

On Reciting the Psalter Alone

(If a priest is present, he begins:)

Priest: BLESSED BE OUR GOD ALWAYS, NOW AND FOREVER
AND EVER.

ALL: AMEN.

(If NO priest is serving, then begin devoutly as follows:)

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

Heavenly King, Paraclete, Spirit of truth, Who are
everywhere present and fill all things, Treasury of
blessings, Bestower of life, come, dwell within us.
Cleanse us of all that defiles us, and in Your kindness
save our souls.

Holy God, holy and Mighty, holy and Immortal, have
mercy on us. (3)

Glory be to the Father and to the Son and to the
Holy Spirit, now and forever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of
our sins, O Lord. Pardon our transgressions, O Master.
Look upon our weaknesses and heal them, O Holy One, for
the sake of Your name.

Lord, have mercy. (3)

Glory be to the Father and to the Son and to the
Holy Spirit, now and forever and ever. Amen.

Our Father, Who art in heaven, hallowed by 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 debts as we forgive our debtors. And lead us not
into temptation, but deliver us from the evil one.

(If a priest is present, he says:)

Priest: FOR THE KINGDOM, THE POWER AND THE GLORY
ARE YOURS, FATHER, SON, AND HOLY SPIRIT, NOW
AND FOREVER AND EVER.

ALL: AMEN.

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Tone 6
(*Pomylyu nas*)

Have mercy on us, O Lord, have mercy on us. We sinners bring this appeal to You, O Master, for we have no defense: Have mercy on us.

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

(*Chestnoye*)

O Lord, the celebration of Your holy prophet has made the church heaven: Angels are rejoicing with men. Through the intercession of (King David), O Christ our God, guide our lives in peace that we may sing to You: Alleluia.

Now and forever. Amen.

(*Mnchaya mnozhestva*)

Countless is the number of my sins, O Bearer of God. To you, therefore, have I come with haste, O most pure Lady, in need of salvation. Care for my hurting spirit, O only blessed Lady, and implore your Son, our God, to grant me pardon of all the evils I have committed.

Lord, have mercy. (40) *And as many bows as you care to make.*

Then recite this prayer to the Lifegiving Trinity.

Prayer to the Trinity
(*Vsesviataya Troitse*)

O Trinity all holy, O God, Creator of the universe, hasten to dispose my heart to begin these divinely inspired psalms, spoken by the Holy Spirit through the lips of David with attention, and then conclude them with the performance of good works. Though I am an individual unworthy, I want to recite them now. You know

my ignorance, and so I bow down in prayer before You and ask for Your help as I cry out: O Lord, dispose my mind and strengthen my heart that I may spend myself in saying not just words but in savoring the utterances with understanding; that I may be prepared to perform good works and that, adorned with good deeds, I may stand on the right side of Your tribunal with all of Your elect. And now, O Master, give me Your blessing that I may sing with my whole heart and say:

Invitatory

Come, let us bow down before God our King.

Come, let us bow down before Christ, our King and our God.

Come, let us bow down in worship before Jesus Christ Himself, our Lord, our King and our God.

Pause now and wait until all your senses have become calm. Then, not hurriedly, but with attentive, pious, and humble heart, begin: Blessed is the man: and the rest. Do so quietly, with reflection and attention, not in haste, in order to be able to understand all that is being said.

II. THE PSALTER

First Cathisma (Psalms 1-8)

Psalm 1

1. Blessed is the man who has not followed the counsel of the wicked or gone the way of sinners,* or sat in the seat of men who destroy.
2. His delight is in the law of the Lord;* he meditates on His law day and night.
3. And he will be like a tree planted by streams of water,* that bears fruit in its season,
4. and whose leaf will not fall off.* And all that he does will prosper.
5. Not so the wicked, not so;* they are like the dust* that the wind sweeps off the face of the earth.

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injustice will come down upon his head.

18. I will acknowledge the Lord because of His justice;*
I will sing the name of the Lord most high.

Psalm 8

1....

2. O Lord, our Lord, how wondrous over all the earth is
Your name;* Your majesty is exalted above the heavens.

3. Out of the mouths of babes and sucklings * You have
brought forth praise because of Your enemies,* to destroy
the vengeful foe.

4. When I behold the heavens, the labor of Your fingers,*
the moon and stars You set in place,

5. what is man (I ask) that You are mindful of him,* or
the son of man that You care for him?

6. You made him but a little less than angels.

7. You crowned him with glory and honor* and set him
over the work of Your hand.

8. You put all beneath his feet,* all the sheep and
oxen, even the beasts of the field,

9. the birds of the sky* and the fish of the sea that
move along the ocean paths.

10. O Lord, our Lord, how wondrous over all the earth
Your name.

Glory be to the Father and to the Son and to the
Holy Spirit,* now and forever and ever. Amen.

*When the First Cathisma is finished, take the
Trisagion. Then after the Our Father: take these
penitential Tropars.*

Penitential Tropars

(Blazhenstva)

Bereft of happiness and honor,
I took the path of vice
and went astray because of the
nature of my mind

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and so became deprived of sanity,
the fruit of faith. O Author of good,
Guide of the unthinking, O Lord,
save me by the power of Your cross.

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

(Suzhayuschaho)

Rid my mind of affliction and angry thoughts,
O Lord,
for I fear Your stern threat.
In words of anguish I cry out to You:
"Free me of all the evil that abides in me,
and save me."

Now and forever and ever. Amen.

(Prechystaya)

O blessed Lady, Bearer of God most pure,
you are praised in heaven and on earth:
"Hail, O Evervirgin Bride!"

Lord, have mercy. (40)

*(During LENT we say: Lord, have mercy. (3)
Glory be: Now and forever. Amen. Higher in dignity:
with prostrations.) Then:*

First Prayer

(Bozhe vsederzhytelyu)

O righteous God, praiseworthy and all-sovereign!
Great and mighty God! O God eternal! Give ear to Your sin-
ful servant, O God, and hear me at this time! Though You
fully know my debasement, Lord, hear me, I entreat You, as
You once heard Your prophet Elijah. Through his inter-
cession wipe away my iniquity and cleanse me of my sin.

O holy God, Creator of the hosts of angels, You had
said: "Ask and you will receive." Do not, therefore, be
appalled by me who am so laden with sins as I utter prayers
with lips defiled, for You promised You would listen to
those who sincerely turn to You in prayer. Guide my steps
along a peaceful path, and pardon all my voluntary and
involuntary sins.

"Be as innocent as doves," You said. And so, with all my heart I cry out: "Hear me, O Hope of all the ends of the earth and those afar at sea! Rebuke the unclean spirits, for I am a coward. Take up arms and Your shield and come to my defense. Draw Your sword and wield it against my persecutors. To my soul say: "I am your salvation."

May the spirit of pride, hate and envy leave my frail humanity, and the spirit of fright, despair and iniquity as well. May all concupiscence of flesh inspired by the devil be suppressed in me. May my soul and body, spirit and mind, be illumined by Your light, May Your mercy abide in me with abundant grace through the intercession of our most holy Lady, the Bearer of God, and all Your saints, in order that I may glorify Your most holy name, Father, Son and Holy Spirit, now and forever. Amen.

Come, let us bow down in worship before God our king.

Come, let us bow down before Christ, our king and our God.

Come, let us bow down in worship before Jesus Christ Himself, our Lord, our king and our God.

Second Cathisma (Psalms 9 - 16)

Psalm 9

- 1....
2. I will confess to You, O Lord, with all my heart;* I will tell of all Your wonders.
3. I will rejoice and be glad in You;* I will sing praise to Your name, Most High.
4. When my enemy is turned back,* he will weaken and perish before Your face.
5. For You have made my sentence and taken up my cause;* You have Your seat upon the throne, O just Judge.
6. You rebuked the Gentiles, and the godless man has perished; * You erased his name forever.

