

*Terce-Sext:
The Midday Office of the Great Fast*

*Byzantine Catholic Seminary
Pittsburgh, Pennsylvania*

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**TERCE-SEXT
THE MIDDAY OFFICE
OF THE GREAT FAST**

STAND

The celebrants vest in dark vestments, recalling the death of our Savior. The priest vests in epitrachilion and phelonion, the deacon in orarion and sticharion. The priest stands before the altar, the deacon at the ambo.

Deacon Reverend Father, give the blessing!

Priest Blessed is the Kingdom of the Father and of the Son and of the Holy Spirit, now and ever and forever.



Response A - - - - men.

Then immediately the following Antiphons are sung:

FIRST ANTIPHON (Psalm 24)



1. To you, O Lord, I lift up my soul. I trust you, let me not be dis-ap-point - ed;

Refrain:



Through the pray'rs of the The - o - to - kos, O Sa-rior, save us.



2. Lord, make me know your ways. Lord, teach me your paths.

Through the prayers of the Theotokos, O Savior, save us.



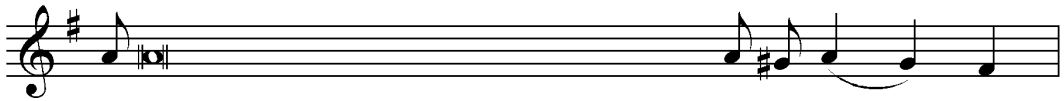
3. Make me walk in your truth, and teach me: for you are God my Sa - vior.

Through the prayers of the Theotokos, O Savior, save us.



4. My eyes are al - ways on the Lord; for he res - cues my feet from the snare.

Through the prayers of the Theotokos, O Savior, save us.



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it,



now and ev - er and for - ev - er. A - men.

Through the prayers of the Theotokos, O Savior, save us.

Deacon: In peace, let us pray to the Lord.



Response: Lord, have mer - cy.

Priest: O God, look upon us, your unworthy servants, from your Cherubim throne where you are glorified by the Seraphim. Raise up our understanding, that we may glorify your goodness. Rescue us from every snare of the enemy, that, enlightened by your light and guided by your will toward good works, we may be made worthy of the heavenly kingdom and be numbered among the elect. For you are our God, a God of mercy and salvation, and we glorify you, Father, Son and Holy Spirit, now and ever and forever.



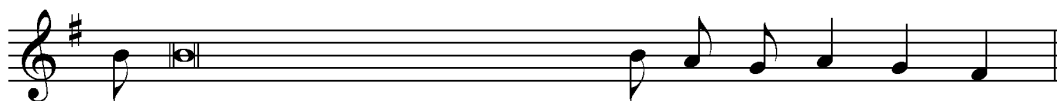
Response:

A - - - - men.

SECOND ANTIPHON (Psalm 26)



1. The Lord is my light and my help; whom shall I fear?

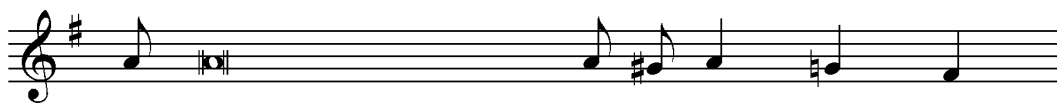


The Lord is the stronghold of my life; be - fore whom shall I shrink?

Refrain:



O Son of God, save us who sing to you: Al - le - lu - ia!



2. When evil - doers draw near to de - vour my flesh,



it is they, my enemies and foes, who stum - ble and fall.

O Son of God, save us who sing to you: Alleluia!

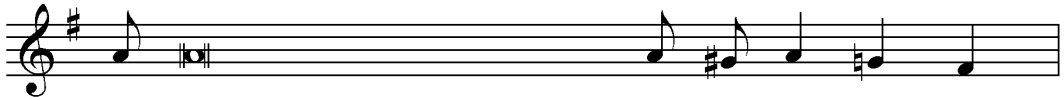


3. Though an army encamp against me, my heart would not fear.

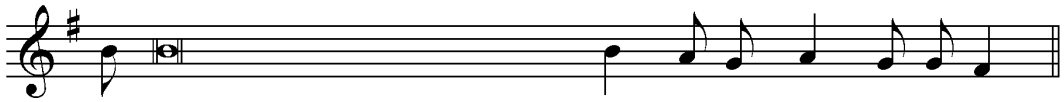


Though war break out against me, e - ven then would I trust.

O Son of God, save us who sing to you: Alleluia!

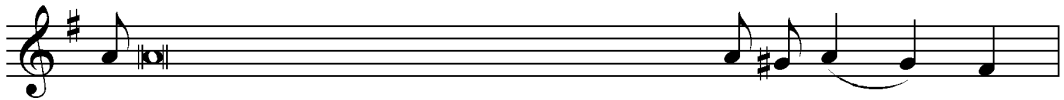


4. There is one thing I ask of the Lord, for this I long,



to live in the house of the Lord, all the days of my life.

O Son of God, save us who sing to you: Alleluia!



Glo-ry to the Father, and to the Son, and to the Ho - ly Spir - it,



now and ev - er and for - ev - er. A-men.



O only-begotten Son and Word of God, who being immortal, deigned for our sal - va - tion



to be - come in - car - nate of the holy Theotokos and E-ver - Vir-gin Mar - y,



and be - came man with - out change; you were also cru - ci - fied, O Christ our God,



and by death have tram - pled Death, be - ing One of the Ho - ly Tri - ni - ty,



glo - ri - fied with the Fa - ther and the Ho - ly Spir - it, save us.

Deacon: In peace, let us pray to the Lord.



Response: Lord, have mer - cy.

Priest: Lord our God, we ask of you, be patient with us sinners and spare the works of your hands. You know our weakness, deliver us from every temptation, and from all dangers present and to come, and from the power of the darkness of this age. Bring us into the kingdom of your only Son and our God. For glorious is your most holy name, of the Father, and of the Son and of the Holy Spirit, now and ever and forever.



Response: A - - - - men.

THIRD ANTIPHON (Psalm 100)

During this antiphon, the deacon opens the Holy Doors, and the priest and deacon process out the Northern Door, as usual for the small entrance, and stand before the Holy Doors. They carry neither incense nor Gospel Book. At the Holy Doors, the deacon says: Reverend Father, bless the holy entrance. The priest, making the sign of the cross, says: Blessed is the entrance of your saints, now and ever and forever. Amen.



1. My song is of mer - cy and jus - tice; I sing to you, O Lord.

Refrain:



Al - le - lu - ia! A - le - lu - ia!



2. I will walk in the way of per-fec - tion. O when, Lord, will you come?
Alleluia! Alleluia!



3. I will walk with blameless heart with - in my house;



I will not set before my eyes what - e - ver is base.
Alleluia! Alleluia!

Deacon: In peace, let us pray to the Lord.



Response: Lord, have mer - cy.

Priest: Lord, our God, Ruler of all, your glory cannot be grasped, your mercy cannot be measured, and your love for us is beyond our power of expression. In your kindness, look upon us and upon all your people. Do not give us over to our sins, but deal with us in mercy. Direct us into the safe harbor of your will and make us truly follow your commandments, that we may not be put to shame on the fearful day of the judgment of your Christ. For you are a good God, and you love us all, Father, Son and Holy Spirit, now and ever and forever.



