

# Divine Liturgy of the Presanctified Gifts





## **Divine Liturgy of the Presanctified Gifts**

**Priest: Blessed is the kingdom of the Father, and of the Son, and of the Holy Spirit, now and forever and to the ages of ages.**

People: Amen.

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

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

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

### **Psalm 103**

Bless the Lord, O my soul! O Lord my God, You are very great: You are clothed with honour and majesty, Who cover Yourself with light as with a garment, Who stretch out the heavens like a curtain. He lays the beams of His upper chambers in the waters, Who makes the clouds His chariot, Who walks on the wings of the wind, Who makes His angels spirits, His ministers a flame of fire. You who laid the foundations of the earth, So that it should not be moved forever, You covered it with the deep as with a garment; The waters stood above the mountains. At Your rebuke they fled; At the voice of Your thunder they hastened away. They went up over the mountains; They went down into the valleys, To the place which You founded for them. You have set a boundary that they may not pass over, That they may not return to cover the earth. He sends the springs into the valleys; They flow among the hills. They give drink to every beast of the field; The wild donkeys quench their thirst. By them the birds of the heavens have their home; They sing among the branches. He waters the hills

from His upper chambers; The earth is satisfied with the fruit of Your works. He causes the grass to grow for the cattle, And vegetation for the service of man, That he may bring forth food from the earth, And wine that makes glad the heart of man, Oil to make his face shine, And bread which strengthens man's heart. The trees of the Lord are full of sap, The cedars of Lebanon which He planted, Where the birds make their nests; The stork has her home in the fir trees. The high hills are for the wild goats; The cliffs are a refuge for the rock badgers. He appointed the moon for seasons; The sun knows its going down. You make darkness, and it is night, In which all the beasts of the forest creep about. The young lions roar after their prey, And seek their food from God. When the sun rises, they gather together And lie down in their dens. Man goes out to his work And to his labour until the evening.

O Lord, how manifold are Your works! In wisdom You have made them all. The earth is full of Your possessions - This great and wide sea, In which are innumerable teeming things, Living things both small and great. There the ships sail about; There is that Leviathan Which You have made to play there. These all wait for You, That You may give them their food in due season. What You give them they gather in; You open Your hand, they are filled with good. You hide Your face, they are troubled; You take away their breath, they die and return to their dust. You send forth Your Spirit, they are created; And You renew the face of the earth.

May the glory of the Lord endure forever; May the Lord rejoice in His works. He looks on the earth, and it trembles; He touches the hills, and they smoke. I will sing to the Lord as long as I live; I will sing praise to my God while I have my being. May my meditation be sweet to Him; I will be glad in the Lord. May sinners be consumed from the earth, And the wicked be no more. Bless the Lord, O my soul! Praise the Lord!

The sun knows its going down, you make darkness and it is night. O Lord, how manifold are Your works, in wisdom You have made them all.

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

Alleluia, Alleluia, Alleluia. Glory to You, O God. (x3)

O our God and our Hope, glory to You.

### **The Great Litany**

**Priest: In peace let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For the peace, from on high, and for the salvation of our souls, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For the peace of the whole world, for the welfare of the holy churches of God, and for the union of all people, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For this holy House, and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For all devout and Orthodox Christians, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For our Father and Metropolitan (*Name*), for the venerable Priesthood, for the Diaconate in Christ, for all the Clergy, Monks, Nuns and people, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For those who govern this country, for all civil authorities and for our armed forces everywhere, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For this city, for every city, and land, and for the faithful, who dwell in them; let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For favourable weather, for an abundance of the fruits of the earth, and for peaceful times; let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For those who travel by sea, by land, by air, for the sick and suffering; for those in captivity; and for their salvation, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For our deliverance from all affliction, wrath, danger and necessity; let us pray to the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: Commemorating our all-holy, pure, most blessed and glorious Lady, the Theotokos and Ever Virgin Mary, (O most Holy Theotokos, save us) with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.**

People: To You, O Lord.

**Priest: (*Quietly*)** O Lord, compassionate and merciful, long-suffering and rich in mercy, give ear to our prayer, and attend to the voice of our supplication. Show us a sign of Your favour; lead us in Your way, so that we may walk in Your truth. Gladden our hearts, so that we may fear Your holy Name, for You are great, and work wonders. You alone are God, and there is none like You among the gods, O Lord. You are mighty in mercy and benevolent in strength, to aid and to comfort and to save all those who put their trust in Your holy Name.

**Priest: (*Loudly*) For to You belong all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit: now and forever, and to the ages of ages.**

People: Amen.

### **Psalm 119**

In my distress I cried to the Lord, and He heard me. Deliver my soul, O Lord, from lying lips and from a deceitful tongue. What shall be given to you, or what shall be done to you, you false tongue? Sharp arrows of the warrior, with coals of the broom tree! Woe is me, that I dwell in Meshech, that I dwell among the tents of Kedar! My soul has dwelt too long with one who hates peace. I am for peace; but when I speak, they are for war.

### **Psalm 120**

I will lift up my eyes to the hills - from where comes my help? My help comes from the Lord, Who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber or sleep. The Lord is your keeper; The Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in from this time forth, and even forevermore.

### **Psalm 121**

I was glad when they said to me, "Let us go into the house of the Lord." Our feet have been standing within your gates, O Jerusalem! Jerusalem is built as a city that is compact together, where the tribes go up, The tribes of the Lord, To the Testimony of Israel, To give thanks to the name of the Lord. For thrones are set there for judgment, The thrones of the house of David. Pray for the peace of Jerusalem: "May they prosper who love you. Peace be within your walls, Prosperity within your palaces." For the sake of my brethren and companions, I will now say, "Peace be within you." Because of the house of the Lord our God I will seek your good.

## **Psalm 122**

Unto You I lift up my eyes, O You who dwell in the heavens. Behold, as the eyes of servants look to the hand of their masters, As the eyes of a maid to the hand of her mistress, So our eyes look to the Lord our God, Until He has mercy on us. Have mercy on us, O Lord, have mercy on us! For we are exceedingly filled with contempt. Our soul is exceedingly filled With the scorn of those who are at ease, With the contempt of the proud.

## **Psalm 123**

“If it had not been the Lord who was on our side,” Let Israel now say “If it had not been the Lord who was on our side, When men rose up against us, Then they would have swallowed us alive, When their wrath was kindled against us; Then the waters would have overwhelmed us, The stream would have gone over our soul; Then the swollen waters Would have gone over our soul.” Blessed be the Lord, Who has not given us as prey to their teeth. Our soul has escaped as a bird from the snare of the fowlers; The snare is broken, and we have escaped. Our help is in the name of the Lord, Who made heaven and earth.

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

Alleluia, Alleluia, Alleluia. Glory to You O God. (x3)

Lord, have mercy. (x3)

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

## **The Little Litany**

**Priest: Again and again, in peace, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: Commemorating our all-holy, pure, most blessed and glorious Lady, the Theotokos and Ever Virgin Mary, (O most Holy Theotokos, save us) with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.**

People: To You O Lord.

**Priest: (*Quietly*)** O Lord, do not rebuke us in Your displeasure, nor chasten us in Your wrath, but deal with us according to Your mercy, O Physician and Healer of our souls. Guide us into the haven of Your will. Enlighten the eyes of our hearts to the knowledge of Your truth, and grant that the remainder of this day and our whole life may be peaceful and without sin, through the intercessions of the holy Theotokos and of all the saints.

**Priest: (*Loudly*)** For Yours is the majesty, and Yours is the kingdom, the power and the glory: of the Father, and of the Son, and of the Holy Spirit, now and forever, and to the ages of ages.

People: Amen.

Now and forever, and to the ages of ages. Amen.

### **Psalm 124**

Those who trust in the Lord Are like Mount Zion, Which cannot be moved, but abides forever. As the mountains surround Jerusalem, So the Lord surrounds His people From this time forth and forever. For the sceptre of wickedness shall not rest On the land allotted to the righteous, Lest the righteous reach out their hands to iniquity. Do good, O Lord, to those who are good, And to those who are upright in their hearts. As for such as turn aside to their crooked ways, the Lord shall lead them away with the workers of iniquity. Peace be upon Israel!

### **Psalm 125**

When the Lord brought back the captivity of Zion, We were like those who dream. Then our mouth was filled with laughter, And our tongue with singing. Then they said among the nations, The Lord has done great things for them.” The Lord has done great things for us, And we are glad. Bring back our captivity, O Lord, As the streams in the South. Those who sow in tears Shall reap in joy. He who continually goes forth weeping, Bearing seed for sowing, Shall doubtless come again with rejoicing, Bringing his sheaves with him.

## **Psalm 126**

Unless the Lord builds the house, They labour in vain who build it;  
Unless the Lord guards the city, The watchman stays awake in vain.  
It is vain for you to rise up early, To sit up late, To eat the bread of sorrows;  
For so He gives His beloved sleep. Behold, children are a heritage from the Lord,  
The fruit of the womb is a reward. Like arrows in the hand of a warrior,  
So are the children of one's youth. Happy is the man who has his quiver full of them;  
They shall not be ashamed, But shall speak with their enemies in the gate.

## **Psalm 127**

Blessed is everyone who fears the Lord, Who walks in His ways.  
When you eat the labour of your hands, You shall be happy, and it shall be well with you.  
Your wife shall be like a fruitful vine In the very heart of your house,  
Your children like olive plants All around your table. Behold, thus shall the man be blessed  
Who fears the Lord. The Lord bless you out of Zion, And may you see the good of Jerusalem  
all the days of your life. Yes, may you see your children's children.  
Peace be upon Israel!

## **Psalm 128**

"Many a time they have afflicted me from my youth," Let Israel now say -  
"Many a time they have afflicted me from my youth; Yet they have not prevailed against me.  
The plowers plowed on my back; They made their furrows long." The Lord is righteous;  
He has cut in pieces the cords of the wicked. Let all those who hate Zion be put to shame  
and turned back. Let them be as the grass on the housetops, Which withers before it grows up,  
With which the reaper does not fill his hand, Nor he who binds sheaves, his arms.  
Neither let those who

pass by them say, "The blessing of the Lord be upon you; we bless you in the name of the Lord!"

