



THIRD HOUR

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

Amen. Glory to Thee, our God, glory to Thee.

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of Blessings, and Giver of Life - come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God. Holy Mighty. Holy Immortal, have mercy on us. *Thrice*

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

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. *Thrice*

Glory to the Father, and to the Son, and to the Holy Spirit, 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 us from the evil one.

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

Amen. Lord, have mercy. *Twelve times*

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

O come, let us worship God, our King.

O come, let us worship and fall down before Christ, our King and our God.

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

PSALM 16

Hearken, O Lord, unto my righteousness, attend unto my supplication. Give ear unto my prayer, which cometh not from deceitful lips. From before Thy face let my judgment 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 might 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 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.

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

Alleluia, alleluia, alleluia: Glory to Thee, O God. *Thrice*

Lord, have mercy. *Thrice*

O Theotokos, thou are the true vine that has put forth the fruit of life. We pray, O Lady, that thou dost intercede, together with the holy apostles, that mercy may be granted to our souls.

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

Holy God. Holy Mighty. Holy Immortal, have mercy on us. *Thrice*

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

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. *Thrice*

Glory to the Father, and to the Son, and to the Holy Spirit, 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 us from the evil one.

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

Troparia, TONE VIII

Blessed art Thou, O Christ our God, Who hast revealed the fishermen as most 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 swift and sure consolation, O Jesus, to Thy servants when our spirits are cast down within us. Depart not from our souls when they are in afflictions, and be not far from our minds in time of peril; but always anticipate our needs. Draw near to us, draw near, for Thou art everywhere. As Thou wast ever with Thine Apostles, so too, unite Thyself unto them that desire Thee, O Compassionate One: that with one accord we may praise and glorify Thine All-holy Spirit.

Now and ever and unto ages of ages. Amen.

O Most-pure Theotokos, thou art the Hope, the Protection and Refuge of Christians, an invincible Rampart, and a calm Haven for the storm-tossed. But as thou savest the world by thine unceasing prayers, remember us, O All-hymned Virgin.

On Monday, Wednesday, and Friday of the 4th Week we say the following Kontakion, TONE VII:

No longer does the flaming sword guard the gates of Eden; for a most-glorious union – the wood of the Cross – has fallen upon them. The sting of death and the victory of hell have been vanquished; for Thou didst come, O my Savior, and cry out to those in hell: “Enter again into Paradise!”

Lord, have mercy. *Forty times*

Thou who at every season and every hour, in heaven and on earth, art worshipped and glorified; O Christ or God, who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleans our minds; deliver us from all tribulations, evil and distress. Compass us about with Thy holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. *Thrice*

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption thou gavest birth to God the Word: true Theotokos, we magnify thee.

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

O Lord and Master of my life. Take from me the spirit of sloth, despair, 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 transgressions and not to judge my brother; for blessed art Thou unto ages of ages. Amen. *Prostration*

O Master, God the Father Almighty, O Lord, the Only-begotten Son, Jesus Christ, and O Holy Spirit, one Godhead, one Power: have mercy on me a sinner, and according to Thy judgments which Thou knowest, save me, Thine unworthy servant, for blessed art Thou unto ages of ages. Amen.

SIXTH HOUR

O come, let us worship God, our King.

O come, let us worship and fall down before Christ, our King and our God.

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

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.

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

Alleluia, alleluia, alleluia: Glory to Thee, O God. *Thrice*

Lord, have mercy. *Thrice*

As we have no boldness because of the multitude of our sins, O Virgin Theotokos, intercede with Him Who was born of thee, for much more is the prayer of a mother able to incline the Master of kindheartedness. Despise not the supplications of sinners, O All-pure One, for merciful and strong to save is He Who condescended to suffer for us.

The daily reading from Isaiah is read here.

Let Thy tender mercies quickly go before us, O Lord, for we have become exceedingly poor. Help us, O God our Savior, for the sake of the glory of Thy name. O Lord, deliver us and cleanse us from our sins, for Thy name's sake.

Holy God. Holy Mighty. Holy Immortal. Have mercy on us. *Thrice*

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

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. *Thrice*

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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 us from the evil one.

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

Troparia, TONE II

Thou hast wrought salvation in the midst of the earth, O Christ God; Thou didst stretch our Thy most-pure arms upon the Cross, gathering together all the nations who are crying out: O Lord, glory to Thee.

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

We venerate Thy most-pure Imiage, O Good One, entreating forgiveness of our transgressions, O Christ God. For by Thine own will Thou wast well-pleased to ascend the Cross in the flesh, in order to deliver those who, Thou hast created, from the slavery of the enemy. Therefore, in thanksgiving we cry out to Thee: Thou hast filled all with joy, O our Savio, having come to save the world.

Now and ever and unto ages of ages. Amen.

On Monday, Tuesday, & Thursday

As thou art a Fountain of loving-kindness, O Theotokos, count us worthy of mercy. Look down upon the people who have sinned, and reveal, as always, thy power: For we have put our hope in thee. And we cry out to thee, “Rejoice,” as once did the Gabriel, the Commander of the Bodiless Hosts.

On Wednesday & Friday

Most glorified art Thou, O Theotokos Virgin, and we sing thy praises. For, by the Cross of thy Son, hades was cast down and death put to death; and we who were dead have risen and been counted worthy of life, receiving the ancient delight of Paradise. Therefore with thanksgiving, we glorify Christ our God, for He is mighty and alone greatly-merciful.

On Monday, Wednesday, and Friday of the 4th Week we say the following Kontakion, TONE VII:

No longer does the flaming sword guard the gates of Eden; for a most-glorious union – the wood of the Cross – has fallen upon them. The sting of death and the victory of hell have been vanquished; for Thou didst come, O my Savior, and cry out to those in hell: “Enter again into Paradise!”

Lord, have mercy. *Forty times*

Thou who at every season and every hour, in heaven and on earth, art worshipped and glorified; O Christ our God, who art long-suffering, merciful and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleans our minds; deliver us from all tribulations, evil and distress. Compass us about with Thy holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. *Thrice*

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

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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 transgressions and not to judge my brother; for blessed art Thou unto ages of ages. Amen. *Prostration*

O God, the Lord of hosts, and Author of all creation, who in Thine ineffable tender mercy hast sent down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our kind, and through His Holy Cross hast torn up the handwriting of our sins and thereby triumphed over the princes and dominions of darkness: do Thou, O Master, who lovest mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every deadly and dark transgression and from all the visible and invisible enemies that seek to do us harm. Nail our flesh with the fear of Thee, and let not our hearts incline to evil words or thoughts, but wound our souls with Thy love, that ever gazing upon Thee, guided by Thy light and beholding Thee, the eternal light that no man can approach, we may send up increasing praises and thanks unto Thee, the Father without beginning, together with Thine Only-begotten Son and Thy most holy, good, and life-giving Spirit, now and ever, and unto ages of ages. Amen

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