Response: A - - - - men.

Deacon: Wisdom! Be attentive!

The priest and deacon enter the sanctuary.

ENTRANCE HYMN

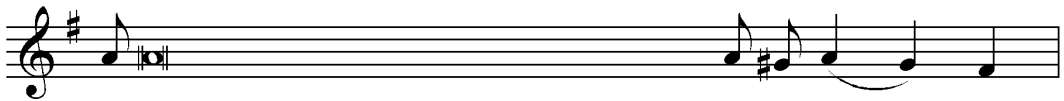


I will hate the ways of the crook - ed; they shall not be my friends.

Refrain:



Al - le - lu - ia! A - le - lu - ia!



Glo-ry to the Father, and to the Son, and to the Ho - ly Spir - it,



now and ev - er and for - ev - er. A-men.

Alleluia! Alleluia!

*The following litany is prayed by the deacon at the ambon,
or by the priest at the altar.*

Deacon: In peace, let us pray to the Lord.



Response: 1. Lord, have mer - cy.

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



Response: 2. Lord, have mer - cy.

Deacon: For peace in the whole world,
for the stability of the holy Churches of God,
and for the union of all, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For this holy church and for all who enter it with faith, reverence,
and fear of God, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For our holy father (*Name*), pope of Rome, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For our most reverend metropolitan (*Name*), for our bishop (*Name*)
whom God loves, for the venerable presbyterate, the diaconate in
Christ, and all the clergy and people, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For our government and for all in the service of our country,
let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For this city [*or*: For this holy monastery], for every city,
community, and for the faithful living in them,
let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For favorable weather, for an abundance of the fruits of the earth,
and for peaceful times, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For those who travel by sea, air, and land, for the sick,
the suffering, the captive and for their salvation,
let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: That we be delivered from all affliction, wrath, and need,
let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: Protect us, save us, have mercy on us, and preserve us,
O God, by your grace.

Response: Lord, have mercy. (2)

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and our whole life to Christ our God.



Response: To you, O Lord.

Priest: Lord God of our fathers, you grant the prayers and receive the petitions of your servants who cry to you night and day. Incline your ear and listen to the prayers of us sinners. Do not turn your face away from us, Lord, and do not remember our past sins, because you know our nature and understand our weakness. Lord, remember that we are dust, a spirit that passes and does not return. By the power of your arm, fill our lives with mercy; lead us in the path of your commandments; teach us to do your will, to speak of your mysteries and to study your law day and night. Command your angels to watch us in all our steps. Deliver us from the arrow that flies by day, from the plague that prowls in the darkness, from the scourge that lays waste at noon. Fill our mouths with praise and our lips with joy, that we may greet one another in psalms and hymns, and spiritual songs in grace, singing and making melody with all our hearts, that we might give thanks to you, the God of all, for you give life to all who place their hope in your mercy. For you are a good God and you love us all, and glory is due to you, Father, Son and Holy Spirit, now and ever, and forever.



Response: A - - - - men.

TROPARION OF THE PROPHECY

is sung twice, with the Glory/Now and ever sung before the repetition of the Troparion.

Deacon: Let us be attentive!
Priest: Peace be to all!
Deacon: Wisdom! Be attentive!

THE FIRST PROKEIMENON

is sung. The Reader chants the verse, and all repeat the Prokeimenon.

Deacon: Wisdom!
Reader: A reading from the prophecy of Isaiah (*or Ezekiel/Jeremiah*).
Deacon: Let us be attentive!

The Reader proclaims the reading. When the reading is concluded:

Priest: Peace be with you, reader.
Reader: And with your spirit.
Deacon: Wisdom! Be attentive!

THE SECOND PROKEIMENON

is sung. The Reader chants the verse, and all repeat the Prokeimenon.

HOMILY

THE LITANY OF FERVENT SUPPLICATION

The following litany is prayed by the deacon at the ambo, or by the priest at the altar.

Deacon: Let us all say with our whole soul and with our whole mind, let us say:



Response: 1. Lord, have mer - cy.

Deacon: O Lord almighty, God of our fathers, we pray you, hear and have mercy.



Response: 2. Lord, have mer - cy.

Deacon: Have mercy on us, O God, according to your great mercy,
we pray you, hear and have mercy.



Response: Lord, have mer-cy. Lord, have mer - cy. Lord, have mer - cy.

Deacon: Again we pray for our holy father, (Name), pope of Rome, and for our most reverend metropolitan, (Name), for our bishop, (Name) whom God loves, for those who serve and have served in this holy church, for our spiritual fathers, and for all our brothers and sisters in Christ.

Response: Lord, have mercy. (3 times)

Deacon: Again we pray for our government and for all in the service of our country.

Response: Lord, have mercy. (3 times)

Deacon: O Lord, who do not desire the death of sinners, but that they repent and live, we pray you: hear us and have mercy.

Response: Lord, have mercy. (3 times)

Deacon: O Lord, you have brought us to these blessed days by your grace and love so that we might renew ourselves through penance and sorrow for our sins, we pray you: hear us and have mercy.

Response: Lord, have mercy. (3 times)

(Special petitions may be inserted here)

Deacon: Again we pray for the people here present who await your great and abundant mercy, for those who show us mercy, and for all Christians of the true faith.

Response: Lord, have mercy. (3 times)

The priest prays silently:

Lord our God, accept this fervent supplication from your servants and have mercy on us according to your abundant mercies. Be compassionate to us and to all your people who expect rich mercies from you.

Aloud: For you are a merciful and loving God, and we give glory to you, Father, Son, and Holy Spirit, now and ever and forever.



Response: A - - - - men.

STAND

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



Response: 1. Lord, have mer - cy.

The priest prays silently:

Lord our God, by your coming you turned us away from the worship of many gods, and by your wondrous deeds led us to know you, the one Creator and Maker of all, and to hope in you, for you are most merciful. Guard us in your name, sanctify us in your truth, and send down your mercy upon us and upon all your people, for you are our God, a God of mercy and salvation, Father, Son and Holy Spirit, now and ever and forever. Amen.

Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.



Response: 2. Lord, have mer - cy.

Deacon: Wisdom!

Priest: Lord our God, you have given us a short life because of the weakness and frailty of our nature. You have promised the reward of everlasting good to those who struggle against the works of the enemy. Master, reaffirm us in fear of you, strengthen us in your commandments and guide us to your righteousness.

For your most holy name is blessed and glorified, Father, Son and Holy Spirit, now and ever and forever.



Response: A - - - - men.

KNEEL

Deacon: Let us kneel. Let us complete our prayer to the Lord.



Response: 1. Lord, have mer - cy.

Deacon: Protect us, save us, have mercy on us, and preserve us, O Lord, by your grace.



Response: 2. Lord, have mer - cy.

Deacon: That this whole day be perfect, holy, peaceful, and without sin, let us beseech the Lord.



Response: 3. Grant this, O Lord.

Deacon: For an angel of peace, a faithful guide and guardian of our souls and bodies, let us beseech the Lord.



Response: 4. Grant, this, O Lord.

Deacon: For the pardon and remission of our sins and offenses, let us beseech the Lord.