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

Alleluia, Alleluia, Alleluia. Glory to You O God. (x3)

Lord, have mercy. (x3)

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

### **The Little Litany**

**Priest: Again and again in peace let us pray to the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: Commemorating our all-holy, pure, most blessed and glorious Lady, the Theotokos and Ever Virgin Mary, (O most Holy Theotokos, save us) with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.**

People: To You, O Lord.

**Priest:** (*Quietly*) O Lord our God remember us sinners and Your unprofitable servants when we call upon Your holy Name, and put us not to shame in our expectation of Your mercy; but grant us, O Lord, all our petitions which are unto salvation, and grant that we may love and fear You with all our hearts and do Your will in all things.

**Priest:** (*Loudly*) **For You are a good God and loving toward mankind, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages.**

People: Amen.

Now and forever, and to the ages of ages. Amen.

### **Psalm 129**

Out of the depths I have cried to You, O Lord; Lord, hear my voice! Let Your ears be attentive to the voice of my supplications. If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared. I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord. More than those who watch for the morning - Yes, more than those who watch for the morning. O Israel, hope in the Lord; For with the Lord there is mercy, and with Him is abundant redemption. And He shall redeem Israel from all his iniquities.

### **Psalm 130**

Lord, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too profound for me. Surely I have calmed and quieted my soul, like a weaned child with his

mother; Like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forever.

### **Psalm 131**

Lord, remember David and all his afflictions; How he swore to the Lord, and vowed to the Mighty One of Jacob: "Surely I will not go into the chamber of my house, or go up to the comfort of my bed; I will not give sleep to my eyes or slumber to my eyelids, Until I find a place for the Lord, a dwelling place for the Mighty One of Jacob." Behold, we heard of it in Ephrathah; we found it in the fields of the woods. Let us go into His tabernacle; let us worship at His footstool.

*The reader stops and all people kneel.*

*(The Priest takes up the diskos upon which rests the Lamb, elevating it above his head, censes the Lamb as it is carried by the Priest to the Prothesis Table, the Priest censes the Presanctified Lamb three times.)*

*All rise and the reader continues.*

Arise, O Lord, to Your resting place, You and the ark of Your strength. Let Your priests be clothed with righteousness, and let Your saints shout for joy. For Your servant David's sake, do not turn away the face of Your Anointed. The Lord has sworn in truth to David; He will not turn from it: "I will set upon your throne the fruit of your body. If your sons will keep My covenant and My testimony which I shall teach them, their sons also shall sit upon your throne forevermore." For the Lord has chosen Zion; He has desired it for His dwelling place: "This is My resting place forever; Here I will dwell, for I have desired it. I will abundantly bless her provision; I will satisfy her poor with bread. I will also clothe her priests with salvation, and her saints

shall shout aloud for joy. There I will make the horn of David grow; I will prepare a lamp for My Anointed. His enemies I will clothe with shame, but upon Himself His crown shall flourish.”

### **Psalm 132**

Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious oil upon the head, running down on the beard, the beard of Aaron, running down on the edge of his garments. It is like the dew of Hermon, descending upon the mountains of Zion; For there the Lord commanded the blessing - Life forevermore.

### **Psalm 133**

Behold, bless the Lord, all you servants of the Lord, who by night stand in the house of the Lord! Lift up your hands in the sanctuary, and bless the Lord. The Lord who made heaven and earth bless you from Zion!

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

Alleluia, Alleluia, Alleluia. Glory to You O God. (x3)

O our God and our Hope, glory to You.

### **The Little Litany**

**Priest: Again and again, in peace let us pray to the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: Commemorating our all-holy, pure, most blessed and glorious Lady, the Theotokos and Ever Virgin Mary, (O most Holy Theotokos, save us) with all the saints; let us entrust ourselves and one another, and our whole life, to Christ our God.**

People: To You, O Lord.

**Priest: (*Quietly*)** O You who, with never-silent hymns and never-ceasing songs of praise to Your glory, are hymned by the holy powers: Fill our mouths with Your praise, that we may magnify Your holy name. And grant unto us part and inheritance with all those who fear You in truth and keep Your commandments, through the intercessions of the holy Theotokos and of all Your saints.

**Priest: (*Loudly*)** For You are our God, the God of mercy and salvation, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages.

People: Amen.

*Please turn to the relevant page for the week of Great Lent:*

*Wednesday of the First Week of Great Lent* *Page 38*

*Wednesday of the Second Week of Great Lent* *Page 46*

*Wednesday of the Third Week of Great Lent* *Page 53*

*Wednesday of the Fourth Week of Great Lent* *Page 60*

*Wednesday of the Fifth Week of Great Lent* *Page 68*

*Wednesday prior to Palm Sunday* *Page 80*

## **Let my prayer arise**

**Priest: Let my prayer be set forth as incense before You, the lifting up of my hands as an evening sacrifice.**

***Verse: Lord, I have cried unto You, hear me; attend to the voice of my supplication when I cry unto You.***

Let my prayer be set forth as incense before You, the lifting up of my hands as an evening sacrifice

***Verse: Set O Lord, a watch before my mouth, and a door of enclosure round about of my lips.***

Let my prayer be set forth as incense before You, the lifting up of my hands as an evening sacrifice.

***Verse: Incline not my heart unto words of evil, to make excuse with excuses in sins.***

Let my prayer be set forth as incense before You, the lifting up of my hands as an evening sacrifice.

***Verse: Glory to the Father and to the Son and to the Holy Spirit.***

Let my prayer be set forth as incense before You, the lifting up of my hands as an evening sacrifice.

***Verse: Now and for ever and to the ages of ages. Amen.***

Let my prayer be set forth as incense before You, the lifting up of my hands as an evening sacrifice.

**Priest: Let my prayer be set forth, as incense before You.**

People: the lifting up of my hands as an evening sacrifice.

### **The Ektenia of Fervent Supplication**

**Priest: Let us say with all our souls and with all our mind, let us say: O Lord Almighty, the God of our Fathers, we pray You: Hear us and have mercy.**

People: Lord, have mercy. (x3)

**Priest: Have mercy on us, O God, according to Your great goodness, we pray You: Hear us and have mercy.**

People: Lord, have mercy. (x3)

**Priest: Again we pray for all pious and Orthodox Christians.**

People: Lord, have mercy. (x3)

**Priest: Again we pray for our Father and Metropolitan (*Name*), for the Priests, Deacons, Monks and Nuns; and for all our brethren in Christ.**

People: Lord, have mercy. (x3)

**Priest: Again we pray for those who govern this country, all civil authorities and our Armed Forces every where.**

People: Lord, have mercy. (x3)

**Priest: Again we pray for mercy, life, peace, health and salvation for the servants of God, the Orthodox Christians who dwell in this city. For those who are gathering in this Holy Church, for the Parish Council, for those who give and for their visitation, pardon and remission of their sins.**

People: Lord, have mercy. (x3)

**Priest: Again we pray for the blessed and ever memorable founders of this holy Temple; and for all our fathers and brethren, the Orthodox departed this life before us, who here and in all the world lie asleep in the Lord.**

People: Lord, have mercy. (x3)

**Priest: Again we pray for those who bear fruit and do good works in this holy and all-venerable Temple; for those who serve and those who sing; and for all the people here present, who await Your great and rich mercy.**

People: Lord, have mercy. (x3)

**Priest: O Lord our God, receive this fervent supplication of Your servants, and have mercy on us according to the multitude of Your mercy, and send down Your compassions upon us and upon all Your people, who await Your great and rich mercy.**

*(During the Ektenia the priest makes the sign of the cross over the antiminsion with the gospel book, and places it upright before the tabernacle.)*

**Priest: For You are a merciful God and love mankind, and unto You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit: now and for ever, and to the ages of ages.**

People: Amen.

### **The Litany for the Catechumens**

**Priest: Let the Catechumens pray to the Lord. Let us the faithful pray for the catechumens, that the Lord will have mercy on them. That He will teach them the word of truth. That He will reveal to them the Gospel of righteousness. That He will unite them to His holy, catholic and apostolic Church.**

**Priest: Save them, have mercy on them, help them and protect them, O God, by Your grace.**

People: Lord, have mercy.

**Priest: (*Quietly*)** O God, our God, the Creator and Maker of all things, who desires that all men should be saved and should come to knowledge of the truth, Look down upon Your servants the Catechumens and deliver them from the ancient delusion and from the wiles of the adversary. And call them unto life eternal, illumining their souls and bodies and numbering them with your rational flock, over which Your holy Name is invoked.

**Priest: (*Loudly*)** So that they, along with us, may glorify Your most honoured and majestic Name: the Name of the Father, and of the Son, and of the Holy Spirit, now and for ever and to the ages of ages.

People: Amen.

***(The priest now unfolds the antimission and makes the sign of the cross over it with the sponge, kisses the sponge and lays it on the lower, right corner of the antimission.)***

### **The First Litany of the Faithful**

**Priest: As many as are faithful, again and again in peace let us pray to the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us and keep us O God by Your grace.**

People: Lord, have mercy.

**Priest: *(Quietly)*** O God, great and worthy to be praised, who through the life-giving death of your Christ have translated us from corruption to incorruptibility: deliver all our senses from the deadness of passions by establishing as a good ruler over them the understanding that is in us. Let our eye have no part in any evil sight. Let our hearing be inaccessible to all idle words and let our tongue be purged from unseemly speech. Purify, O Lord, our lips which praise you. Let our hands abstain from evil deeds and engage only in such things as are pleasing to You, safeguarding all our members and our minds by Your grace.

**Priest: *(Loudly)*** For to You belong all glory, honour and worship; to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages.

People: Amen.