Penitential Tropars

(Obyatiya Otcha)

Hasten to me with Your paternal embrace.
Though I have lived in sinfulness throughout
my life, O Savior,

I look to the inexhaustible bounty of
Your mercies.

Do not ignore my poor heart as I cry out to
You with compunction:

"O Father, I sinned against heaven and You!"

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

(Bludnaho)

In my actions I strove to emulate the prodigal
but could never achieve his repentance.

Bring me back, O Lord most kind, though I

willfully went astray,

and cleanse me from my sins

through the intercession of the Bearer of God

as I cry out to You:

"O Father, I sinned against heaven and You!"

Now and forever and ever. Amen.

(Molytvu)

O Virgin Bearer of God,
receive the prayer of your servants.

Save us from all danger, O you who gave
birth to Christ,

the Savior and Redeemer of our souls.

Lord, have mercy. (40)

Second Prayer

(Sokrovysche blahykh)

O Lord Jesus Christ, our God and our Savior, grant
me perfect repentance and sorrow of heart in order that
I may seek good things with all my spirit. I dread no one
else but You.

Grant me Your benevolent kindness, O Good One. May
Your Father renew in me the likeness of Your image. He
was Who from His bosom brought You forth from all eternity.
With Him You are eternal.

Though I had forsaken You, do You not abandon me. Though I had strayed from You, go out in search of me and bring me back to Your pasture. Number me among the chosen sheep of Your flock. Feed me as You do them with the nourishment of Your life-giving sacraments. Pure hearts are Your dwelling place. Clearly in them Your light is revealed, the light You prepared for those who labored for You through various difficulties. May we, too, be deemed worthy to receive it through Your gracious loving kindness that we may render glory to You together with Your eternal Father and Your all-holy, good and life-giving Spirit, now and forever. Amen.

Come, let us bow down before God our King.

Come, let us bow down before Christ, our king and our God.

Come, let us bow down in worship before Jesus Christ Himself, our Lord, our King, and our God.

Third Cathisma (Psalms 17-23)

Psalm 17

1. I will love You, O Lord, my strength;*the Lord is my stronghold, my refuge and my redeemer,
2. my God and my helper, and I hope in Him;*He is my defender, the horn of my salvation and my protector.
3. On giving praise I will call upon the Lord*and be saved from my enemies.
4. The pangs of death engulfed*me and torrents of wickedness afflicted me.
5. The throes of Hades surrounded me;*the snares of death were before me.
6. When in distress, I called upon the Lord;*I cried out to my God.
7. From His holy temple He heard my voice;*my plea to Him will reach His ears.

Penitential Tropars

(Smyrennyu)

low me,
for
Regard my wretched soul, O Lord,
for it has wasted its whole life in sin;
receive me as You did the sinful woman,
and save me.

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

(Oslablen)

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Spent am I in apathetic stupor,
wallowing in sinful indolence.
But You, O Christ our God, illuminator of
our lives,
permit the light of real repentance to
shine for me
and clarify the vision of my spirit.

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Now and forever and ever. Amen.

(Slovo Otcheye)

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Virgin Bearer of God,
we came to know the Father's Word,
Christ our God, enfleshed of you.
Pray to Him to save our souls.

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Lord, have mercy. (40)

Third Prayer

(Vladyko Bozhe)

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O God, our Master, Father of all blessings, Lord of
consolation, spare me, Your worthless servant. Do not let
my many evil deeds surpass Your loving kindness. Refuse
me not Your mercy; allay Your wrath, as Lord of kindness,
towards the one who sinned against You. To me, a sinful
man who all day long offend Your good and perfect name,
show mercy.

Save me, the way You saved the sinful woman, the
publican, the bandit (on the cross), and the eleventh
hour unproductive worker. I am unworthy, because all I
ever did was bad and sinful, never good in Your sight.
I always followed my evil and sinful inclinations. Behold
I hasten to Your mercy in repentance.

Let Your mercy come to me, O Lord. Let the mighty power of Your Holy Spirit bring me strength in my ongoing struggle against spiritual forces. Let Your powerful right hand and ineffable goodness increase over me.

Save me, Your worthless servant, not because of my deeds but because of my faith, that I may praise You all the days of my life. All the powers of heaven give praise to You, Father, Son and Holy Spirit, now and forever. Amen.

Come, let us bow down in worship before God our king.

Come, let us bow down before Christ, our king and our God.

Come, let us bow down in worship before Jesus Christ Himself, our Lord, our king and our God.

Fourth Cathisma (Psalms 24-31)

Psalm 24

1. To You I have raised my soul, O Lord;* in You I have trusted, O my God;* let me never be disgraced.
2. Never let my enemies deride me;* never will anyone who awaits You be put to shame.
3. Let foolish lawbreakers be put to shame.
4. Point out Your ways to me, O Lord;* make known Your ways to me.
5. Guide me in Your truth, teach me, for You are God my savior;* I awaited You the whole day through.
6. Keep in mind Your mercies and Your kindness, Lord,* for they are from of old.
7. Remember not my youthful sins or evil deeds;* in Your mercy, Lord, remember me according to Your kindness.
8. Good and righteous is the Lord;* He will, therefore, lay down laws along the way for sinners.
9. He will lead the meek to justice,* teach the meek His ways.

4. Day and night Your hand lay heavy on me; * I began again to suffer when the thorn had pricked me.

5. I came to know my lawlessness; I did not conceal my sin.* I said: "I will confess my lawlessness to the Lord!" * You pardoned the impiety of my heart.

6. And so at a fitting time all holy men will come to You in prayer;* the flood of high waters will not reach them.

7. You are my refuge from the misery about me; You are my joy;* deliver me from those about me.

8. I will give you understanding, set you on the road you are to take;* I will fix my eyes on you.

9. Be not like the horse or mule without intelligence;* though you pull their jaws with reins and muzzle,* you do not bring them closer to you.

10. Many are the lashes for the wicked man;* mercy embraces the one who hopes in the Lord.

11. Rejoice in the Lord and exult, you just men;* take pride, all you who are straight of heart.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Fourth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars
(Zemnaya)

In my desire for the mundane and temporal
I forfeited the good things of eternity.
Set aright my thinking, O loving Lord,
and save my wretched soul from sin.

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

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(Priymy mya)

Accept my repentance as You did the thief's
and sinful woman's.
Spurn me not as I return, O Lord most merciful,
but forgive all my sins both voluntary
and involuntary.

Now and forever and ever. Amen.

(Dushevnaho)

Continually in remorse over my spiritual down-
fall, Immaculate Virgin,
I cry out to you for help:
"O compassionate Lady, Godbearing Virgin,
save my soul from eternal damnation."

Lord, have mercy. (40)

Fourth Prayer

(Blahiy i chelovikoliubiviy)

O good and benevolent God, Who alone are truthful,
gracious and merciful! O Father of our Lord Jesus Christ
Who was crucified under Pontius Pilate, suffered, (died)
and was buried, Who rose on the third day and ascended to
heaven in glory! May the power of Your majesty come upon
me, Your sinful servant, to strengthen me by Your Gospel
message.

As You wish, O Master, illumine my heart and all my
members, and cleanse me from all malice and sin. Keep me
free from the spots and blemishes of the works of the devil.
In Your goodness let me consider matters about You and come
to understand them and live in accordance with Your will.
Let me respect Your awesomeness and do all to please You
to my last day and the hour of my death.

Though I am a sinner unworthy and impure, O Lord Jesus
Christ, I cry out to You: "In Your ineffable kindness
protect my soul, body and mind from all the devil's
snares. Indeed, holy Father, cover me by Your mercy and
forsake me not lest my enemies say: "We swallowed him up!"
And such is my song forever. Amen.