Response: Grant this, O Lord. (3)

Deacon: For what is good and beneficial to our souls and for peace in the world,

let us beseech the Lord.

Response: Grant this, O Lord. (4)

Deacon: That we spend the rest of our life in peace and repentance, let us beseech the Lord.

Response: Grant this, O Lord. (3)

Deacon: For a Christian, painless, unashamed, peaceful end of our life, and for a good account before the fearsome judgment seat of Christ, let us beseech the Lord.

Response: Grant this, O Lord. (4)

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and ever-Virgin Mary with all the Saints, let us commit ourselves and one another, and our whole life to Christ our God.



Response: To you, O Lord.

Priest: Lord, you alone are our good and loving God. You alone are kind and fore-bearing, you alone are compassionate and merciful, O God and Father of our Lord Jesus Christ, who was crucified under Pontius Pilate, rose on the third day, and came into the glory that is his and yours. O Lord, may your grace come upon us your servants and may the good news of your righteousness strengthen us. Compassionate Father, fill our whole bodies and members with the light to do your will, purify us from all vice and sin, and preserve us unstained and blameless of useless and vain activities. In your goodness show favor to us, Lord, that we may know and understand and return to that which is yours, to fear you and to do what is well-pleasing to you until our last days and hours and breaths. We sinners invoke you, O Master, our true God, in your inexpressible mercy, to confirm our body, our soul and our spirit, and to guard us from all evil demons, from all poisonous serpents,

from all the beasts of the earth, from all sin, from all witchcraft, from all addictions, from all error and folly, from all fornication and greediness, from all sickness and weakness, from falsehoods and all laziness and all the snares of those opposed to us. Immortal Father, shelter us your servants in your mercy, and do not abandon us, nor let our enemies rejoice in our suffering, nor people despise us and demons trample on us, but may your grace and mercy be with us all the days of our life.

For yours is the might and yours is the kingdom and the power and the glory, Father, Son and Holy Spirit, now and ever and forever.



Response:

A - - - - men.

STAND

Priest:

Peace be to all!



Response:

And to your spir - it.

Deacon:

Let us bow our heads to the Lord.



Response:

To you, O Lord.

Priest:

Lord, our God, you reign in glory yet look upon the depths, now cast a merciful eye upon our weakness and bless all of us who bow our heads to you, and in your kindness exalt our strength.

In your great love for us, blessed and glorified is your most holy name, Father, Son and Holy Spirit, now and ever and forever.



Response:

A - - - - men.

The deacon stands before the icon of Christ,

and the priest proceeds to the ambon.

Priest: Let us go forth in peace.



Response: In the name of the Lord.

Deacon: Let us pray to the Lord.



Response: 2. Lord, have mer - cy.

At the ambon, facing east, the priest prays

Blessed be the glory of the Lord in his holy place,
always, now and ever and forever.



Response: A - - - - men.

Priest: Glory to you, O Christ our God, our hope,
glory to you!

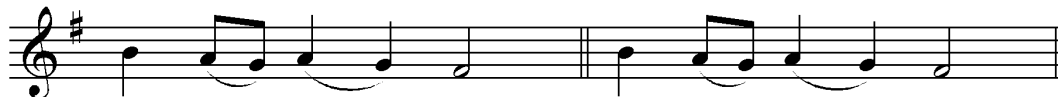
Response:



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it,



now and ev - er and for - ev - er. A - men. Lord, have mer - cy. Lord, have mer - cy.



Lord, have mer - cy. Give the bless - ing.

Priest: May Christ, our true God, have mercy on us and save us, through the prayers of his most pure Mother, of the holy, glorious and illustrious apostles, of our holy God-bearing fathers and mothers, of the holy (*Patron of the Church*) and of the holy (*saint of the day*) and of all the saints, for Christ is good and loves us all.



Response: A - - - - men.

It is customary to end the service with the three-fold singing of "Having Suffered the Passion For Us."



Hav-ing suf - fered the pas-sion for us, Je - sus Christ,



Son of God, have mer - cy, have mer - cy, have mer - cy on us.



Pre - ter - piv - vyj za nas stras - ti, I - su - se Chri-ste,

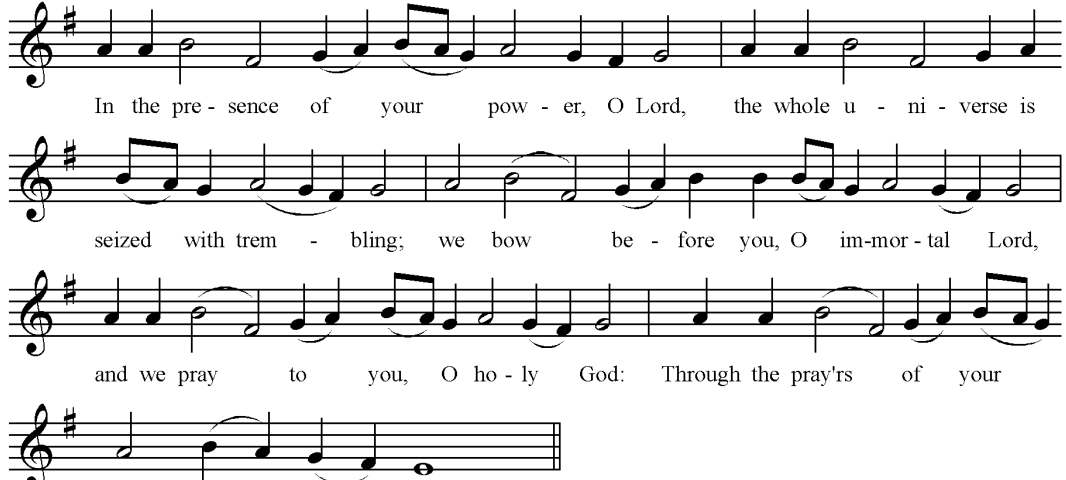


Sy - ne Bo - žij, po-mi - luj, po-mi - luj, po - mi - luj nas.

Week One

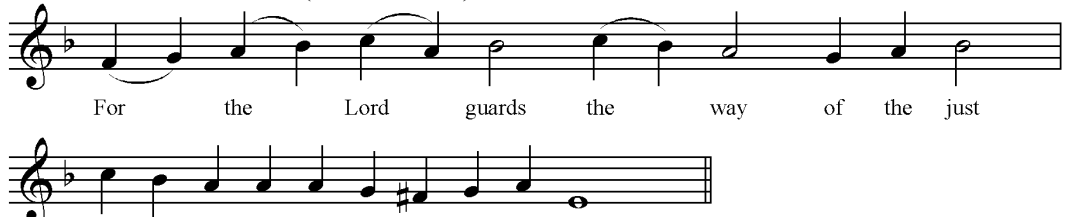
Monday

Troparion of the Paremeia-Tone 5:



In the pre - sence of your pow - er, O Lord, the whole u - ni - verse is
seized with trem - bling; we bow be - fore you, O im - mor - tal Lord,
and we pray to you, O ho - ly God: Through the pray'rs of your
saints, save our souls.

Prokeimenon 1-Tone 4 (Psalm 1:6.1a):



For the Lord guards the way of the just
but the way of the wick - ed leads to doom.

verse: Happy indeed is the man
who follows not the counsel of the wicked.