## The Second Litany of the Faithful

**Priest: Again and again in peace let us pray to the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: Wisdom**

**Priest:** *(Quietly)* Holy Master, exceeding good, we beseech You, who are rich in mercy, to be gracious to us sinners, and make us worthy to receive your only-begotten Son and our God, the King of glory. For behold, his undefiled Body and life-giving Blood, making their entrance at this present hour, are about to be placed on this mystical Table, invisibly escorted by a multitude of the heavenly hosts. Grant that we may partake of them without condemnation, that, the eyes of our understanding having become illumined by them, we may become children of the light and of the day.

**Priest:** *(Loudly)* Through the gift of Your Christ, with Whom You are blessed, together with Your all-holy and good and life-giving Spirit, now and for ever and to the ages of ages.

People: Amen.

Now the powers of heaven are invisibly worshipping with us. For, behold, the King of Glory is making His entry.

Behold, a mystical and perfected sacrifice is escorted in. Let us with faith and longing draw near and become partakers of life everlasting. Alleluia.

*(The priest now censes the prothesis, around the holy table, the sanctuary and the clergy; and from the holy doors the icons on the iconostasis while saying the following as he censes:*

**Priest:** *(Quietly) O come let us worship and fall down before 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, our Lord, and our God.)*

### **Psalm 50**

**Priest:** *(Quietly) Have mercy upon me, O God, According to Your loving kindness; According to the multitude of Your tender mercies, Blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions, and my sin is always before me. Against You, You only, have I sinned, and done this evil in Your sight - That You may be found just when You speak, and blameless when You judge. Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom. Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. Make me hear joy and gladness, that the bones You have broken may rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit*

*from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart - These, O God, You will not despise. Do good in Your good pleasure to Zion; Build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.*

*The people kneel while the priest carries the Holy Gifts from the Prothesis through the church to the Alter.*

**Priest: Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.**

People: Behold, a mystical and perfected sacrifice is escorted in. Let us with faith and longing draw near and become partakers of life everlasting. Alleluia.

**Priest:** *(Quietly) Then will they offer young bulls upon your altar.*

### **Litany**

**Priest: Let us complete our evening prayer unto the Lord.**

People: Lord, have mercy.

**Priest: For the precious and Presanctified Gifts here presented, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: For this holy House, and for those who enter it with faith, reverence and the fear of God, let us pray to the Lord.**

People: Lord, have mercy.

**Priest: That our God, who loves mankind, receiving them upon His holy, most heavenly and ideal altar as a savour of spiritual sweetness, will send down upon us in return His divine grace and the gift of the Holy Spirit, let us pray.**

People: Lord, have mercy.

**Priest: For our deliverance from all affliction, wrath, danger and necessity, let us pray to the Lord.**

People: Lord, have mercy.

**Priest:** *(Quietly) O God of ineffable and unseen mysteries, with whom are hidden treasures of wisdom and knowledge, having revealed unto us the ministry of this service and having appointed unto us sinners, through your great love to mankind, to offer unto You gifts and sacrifices for our sins and for the ignorance of the people: Do You the same invisible King, doer of things great and inscrutable, glorious and marvellous, which cannot be numbered, look upon us your unworthy servants who stand at this holy altar as at your cherubic throne, upon which lies Your only-begotten Son and our God, in the dread mysteries spread forth thereon; and having delivered us and all your faithful people from every impurity, sanctify all our souls and bodies with the sanctification which cannot be taken away. Thus may we partaking with a pure conscience, with face*

*unashamed, with heart illumined of these divine hallowed things and, being enlivened through them, be united unto Christ Himself, our true God, who has said: 'Whosoever eats my flesh and drinks my blood abides in Me and I in him;'* that your Word, O Lord, making an abode in us and sojourning among us, we may become a temple of Your all-holy and adorable Spirit, redeemed from every wile of the devil, wrought either by word or deed or thought, and may obtain the good things promised unto us with all Your Saints who in all ages have been well-pleasing to You.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: That the whole evening may be perfect, holy, peaceful, and without sin, let us ask of the Lord.**

People: Grant this, O Lord.

**Priest: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.**

People: Grant this, O Lord.

**Priest: Pardon and forgiveness of our sins and offenses, let us ask of the Lord.**

People: Grant this, O Lord.

**Priest: All things good and profitable for our souls, and peace for the world, let us ask of the Lord.**

People: Grant this, O Lord.

**Priest: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.**

People: Grant this, O Lord.

**Priest: A Christian ending to our life, painless, blameless, peaceful; and a good defence before the dread Judgment seat of Christ, let us ask of the Lord.**

People: Grant this, O Lord.

**Priest: Having asked for the unity of the faith, and the communion of the Holy Spirit, let us entrust ourselves and one another, and our whole life to Christ our God.**

People: To You, O Lord.

**Priest: And count us worthy, Master, with boldness and without condemnation to dare to call upon You, the God of heaven, as Father, and to say:**

All: Our Father, Who art in heaven, hallowed be Your name, Your kingdom come, Your 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.

**Priest: For Yours is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.**

People: Amen.

**Priest: Peace be to all.**

People: And to your spirit.

**Priest: Bow your heads to the Lord.**

People: To You, O Lord.

**Priest:** *(Quietly)* O God who alone are good and compassionate, who dwells in the heights and regards the humble: Look with the eyes of your tenderness on all your people, and preserve them. And make us all worthy to partake without condemnation of these your life-giving mysteries; for unto You have we bowed our heads in the hope of your rich mercy.

**Priest: Through the grace and compassion and love toward mankind of Your only-begotten Son, with whom You are blessed, together with Your all-holy and good and life-giving Spirit, now and forever, and to the ages of ages.**

People: Amen.

**Priest: Hear us O Lord Jesus Christ our God, from Your holy dwelling place and from the glorious throne of Your kingdom, and come to sanctify us, You Who are enthroned on high with the Father and invisibly present here with us. And with Your mighty hand, grant communion in Your most pure Body and precious Blood to us, and through us to all the people.**

**Priest: O God, be gracious to me a sinner, and have mercy on me. (x3)**

**Priest: Let us attend.**

## **The Presanctified Holy Things are for the Holy.**

People: One is holy, One is Lord: Jesus Christ, to the glory of God the Father. Amen.

*(The priest now receives the Holy Communion while the people read the following Psalms.)*

### **Psalm 33**

I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make its boast in the Lord; The humble shall hear of it and be glad. Oh, magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps all around those who fear Him, and delivers them. Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him! Oh, fear the Lord, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, and loves many days, that he may see good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good; Seek peace and pursue it. The eyes of the Lord are on the righteous, and His ears are open to their cry. The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth. The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He guards all his bones; not one of them

is broken. Evil shall slay the wicked, and those who hate the righteous shall be condemned. The Lord redeems the soul of His servants, and none of those who trust in Him shall be condemned.

### **Psalm 144**

I will extol You, my God, O King; and I will bless Your name forever and ever. Every day I will bless You, and I will praise Your name forever and ever. Great is the Lord, and greatly to be praised; and His greatness is unsearchable. One generation shall praise Your works to another, and shall declare Your mighty acts. I will meditate on the glorious splendor of Your majesty, and on Your wondrous works. Men shall speak of the might of Your awesome acts, and I will declare Your greatness. They shall utter the memory of Your great goodness, and shall sing of Your righteousness. The Lord is gracious and full of compassion, slow to anger and great in mercy. The Lord is good to all, and His tender mercies are over all His works. All Your works shall praise You, O Lord, and Your saints shall bless You. They shall speak of the glory of Your kingdom, and talk of Your power, To make known to the sons of men His mighty acts, and the glorious majesty of His kingdom. Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations. The Lord upholds all who fall, and raises up all who are bowed down. The eyes of all look expectantly to You, and You give them their food in due season. You open Your hand and satisfy the desire of every living thing. The Lord is righteous in all His ways, gracious in all His works. The Lord is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him; He also will hear their cry and save them. The Lord preserves all who love Him, but all the wicked He will destroy. My mouth shall speak the praise of the Lord, and all flesh shall bless His holy name forever and ever.

**Priest: With fear of God, with faith and love, draw near.**

People: Blessed is he who comes in the name of the Lord. The Lord is God and has revealed Himself to us.

*(Priest: The servant of God, (Name), partakes of the precious and all-holy Body and Blood of our Lord and God and Saviour Jesus Christ, unto forgiveness of sins and unto life everlasting.)*

### **Koinonikon**

People: Taste and see that the Lord is good. Alleluia.

**Priest: O God, save Your people and bless Your inheritance.**

People: I will bless the Lord at all times, His praise shall be in my mouth forever; taste the heavenly Bread and the Cup of life and see how good the Lord is. Alleluia. Alleluia. Alleluia.

**Priest: Be exalted, O God, above the heavens and Your glory above all the earth. (x3)**

**Priest: Blessed is our God always, now and for ever and to the ages of ages.**

People: Amen.

Let our mouth be filled with praise, Lord, that we may sing of Your Glory, for You have made us worthy to partake of Your Holy Mysteries. Keep us in Your holiness, as all the day we may meditate upon Your righteousness. Alleluia, Alleluia, Alleluia.

**Priest: Stand upright. Having partaken of the divine, holy, pure, immortal, heavenly, life-giving and dread mysteries of Christ, let us worthily give thanks unto the Lord.**

People: Lord, have mercy.

**Priest: Help us, save us, have mercy on us, and keep us, O God, by Your grace.**

People: Lord, have mercy.

**Priest: Asking that the whole evening may be perfect, holy, peaceful and without sin, let us entrust ourselves and one another, and all our life to Christ our God.**

People: To You, O Lord.

**Priest:** We give You thanks, O God, the Saviour of all, for all the good things which You have granted unto us and for the communion of the holy Body and Blood of your Christ. And we beseech You, O Master, only Lover of mankind, to keep us under the shelter of your wings. And grant that, even unto our last breath, we may worthily partake of your holy things unto the illumination of soul and body and unto the inheritance of the kingdom of heaven.

**Priest: For You are our Sanctification, and to You we ascribe glory; to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.**

People: Amen.

