash my hands in innocency and I will compass Thine altar, O Lord, that I may hear the voice of Thy praise and tell of all Thy wondrous works. O Lord, I have loved the beauty of Thy house, and the place where Thy glory dwelleth. Destroy not my soul with the ungodly, nor my life with men of blood, in whose hands are iniquities; their right hand is full of bribes. But as for me, in mine innocence have I walked; redeem me, O Lord, and have mercy on me. My foot hath stood in uprightness; in the congregations will I bless Thee, O Lord.

### **Psalm 50**

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. ( 3x )

Lord, have mercy. ( 3x )

***The appointed Kathisma from the Psalter is now read with the customary threefold Alleluia, with three reverences after each Stasis, then the troparion with its verses appointed for the 3rd Hour is chanted:***

**In tone 6**

O Lord, Who at the third hour didst send down Thine All-holy Spirit upon Thy disciples and apostles: Take not Him away from us, O good One, but renew Him in us who pray to Thee.  
(prostration)

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

O Lord, Who at the third hour didst send down Thine All-holy Spirit upon Thy disciples and apostles: Take not Him away from us, O good One, but renew Him in us who pray to Thee.  
(prostration)

*Verse:* Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

O Lord, Who at the third hour didst send down Thine All-holy Spirit upon Thy disciples and apostles: Take not Him away from us, O good One, but renew Him in us who pray to Thee.  
(prostration)

*Then the Reader says:*

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

O Theotokos, thou art the true vine who didst bud forth for us the Fruit of Life. Implore thou Him, we beseech thee, O Lady, together with the Apostles and all the Saints, that He will have mercy on our souls.

Blessed is the Lord God, blessed is the Lord day by day; the God of our salvation shall prosper us along the way. Our God is the God of salvation.

*The Reader says the Trisagion prayers, as the Priest goes to stand before the holy Doors, facing east.*

**READER:** Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto 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 from evil.

*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 ever, and unto ages of ages.

*READER:* Amen.

Blessed art Thou, O Christ our God, who hast revealed the fishermen as all-wise by sending down upon them the Holy Spirit; through them Thou didst draw the world into Thy net. O Lover of mankind, glory to Thee.

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

Grant speedy and steadfast consolation unto Thy servants, O Jesus, when our spirits are cast down within us. Depart not from our souls in affliction. Be not far from our thoughts in time of trouble, but always defend us. Draw near unto us, draw near unto us, Thou who art everywhere present. As Thou art ever with Thine apostles, so, also, O compassionate One, unite Thyself unto those who long for Thee, that with one accord we may sing praises unto Thee and glorify Thine all-holy Spirit.

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

The hope and protection and refuge of Christians art thou, the impregnable wall and the haven unvexed by storms, O immaculate Theotokos; but in that thou dost save the world by thine unceasing intercessions, call thou us also to remembrance, O all-lauded Virgin.

Lord, have mercy. ( 40x )

Thou who, at all times and at every hour, both in heaven and on earth art worshipped and glorified, O Christ God, long-suffering, plenteous in mercy and compassion, who lovest the just and showest mercy to sinners, who callest all men to salvation through the promise of good things to come: Do Thou, the same Lord, receive also our supplications at this present hour, and direct our lives according to Thy commandments. Sanctify our souls; purify our bodies; set aright our minds, cleanse our thoughts; and deliver us from all calamity, wrath and distress. Compass us round about with Thy holy angels; that guided and guarded by their hosts, we may attain unto the unity of faith, and unto the comprehension of Thine ineffable glory. For blessed art Thou unto ages of ages. Amen.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

Bless, father, in the Name of the Lord.

*PRIEST:* May God have compassion upon us and bless us; may He show the light of His countenance upon us and be merciful unto us.

*READER:* Amen.

*Then the Priest says the Prayer of St. Ephraim the Syrian twice, with four prostrations and twelve bows:*

*PRIEST:* O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (*prostration*)

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

O God, be gracious unto me, a sinner. (*12x, making a bow each time*)

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

*READER:* Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*3x*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (*3x*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now, and ever and unto 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 from evil.

*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 ever, and unto ages of ages.

*READER:* Amen.