Reading: Isaiah 1:1-20

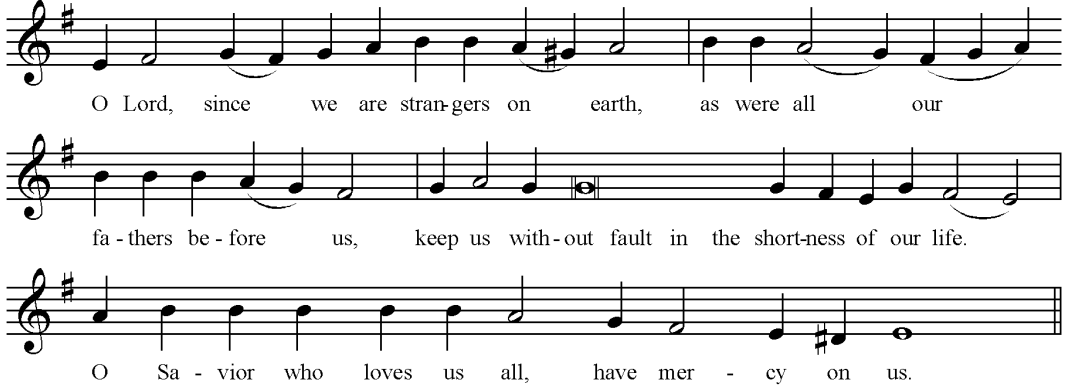
Prokeimenon 2-Tone 7 (Psalm 2:11-12a. 1a):

Serve the Lord, the Lord with awe and, trem - bling, pay him,
and, trem - bling, pay him your hom - - - age.

verse: Why this tumult among nations,
among peoples this useless murmuring?

Tuesday

Troparion of the Paremeia-Tone 1:



O Lord, since we are stran-gers on earth, as were all our
fa - thers be - fore us, keep us with-out fault in the short-ness of our life.
O Sa - vior who loves us all, have mer - cy on us.

Prokeimenon 1-Tone 4 (Psalm 5:3.2):

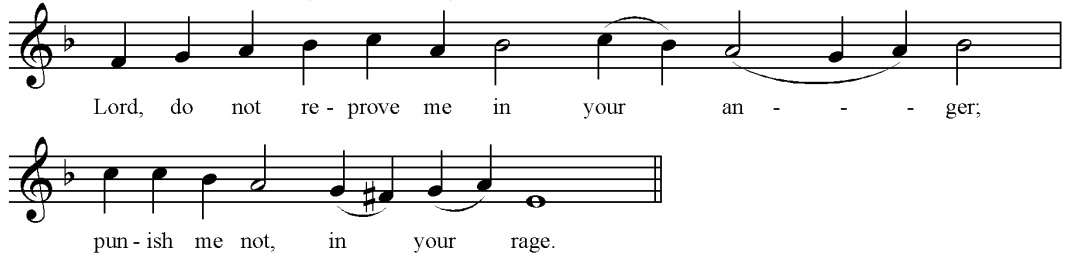


At-tend to the sound, to the sound of my cries, my King and my God.

verse: To my words give ear, O Lord, give heed to my groaning.

Reading: Isaiah 1:19-2:3

Prokeimenon 2-Tone 4 (Psalm 6:2,3):



Lord, do not re - prove me in your an - - - ger;
pun - ish me not, in your rage.

verse: Have mercy on me, Lord, I have no strength;
Lord, heal me, my body is racked.

Wednesday

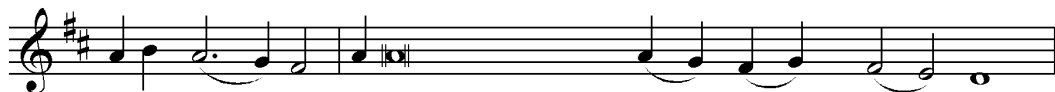
Troparion of the Paremeia-Tone 4:



You know of what we are made, O Lord; you know our weak-ness, O our God.



Al- though we have sinned we have not re-nounced you. We have not stretched out our hand



to a strange god. O God of mercy, in your good - ness, spare us.

Prokeimenon 1-Tone 4 (Psalm 9:2a.2b):



I will praise you, Lord, with all my heart; I will re-count all your won - ders.

verse: I will rejoice in you and be glad,
and sing psalms to your name, O Most High.

Reading: Isaiah 2:3-11

Prokeimenon 2-Tone 6 (Psalm 10:7.1a):



The Lord is just, the Lord is just and loves jus - tice;



the up - right shall see your face.

verse: In the Lord I have taken my refuge.

Thursday

Troparion of the Paremeia-Tone 1:



O Lord, de - liv - er us from enemies, visible and in - vi - si - ble
so that the pa-gans shall nev-er say: Where is their God? May they know, O Lord, that you
grant for - give - ness for the sins of your re - pen-tant peo - ple!

Prokeimenon 1-Tone 1 (Psalm 13:7b.1a):

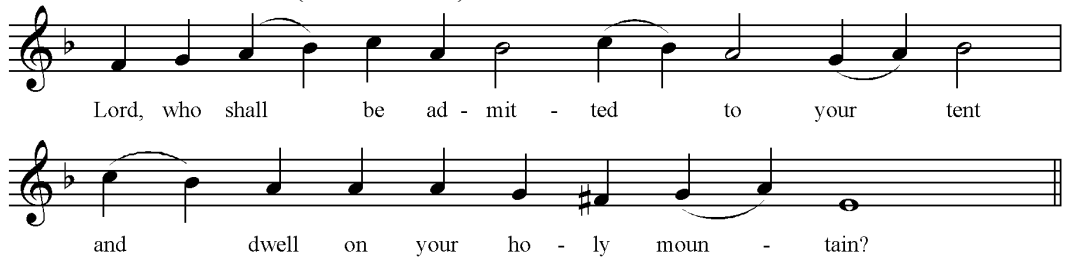


When the Lord de - liv - ers his peo - ple from bon - dage,
then Ja - cob will be glad and Is - ra - el re-joice.

verse: The fool has said in his heart: "There is no God above."

Reading: Isaiah 2:11-21

Prokeimenon 2-Tone 4 (Psalm 14:1.2):

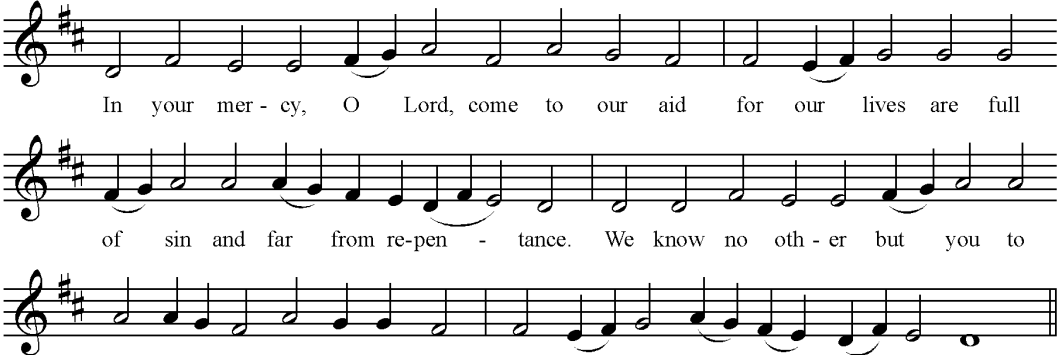


Lord, who shall be ad - mit - ted to your tent
and dwell on your ho - ly moun - tain?

verse: He who walks without fault;
he who acts with justice and speaks the truth from his heart

Friday

Troparion of the Paremeia-Tone 8:



In your mer - cy, O Lord, come to our aid for our lives are full
of sin and far from re-pen - tance. We know no oth - er but you to
rule ov-er our life and our death. Save us, O Lov - er of us all.