**Priest: Let us go forth in peace. Let us pray to the Lord.**

People: Lord, have mercy. (x3) In the name of the Lord, Father, give the blessing.

**Priest: O, Almighty Master, Who made all creation and by Your inexpressible providence and great goodness have brought us to these all-revered days, for the purification of soul and body, for the controlling of passions and for hope of resurrection, Who, during the forty days gave into the hands of Your servant Moses the tablets of the Law in characters divinely traced by You: Enable us also, O Good One, to fight the good fight, to complete the course of the fast, to preserve inviolate the faith, to crush underfoot the heads of invisible serpents, to be accounted victors over sin; and, uncondemned, to attain unto and worship the holy Resurrection.**

**Priest: For blessed and glorified is Your all-honourable and majestic Name of the Father, and of the Son and of the Holy Spirit, now and for ever, and to the ages of ages.**

People: Amen.

People: Blessed be the name of the Lord, from this time forth and forevermore. (x3)

**Priest: (*Quietly*) O Lord our God, Who brought us to these all-revered days and made us communicants of your dread mysteries: unite us to Your rational flock, and make us heirs of Your kingdom, now and forever, and to the ages of ages.**

**Priest: Let us pray to the Lord.**

People: Lord, have mercy.

**Priest: May the blessing of the Lord and His mercy come upon you, through His divine grace and love for mankind, always, now and forever, and to the ages of ages.**

People: Amen.

**Priest: Glory to You, Christ our God and our Hope, glory to You.**

People: Glory to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

Lord, have mercy. (x3)

In the name of Lord, Father give the blessing.

**Priest: May Christ our true God, through the intercessions of His most pure, blameless and holy Mother; by the might of the precious and life-giving cross; by the protection of the honourable bodiless powers of heaven; at the supplications of the honourable, glorious Prophet, Forerunner and Baptist John; of the Holy, glorious and all-laudable apostles; of our father among the saints, Gregory the Dialogist (writer of this Holy Service); of our venerable and God-bearing fathers; of *(Saint(s) (Patron saint of this church)*; of the holy and righteous ancestors of God, Joachim and Anna; of *(Saint(s))* (whose memory we celebrate) and of all the saints: have mercy on us, and save us, for He is good and loves mankind.**

**Priest: May the Holy Trinity protect your lives, always; now and forever, and to the ages of ages.**

People: Amen.

**Priest: Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us, and save us.**

People: Amen.

## ***Wednesday of the First Week of Great Lent***

### **Psalm 140**

Lord, I have cried unto You: hearken unto me, hearken unto me O Lord. Lord, I have cried unto You, hearken unto me; attend to the voice of my supplications when I cry unto You, hearken unto me, O Lord.

Let my prayer be set forth as incense before You; the lifting up of my hands as an evening sacrifice. Hearken unto me O Lord.

Set O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity and I will not join with their chosen

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto You, O Lord, O Lord, are my eyes; in You have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling blocks of them that work iniquity.

The sinners shall fall into their own net, I am alone until I pass by.

### **Psalm 141**

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, my affliction before Him will I declare.

When my spirit was fainting within me, the You knew my path:

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand and beheld, and there was none that did know me.

Flight has failed me, and there is none that watches out for my soul.

I have cried unto You, O Lord; I said "You are my hope: my portion are You in the land of the living."

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me for they are stronger than I.

***Bring my soul out of prison, that I may praise Your name. The righteous shall surround me, for you shall deal bountifully with me.***

While fasting in the body, brethren, let us also fast in spirit. Let us loose every bond of iniquity; let us undo the knots of every contract made by violence; let us tear up all unjust agreements; let us give bread to the hungry and welcome to our house the poor who have no roof to cover them, that we may receive great mercy from Christ our God.

***Out of the depths I have cried to You, O Lord; Lord, hear my voice.***

If there be any virtue and if there be any praise, rightly are these things ascribed to the saints. They bowed their necks beneath the sword, for your sake who have bowed the heavens and come down. They shed blood for You, Who have emptied Yourself and taken the form of a servant; they humbled themselves even unto death, following the example of Your poverty. At their prayers have mercy upon us, O God, according to the multitude of Your tender mercies.

***Let Your ears be attentive to the voice of my supplications***

Jesus the true spiritual Sun, sent you out as lightning into all the world, and by the brightness of your divine preaching, O Apostles and eyewitnesses of God, He has dispersed the darkness of error and given light to those held fast in the evil gloom of ignorance. Entreat Him to send down upon us also His illumination and great mercy.

***If You Lord should mark iniquities, O Lord, who could stand?  
But there is forgiveness with You.***

Elijah, glorified by fasting, rode in the divine chariot of the virtues and was carried up to the height of heaven. Eagerly follow his example, O my humble soul, and fast from every evil, from envy, strife and passing pleasure. So shall you escape the harsh and everlasting agony of Gehenna, crying out to Christ: Glory be to You, O Lord.

***I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord.***

Apostles of God, fervent intercessors for the world, defenders of the Orthodox, you who have the power to draw near with boldness unto Christ our God: we beseech you, intercede on our behalf, that we may keep the holy season of the Fast unhindered and receive the grace of the consubstantial Trinity, O great and glorious preachers, worthy of all reverence, pray for our souls.

*(Refer to variations bulletin for additional sticheras and readings).*

*Glory to the Father and to the Son and to the Holy Spirit. Now and forever and to the ages of ages. Amen.*

*(Refer to variations bulletin for readings).*

### **The Prayer of the Entrance**

**Priest:** In the evening, and in the morning, and at noonday we praise You, we bless You, we give thanks to You, and we pray unto You, O Lord of all: Direct our prayer before You as incense, and incline not our hearts unto words or thoughts of wickedness; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, lift we up

our eyes, and in You have we trusted. Put us not to shame, O our God. For unto You are due all glory, honour and worship: to the Father, and to the Son, and to the Holy Spirit: Now and for ever and to the ages of ages. Amen.

**Priest: Blessed is the entrance of your Holy Ones, always: Now and forever, and to the ages of ages. Amen.**

**Wisdom! Let us attend!**

### **Gladsome Light**

People: O gladsome Light of the Holy Glory of the Immortal Father: Heavenly, Holy, Blessed, O Jesus Christ. Now that we have come to the setting of the sun, and behold the light evening, we praise God: Father, Son, and Holy Spirit. How right it is at all times to worship you with voices of praise, O Son of God, and Giver of life. Therefore, all the world glorifies You.

### **The Old Testament Readings**

#### The First Reading

**Priest: The evening Prokimenon.**

Reader: The Prokimenon in Tone 5. You will keep us, O Lord, You will preserve us from this generation for ever. Save me, O Lord, for there is no godly man left upon earth.

**Priest: Wisdom!**

Reader: The reading from Genesis. (Chapters 1:24 - 2:3).

**Priest: Let us attend.**

Reader: And God said, "Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind." And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good. Then God said, "Let us make humankind in Our image, according to Our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth". So God created humankind in His image, in the image of God He created them; male and female He created them. God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth." God said, "See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. God saw everything that He had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that He had done, and He rested on the seventh day from all the work that He had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that He had done in creation.

### The Second Reading

**Priest: Let us attend.**

Reader: The Prokimenon in Tone 6. Consider and hear me, O Lord my God. How long will You forget me utterly, O Lord? How long will You turn Your face away from me?

Command!

*(The people kneel).*

**Priest: Wisdom! Let us attend!**

**The Light of Christ...**

**...illuminates all!**

*(The people stand).*

**Priest: Wisdom!**

Reader: The Reading is from the Book of Proverbs. (Chapter 2:1-22).

**Priest: Let us attend!**

Reader: My child, if you accept my words and treasure up my commandments within you, making your ear attentive to wisdom and inclining your heart to understanding; if you indeed cry out for insight, and raise your voice for understanding; if you seek it like silver, and search for it as for hidden treasures then you will understand the fear of the Lord and find the knowledge of God.

For the Lord gives wisdom; from His mouth come knowledge and understanding; He stores up sound wisdom for the upright; He is a shield to those who walk blamelessly, guarding the paths of justice and preserving the way of his faithful ones. Then you will understand

righteousness, justice, and equity, every good path; for wisdom will come into your heart, and knowledge will be pleasant to your soul; prudence will watch over you; and understanding will guard you.

It will save you from the way of evil, from those who speak perversely, who forsake the paths of uprightness to walk in ways of darkness, who rejoice in doing evil and delight in the perverseness of evil; those whose paths are crooked, and who are devious in their ways.

You will be saved from the loose woman, from the adulteress with her smooth words, who forsake the partner of her youth and forgets her sacred covenant; for her way leads down to death, and her paths to the shades; those who go to her never come back, nor do they regain the paths of life. Therefore walk in the way of the good, and keep to the paths of the just. For the upright will abide in the land, and the innocent will remain in it; but the wicked will be cut off from the land, and the treacherous will be rooted out of it.

Praise be to God forever.

*(Return to page 19.)*

## ***Wednesday of the Second Week of Great Lent***

### **Psalm 140**

Lord, I have cried unto You: hearken unto me, hearken unto me O Lord. Lord, I have cried unto You, hearken unto me; attend to the voice of my supplications when I cry unto You, hearken unto me, O Lord.

Let my prayer be set forth as incense before You; the lifting up of my hands as an evening sacrifice. Hearken unto me O Lord.

Set O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity and I will not join with their chosen

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto You, O Lord, O Lord, are my eyes; in You have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling blocks of them that work iniquity.

The sinners shall fall into their own net, I am alone until I pass by.

### **Psalm 141**

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, my affliction before Him will I declare.

When my spirit was fainting within me, the You knew my path:

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand and beheld, and there was none that did know me.

Flight has failed me, and there is none that watches out for my soul.

I have cried unto You, O Lord; I said "You are my hope: my portion are You in the land of the living."

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me for they are stronger than I.