Come, let us bow down in worship before God our king.

34. Await the Lord and keep His way; He will raise you to inherit the land;* You will look on sinners being crushed.

35. I saw an impious man exalted and tower like the cedars of Lebanon.

36. I passed by but, behold, he was not there;* I searched for him but could not find his place.

37. Preserve innocence and look at what is right;* something remains for the man of peace.

38. But lawless men will be destroyed together;* what remains of the impious will be destroyed.

39. The salvation of the just comes from the Lord;* He is their shield in time of tribulation.

40. The Lord will help them and deliver them;* He will remove them from among the sinners and save them because they trusted in Him.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Fifth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars

(Mudrykh div)

Grant me, O Lord, the vigilance of the wise virgins,
a shining lamp for my soul.
And illumine me with the light of Your mercies
that I may sing the hymn of the angels to you:
Alleluia.

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

(Pomylyu mya)

"Have mercy on me," said David.
And I, too, cry out to You: "I have sinned,
O Savior!
Cleanse my sins in penance,"
and "Have mercy on me!"

Now and forever and ever. Amen.

(Neporochnaya)

In faith we all extol you, O immaculate Bride,
Mother of the Word,
Whose light you brought forth from
unseeded womb
for those in darkness.

Lord, have mercy. (40).

Fifth Prayer

(Hospody Bozhe nash)

O Lord our God, Father of the True Light, Who adorned
the day with the light of heaven and illumined the night
with stars that shine, Who prepared rest with eternal
life in the coming age for those who love, illumine our
hearts as well with constant light for true understand-
ing. Keep our life on a steady course. Let us walk with
stability during the day that we may glorify Your most
precious and magnificent name, Father, Son and Holy Spirit,
now and forever. Amen.

Come, let us bow down in worship before God our king.

Come, let us bow down before Christ, our king and
our God.

Come, let us bow down in worship before Jesus Christ
Himself, our Lord, our king and our God.

Sixth Cathisma (Psalms 37-45)

Psalm 37

2. Do not rebuke me in Your anger, Lord,* or chastise
me in Your wrath.

3. For Your arrows pierced me * and You tightened Your
grip on me.

4. In the face of Your wrath there was no healing for my
flesh,* no peace for my bones in the face of my sins.

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4. Their waters roared and crashed,* and mountains shook because of His power.

5. Streams of rivers bring joy to the city of God;* the Most High has sanctified His dwelling place.

6. God is in its midst and it shall never tremble;* God will come from early dawn to help it.

7. Nations shook and kingdoms tottered;* the Most High spoke and the earth fell in shambles.

8. The Lord of hosts is with us;* the God of Jacob is our helper.

9. Come and see the works of God,* the wonders He performed on earth.

10. At the very ends of the earth He puts a stop to wars;* He will break the bow, destroy the spear, and burn the shield with fire.

11. Rest awhile and know that I am God;* I shall be exalted over nations, exalted over earth.

12. The Lord of hosts is with us;* the God of Jacob is our helper.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Sixth Cathisma is finished, take the Trisagion. Then after the Our Father: take these Penitential Tropars.

Penitential Tropars

(Vozdykhania)

Though lacking the sighs of the publican,
the sorrowing tears of the sinful woman
and though I sink in deep despair,
I, nevertheless, cry out to You:
"Be gracious to me, O God,
and have mercy!"

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

(Yako Boh mylosty)

O merciful God and Father of consolation,
hear me as I pray to You:
"O Lord, Who give light to those in
darkness,
glory to You!"

Now and forever and ever. Amen.

(Bohorodytse)

You, O Bearer of God,
are the pillar of strength for the
faithful!
You are the bottomless abyss of mercy!
And so, O glorious Lady,
save those who sing to you.

Lord, have mercy. (40)

Sixth Prayer

(Bohorodytse)

O Bearer of God, Queen and Lady! O Madonna, Virgin
Mary, Mother of our God! Your Son, the God of all, did not
spurn sinners who came to Him; He saved them all and led
them to true knowledge. In my wretchedness I profaned and
broke the mandate of my baptismal vows. I failed to keep
the commandments of your Son, Who is my God.

I have come to you, O Lady; teach me to perform the will
of your Son, my Lord, so that He may save me and lead me
to the knowledge of truth, and grant me the grace of the
most Holy Spirit, that I may not be trapped by the
snares of the enemy.

From my youth I found no other helper but you, O Lady,
Bearer of God. How often I displeased you, and yet you
did not ignore me. In my wretchedness I turned callous to
your mercy. I fell into a stupor and became bereft of
reason. Nevertheless, I continue to cry out to you without
ceasing: "Be compassionate, O Lady, and raise me from the
depths of sin. Lend me your hand as I lay fallen and
strengthen me in my helplessness. Wipe away the blemishes.
Save me, for I am perishing.

Beholding your mercy to me, unworthy though I am, may
all sinners flee to your protection and glorify your Son
together with the Father and the Holy Spirit, now and
forever and ever. Amen.

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23. Cast your cares upon the Lord and He will care for you;* He will never bring confusion on the righteous man.

24. But You, O God, will lead them to corruption's source;* bloody and deceitful men will not live half their days;* but I rely on You, O Lord.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Seventh Cathisma is finished, take the Trisagion. Then, after the Our Father: take these penitential Tropars.

Penitential Tropars

(Dushe moya)

Why are you indifferent, O my soul?
Why are you a slave of sin?
Why, if you are ill, do you not hasten to the
Physician?

Put an end at last to all the evil you have done,
and to the Savior cry and say: "O Hope
of the hopeless!

O Life of those despairing!

O Physician of all!

My Savior, have mercy on me."

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

(Vozpomyany)

Keep in mind God's general judgment, O my soul.
At that time sinners suddenly will be con-
strained by fiery angels.

There will be no recourse for those
whose evil deeds will be their condemna-
tion. Get up, now and repent.

Cry out to Christ God:

O loving Lord, save me."

Now and forever and ever. Amen.

(Neduhuyuscha)

O Bearer of God, I am sick.

Heal me of my evil ways;

ease my pains;

grant me the elixir of repentance,

O Mother of Christ God.

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s man.

Lord, have mercy. (40)

Seventh Prayer
(*Vladyko Hospody*)

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O Master, Lord Jesus Christ our God, You alone know the sick condition of my wretched soul and how to cure it. Heal it the way You know by Your rich mercy and kindness. There is no medication for my deeds, no salve or bandage. You came, O Lord, to call not the just but sinners to repentance. Be merciful, kind and forgiving. Tear up the record of my countless shameful acts. Lead me on Your straight path that I may walk in Your truth and avoid the missiles of the evil one and so come before Your dread tribunal without blame and glorify and sing Your most holy name forever. Amen.

Before the next Cathisma: Come, let us bow.....

Eighth Cathisma (Psalms 55-63)

Psalm 55

- 1....
2. Have mercy on me, O God, for man has trampled over me;* all day long he battled me, afflicted me.
 3. All day long my enemies trampled over me;* there are many from on high who battle with me.
 4. During the day I am not afraid;* I shall put my trust in You.
 5. To God I will lift my words in praise;* in God I placed my trust and shall never fear what flesh might do to me.
 6. All day long they frown upon my words;* against me all their thoughts are meant for evil.
 7. They will come to live in hiding;* they will watch for my heel as though waiting for my soul.
 8. But You will not reject them just for any reason;* You will bring the people down in anger.
 9. O God, I have declared my life for You;* in accordance with Your promise, You let my tears flow out before You.