Prokeimenon 1-Tone 7 (Psalm 17:2-3a.3b):

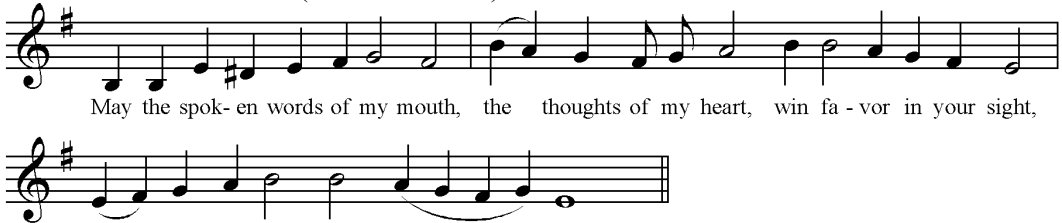


I love you, Lord, my strength, my rock, I love you my Lord,
my strength, my rock, my fort-ress, my Sa - vior.

verse: My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.

Reading: Isaiah 3:1-14

Prokeimenon 2-Tone 6 (Psalm 18:15b.1):




May the spok-en words of my mouth, the thoughts of my heart, win fa - vor in your sight,
O Lord, my res - cue, my rock!


verse: The heavens proclaim the glory of God,
and the firmament shows forth the work of his hands.

Week Two Monday


Troparion of the Paremeia-Tone 5:




O Lord, who has cre-at-ed the heart of each of us, re-mem-ber that
we have come from dust; do not con-demn us to the depths of the earth.



Prokeimenon 1-Tone 6 (Psalm 21:24a.2):




You who fear the Lord, you who fear the Lord, give him praise;
all sons of Ja-cob, give him glo-ry.




verse: My God, my God, why have you forsaken me?
You are far from my plea and the cry of my distress.

Reading: Isaiah 4:2-5:6

Prokeimenon 2-Tone 6 (Psalm 22:4b.1):



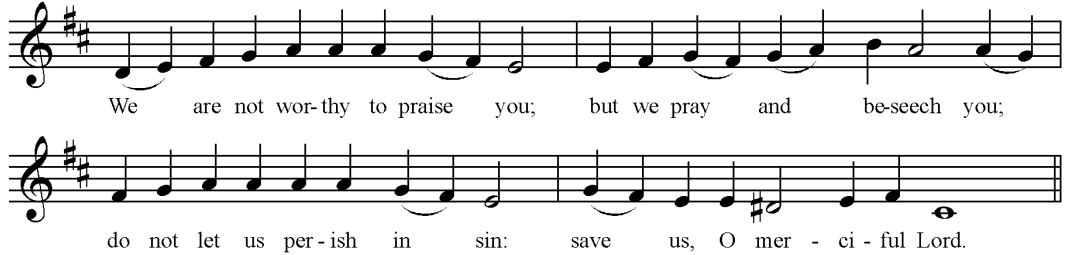
You are there with your crook; you are there with your crook and your staff;
with these you give me com-fort.



verse: The Lord is my shepherd; there is nothing I shall want.

Tuesday

Troparion of the Paremeia-Tone 6:



We are not wor-thy to praise you; but we pray and be-seech you;
do not let us per-ish in sin: save us, O mer-ci-ful Lord.

Prokeimenon 1-Tone 4 (Psalm 25:8.1):



O Lord, I love the house, the house where you dwell, the place where your glo-ry a-bides.

verse: Give judgment for me, O Lord: for I walk the path of perfection.

Reading: Isaiah 5:7-16

Prokeimenon 2-Tone 3 (Psalm 26:1a.1b):

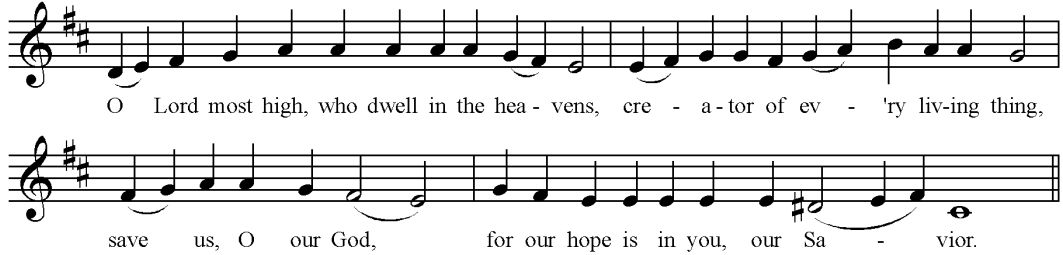


The Lord is my light and my help; whom shall I fear?

verse: The Lord is the stronghold of my life;
before whom shall I shrink?

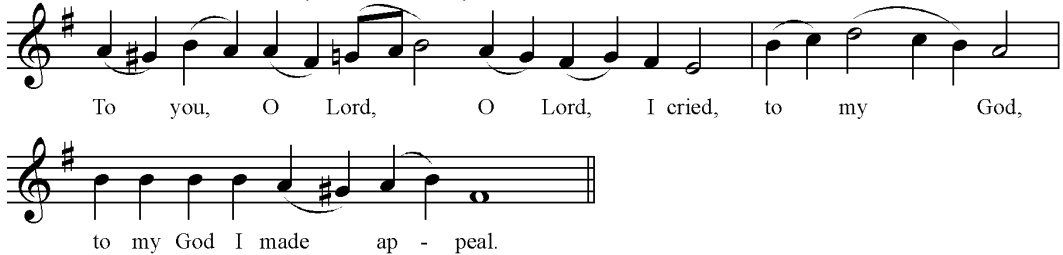
Wednesday

Troparion of the Paremeia-Tone 6:



O Lord most high, who dwell in the hea - vens, cre - a - tor of ev - 'ry liv - ing thing,
save us, O our God, for our hope is in you, our Sa - vior.

Prokeimenon 1-Tone 5 (Psalm 29:9.2):

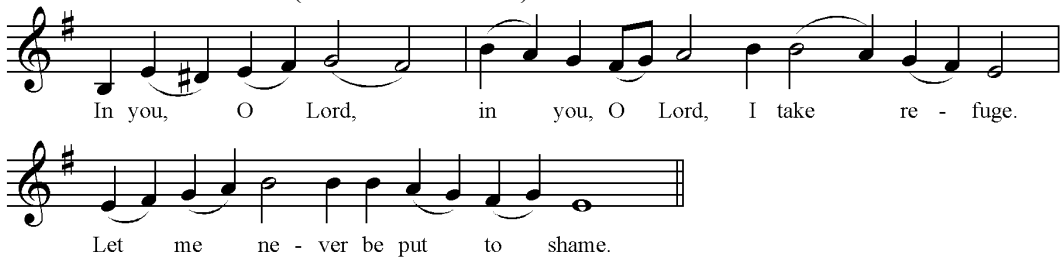


To you, O Lord, O Lord, I cried, to my God,
to my God I made ap - peal.

verse: I will praise you, Lord, you have rescued me
and have not let my enemies rejoice over me.