***Bring my soul out of prison, that I may praise Your name. The righteous shall surround me, for you shall deal bountifully with me.***

Keeping a spiritual fast, O brethren, let us speak no lies with our tongue not giving our brother cause for scandal; but through repentance let us make the lamp of our soul burn brightly, and let us cry with tears to Christ: Forgive us our trespasses in Your love for mankind.

***Out of the depths I have cried to You, O Lord; Lord, hear my voice.***

O martyrs worthy of all praise, your bodies were not buried in the earth, yet heaven has received you; the gates of Paradise were opened to you, and entering within you have eaten from the Tree of Life. Pray to Christ that He may grant peace and mercy to our souls.

***Let Your ears be attentive to the voice of my supplications***

At the prayers of Your divine apostles, grant in Your love, O merciful Lord, that we may spend the time of the fast with truly contrite minds: so may we all be saved and glorify You.

***If You Lord should mark iniquities, O Lord, who could stand? But there is forgiveness with You.***

Mighty and terrible shall be Your coming, O Lord, when You shall sit in righteous judgement. Though I deserve punishment, condemn me not, but accept the prayers of Your apostles and spare me, O God.

***I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord.***

O apostles of Christ, shining lights to mortal men, treasuries of the wise knowledge of our God, filling the world with riches, through your holy prayers deliver us from temptation as we sing your praises, and

guide us through the season of the Fast, watchfully guarding our lives in peace. So shall our prayers be acceptable to Christ as we celebrate His Passion, and with boldness we shall offer glory to our God.

*(Refer to variations bulletin for additional sticheras and readings).*

*Glory to the Father and to the Son and to the Holy Spirit. Now and for ever and to the ages of ages. Amen.*

*(Refer to variations bulletin for additional readings).*

### **The Prayer of the Entrance**

**Priest:** In the evening, and in the morning, and at noonday we praise You, we bless You, we give thanks to You, and we pray unto You, O Lord of all: Direct our prayer before You as incense, and incline not our hearts unto words or thoughts of wickedness; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, lift we up our eyes, and in You have we trusted. Put us not to shame, O our God. For unto You are due all glory, honour and worship: to the Father, and to the Son, and to the Holy Spirit: Now and for ever and to the ages of ages. Amen.

**Priest: Blessed is the entrance of your Holy Ones, always: Now and forever, and to the ages of ages. Amen.**

**Wisdom! Let us attend!**

### **Gladsome Light**

People: O gladsome Light of the Holy Glory of the Immortal Father: Heavenly, Holy, Blessed, O Jesus Christ. Now that we have come to the setting of the sun, and behold the light evening, we praise God: Father, Son, and Holy Spirit. How right it is at all times to worship you with voices of praise, O Son of God, and Giver of life. Therefore, all the world glorifies You.

## **The Old Testament Readings**

### The First Reading

**Priest: The evening Prokimenon.**

Reader: The Prokimenon in Tone 6. Be glad in the Lord and rejoice, you righteous: and be joyful, all you who are upright of heart. Blessed are they whose transgressions are forgiven.

**Priest: Wisdom!**

Reader: The reading from Genesis. (Chapter 4:16-26).

**Priest: Let us attend.**

Reader: Then Cain went away from the presence of the Lord, and settled in the land of Nod, east of Eden. Cain knew his wife, and she conceived and bore Enoch; and he built a city, and named it Enoch after his son Enoch. To Enoch was born Irad; and Irad was the father of Mehujael, and Mehujael the father of Methushael, and Methushael the father of Lamech. Lamech took two wives; the name of the one was Adah, and the name of the other Zillah. Adah bore Jabal; he was the ancestor of those who live in tents and have livestock. His brother's name was Jubal; he was the ancestor of all those who play the lyre and pipe. Zillah bore Tubal-cain, who made all kinds of

bronze and iron tools. The sister of Tubal-cain was Naamah. Lamech said to his wives: “Adah and Zillah, hear my voice; you wives of Lamech, listen to what I say: I have killed a man for wounding me, a young man for striking me. If Cain is avenged sevenfold, truly Lamech seventy-sevenfold.”

Adam knew his wife again, and she bore a son and named him Seth, for she said, “God has appointed for me another child instead of Abel, because Cain killed him.” To Seth also a son was born, and he named him Enosh. At that time people began to invoke the name of the Lord.

## The Second Reading

**Priest: Let us attend**

Reader: The Prokimenon in Tone 1. Let your mercy, O Lord, be upon us, for we have set our hope in You. Blessed are those whose transgressions are forgiven.

Command!

*(The people kneel).*

**Priest: Wisdom! Let us attend!**

**The Light of Christ...**

**...illuminates all!**

*(The people stand).*

**Priest: Wisdom!**

Reader: The Reading is from the Book of Proverbs. (Chapters 5:15 - 6:3).

**Priest: Let us attend.**

Reader: My child, drink water from your own cistern, flowing water from your own well. Should your springs be scattered abroad, streams of water in the streets? Let them be for yourself alone, and not for sharing with strangers. Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, and a graceful doe. May you be intoxicated always by her love. Why should you be intoxicated, my son, by another woman and embrace the bosom of an adulteress? For human ways are under the eyes of the Lord, and he examines all their paths. The iniquities of the wicked ensnare them, and they are caught in the toils of their sin. They die for lack of discipline, and because of their great folly, they are lost. My child, if you have given your pledge to your neighbour, if you have bound yourself to another, you are snared by the utterance of your lips, caught by the words of your mouth. So do this, my child, and save yourself, for you have come into your neighbour's power: go, hurry, and plead with your neighbour.

Praise be to God for ever.

*(Return to page 19.)*

## ***Wednesday of the Third Week of Great Lent***

### **Psalm 140**

Lord, I have cried unto You: hearken unto me, hearken unto me O Lord. Lord, I have cried unto You, hearken unto me; attend to the voice of my supplications when I cry unto You, hearken unto me, O Lord.

Let my prayer be set forth as incense before You; the lifting up of my hands as an evening sacrifice. Hearken unto me O Lord.

Set O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity and I will not join with their chosen

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto You, O Lord, O Lord, are my eyes; in You have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling blocks of them that work iniquity.

The sinners shall fall into their own net, I am alone until I pass by.

### **Psalm 141**

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, my affliction before Him will I declare.

When my spirit was fainting within me, the You knew my path:

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand and beheld, and there was none that did know me.

Flight has failed me, and there is none that watches out for my soul.

I have cried unto You, O Lord; I said "You are my hope: my portion are You in the land of the living."

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me for they are stronger than I.

***Bring my soul out of prison, that I may praise Your name. The righteous shall surround me, for you shall deal bountifully with me.***

As the Prodigal I have wasted the riches which the Father gave me. Now I am destitute and dwell in the land of wicked citizens; in my thoughtlessness I have become like the beasts without understanding, and I am stripped of all God's grace. But turning back I cry to You, the compassionate and merciful Father: I have sinned, receive me in repentance, O God and have mercy upon me.

***Out of the depths have I cried to You, O Lord; Lord, hear my voice.***

O martyrs of the Lord, living oblations, spiritual burnt-offerings, perfect victims sacrifices to God, sheep that know God and are known by Him, whose fold no wolf can enter: Pray that we be led with you to feed beside the waters of repose.

***Let Your ears be attentive to the voice of my supplications***

O Apostles, eye-witnesses of God, rays of light from the spiritual Sun, pray that light may be granted to our souls, deliver us from the gloomy darkness of the passions, and ask that we may see the day of salvation. By your prayers and intercessions cleanse our hearts, which the evil one has wounded: then, saved by Faith, we shall for ever honour you, who preserve the world by your preaching of the truth.

***If You Lord should mark iniquities, O Lord, who could stand? But there is forgiveness with You.***

Like the Prodigal Son, I have journeyed into a far land of wickedness, and I have wasted in evil the wealth that You gave me, O compassionate Father. I am starved of good deeds and clothed in the shame of my transgression, for I have been stripped bare of

God's grace. I cry to You: I have sinned, yet I know your loving-kindness; accept me as one of your hired servants, O merciful Christ, at the prayers of the apostles who loved You.

***I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord.***

O Apostles of the Lord, you are lights of the inhabited earth, benefactors and saviours; as the heavens you declare the glory of God, and you are adorned with the stars of your miracles and with your wonders of healing. Intercede fervently before the lord on our behalf, that our prayers may be accepted as a pure and sweet-smelling fragrance, and that we may all be counted worthy to venerate the life-giving Cross and to gaze on it with fear. And as we worship this your Cross, in your love for man, O Saviour, send down your mercy on us.

*(Refer to variations bulletin for additional sticheras and readings).*

*Glory to the Father and to the Son and to the Holy Spirit. Now and forever and to the ages of ages. Amen.*

*(Refer to variations bulletin for additional readings).*

### **The Prayer of the Entrance**

**Priest:** In the evening, and in the morning, and at noonday we praise You, we bless You, we give thanks to You, and we pray unto You, O Lord of all: Direct our prayer before You as incense, and incline not our hearts unto words or thoughts of wickedness; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, lift we up our eyes, and in You have we trusted. Put us not to shame, O our God. For unto You are due all glory, honour and worship: to the

Father, and to the Son, and to the Holy Spirit: Now and for ever and to the ages of ages. Amen.

**Priest: Blessed is the entrance of your Holy Ones, always: Now and forever, and to the ages of ages. Amen.**

**Wisdom! Let us attend!**

### **Gladsome Light**

People: O gladsome Light of the Holy Glory of the Immortal Father: Heavenly, Holy, Blessed, O Jesus Christ. Now that we have come to the setting of the sun, and behold the light evening, we praise God: Father, Son, and Holy Spirit. How right it is at all times to worship you with voices of praise, O Son of God, and Giver of life. Therefore, all the world glorifies You.

### **The Old Testament Readings**

#### The First Reading

**Priest: The evening Prokimenon.**

Reader: The Prokimenon in Tone 4. My trust is in the tender mercy of God for ever and ever. Why do you boast yourself in mischief, O mighty man, and in iniquity all the day long?

**Priest: Wisdom!**

Reader: The reading from Genesis. (Chapter 7:6-9).