Psalm 63

- 1....
2. Hear my voice, O God, whenever I turn in prayer to You
take fear of the enemy away from my soul.
3. Protect me from the band of evil-doers,* from the
crowd of those who act unjustly.
4. They have sharpened their tongues like swords,* bent
their bow like poisoned word
5. to shoot the innocent man in secret;* they will shoot
him suddenly and show no fear.
6. They made an evil promise to themselves and resolved
to spread a net;* then they asked who would see them.
7. They called the lawless to question;* those asking
questions disappeared;* a man will come with heart profound
8. God will be exalted;* their wounds were caused by
darts of children.
9. Their tongues had failed against them;* all who saw
them shuddered.
10. And every man was frightened * but they proclaimed the
works of God and came to know His deeds.
11. The just man will rejoice in the Lord and rely on Him;
praised will be all those of upright heart.

Glory be to the Father and to the Son and to the
Holy Spirit,* now and forever and ever. Amen.

*When the Eighth Cathisma is finished, take the
Trisagion. Then after the Our Father: take these
penitential tropars.*

Penitential Tropars

(Strashen yesy)

You are awesome, O Lord!
Who will stand up against Your righteous wrath?
Who will supplicate You, O gracious Lord?
Who will plead with You in behalf of a sinful,
hopeless people?
Only the hosts of heavenly angels,
archangels and cherubim who cry out to You:

"Holy, holy, are You, O God!"
Have mercy on us!

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

(Hospody, Hospody)

O Lord, Lord, all things stand in awe of You
and tremble at Your glory.
We, too, fall down before You, O Immortal One,
we implore You, O Holy One:
"Through the intercession of Your saints,
save our souls."

Now and forever and ever. Amen.

(Prelozheniye)

O reliever of the afflicted,
healer of the sick,
praiseworthy Bearer of God,
peace of the disquieted,
tranquility of the storm-tossed!
Save your community and your people,
O only help of the faithful!

Lord, have mercy. (40)

Eighth Prayer
(Bozhe sviatii)

O holy God, heavenly Master, Jesus Christ, our king,
look down from Your boundless height and give ear to the
cry of Your children and the prayer of Your servant. Grant
me torrents of tears to wash away my many sins for they
equal in number the drops of rain and surpass in number
the sands of the sea.

How wretched I am that my sins have grown so many in
number. Nevertheless, I know that You are merciful and wait
for sinners to repent, and grieve over the sins of man.

You accepted the thief's repentance and saved him by a
word when he said: "Remember me, O Savior, when You come
into Your kingdom!" Remember also me, though my faith is
not as great. My deeds and life are like his, and I stand
accused by my conscience.

O Lord, You disregarded not the tears of the sinful
woman who boldly came with oil and poured it over the top of

Your sacred head, upon which not even angels dare to gaze. She then embraced Your feet and kissed them and wiped them with her hair. You then absolved her in peace. In like manner, receive my humbled soul also in peace and grant me rest in the bosom of Abraham and number me among Your chosen flock that I may see the light of Your countenance and glorify Your name, Father, Son and Holy Spirit, now and forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

Ninth Cathisma (Psalms 64-69)

Psalm 64

1....

2. A song in Sion befits You, God;* vows shall be paid to You in Jerusalem.

3. Give ear to my prayer;* all flesh shall come to You.

4. The words of lawless men have overcome us,* but You will cleanse us of our sinfulness.

5. Blessed is he whom You chose and took to Yourself;* he shall come and dwell in Your courts.* We shall be satisfied with the good things of Your house;* holy is Your temple.

6. O God our savior, wondrous in justice, give ear to us, O hope of all the ends of the earth and those afar at sea.

7. By Your strength You established mountains;* You are wrapped in power.

8. You stir the depths of the sea.* Can anyone bear with its noisy waves?* Nations will be in uproar.

9. Those who live on earth will stand in awe of Your signs.* You shall make beautiful the onset of morning and night.

10. You have visited the earth and watered and increased its richness;* the river of God was filled with water;* You prepared food for them; this is how it is prepared.

11. Water
will be
12. You b
fields wil
13. The g
the
14. They
ways wi
and sing.

15. Shout
give
16. Say t
great
17. Let a
You
18. Come,
plans
19. He ch
cross
20. He re
nator
21. O nat
22. He ma
ready.
23. You r
fire,
24. You'l
25. You t
and v

4. Let them suddenly fall back in shame and say about me: * "Good for him! Good for him!"

5. May they, O God, rejoice who seek You, and be glad in You; * "The Lord be exalted!" may they always say who love Your salvation.

6. Impoverished am I and poor, O God! Help me! You are my helper and deliverer, O Lord, do not delay.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

After the Ninth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars

(Diyaniya moya)

You will want to check my deeds,
my thoughts, sins and desires;
help me to repent for vindication,
Christ our God,
for You are the loving Lord.

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

(Ochystiviy)

For his tears You pardoned Peter's denial;
You forgave the publican his sins,
for his whispered words.
O loving Lord,
be merciful to me as well.

Now and forever and ever. Amen.

(Raduysia)

Hail, O you, from whom the Word became
incarnate without change
and dwelt among us! Hail, O joy
of martyrs and apostles,
protector of the faithful,
O Mother of Christ our God.

Lord, have mercy. (40)

Ninth Prayer
(Blahodaryu)

I thank You, O Lord God of my salvation, for You do everything for the welfare of my life that I may always look to You, the savior and benefactor of my soul. Though I have been sinful in life from birth till now, You preserved me.

In You, O loving Lord, I live and move and have my being. Through Your saving providence I have come to praise and worship Your most holy name.

And so, I pray to You, O Lord: "Grant me the grace and strength to sing Your praise in wisdom and to pray without ceasing as I work for my salvation in fear and trembling. Give ear, O Master, and be merciful to me. Crush beneath my feet my unseen foes and adversaries, for You are the only helper of my life. Let me praise You now and forever. Amen.

Before the next Cathisma: Come, let us bow.....

Tenth Cathisma (Psalms 70-76)

Psalm 70

1. I have placed my hope in You, O Lord;* may I never be put to shame.
2. In Your justice deliver me and rescue me;* incline Your ear to me and save me.
3. Be a God Who guards me, a place of strength for my safety,* for You are my fortress and my refuge.
4. O God, deliver me from the sinner's hand,* from the hand of the lawbreaker and evil doer.
5. For You, O Lord, Lord, are my expectation,* my hope from my youth.
6. In You I was made strong from the womb;* from my mother's womb You are my protector;* my song of praise is ever of You.
7. For I became a wondrous sign for many;* You were my mighty helper.

13. I shall meditate on all Your works and ponder Your actions.
14. O God, Your way is holy!* Who is the God so great as ours?
15. You are the God Who works wonders!* You have declared Your power among the peoples.
16. With Your arm You delivered Your people, the sons of Jacob and Joseph.
17. The waters saw You, God,* the waters saw and became afraid;* the depths were shaken.
18. There was a great roar of waters;* the clouds sounded as Your bolts flashed by.
19. The sound of Your thunder came in a rumble;* Your lightning flashes lit the world;* the earth trembled and shook.
20. Your steps are on the sea, Your paths upon the flood of waters,* but Your steps will not be known.
21. Like sheep You led Your people *by the hand of Moses and Aaron.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

After the Tenth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars

(Ne prezry)

Do not overlook, O Lord, O righteous Judge,
the work of Your hands.
Do not forsake me
though I have sinned not more than
just a few
but more than all men.
You, O God, O merciful Lord,
have all power to forgive sins.

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

(Pryblyzhayetsia)

The end, O my soul, is coming;
it is at hand.

Are you not concerned and getting ready?
Time is short!

Move yourself, for the judge is at the door!
Life fades away like a shadow, a flower
and a dream!

Why, O soul, is our concern so mindless.

Now and forever and ever. Amen.