Lord, have mercy. ( 12x )

O Master God, Almighty Father, O Lord, the Only-Begotten Son Jesus Christ, and the Holy Spirit, one Godhead and one Power: Have mercy on me a sinner; and by the judgments which Thou hast established, save me, Thine unworthy servant, for Thou art blessed unto ages of ages. Amen.

### **SIXTH HOUR**

O come, let us worship and fall down before God our King. ( *bow* )

O come, let us worship and fall down before Christ, our King and our God. ( *bow* )

O come, let us worship and fall down before Christ Himself, our King and our God. ( *bow* )

### **Psalm 53**

O God, in Thy name save me, and in Thy strength do Thou judge me. O God, hearken unto my prayer, give ear unto the words of my mouth. For strangers are risen up against me, and mighty men have sought after my soul and have not set God before themselves. For behold, God helpeth me, and the Lord is the protector of my soul. He will bring evils upon mine enemies. Utterly destroy them by Thy truth. Willingly shall I sacrifice unto Thee; I will confess Thy name, O Lord, for it is good. For out of every affliction hast Thou delivered me, and mine eye hath looked down upon mine enemies.

### **Psalm 54**

Give ear, O God, unto my prayer, and disdain not my supplication; attend unto me, and hear me. I was grieved in my meditation, and I was troubled at the voice of the enemy and at the oppression of the sinner; Because they have turned iniquity upon me; and with wrath were they angry against me. My heart is troubled within me, and the terror of death is fallen upon me. Fear and trembling are come upon me, and darkness hath covered me. And I said: Who will give me wings like a dove? And I will fly, and be at rest. Lo, I have fled afar off and have dwelt in the wilderness. I waited for God that saveth me from faint-heartedness and from tempest. Plunge them into the depths, O Lord, and divide their tongues, for I have seen iniquity and gainsaying in the city. Day and night they go round about her upon her walls; iniquity and toil and unrighteousness are in the midst of her. And usury and deceit have not departed from her streets. For if mine enemy had reviled me, I might have endured it. And if he that hateth me had spoken boastful words against me, I might have hid myself from him. But thou it was, O man of like soul with me, my guide and my familiar friend, Thou who together with me didst sweeten my repasts; in the house of God. I walked with thee in oneness of mind. Let death come upon such ones, and let them go down alive into Hades. For wickedness is in their dwellings, and in the midst of them. As for me, unto God have I cried, and the Lord, hearkened unto me. Evening, morning and noonday will I tell of it and will declare it, and He will hear my voice. He will redeem my soul in peace from them that draw nigh unto me, for they among many were with me.

God will hear, and He will humble them, He that is before the ages. For to them there is no requital, because they have not feared God; He hath stretched forth His hand in retribution. They have defiled His covenant; they were scattered by the wrath of His countenance, and their hearts have convened. Their words were smoother than oil, and yet they are darts. Cast thy care upon the Lord, and He will nourish thee; He will never permit the righteous to be shaken. But Thou, O God, shall bring those men down into the pit of destruction. Bloody and deceitful men shall not live out half their days; but as for me, O Lord, I will hope in Thee.

### **Psalm 90**

He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders shall He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day. Nor for the thing that walketh in darkness, nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousands at thy right hand, but unto thee shall it not come nigh. Only with shine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; No evils shall come nigh unto thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample upon the lion and dragon. For he hath set his hope on Me, and I will deliver him; I will shelter him because he hath known my name. He shall cry unto me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him, and I will show him My salvation.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. ( 3x )

Lord, have mercy. ( 3x )

***The appointed Kathisma from the Psalter is now read with the customary threefold Alleluia, with three reverences after each Stasis, then the troparion with its verses appointed for the 6<sup>th</sup> Hour is chanted:***

### **In tone 2**

Thou Who on the sixth day and at the sixth hour didst nail to the Cross the sin that Adam dared to commit in Paradise: Rend also the handwriting against us, O Christ our God, and save us. (*prostration*)

*Verse:* Give ear, O God, unto my prayer, and disdain not my supplication.

Thou Who on the sixth day and at the sixth hour didst nail to the Cross the sin that Adam dared to commit in Paradise: Rend also the handwriting against us, O Christ our God, and save us.