**Priest: Let us attend.**

Reader: Noah was six hundred years old when the flood of waters came on the earth. And Noah with his sons and his wife and his sons' wives went into the ark to escape the waters of the flood. Of clean animals, and of animals that are not clean, and of birds, and of everything that creeps on the ground, two and two, male and female, went into the ark with Noah, as God had commanded Noah.

### The Second Reading

**Priest: Let us attend**

Reader: The Prokimenon in Tone 1. When God turned back the captivity of His people, they rejoiced. The fool said in his heart: There is no God.

Command!

*(The people kneel).*

**Priest: Wisdom! Let us attend!**

**The Light of Christ...**

**...illuminates all!**

*(The people stand).*

**Priest: Wisdom!**

Reader: The Reading is from the Book of Proverbs (Chapter 9:12 – 18).

**Priest: Let us attend.**

Reader: If you are wise, you are wise for yourself; if you scoff, you alone will bear it. The foolish woman is loud; she is ignorant and knows nothing. She sits at the door of her house, on a seat at the high places of the town, calling to those who pass by, who are going straight on their way, "You who are simple, turn in here!" And to those without sense she says, "Stolen water is sweet, and bread eaten in secret is pleasant." But they do not know that the dead are there, that her guests are in the depths of the grave.

Praise be to God for ever.

*(Return to page 19.)*

## ***Wednesday of the Fourth Week of Great Lent***

### **Psalm 140**

Lord, I have cried unto You: hearken unto me, hearken unto me O Lord. Lord, I have cried unto You, hearken unto me; attend to the voice of my supplications when I cry unto You, hearken unto me, O Lord.

Let my prayer be set forth as incense before You; the lifting up of my hands as an evening sacrifice. Hearken unto me O Lord.

Set O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity and I will not join with their chosen

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto You, O Lord, O Lord, are my eyes; in You have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling blocks of them that work iniquity.

The sinners shall fall into their own net, I am alone until I pass by.

### **Psalm 141**

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, my affliction before Him will I declare.

When my spirit was fainting within me, the You knew my path:

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand and beheld, and there was none that did know me.

Flight has failed me, and there is none that watches out for my soul.

I have cried unto You, O Lord; I said “You are my hope: my portion are You in the land of the living.”

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me for they are stronger than I.

***Bring my soul out of prison, that I may praise Your name.***

The Fast that brings us blessings has now reached its midmost point: it has helped us to receive God’s grace in the days that are past, and it will bring us further benefit in the days still to come. For by

continuing in what is right we attain yet greater gifts. We therefore cry to Christ, the Giver of all good: O You who for our sakes has fasted and endured the Cross, make us worthy to share uncondemned in your divine Passover. May we spend our lives in peace and rightly glorify You with the Father and the Spirit.

***The righteous shall surround me, for you shall deal bountifully with me.***

If we look for spiritual recompense, let us perform our good deeds in secret; let us not proclaim them in the streets but keep them hidden in our hearts. Then He who sees the secrets of all men will reward us for our abstinence. Let us complete the Fast, not with a sad countenance, but praying in the inner chamber of our souls; and without ceasing let us cry: Our Father who art in heaven, lead us not into temptation, we pray, but deliver us from the evil one.

***Out of the depths have I cried to You, O Lord; Lord, hear my voice.***

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ you endured great sufferings and torments, and you cast down the tyrant's pride. You kept that faith unaltered and unharmed, and now have gone to dwell in heaven. Since you have boldness before Christ, pray that peace be given to the world, and to our souls great mercy.

***Let Your ears be attentive to the voice of my supplications***

Let us all wash our souls clean in the waters of the Fast, and, approaching the precious and honoured Cross of the Lord, let us venerate it with faith; let us draw from it divine enlightenment, gathering the fruit of eternal salvation, peace and great mercy.

***If You Lord should mark iniquities, O Lord, who could stand?  
But there is forgiveness with You.***

O Cross, glory of the apostles, attended by principalities and powers and archangels, keep safe from all harm those that venerate you. Grant us to follow rightly to the end the divine path of abstinence, and to reach the day of salvation when we too shall be saved.

***I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord.***

As we venerate today the Cross of the Lord, let us cry: Hail, Tree of life, victor over hell; Hail, joy of the world and slayer of corruption; hail, for by your power you scatter the demons! Strong support of the faithful, weapon that cannot be broken, we pray you, guard and sanctify those who show you honour.

*(Refer to variations bulletin for additional sticheras and readings).*

***Glory to the Father and to the Son and to the Holy Spirit. Now and for ever and to the ages of ages. Amen.***

Today the unapproachable by nature approaches me, and frees me from passions by enduring the Passion. The Light of the blind is spat upon by sinful men, and gives His back to scourging for the sake of the captives. When the pure Virgin Mother beheld Him on the Cross, she cried out in pain: Woe to me! What is this You have done, O my Child? You, Whose beauty was fairer than that of any man, appear lifeless, with no form of comeliness. Woe to me, O my Light. I cannot bear to look upon Thee sleeping. My being is wounded, for a sword has pierced my heart. But I praise Your Passion, and I bow before Your compassion. O long-suffering Lord, glory to You.

### **The Prayer of the Entrance**

**Priest:** In the evening, and in the morning, and at noonday we praise You, we bless You, we give thanks to You, and we pray unto You, O Lord of all: Direct our prayer before You as incense, and incline not our hearts unto words or thoughts of wickedness; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, lift we up our eyes, and in You have we trusted. Put us not to shame, O our God. For unto You are due all glory, honour and worship: to the Father, and to the Son, and to the Holy Spirit: Now and for ever and to the ages of ages. Amen.

**Priest: Blessed is the entrance of your Holy Ones, always: Now and forever, and to the ages of ages. Amen.**

**Wisdom! Let us attend!**

### **Gladsome Light**

People: O gladsome Light of the Holy Glory of the Immortal Father: Heavenly, Holy, Blessed, O Jesus Christ. Now that we have come to the setting of the sun, and behold the light evening, we praise God: Father, Son, and Holy Spirit. How right it is at all times to worship you with voices of praise, O Son of God, and Giver of life. Therefore, all the world glorifies You.

### **The Old Testament Readings**

The First Reading

**Priest: The evening Prokimenon.**

Reader: The Prokimenon in Tone 4. Blessed be the Lord God of Israel, who alone does wondrous things. Give Your judgement unto the King, O God; and Your righteousness unto the King's son.

**Priest: Wisdom!**

Reader: The reading from Genesis. (Chapter 9:18 - 10:1).

**Priest: Let us attend.**

Reader: The sons of Noah who went out of the ark were Shem, Ham, and Japheth. Ham was the father of Canaan. These three were the sons of Noah; and from these the whole earth was peopled. Noah, a man of the soil, was the first to plant a vineyard. He drank some of the wine and became drunk, and he lay uncovered in his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brothers outside. Then Shem and Japheth took a garment, laid it on both their shoulders, and walked backward and covered the nakedness of their father; their faces were turned away, and they did not see their father's nakedness. When Noah awoke from his wine and knew what his youngest son had done to him, he said, "Cursed be Canaan; lowest of slaves shall he be to his brothers." He also said, "Blessed by the Lord my God be Shem; and let Canaan be his slave. May God make space for Japheth, and let him live in the tents of Shem; and let Canaan be his slave." After the flood Noah lived three hundred fifty years. All the days of Noah were nine hundred fifty years; and he died. These are the descendants of Noah's sons, Shem, Ham, and Japheth; children were born to them after the flood.

### The Second Reading

**Priest: Let us attend**

Reader: Prokimenon in Tone 4. It is good for me to cleave to God, to

put my trust in the Lord God. Truly God is loving unto Israel; even unto them that are upright in heart.

Command!

*(The people kneel).*

**Priest: Wisdom! Let us attend!**

**The Light of Christ...**

**...illuminates all!**

*(The people stand).*

**Priest: Wisdom!**

Reader: The Reading is from the Book of Proverbs. (Chapter 12:23 - 13:9).

**Priest: Let us attend.**

Reader: One who is clever conceals knowledge, but the mind of a fool broadcasts folly. The hand of the diligent will rule, while the lazy will be put to forced labor. Anxiety weighs down the human heart, but a good word cheers it up. The righteous gives good advice to friends, but the way of the wicked leads astray. The lazy do not roast their game, but the diligent obtain precious wealth. In the path of righteousness, there is life, in walking its path there is no death. A wise child loves discipline, but a scoffer does not listen to rebuke. From the fruit of their words, good persons eat good things, but the desire of the treacherous is for wrongdoing. Those who guard their mouths preserve their lives; those who open wide their lips come to

ruin. The appetite of the lazy craves, and gets nothing, while the appetite of the diligent is richly supplied. The righteous hate falsehood, but the wicked act shamefully and disgracefully. Righteousness guards one whose way is upright, but sin overthrows the wicked. Some pretend to be rich, yet have nothing; others pretend to be poor, yet have great wealth.

Wealth is a ransom for a person's life, but the poor get no threats. The light of the righteous rejoices, but the lamp of the wicked goes out.

Praise be to God for ever.

*(Return to page 19.)*

## ***Wednesday of the Fifth Week of Great Lent***

### **Psalm 140**

Lord, I have cried unto You: hearken unto me, hearken unto me O Lord. Lord, I have cried unto You, hearken unto me; attend to the voice of my supplications when I cry unto You, hearken unto me, O Lord.

Let my prayer be set forth as incense before You; the lifting up of my hands as an evening sacrifice. Hearken unto me O Lord.

Set O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity and I will not join with their chosen

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto You, O Lord, O Lord, are my eyes; in You have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling blocks of them that work iniquity.

***The sinners shall fall into their own net, I am alone until I pass by. With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.***

In my wretchedness, I have fallen among the thieves of my own thoughts. My mind has been despoiled, and cruelly have I been beaten; all my soul is wounded, and stripped of the virtues I lie naked upon the highway of life. Seeing me in bitter pain and thinking my wound could not be healed, the priest neglected me and would not look at me. Unable to endure my soul-destroying agony, the Levite when he saw me passed by on the other side. But You, O Christ my God, were pleased to come, not from Samaria but incarnate from Mary: in Your love for mankind, grant me healing and pour upon me your great mercy.