(Dushevnoye)

I have been ever aware of my spiritual
collapse
and how I offended Your patience.
I was bereft of all good and deserving of
all punishment.

But, lead me up, wretch that I am,
O all-merciful Lord,
on account of the Bearer of God.

Lord, have mercy. (40)

Tenth Prayer

(*Hospody Bozhe nash*)

O Lord, rich in mercy and ineffably kind, Who alone by nature were sinless, Who became a man like unto us in all things but sin, at this time hear my anguished plea for I am lowly and poor in good works and my heart within me is disturbed.

You know, O king on high, Lord of heaven and earth, that I spent all my youth in sin and lived according to my lustful flesh and became the joke of demons. I had lived according to the devil's ways and wallowed in the mire of lust. In my youth I was sullied in mind and still am now. Never did I want to do Your will; I was held captive by passions that assailed me. I became a joke and mockery for demons and never thought about how unrelenting You are in denouncing sinners and the fires of Gehenna that await them. At this point I fell into despair and lost the sense of repentance. I was empty and deprived of Your friendship.

Was there any sin I did not commit? Any devilish deed I did not perform? I was quickly ready to perform every kind of sinful, shameful act.

I polluted my mind with carnal thoughts, sullied my body with impurities and defiled my soul with misadventures, enjoyed indulging every member of my wretched body and served sin. Who would not grieve over me in my misery? Who would not weep over me in my condemned condition?

For I alone aroused Your anger, O Master. I alone enflamed Your wrath against me. I alone did evil before You. I exceeded and surpassed all the sinners of all times and was unequalled in sinning unforgiveably.

But because You are most merciful and kind of heart, O loving Lord, and await the conversion of men, behold, I too cast my self before Your awesome and terrifying tribunal, and embrace Your most pure feet crying out from the depths of my soul to You: "Cleanse me, O Lord! Forgive me, O Rehabilitator! Show mercy to my weakness. Be understanding of my foolishness! Attend to my plea! Be not mute to my tears. Receive me in my repentance; turn me around from straying. Embrace me in my conversion and forgive me as I make my plea.

You did not establish penance for the righteous or forgiveness for those who never sinned. Yet You provided penance for my sins through which I incurred Your displeasure.

Naked and unclad I stand before You, O Lord, Who see the heart, and I confess my sins. I can not even raise my eyes to look up to heaven because I have been hunched by the weight of my sins. Illumine the eyes of my heart and grant me true contrition and humility of heart to amend myself so that with firm hope and real confidence I may enter the life to come ever giving glory to Your all-holy name, Father, Son and Holy Spirit, now and forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

Eleventh Cathisma (Psalms 77-84)

Psalm 77

1. Hearken, O my people, to my law;* incline your ear to the words of my mouth.
2. I shall open my mouth in parables;* I shall relate the mysteries from of old,

14. Justice will precede him* and set his steps along the way.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

After the Eleventh Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars

(Yako bludnytsa)

Like the sinful woman I fall down before You
and, as she did, I bring You heartfelt
tears in place of ointment.

Cleanse me, O Savior, and grant me pardon of
my sins,

for, like her, I cry out to You:

"Deliver me from the foulness of my sins
and save me.

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

(Vik moi)

My lifetime is ending
and the dread throne is being readied.
Life passes by.

Judgment is at hand menacing me with fire
and the torment of burning flame.

Grant me, O Lord, a torrent of tears
to put out this (flame) by Your power,
for You want all men to be saved.

Now and forever and ever. Amen.

(Tya hrad)

We have you as a city, a haven and acceptable
intercessor

before the God born of you,
O Virgin Bearer of God.

You are the salvation of the faithful people.

Lord, have mercy. (40)

the

Eleventh Prayer
(*Da ispovidyatsia*)

May Your mercies and Your wondrous deeds for the sons of men be ascribed to You, O Lord. And may they offer You a sacrifice of praise and proclaim Your works with joy. May they extol Your holy name in accordance with the multitude of Your mercies, for You are good and Your mercy lasts forever.

I praise You, bless You, worship You, thank You and glorify You, O Holy Trinity. O God, glory be to You, for You are the God of mercy and loving kindness. With lips unworthy I give You glory, praise, thanks and worship, Father, Son and Holy Spirit, one Godhead, one kingdom, one eternal Creator of all and transcendent God, glorified in the Trinity, always, now and forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

Twelfth Cathisma (Psalms 85-90)

Psalm 85

1. Incline Your ear and hear me, Lord,* for I am poor and needy.

2. Protect my soul for I am consecrated;* save Your servant who relies on You, my God.

3. Have mercy on me, O Lord!* to You will I cry out the whole day through.

4. Gladden the soul of Your servant,* for I have brought my soul to You.

5. For You, O Lord, are good and kind,* most merciful to all who invoke You.

6. Hear, O Lord, my prayer;* attend to the voice of my plea.

7. On the day of my affliction I cried out to You * because You gave ear to me.

8. There is no god like You among the gods, O Lord,* nor any work like Yours.

5. You will not fear terror at night or flying missiles
in daytime,

6. or phantoms that stalk the dark, or the demon that
strikes at noon.

7. Though a thousand fall beside you, ten thousand on
your right,* it will not come near you.

8. When you open your eyes to see,* you will see retribu-
tion against the sinners.

9. You are my hope, O Lord;* (O my soul), you have made
the Most High your refuge.

10. No evil will come near you:* not a mark will scathe
your body.

11. For He will tell His angels* to guard you on every
path you take.

12. They will support you with their hands,* that your
foot should never strike against a stone.

13. You will step upon the asp and viper,* and tread upon
the lion and serpent.

14. He trusted me;* so, I will save him and protect him
because he knew my name.

15. When he cries out to me, I will hear him and be with
him in his distress;* I will rescue him and glorify him.

16. I will bestow length of days upon him* and show him
my salvation.

Glory be to the Father and to the Son and to the
Holy Spirit,* now and forever and ever. Amen.

*After the Twelfth Cathisma is finished, take the
Trisagion. Then after the Our Father: take these
penitential Tropars.*

Penitential Tropars

(Mytarevu)

I did not strive for the repentance of
the Publican.

I have not the tears of the sinful woman

and am not worthy of such correction
because of the hardness of my heart.
But You, O Lord, in Your mercy save me.

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

(Khryste Bozhe)

O Christ our God,
Who know the things that are hidden,
O unrelenting Judge,
deliver me from the fiery torment,
for You alone are merciful.

Now and forever and ever. Amen.

(Prevozshedshy)

For the church of God
you were far greater than the heavenly hosts,
O blessed Bearer of God,
who bore Christ,
the Savior of our souls.

Lord, have mercy. (40)

Twelfth Prayer

(Ty, Vladyko)

You, O loving Master, created me and accorded me a free will. Unmindful of Your dominion I over-stepped myself, broke Your commandments and succumbed to the cruel captivity of the devil who taught me every sin and evil habit. Yet You, O Lord my God, tolerated me, awaiting my repentance. You did not let me die while I was in sin. And so, aware of Your mercy, I dare to offer this prayer to You with soiled lips. You have saved a multitude of sinners; save me as well. They are Your creatures and I too am Your creation.

Though my sins have numbed me, I in my wretchedness trust in Your mercy, Lord, and implore You: Remove my choices from me, for all my choosing is for doing wrong. I realized that of myself I can do nothing unless You sustain me by Your grace and give me understanding.

Animals, beasts and the birds of the sky have no free will but exist the way You made them. You fashioned me without flaw, but in following my desires I defiled myself

completely. You bestowed free choice on man; do not confer it to me because by habit I am worse than a beast even though by nature I am a human.