Reading: Isaiah 5:16-25

Prokeimenon 2-Tone 6 (Psalm 30:2a.2b-3a):

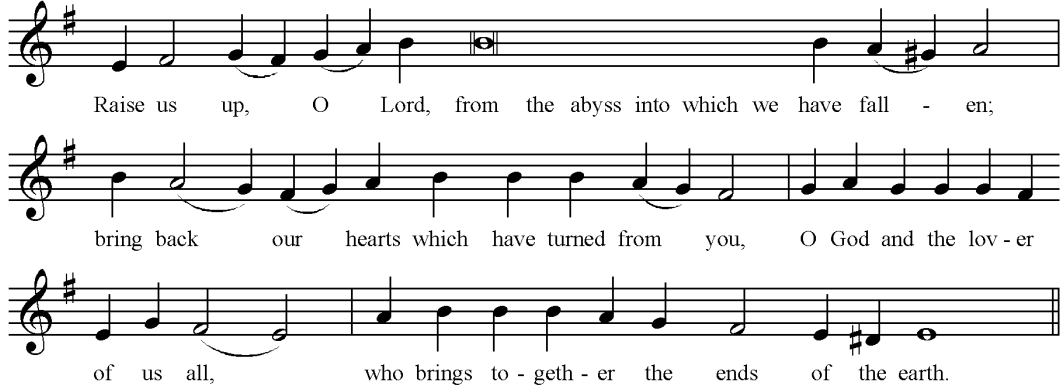


In you, O Lord, in you, O Lord, I take re - fuge.
Let me ne - ver be put to shame.

verse: In your justice, set me free, hear me and speedily rescue me.

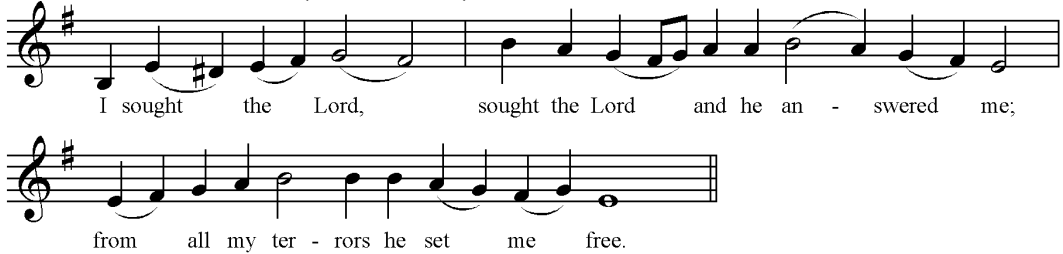
Thursday

Troparion of the Paremeia-Tone 1:



Raise us up, O Lord, from the abyss into which we have fallen;
bring back our hearts which have turned from you, O God and the lover
of us all, who brings together the ends of the earth.

Prokeimenon 1-Tone 6 (Psalm 33:5.2):

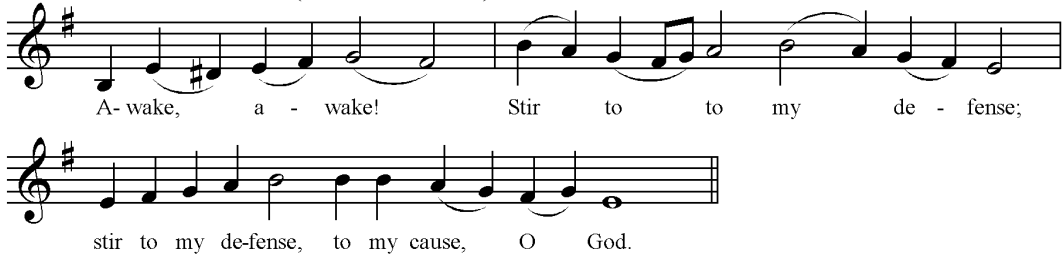


I sought the Lord, sought the Lord and he answered me;
from all my terrors he set me free.

verse: I will bless the Lord at all times, his praise always on my lips.

Reading: Isaiah 6:1-12

Prokeimenon 2-Tone 6 (Psalm 34:23a.1):

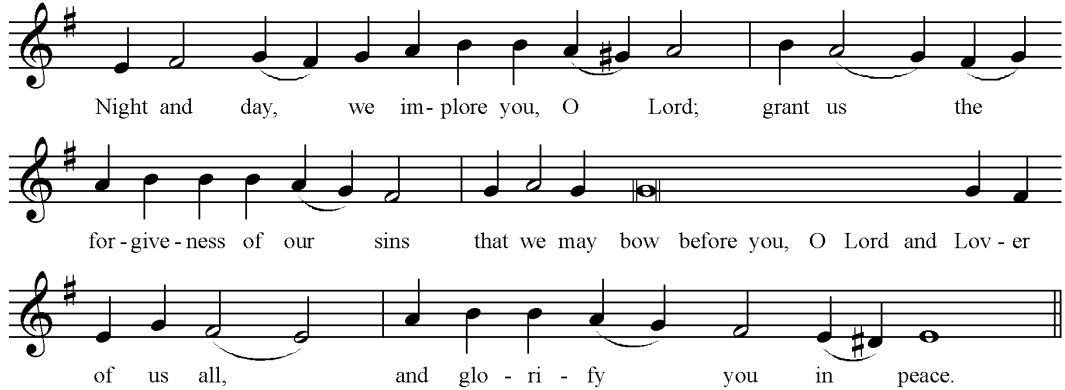


A-wake, a-wake! Stir to to my de-fense,
stir to my de-fense, to my cause, O God.

verse: O Lord, plead my cause against my foes;
fight those who fight me.

Friday

Troparion of the Paremeia-Tone 1:



Night and day, we im-plore you, O Lord; grant us the
for-give-ness of our sins that we may bow before you, O Lord and Lov-er
of us all, and glo-ri-fy you in peace.

Prokeimenon 1-Tone 4 (Psalm 37:2.3):

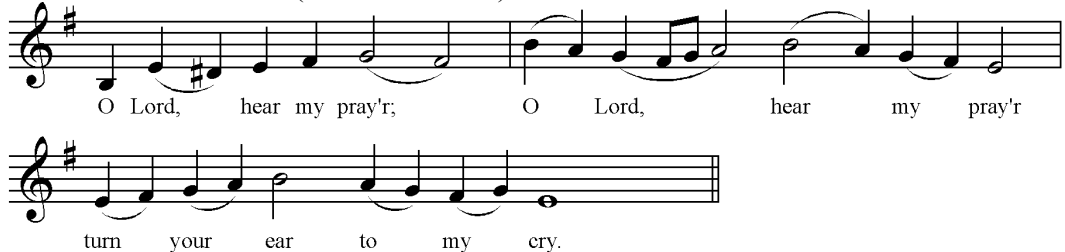


Do not re-buke me in your an-ger, O Lord;
do not pun-ish me, Lord, in your rage.

verse: Your arrows have sunk deep in me;
your hand has come down upon me.