### **Psalm 141**

***I will pour out before Him my supplication, my affliction before Him will I declare.***

If there be any virtue and if there be any praise, rightly are these things ascribed to the saints. They bowed their necks beneath the sword, for your sake who bowed the heavens and came down. They shed their blood for You, who emptied yourself and took the form of a servant; they humbled themselves even unto death, following the example of your poverty. At their prayers have mercy upon us, O God, according to the multitude of your tender mercies?

***When my spirit was fainting within me, the You knew my path:***  
O Lord, You have made Your holy disciples into living heavens. At

their intercessions deliver me from the evils of the earth, and through abstinence lift up my thoughts to the understanding of Your Passion: for You are merciful and love mankind.

***In this way wherein I have walked they hid for me a snare.***

The season of the Fast helps all of us to perform the works of God. Let us weep, then, with our whole heart and cry to the Saviour: Through Your disciples, O Lord of many mercies, save us who with reverent fear sing the praises of Your great love for mankind.

***I looked up on my right hand and beheld, and there was none that did know me.***

O Apostles, worthy of all praise, intercessors for the world, physicians of the sick, guardians of health, as we pass through the time of the Fast, protect us on our right hand and our left: by God's grace may we remain at peace with one another; preserve our mind untroubled by the passions, that all of us may sing a a hymn of praise to the risen and triumphant Christ.

***Flight has failed me, and there is none that watches out for my soul.***

I have wasted all my life with harlots and publicans: how shall I repent, even in my old age, of the sins I have committed? Maker of all things and Healer of the sick, before I perish utterly, save me, O Lord.

***I have cried unto You, O Lord; I said "You are my hope: my portion are You in the land of the living."***

I am weighed down with the burden of my negligence and wallow in filth; I am pierced by the arrow of the devil and have defiled my nature that is according to your image. O You who do convert the negligent

and deliver the sinful, before I perish utterly, save me, O Lord.

***Attend unto my supplication, for I am brought very low.***

I have become a stumbling-block to men; born of the earth, I have cultivated earthly things. At Your commandment I was joined in marriage, but I have transgressed Your ordinance and defiled my bed. O You who formed me from the earth, despise not Your creature; but before I perish utterly, save me, O Lord.

***Deliver me from them that persecute me for they are stronger than I.***

Taking thought for my flesh, I have become the murderer of my soul. I have been made a plaything of the devils and a slave of sinful pleasures. In your compassion spare me for You put to flight the demons: before I perish utterly, save me, O Lord.

***Bring my soul out of prison, that I may praise Your name.***

More than all men have I willfully sinned, and so I am forsaken and left helpless. As the adversary of my soul, I have the carnal thoughts that darken me. O Light of those in darkness, Guide of all that go astray, before I perish utterly, save me, O Lord.

***The righteous shall surround me, for you shall deal bountifully with me.***

My soul shall live and praise You, said the Prophet. Seek me, your lost sheep, and number me in your flock. Grant me time for repentance, that with cries of sorrow I may call upon You: Before I perish utterly, save me, O Lord.

***Out of the depths I have called to You, O Lord; Lord, hear my voice.***

I have sinned, O Christ my God, I have sinned, rejecting Your commandments. Be merciful to me, O Benefactor: that escaping from the darkness, I may see with my inner eyes, and cry to You in fear: Before I perish utterly, save me, O Lord.

***Let Your ears be attentive to the voice of my supplications***

Wild beasts encompass me: O snatch me from them, Master; for it is your will that all men should be saved and come to knowledge of the truth. As Creator, save them all, and with them all save me: before I perish utterly, save me, O Lord.

***If You Lord should mark iniquities, O Lord, who could stand? But there is forgiveness with You.***

O my Benefactor, my Deliverer and my Saviour, may You be my healing. Cast me not away: Look upon me as I lie in my transgressions, and raise me up by your almighty power; and I will confess my deeds and cry to You: Before I perish utterly, save me, O Lord.

***I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord.***

Like the foolish servant, I have hidden the talent that was given me and buried it in the ground; I have been condemned as useless, and I no longer dare to ask You for forgiveness. But in Your forbearance take pity on me, that I too may cry to You: Before I perish utterly, save me, O Lord.

***From the morning watch until night, from the morning watch, let Israel trust in the Lord.***

When the woman with an issue of blood touched the hem of your garment, You dried up the source of her sufferings. If I too approach You with unwavering faith, I will receive forgiveness of my sins. Accept me as You have accepted her, and heal me from my pain. Before I perish utterly, save me, O Lord.

***For with the Lord there is mercy, and with Him is ample redemption: and He will redeem Israel from the iniquities.***

O Lord, Who created heaven and earth by Your word, You shall sit upon the throne, and we shall all stand in Your presence and confess our sins to You. Before that day comes, accept me in multitude of his sins repentance: before I perish utterly, save me, O Lord.

***O praise the Lord, all you nations: O praise Him, all you peoples.***

Look upon me with a compassionate eye and be merciful to me, O only Saviour. Grant to my poor and wretched soul springs of healing water. Wash me clean from the filth of my actions, that I may sing: Before I perish utterly, save me, O Lord.

***For great is His loving-kindness toward us and the faithfulness of the Lord endures forever. Praise the Lord.***

The devil has prepared his weapons and hastens to ensnare my humble soul; and he has made me, O merciful Lord, a stranger to the light of the knowledge of your countenance. But You are mighty in strength: O snatch me from his snares. Before I perish utterly, save me, O Lord.

***To You I lift up my eyes, You who are enthroned in the heavens. As the eyes of servants look to the hand of their master, or as the eyes of a maid toward the hand of her mistress, so our eyes***

***look to the Lord our God, until He show us His mercy.***

I am utterly enslaved by the passions, I have forsaken the Law and the Holy Scriptures. Heal me in every part, O loving Benefactor, who for my sake have become as I am. Turn me back, O merciful Destroyer of the passions. Before I perish utterly, save me, O Lord.

***Have mercy upon us, O Lord, have mercy upon us: for we are utterly humiliated. Let shame come upon them that prosper, and abasement on the proud.***

The Harlot washed Your pure and precious feet with her tears, and she urges all men to approach You and receive the remission of their sins. Unto me also grant her faith, O Saviour, that I may cry to You: Before I perish utterly, save me, O Lord.

***Glory be to You, our God, glory be to You.***

I have become the Prodigal Son, and having wasted my riches I perish now from hunger. Beneath your protection I seek refuge, O loving Father: accept me as You have accepted him. Make me a sharer at your table, that I may cry to You: Before I perish utterly, save me, O Lord.

***Glory be to You, our God, glory be to You.***

Stretch out Your hand to me, O God, as You have to Peter, and raise me from the deep; grant me grace and mercy, at the supplications of Your all-pure Mother who gave birth to You without seed, and at the prayers of all Your saints. Before I perish utterly, save me, O Lord.

***Glory be to You, our God, glory be to You***

O Lamb who takes away my sin, accept me as each day I sing to You. Into your hands I commend myself entirely, soul and body, and as my bounded duty night and day I cry to You: Before I perish utterly, save me O Lord.

***Glory be to the Father, and to the Son, and to the Holy Spirit  
Now and forever and to the ages of ages. Amen.***

O condescension past all speech! O strange and wondrous birth! How does the Virgin carry You as a child in her arms, for You are her Creator and her God! O Benefactor who has consented to take flesh from her, before I perish utterly, save me, O Lord.

**The Prayer of the Entrance**

**Priest:** In the evening, and in the morning, and at noonday we praise You, we bless You, we give thanks to You, and we pray unto You, O Lord of all: Direct our prayer before You as incense, and incline not our hearts unto words or thoughts of wickedness; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, lift we up our eyes, and in You have we trusted. Put us not to shame, O our God. For unto You are due all glory, honour and worship: to the Father, and to the Son, and to the Holy Spirit: Now and for ever and to the ages of ages. Amen.

**Blessed is the entrance of your Holy Ones, always: Now and forever, and to the ages of ages. Amen.**

**Wisdom! Let us attend!**

**Gladsome Light**

People: O gladsome Light of the Holy Glory of the Immortal Father: Heavenly, Holy, Blessed, O Jesus Christ. Now that we have come to the setting of the sun, and behold the light evening, we praise God: Father, Son, and Holy Spirit. How right it is at all times to worship you with voices of praise, O Son of God, and Giver of life. Therefore, all the world glorifies You.

## **The Old Testament Readings**

### The First Reading

**Priest: The evening Prokimenon.**

Reader: The Prokimenon in Tone 4. The Lord God to whom vengeance belongs: the God to whom vengeance belongs has spoken openly. Be exalted, O Judge of the earth: reward the proud as they deserve.

**Priest: Wisdom!**

Reader: The reading from Genesis. (Chapter 17:1-9).

**Priest: Let us attend.**

Reader: When Abram was ninety-nine years old the Lord appeared to Abram, and said to him, "I am God Almighty; walk before me and be blameless. And I will make my covenant between me and you, and will multiply you exceedingly." Then Abram fell on his face; and God said to him, "Behold my covenant is with you, and you shall be the Father of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the father of a multitude of

nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come forth from you. And I will establish my covenant between me and you and your descendants after you throughout their generations for an everlasting covenant, to be God to you and to your descendants after you. And I will give to you, and to your descendants after you, the land of your sojournings, all the land of Canaan, for an everlasting possession; and I will be their God." And God said to Abraham, "As for you, you shall keep my covenant, you and your descendants after you throughout their generations."

### The Second Reading

**Priest: Let us attend**

Reader: The Prokimenon in Tone 6. Sing unto the Lord a new song: sing unto the Lord, all the earth. Sing unto the Lord: bless His Name.

Command!