Alas, before You I was worse than an animal. However, do not measure me by my evil deeds, but grant me time to assess myself. Open the doors of repentance for me. Turn me away from lawlessness, for I am held captive by the condemnation of sin. Draw me out of the filthy pit of sin, O Jesus Christ, light of those in darkness; illumine me in whom the light has gone out. O Physician of the sick, pour wine and oil upon my hidden wounds and heal them. Bind my sores. Clean the record of my sins with Your cleansing mercy. Grant me dread of You, O Lord, that I may always have fear and obey Your will so that I may be cleansed of sin and, unhampered by the enemy, joyfully sing the praise of God glorified in the Trinity, Father, Son and Holy Spirit, now and forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

Thirteenth Cathisma (Psalms 91-100)

Psalm 91

- 1....
2. It is good to give thanks to the Lord,* to sing praise to Your name, Most High,
3. to proclaim Your mercy in the morning and Your truth each night
4. with song on ten-stringed psaltéry and harp.
5. For You have gladdened me with Your works, O Lord; and in Your handiwork I will rejoice.
6. Your works, O Lord, have been great;* Your thoughts have been so profound.
7. A foolish man will not be aware of these things;* a senseless man will fail to understand them.
8. When sinners sprang up like grass and every lawbreaker appeared as well,* let them then be crushed forever.
9. But You, O Lord, are the Most High forever.

Penitential Tropars

(Hlasom bludnaho)

Cry out to the Lord, O my miserable soul,
in the voice of the prodigal.
Like no one else I have sinned
before heaven and You, O merciful Lord!
With Your gentle gaze look upon me as I cry out:
"Make me one of Your hired hands, O God,
and have mercy on me!"

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

(Omiy mya)

Wash me with Your tears, O Savior,
for I have defiled myself with many sins.
And so, I fall down before You and cry out:
"I have sinned, O God;
have mercy on me.

Now and forever and ever. Amen.

(Prychystaya)

O most pure Lady,
insistently beseech Christ to deliver me
from soul-corrupting scandals
that I may extol you without ceasing.

Lord, have mercy. (40)

Thirteenth Prayer

(Slava Tebi)

Glory to You, O Christ our God! Glory to You, O long-
suffering Lord! Glory to You, O Guileless One! Glory to
You, Who alone are wise! Glory to You, O only Benefactor
of our souls and bodies! Glory to You, O Sun that shines
upon the just and unjust, O You Who send rain upon the
evil and the good! Glory to You, O You Who feed the birds
of the sky, the animals and all that dwells in the water
and me as well, a poor and miserable creature! Glory to
You Who with frequent rains provide water for the seed!
Glory to You Who tell the tree roots how to grow deep in
the ground.

Great is Your generosity towards all Your works. Great

is Your forbearance with me who have constantly sinned against You. And so, I implore You, do not cast me aside with those who call You "Lord, Lord" but do not do Your will. Accept my prayer and confession together with those who have pleased You, through the intercession of our most pure Lady and all Your saints. For You are blessed forever. Amen.

Before the next Cathisma: Come, let us bow.....

Fourteenth Cathisma (Psalms 101-104)

Psalm 101

- 1.....
2. O Lord, hear my prayer;* let my lament come before You.
3. Turn not Your face away from me;* incline Your ear to me on any day I am in trouble;* hear me quickly on what every day I call on You.
4. For my days like smoke have vanished;* my bones became as tinder.
5. I was beaten down like grass;* my heart dried out;* I forgot to eat my food.
6. From the sound of my groaning, my bones clung to my flesh.
7. I became like a desert pelican, a night owl on a ruin.
8. I kept vigil like a bird alone on a roof top.
9. My enemies mocked me all day long;* those who used to praise me swore at me.
10. I have eaten ashes for food and mixed my drink with tears.
11. In the face of Your anger and Your wrath *You raised me up to throw me down.
12. My days like a shadow had declined;* I dried up like hay.
13. You, however, Lord, abide forever,* and Your mercy (abides) from generation to generation

38. Egypt rejoiced at their departure * but they were afraid.
39. He spread a cloud for their protection,* a fire to light their way by night.
40. When they pleaded, there were quail * and He filled them with the bread from heaven.
41. He split the rock and water flowed,* rivers flowed in arid land.
42. For He recalled the sacred word He gave to Abraham, His servant.
43. Joyously He led His people out,* His chosen ones with gladness.
44. Gentile lands He gave to them;* they accepted the yoke of the people.
45. Thus they kept His statutes *and followed His law.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Fourteenth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars

(Naha dobrykh)

The enemy found me bereft of good work
and wounded me with an arrow of sin.
O Physician of our souls and bodies,
heal the wounds of my soul.
Be merciful to me, O God.

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

(Pokayaniye)

Not yet have I attained repentance or even
tears.
And so, my Savior,
I pray that before my end You grant me
remission of my sins
that I may be saved from punishment.

Now and forever and ever. Amen.

(Nyктоzhe)

No one who flees to you, O most holy
Bearer of God,
will leave in shame.
When he asks,
he will obtain the beneficial gift
he asked for.

Lord, have mercy. (40)

Fourteenth Prayer

(Hospody)

In Your good and loving kindness, Lord, grant me, though I am sinful, a life without sin. Do not abandon me to the council of my enemies or leave me, Lord. Rescue me from all the overwhelming passions and burning lusts, O Lord. Give me a helping hand, O Lord, and affirm me in my reverence for You. Grant me tears, O Lord, and humility of heart. Grant me endurance and discretion in temptations, Lord. Wipe out ignorance in me, O Lord, and indolence and obstinacy. Save me from corrupting influences, Lord, from devising evil plans. Remove forgetfulness from me, O Lord, and insensitivity and slavish thoughts. Protect me in my struggle against impurity, O Lord, and instill in me a hate for lust; let me abide in virtue and life without shame. Perfect my steps in fulfilling Your commandments, through the intercession of our Lady, the Bearer of God, and all the saints. You are blessed forever. Amen.

Before the next Cathisma: Come, let us bow.....

Fifteenth Cathisma (Psalms 105-108)

Psalm 105

1. Give praise to the Lord for He is good,* His mercy endures for ever.
2. Who will tell the power of the Lord?* Who will make heard His every praise?
3. Blessed are they who follow (His) decision* and act justly all the time.



26. Help me, Lord, my God;* save me in Your mercy.
27. Let them know this is Your hand,* that You had done this, Lord.
28. They may curse but You will bless;* let those be put to shame who rise against me *and Your servant will be glad.
29. Let my detractors be clothed with shame,* in a cloak of shame.
30. I will give thanks to the Lord with my lips,* give Him glory mid the multitude.
31. For on the poor man's right He stood to save my soul from my persecutors.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Fifteenth Cathisma is finished, take the Trisagion. Then, after the Our Father: take these penitential Tropars.

Penitential Tropars

(Vik moi)

My life is coming to an end;
 being readied is the dread tribunal.
 The river of fire flows past me
 threatening me with unquenchable
 punishment and flames.
 Send me a torrent of tears to stem their
 force,
 O most merciful Lord, Who desire
 all men to be saved.

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

(Vzhe zhytiye)

All of life and law I have defiled with sin.
 Before You I fall down and cry:
 "Create a pure heart in me, O God.
 Before my end show me mercy and convert me.

Now and forever and ever. Amen.

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e be put
ll be
a cloak
* give
my soul
the
the
e

(*Maty Bozhiya*)

Mother of God most pure,
defensive wall of Christians,
save your people who as usual appeal
to you
to resist the enemy, proud thoughts,
so that we may all address you:
"Hail, most favored Lady!"