Reading: Isaiah 7:1-14a

Prokeimenon 2-Tone 6 (Psalm 38:13a.2a):



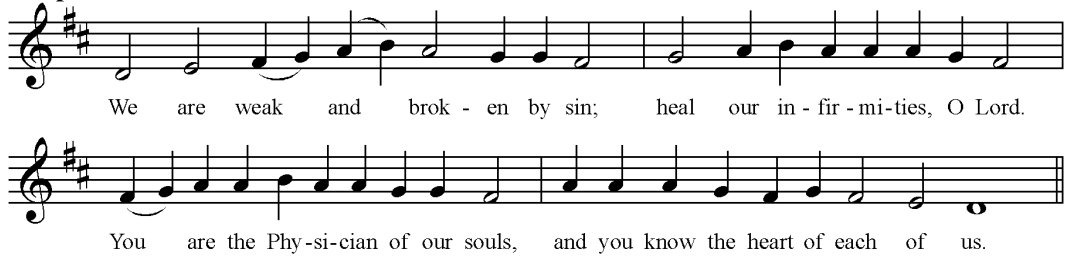
O Lord, hear my pray'r, O Lord, hear my pray'r
turn your ear to my cry.

verse: I said: "I will be watchful of my ways
for fear I should sin with my tongue."

Week Three

Monday

Troparion of the Paremeia-Tone 4:



We are weak and brok - en by sin; heal our in - fir - mi - ties, O Lord.

You are the Phy - si - cian of our souls, and you know the heart of each of us.

Prokeimenon 1-Tone 4 (Psalm 41:9b-10a.2):



Hope in God; I will praise him still, my Sa - vior and my God.

verse: Like the deer that yearns for running streams,
so my soul is yearning for you, my God.

Reading: Isaiah 8:13-9:6

Prokeimenon 2-Tone 6 (Psalm 42:5b.1a):



Hope in God; hope in God; I will praise him still,

my Sa - vior and my God.

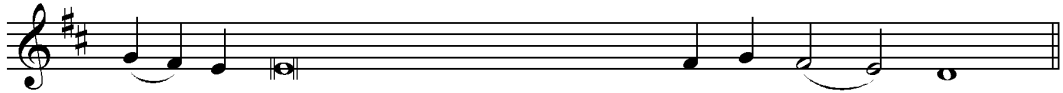
verse: Defend me, O God, and plead my cause
against a godless nation.

Tuesday

Troparion of the Paremeia-Tone 7:



O Lord, you are our sal - va - tion, our pro - tec - tion in the day of mis - for - tune.



Have mer - cy on us, O Lover of us all, in your great good - ness.

Prokeimenon 1-Tone 4 (Psalm 45:8.2):



The Lord of hosts is with us; the God of Ja - cob is our strong - hold.

verse: God is for us a refuge and strength,
a helper close at hand, in time of distress.

Reading: Isaiah 9:9-10:4

Prokeimenon 2-Tone 3 (Psalm 46:7.2):



Sing praise to our God, sing praise; sing praise to our King, sing praise!

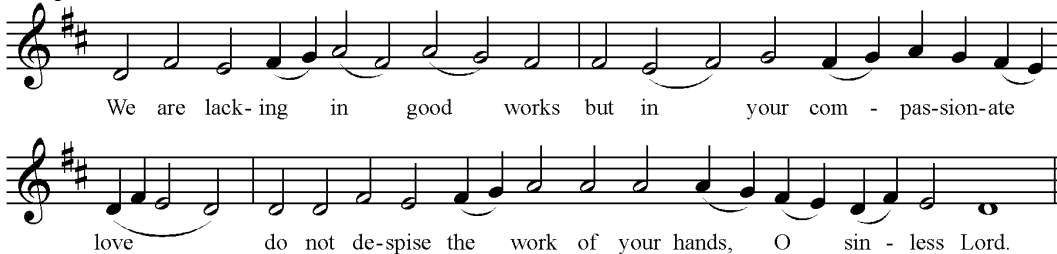


Sing praise to our King, sing praise!

verse: All peoples, clap your hands,
cry to God with shouts of joy!

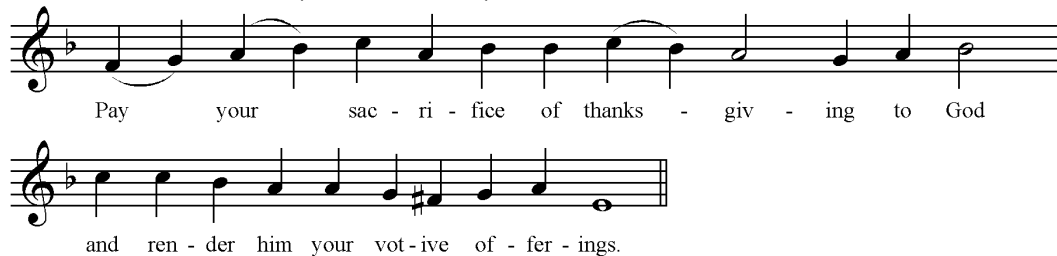
Wednesday

Troparion of the Paremeia-Tone 8:



We are lack- ing in good works but in your com - pas-sion-ate
love do not de-spise the work of your hands, O sin - less Lord.

Prokeimenon 1-Tone 4 (Psalm 49:14.1a):



Pay your sac - ri - fice of thanks - giv - ing to God
and ren - der him your vot - ive of - fer - ings.

verse: The God of gods, the Lord,
has spoken and summoned the earth.

Reading: Isaiah 10:12-20

Prokeimenon 2-Tone 6 (Psalm 50:3a.12):

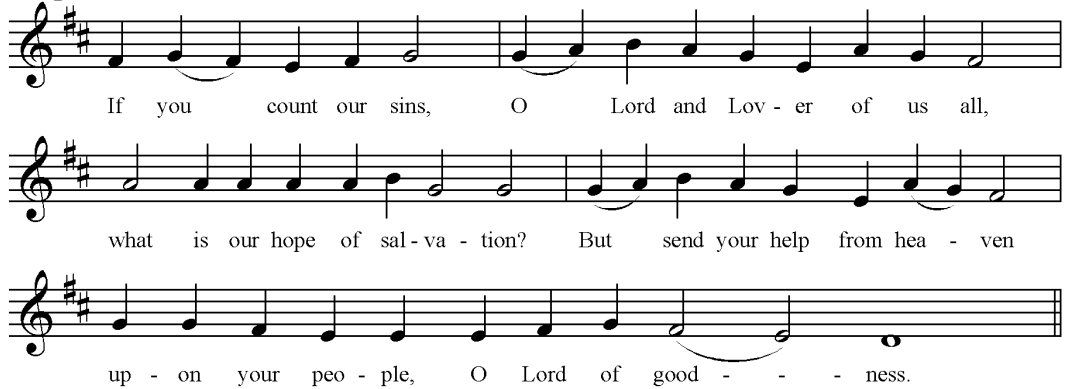


Have mer - cy on me, O God, in your kind - - - ness
have mer - cy on me, God, in your kind - ness.

verse: A pure heart create for me, O God,
put a steadfast spirit within me.