*(The people kneel).*

**Priest: Wisdom! Let us attend!**

**The Light of Christ...**

**...illuminates all!**

*(The people stand).*

**Priest: Wisdom!**

Reader: The Reading is from the Book of Proverbs. (Chapters 15:20 – 16:9)

**Priest: Let us attend.**

Reader: A wise son makes a glad father, but a foolish man despises his mother. Folly is a joy to him who has no sense, but a man of understanding walks aright. Without counsel plans go wrong, but with many advisers they succeed. To make an apt answer is a joy to a man, and a word in season how good it is! The wise man's path leads upwards to life that he may avoid Sheol beneath. The Lord tears down the house of the proud, but maintains a widow's boundaries. The thoughts of the wicked are an abomination to the Lord; the words of the pure are pleasing to him. He who is greedy for unjust gain makes trouble for his household, but he who hates bribes will live. The mind of the righteous ponders how to answer, but the mouth of the wicked pours out evil things. The Lord is far from the wicked, but he hears the prayer of the righteous. The light of the eyes rejoices the heart, and good news refreshes the bones. He whose ear heeds wholesome admonition will abide among the wise. He who ignores instruction despises himself, but he who heeds admonition gains understanding. The fear of the Lord is instruction in wisdom, and humility goes before honour. The plans of the mind belong to man, but the answer of the tongue is from the lord. All the ways of a man are pure in his own eyes, but the Lord weighs the spirit. Commit your work to the Lord, and your plans will be established. The Lord has made everything for its purpose, even the wicked for the day of trouble. Everyone who is arrogant is an abomination to the Lord; be assured, he will not go unpunished. By loyalty and faithfulness iniquity is atoned for, and by the fear of the Lord a man avoids evil. When a man's ways please the Lord, he makes even enemies to be at peace with him. Better is a little

with righteousness than great revenues with injustice. A man's mind plans his way but the Lord directs his steps.

Praise be to God for ever.

*(Continue to page 19.)*

## ***Wednesday of the Week before Palm Sunday***

### **Psalm 140**

Lord, I have cried unto You: hearken unto me, hearken unto me O Lord. Lord, I have cried unto You, hearken unto me; attend to the voice of my supplications when I cry unto You, hearken unto me, O Lord.

Let my prayer be set forth as incense before You; the lifting up of my hands as an evening sacrifice. Hearken unto me O Lord.

Set O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity and I will not join with their chosen

The righteous man will chasten me with mercy and reprove me, as for the oil of the sinner let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto You, O Lord, O Lord, are my eyes; in You have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling blocks of them that work iniquity.

The sinners shall fall into their own net, I am alone until I pass by.

### **Psalm 141**

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, my affliction before Him will I declare.

When my spirit was fainting within me, the You knew my path:

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand and beheld, and there was none that did know me.

Flight has failed me, and there is none that watches out for my soul.

I have cried unto You, O Lord; I said "You are my hope: my portion are You in the land of the living."

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me for they are stronger than I.

***Bring my soul out of prison, that I may praise Your name. The righteous shall surround me, for you shall deal bountifully with me.***

I am rich in passions and clothed in the deceitful robe of hypocrisy, and I rejoice in the sins of self-indulgence. There is no limit to my lack of love. I neglect my spiritual understanding, that lies at the gate of repentance, starved of all good things, sick through want of care. O Lord, make me like Lazarus poor in sin, that I be not tormented in the flame that never shall be quenched, and pray in vain for a finger to be dipped in water and laid upon my tongue. But in Your love for mankind make me dwell with the Patriarch Abraham.

***Out of the depths have I called to You, O Lord; Lord, hear my voice.***

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ you endured great suffering and torment, and you cast down the tyrant's pride. You kept the faith unaltered and unharmed, and now you have gone to dwell in heaven. Since you have boldness before Christ, pray that peace be given to the world, and to our souls great mercy.

***Let Your ears be attentive to the voice of my supplications***

When You were journeying in the flesh, O Jesus, on the other side of Jordan, You said to your companions: 'My friend Lazarus is already dead, and now has been committed to the tomb. And so for your sakes I rejoice, my friends, for by this you shall learn that I know all things, since I am God, inseparable from the Father, though in my visible appearance I am man. Let us go then, to bring him back to life, that death may feel the defeat and utter destruction that I bring upon it, bestowing my great mercy on the world.'

***If You Lord should mark iniquities, O Lord, who could stand? But there is forgiveness with You.***

O you faithful, let us follow the example of Martha and Mary, and as

intercessors let us send to the Lord our acts of righteousness, that He may come to raise up from the dead our spiritual understanding, which lies insensible within the tomb of negligence, lacking all feeling of the fear of God and having no vital energy. So let us cry: As once by Your dread authority, O merciful Lord, You have raised up Your friend Lazarus, so now give life to all of us, and grant us Your great mercy.

***I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord.***

Lazarus has now been two days in the tomb, and he sees the dead from all the ages. There he beholds strange sights of terror, a multitude that none can number, the prisoners of hell. His sisters bitterly lament, looking upon his tomb. But Christ comes to bring His friend to life that a single hymn of praise may be offered up with one accord to all: Blessed are You, O Saviour, have mercy upon us.

*(Refer to variations bulletin for additional four sticheras).*

*Glory to the Father and to the Son and to the Holy Spirit. Now and for ever and to the ages of ages. Amen.*

*(Refer to variations bulletin for additional readings).*

### **The Prayer of the Entrance**

**Priest:** In the evening, and in the morning, and at noonday we praise You, we bless You, we give thanks to You, and we pray unto You, O Lord of all: Direct our prayer before You as incense, and incline not our hearts unto words or thoughts of wickedness; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, lift we up our eyes, and in You have we trusted. Put us not to shame, O our

God. For unto You are due all glory, honour and worship: to the Father, and to the Son, and to the Holy Spirit: Now and for ever and to the ages of ages. Amen.

**Priest: Blessed is the entrance of your Holy Ones, always: Now and forever, and to the ages of ages. Amen.**

**Wisdom! Let us attend!**

### **Gladsome Light**

People: O gladsome Light of the Holy Glory of the Immortal Father: Heavenly, Holy, Blessed, O Jesus Christ. Now that we have come to the setting of the sun, and behold the light evening, we praise God: Father, Son, and Holy Spirit. How right it is at all times to worship you with voices of praise, O Son of God, and Giver of life. Therefore, all the world glorifies You.

### **The Old Testament Readings**

#### The First Reading

**Priest: The evening Prokimenon.**

Reader: The Prokimenon in Tone 4. I will walk acceptably before the Lord: in the land of the living. I am well pleased: for the Lord will hear the voice of my prayer.

**Priest: Wisdom!**

Reader: The reading from Genesis. (Chapters 43: 26-3 1; 45:1-16.)

**Priest: Let us attend**

Reader: When Joseph came home, they brought into the house to him the presents which they had with them, and bowed down to him to the ground. And he inquired about their welfare, and said, "is your father well, the old man of whom you spoke?" They said, "Your servant, our father, is well, he is still alive." And they bowed their heads and made obeisance. And he lifted up his eyes and saw his brother Benjamin, his mother's son, and said, "is this your youngest brother, of whom you spoke to me? God be gracious to you, my son! "Then Joseph made haste, for his heart yearned for his brother, and he sought a place to weep. And he entered his chamber wept there. Then he washed his face and came out; and controlling himself he said, "Let food be served."

Then Joseph could not control himself before all those who stood by him; and he cried, "Make everyone go out from me." So no one stayed with him when Joseph made himself known to his brothers. And he wept aloud, so that the Egyptians heard it, and the household of Pharaoh heard it. And Joseph said to his brothers, "I am Joseph; is my father still alive?" But his brothers could not answer him, for they were dismayed at his presence.

So Joseph said to his brothers, "Come near to me, I pray you." And they came near. And he said, "I am your brother Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. 'For the famine has been in the land these two years; and there are yet five years in which there will be neither plowing nor harvest. And God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; and he has made me a father to Pharaoh and lord of all his house and ruler over all the land of Egypt. Make haste and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do

not tarry; you shall dwell in the land of Goshen, and you shall be near me, you and your children and your children's children, and your flocks, your herds, and all that you have; and there I will provide for you, for there are yet five years of famine to come; lest you and your household, and all that you have, come to poverty.' And now your eyes see, and the eyes of my brother Benjamin see, that it is my mouth that speaks to you. You must tell my father of all my splendour in Egypt, and of all that you have seen. Make haste and bring my father down here." Then he fell upon his brother Benjamin's neck and wept; and Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him. When the report was heard in Pharaoh's house, "Joseph's brothers have come," it pleased Pharaoh and his servants well.

### The Second Reading

**Priest: Let us attend**

Reader: The Prokimenon in Tone 4. I will pay my vows unto the Lord: in the presence of all His people. I believed, and therefore have I spoken: but I was deeply humiliated.

Command!

*(The people kneel).*

**Priest: Wisdom! Let us attend!**

**The Light of Christ...**

**...illuminates all!**

*(The people stand).*

**Priest: Wisdom!**

Reader: The Reading is from the Book of Proverbs. (Chapters 21:23 - 22:4).

**Priest: Let us attend.**

Reader: He who keeps his mouth and his tongue keeps himself out of trouble. "Scoffer" is the name of the proud, haughty man who acts with arrogant pride. The desire of the sluggard kills him for his hands refuse to labour. All day long the wicked covets, but the righteous gives and does not hold back. The sacrifice of the wicked is an abomination; how much more when he brings it with evil intent a false witness will perish, but the word of a man who hears will endure. A wicked man puts on bold face, but an upright man considers his ways. No wisdom, no understanding, no counsel, can avail against the Lord. The horse is made ready for the day of battle, but the victory belongs to the Lord. A good name is to be chosen rather than great riches and favour is better than silver or gold. The rich and the poor meet together; the Lord is the maker of them all.

A prudent man sees danger and hides himself, but the simple go on and suffer for it. The reward for humility and fear of the Lord is riches, honour, and life.

Praise be to God for ever.

*(Continue to page 19.)*