Lord, have mercy. (40)

Fifteenth Prayer
(*Tebi Hospody*)

To You, the alone good Lord, Who never recall past evils, I confess my sins. In my unworthiness I fall down before You and cry out: "I have sinned, O Lord, I have sinned. I am not worthy even to raise my eyes to heaven because of my many injustices." But, my Lord, O Lord, alone good and merciful, grant me tears of compunction that with them I may implore You to purify me from all my sins before the end. For after leaving my body I must pass through a most fearsome and terrible place where many dark and inhuman demons will confront me and there will be no one to accompany me or save me.

So I fall down before Your goodness. Hand me over not to my detractors that my enemies may gloat, O Lord, and say: "You are in our hands. You have been surrendered to us."

No, O Lord, do not forget Your mercies and do not pay me according to my lawlessness. Turn not Your face away from me. Discipline me, rather, with mercy and kindness, Lord.

May my enemy not rejoice over me. Lessen his threats against me and make all his actions against me futile. Provide me with a pathway to You that is faultless, good Lord, for though I sinned, I did not run to another physician or lift my hands to a strange God.

Do not spurn my plea but in Your mercy hear me; brace my heart with fear of You. Let Your grace like fire descend upon me, Lord, and consume the impure thoughts in me. For You, O Lord, are the light surpassing all light, joy that surpasses all joy, repose that surpasses all repose, the life and abiding salvation forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

21. I shall give You praise for You heard me *and because You were my savior.

22. The stone the builders said was useless has become the cornerstone.

23. This was from the Lord;* it was wonderful to our eyes.

24. This is the day the Lord has made;* let us be glad and rejoice in it.

25. Grant salvation, Lord;* come in haste, O Lord.

26. Blessed is he who comes in the name of the Lord;* we blessed you from the house of the Lord.

27. God is Lord and has appeared to us;* prepare a feast with thick branches to the horns of the altar.

28. You are my God and I will give You praise;* You are my God and I shall exalt You;* I shall pay You praise for You have heard me and became my savior.

29. Give praise to the Lord for He is good;* His mercy endures forever.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Sixteenth Cathisma is finished, take the Trisagion. Then, after the Our Father: take these penitential Tropars.

Penitential Tropars

(Na lozhi)

As I lie on my bed of evil, ravaged by many sins,

I find I lack the hope of being saved,
because with fantasies of indolence
I made heavy my soul.

But You, O Lord, born of the Virgin,
raise me up for praise, and save me.

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

(Khotyai)

O Lord, You want all men to be saved
and restored to the original inheritance.
With great mercy visit my impoverished soul
because I wasted all my life in
immorality,
Receive me like the prodigal
and have mercy.

Now and forever and ever. Amen.

(Skvernymy)

My heart is tangled up in evil habits.
I implore you, O immaculate Virgin Mother
of God:
Cleanse me of all evil and save me.

Lord, have mercy. (40)

Sixteenth Prayer

(Bozhe moi)

O my God, do not forsake me, for my mind stirs up the
raging waves of the sea of life. Arrows of the evil
robber wounded my soul with bad thoughts, but, behold, I
have been brought to a halt.

I was unreasonable in my desires and was cast into the
fetid swamp of wickedness. Cleanse me, O loving Lord.
Save me, forgive me and have mercy on me, though I am held
fast by temptations to evil and am laden with a hopeless
burden. I am spiritually lifeless. Place me on Your
beast and lead on a road of safety. Make firm my feet to
stand before You day and night and earnestly seek Your
help and praise and glorify You all the days of my life,
forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

Sixteenth Cathisma (Psalm 118)

Psalm 118

1. Blessed are those who are blameless along the way,*
who walk in the law of the Lord.

(Tau)

169. Let my plea come before You, Lord;* grant me understanding in accordance with Your word.

170. Let my plea come before You, Lord;* in accordance with Your word deliver me.

171. My lips will burst forth with song when You teach me Your precepts.

172. My tongue will proclaim Your words for all Your judgments are just.

173. Let Your hand (be ready) to save me,* for I chose Your commandments.

174. I longed for Your salvation, Lord;* Your law is my meditation.

175. My soul will live to praise You;* Your judgments will bring me help.

176. I strayed like a lost sheep;* seek Your servant, for I did not forget Your commandments.

Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

When the Seventeenth Cathisma is finished, take the Trisagion. Then, after the Our Father: take these penitential Tropars:

Penitential Tropars

(Sohrishykh)

I sinned against You like the prodigal,
O Savior.

Receive me as I repent, O Father;
have mercy on me, O God.

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

(Zovu tebi)

I cry out to You, O Christ my Savior,
in the voice of the publican:

Make me clean the way You did him;
have mercy on me, O God.

Now and forever and ever. Amen.

(Bohorodytse)

O Bearer of God, do not overlook me;
I need Your help.
My soul has trusted in you.
Be merciful to me.

Lord, have mercy. (40)

Seventeenth Prayer

(Vladyko Hospody)

O Master, all sovereign Lord, Maker of all, Father of mercies and God of kindness, You made man out of the earth and fashioned him in Your image and likeness. May Your magnificent name be glorified on earth by him.

When he was driven out for breaking Your commandments, You restored him and led him to heaven.

I give You thanks for having multiplied Your largess towards me, for You did not hand me over to my enemies who finally seek to draw me off into the abyss of Hades. Nor did You leave me to perish in my lawlessness.

Now, therefore, O most merciful and loving Lord, You do not wish the death of a sinner but await and welcome his conversion. You set aright the outcast, heal the broken. Bring me back to repentance, set me, an outcast, aright and heal me for I am broken.

Remember Your mercies and Your ineffable kindness over the ages; forget the countless sins I committed in deed, word or thought. Excuse the blindness of my heart and grant me tears of compunction to cleanse the thoughts that defile me.

Give ear, O Lord! Be attentive, O loving Lord! Bring cleansing, O merciful Lord, and free my wretched soul from the torment of the passions that have dominion over me. Never let sin bind me or guide me in my choices. After snatching me out from the dominion of the devil with Your powerful hand, You, O loving Lord, come and reign in me that I may fully have being and live according to Your will.

In your ineffable goodness grant me cleanliness of heart, control of my lips, correctness of action, humble wisdom, peace of mind, calm for my spiritual faculties, spiritual

joy, true love, patience, goodness, unabashed faith, patient perseverance. And fill me with the good fruits of the gift of Your Spirit.

Do not lead me away in the midst of my days or cast me aside unrepentant and unprepared of soul. Bring me to perfection with Your perfection, and in this way lead me out of the present life so that unhampered I may go past the principalities and powers of darkness by Your grace, and behold the ineffable goodness of Your ineffable glory with all Your saints in whom Your all-holy and magnificent name is sanctified and glorified, Father, Son and Holy Spirit, now and forever and ever. Amen.

Before the next Cathisma: Come, let us bow.....

Eighteenth Cathisma (Psalms 119-133)

Psalm 119

1. In my distress I cried out to the Lord,* and He Heard me.
2. Deliver my soul from lying lips, from deceiving tongue, O Lord.
3. What more can be given, what more heaped on you for your deceiving tongue?
4. The sharpened arrows of a strong man and coals that devastate.
5. Alas, my sojourn was prolonged;* I have come to dwell in the tents of Kedar.
6. My soul has sojourned long;* I found peace among the ones who hated peace.
7. Whenever I spoke to them, they fought me without reason.

PSALMS OF ASCENT (Stepenni)

Psalm 120

1. I raised my eyes to the mountains* whence shall come my help to me.
2. My help is from the Lord* Who made heaven and earth.

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Psalm 133

1. Behold, all you servants of the Lord,* who stand in the house of the Lord, bless now the Lord in the courts of the house of our God.

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2. Raise your hands at night to the sanctuary and bless the Lord.

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3. May the Lord from Sion, Who made heaven and earth,* give you blessing.

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Glory be to the Father and to the Son and to the Holy Spirit,* now and forever and ever. Amen.