*(prostration)*

*Verse:* Unto God have I cried, and the Lord hearkened unto me.  
Thou Who on the sixth day and at the sixth hour didst nail to the Cross the sin that Adam dared to commit in Paradise: Rend also the handwriting against us, O Christ our God, and save us.  
*(prostration)*

*Then the Reader says:*

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

Seeing that we have no boldness, because of the multitude of our sins, do Thou, O Virgin Theotokos, fervently entreat Him Who was born of Thee; for the prayer of a mother availeth much to the good will of the Master. Despise not the supplications of sinners, O all-revered one; for merciful and mighty to save is He Who graciously deigned to suffer for us.

***Then troparion of the prophecy is chanted, followed by the prokeimenon, the prophecy, and the final prokemenon as appointed in the Triodion.***

*Then:*

*READER:* Let Thy compassion quickly go before us, O Lord, for we are become exceedingly poor. Help us, O God our Savior, for the sake of the glory of Thy Name; O Lord, deliver us, and be gracious unto our sins, for Thy Name's sake.

*The Reader says the Trisagion prayers, as the Priest goes to stand before the holy doors, facing east.*

*READER:* Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto 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 from evil.

*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 ever, and unto ages of ages.

READER: Amen.

*Then refer to The Liturgikon, pp. 190-191, and say that which is appointed for the 6<sup>th</sup> Hour for the appropriate day of the week.*

Lord, have mercy. ( 40x )

Thou who, at all times and at every hour, both in heaven and on earth art worshipped and glorified, O Christ God, long-suffering, plenteous in mercy and compassion, who lovest the just and showest mercy to sinners, who callest all men to salvation through the promise of good things to come: Do Thou, the same Lord, receive also our supplications at this present hour, and direct our lives according to Thy commandments. Sanctify our souls; purify our bodies; set aright our minds, cleanse our thoughts; and deliver us from all calamity, wrath and distress. Compass us round about with Thy holy angels; that guided and guarded by their hosts, we may attain unto the unity of faith, and unto the comprehension of Thine ineffable glory. For blessed art Thou unto ages of ages. Amen.

Lord, have mercy. ( 3x )

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

Bless, father, in the Name of the Lord.

*PRIEST:* May God have compassion upon us and bless us; may He show the light of His countenance upon us and be merciful unto us.

READER: Amen.

*Then the Priest says the Prayer of St. Ephraim the Syrian twice, with four prostrations and twelve bows:*

*PRIEST:* O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (*prostration*)

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

O God, be gracious unto me, a sinner. (*12 x, making a bow each time*)

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

*READER:* Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*3x*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (*3x*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now, and ever and unto 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 from evil.

*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 ever, and unto ages of ages.

*READER:* Amen.

Lord, have mercy. (*12x*)

O God and Lord of hosts and Maker of all things created, Who through the tender-hearted compassion of Thine incomparable mercy didst send down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His precious Cross didst destroy the handwriting of sins and didst thereby triumph over the origin and powers of darkness: Do Thou, the same Lord, Who lovest mankind, receive also these Thanksgivings and fervent prayers of us sinners. And deliver us from every harmful and gloomy transgression and from all enemies, both visible and invisible, who seek after us to destroy us. Nail our flesh with the fear of Thee, and incline not our hearts to words or thoughts of wickedness; but wound our souls with the love of Thee, that looking ever unto Thee and guided by Thee in the light, beholding Thee, the Light ineffable and everlasting, we may ascribe unto Thee ceaseless confession and thanksgiving unto the unoriginate Father, together with Thine All-holy and Good and Life-giving Spirit. Now and ever and unto ages of ages. Amen.

#### **THE LITTLE DISMISSAL**

*PRIEST:* Glory to Thee, O Christ our God and our Hope, glory to Thee.

*READER:* Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

Lord, have mercy. ( 3x ) Father, bless.

*PRIEST:* May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother, of (N., *the daily commemoration*); of (N., *patron saint of the church*); of the holy and righteous ancestors of God, Joachim and Anna; of (N., *the saint of the day*), whose memory we celebrate, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

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

*READER:* Amen.

*During the Great Fast the Typika are said after the 9<sup>th</sup> Hour.*