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When the Eighteenth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars:

Penitential Tropars

(Prezhde dazhe)

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Before You pass sentence on me, O Lord, my Lord, grant me conversion and amendment for all my sins.

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Grant me submissiveness of soul that I may cry out to You:
"Kindhearted Lord, my loving God, save me!"

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

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(Nemyslennym)

In my prodigality I acted as do mindless cattle and became like them.
Grant me conversion, O Christ, that I may receive great mercy from You.

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Now and forever and ever. Amen.

(Ne otvraty)

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Turn not your face away from me, O Queen, but in your kindness as mother, hasten to God for me, who beseech you, grant me conversion before the end,

so that having been saved through you
I may honor you in song as my salvation
and hope,
O, my Lady.

Lord, have mercy. (40)

Eighteenth Prayer
(*Hospody, da ne yarostiyu*)

O Lord, rebuke me not in Your wrath; reprove me not in
Your anger. O Master, Lord Jesus Christ, Son of the living
God, be merciful to me a sinner, a poor man depraved and
slothful, without will, a man of contradiction, misery and
waywardness, a man adulterous, irresolute, deceptive,
tainted and prodigal, a man ungrateful, without mercy, a
man brutish and drunken, a man unconscionable and shameless,
a cowardly man, irresponsible, undeserving of Your love, a
man deserving of every punishment, Gehenna and torment.

But, O Redeemer, consign me not to such extreme punish-
ment because of my multitude of sins. Be merciful to me
for I am weak of spirit, flesh, mind and thought. Save me
Your unworthy servant, by the judgments that You alone know
through the intercession of our most pure Lady, the Bearer
of God, and all the saints who have pleased You over the
ages, for You are blessed forever. Amen.

Before the next Cathisma: Come, let us bow.....

Nineteenth Cathisma (Psalms 134-142)

Psalm 134

1. Praise the name of the Lord; give praise, O you ser-
vants of the Lord,
2. who stand in the house of the Lord,* give praise in
the courts of the house of our God.
3. Give praise to the Lord for the Lord is good;* sing
praise to His name for it is good.
4. For the Lord has chosen Jacob for Himself,* Israel
as a possession for Himself.

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4. And my spirit grew weak in me; * my heart within is racked with pain.

5. I recalled the days of old; * I reflected on all the works of Your hands; * the works of Your hands were my meditation.

6. I lifted my hands to You; * my soul thirsted for You like waterless land.

7. Quickly hear me out, O Lord; * my spirit fails me; * turn not Your face away from me, lest I become like those who go down to the pit.

8. Make me hear Your mercy in the morning, for I have put my hope in You; * show me the path I am to take, O Lord, for I have raised my soul to You.

9. Free me from my enemies, Lord, * for I have run for help to You.

10. Teach me to do Your will for You are my God; * Your good Spirit will lead me on land that is straight.

11. For the sake of Your name, O Lord, You will let me live by Your justice; * out of affliction You will lead my soul.

12. In Your mercy You will crush my foes and destroy all those who hurt my soul, * for I am Your servant.

Glory be to the Father and to the Son and to the Holy Spirit, * now and forever and ever. Amen.

When the Nineteenth Cathisma is finished, take the Trisagion. Then, after the Our Father: take these Penitential Tropars.

Penitential Tropars

(Blahodarya)

In giving thanks I give You glory, O my God, for You provided every sinner with repentance.

When You come, O Lord, to judge the world entire,

put me not to shame though I have done so many shameful things.

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

(Bezmirnaya)

Numerous are my sins against You;
torments without number await me.
O my God, be merciful and save me.

Now and forever and ever. Amen.

(Vo mnozhestvu)

Now I hasten to Your multitude of mercies.
Break the bonds of sin that bind me,
O Bearer of God.

Lord, have mercy. (40)

Nineteenth Prayer

(Vladyko)

By Your passion, O Master, Christ our God, You healed my suffering; by Your wounds You soothed my wounds. Grant me tears of compunction; I have sinned so much against You. Let my body partake of the sweetness of Your lifegiving body; with Your precious blood sweeten my spirit which was so embittered by the adversary. Uplift my mind from the baser things to which it was attached and lead me away from the pit of destruction. I lack remorse; I lack compunction; I lack tears that children shed to bring relief.

I became dark of mind because of worldly desires; in my anguish I can not even raise my eyes to You or comfort myself with tears of love for You.

Nevertheless, O Master, Lord Jesus Christ, treasury of good things, grant me complete sorrow and a heart that strives to work lovingly without ceasing for You. Grant me Your grace that the traces of Your image may be restored in me. Though I abandoned You, do not abandon me. Search after me. Lead me to Your pasture and count me in Your chosen flock. Nourish me there with the food of Your holy sacraments, through the intercession of Your most holy Mother and all the saints. Amen.

Before the next Cathisma: Come, let us bow.....

When the Twentieth Cathisma is finished, take the Trisagion. Then after the Our Father: take these penitential Tropars.

Penitential Tropars

(Tebe Tsarya)

Angels in heaven praise You,
the king and master, in song.
I, too, like the publican
fall down before You and cry out:
"Cleanse me, O God,
and have mercy on me."

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

(Bezzakoniya)

My lawlessness can be compared to the
billows of the sea,
and my thoughts, to the wind stirred
up by contrary breezes.
Am I to conclude my life and come to the
the city on high
to behold the kingdom of Jerusalem?
O Lord, bring peace to my soul,
and save me.

Now and forever and ever. Amen.

(Myloserdiya suschy)

As a fountain of mercy, O Bearer of God,
deem us worthy of mercy.
Look upon your people who have sinned
and as always show your power.
We rely on you and cry out: "Hail!"
as once did Gabriel the Archangel.

Lord, have mercy. (40)

Twentieth Prayer

(O vsemylostyve)

O most merciful and gracious loving Lord Jesus Christ, my God! You are the fountainhead of all goodness. You are its helper and perfecter. You had said: "Without me you can do nothing." And so, most holy Master, in my great

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sinfulness I cast my miserable soul before the throne of Your majestic splendor and most humbly fall at Your most pure feet, though I am but dust and ashes; with fear and trepidation I kiss them lovingly and give glory, honor and thanks, for I am a sinful and unworthy man deemed worthy by Your grace to begin the recitation of the psalmody of praise and come to a loving conclusion.

You alone are without sin, O kindhearted Lord, my maker and protector; if during any of the psalmody I sinned by empty talk or thoughts, pardon me and forgive me, Your creature, a person most sinful.

From my unworthy lips, O most holy king, accept this fitting psalmody to the holy king as a pleasant sacrifice in the aroma of spiritual fragrance. May just one tear from my eye, though it be the smallest, or a sigh from crushed and humbled heart rise like incense before You.

Grant that I a sinful man may serve You, my Lord, in an acceptable manner all the days of my life and praise You in life immortal together with Your Father without beginning and Your all holy, good and lifegiving Spirit, through the intercession of Your most holy Mother, my only hope and protection, and the patronage of Your renowned prophet David, the psalmist, and the prayers of the holy fathers and Your holy servants forever. Amen.

END OF THE PSALMS

III.

THE NINE CANTICLES

First Canticle

1. Song of Moses (*Exodus 15:1-19*)

1. After completely drowning Pharaoh, he said: "To the Lord, let us sing to the Lord for He has been gloriously triumphant; horse and rider He has hurled into the sea.

2. This my God has been my helper and protector in saving me; I shall glorify Him, the God of my father, and exalt Him.

3. The Lord Who puts a stop to wars, "Lord" is His name.

4. He has hurled the chariots and army of Pharaoh into the sea; He drowned the elite cavalry officers in the Red Sea.

5. He covered them over with sea waters, and they sank like