Thursday

Troparion of the Paremeia-Tone 7:



If you count our sins, O Lord and Lov - er of us all,
what is our hope of sal - va - tion? But send your help from hea - ven
up - on your peo - ple, O Lord of good - - - ness.

Prokeimenon 1-Tone 4 (Psalm 53:3.4):



O God save me by your name; by your pow-er, up-hold my cause.

verse: O God, hear my prayer;
listen to the words of my mouth.

Reading: Isaiah 11:10-12:2

Prokeimenon 2-Tone 7 (Psalm 54:2.3a):

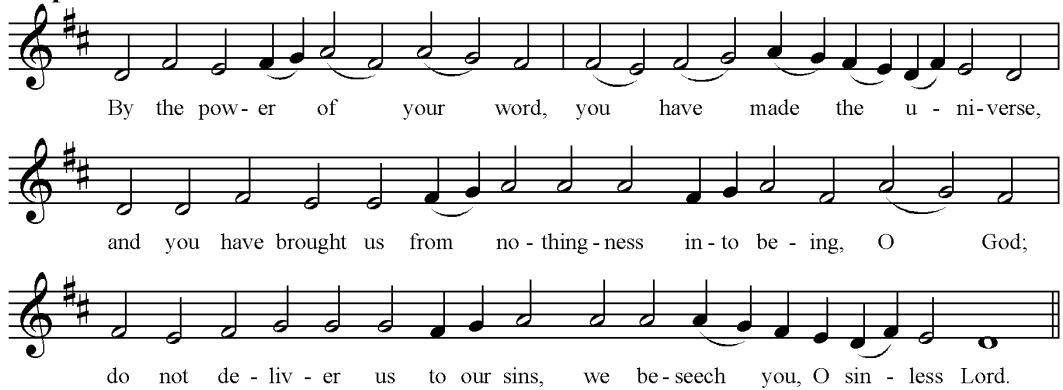


O God lis - ten, lis - ten to my pray'r, do not hide from my plead - ing;
do not hide from my plead - - - ing.

verse: Attend to me and reply.

Friday

Troparion of the Paremeia-Tone 8:



By the pow-er of your word, you have made the u-ni-verse,
and you have brought us from no-thing-ness in-to be-ing, O God;
do not de-liv-er us to our sins, we be-seech you, O sin-less Lord.

Prokeimenon 1-Tone 6 (Psalm 57:11a.2):



Tru-ly, all shall say, the just are re-ward - - ed.
Tru-ly there is a God who does jus - tice on earth.

verse: Do you truly speak justice, you who hold divine power?
Do you mete out fair judgment to the sons of men?

Reading: Isaiah 13:2-13

Prokeimenon 2-Tone 7 (Psalm 58:18b.2):



O my strength, it is you to whom I turn; for you, O God,
for you, O God, are my strong - - hold.

verse: Rescue me, God, from my foes;
protect me from those who attack me.

Week Four


Monday

Troparion of the Paremeia-Tone 7:



In your wrath, O Lord, do not chastise the people who have sinned a-against you
nor find fault with them in your an - ger; for you are the God of good - ness.
All the earth glo-rifies you, and we pray to you: Spare us, O Ho - ly One.

Prokeimenon 1-Tone 6 (Psalm 61:8a.2):




In God is my safe - ty, my safe - ty and my glo - - - ry
and the rock of my strength.

verse: In God alone is my soul at rest; my help comes from him.

Reading: Isaiah 14:24-32

Prokeimenon 2-Tone 4 (Psalm 62:5a.2a):

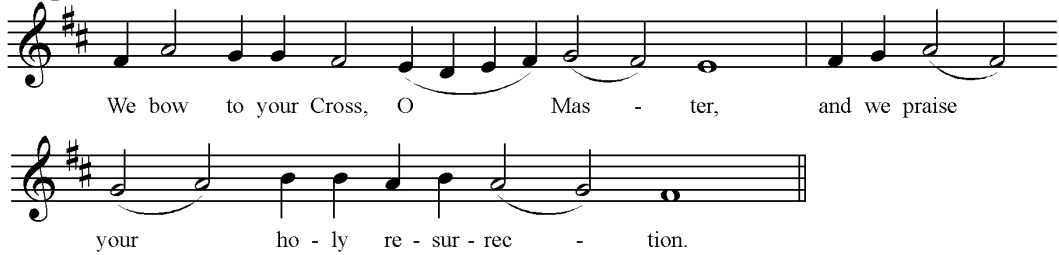


So I will bless you all of my life; in your name I will lift up my hands.

verse: O God, you are my God, for you I long;
for you my soul is thirsting.

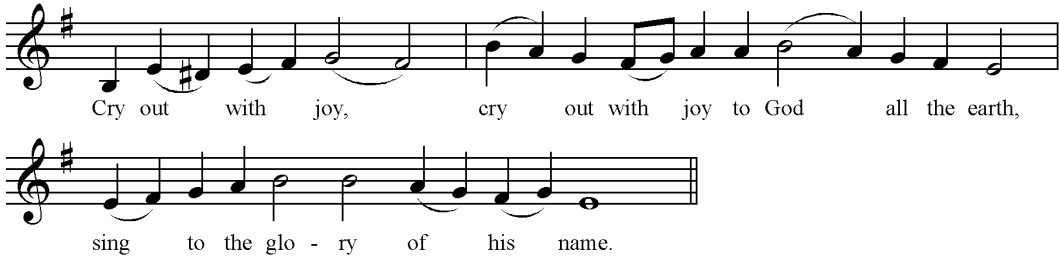
Tuesday

Troparion of the Paremeia-Tone 6:



We bow to your Cross, O Mas - ter, and we praise
your ho - ly re - sur - rec - tion.

Prokeimenon 1-Tone 6 (Psalm 65:1.8):

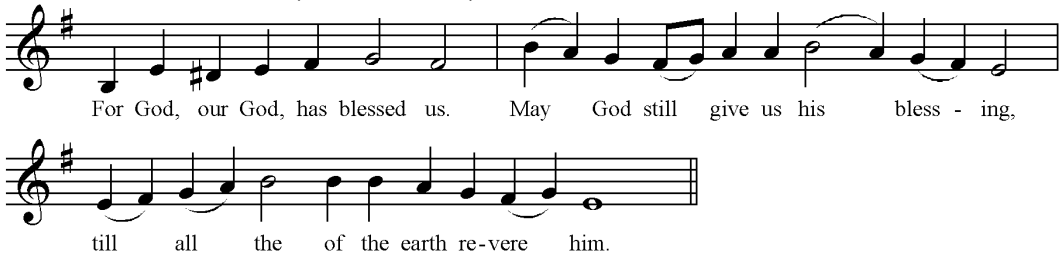


Cry out with joy, cry out with joy to God all the earth,
sing to the glo - ry of his name.

verse: O people, bless our God;
let the voice of his praise resound.

Reading: Isaiah 25:1-9

Prokeimenon 2-Tone 6 (Psalm 66:7b.2):



For God, our God, has blessed us. May God still give us his bless - ing,
till all the of the earth re-vere him.

verse: O God, be gracious and bless us
and let your face shed its light upon us.

Wednesday

Troparion of the Paremeia-Tone 6: (*music found on page 35*)

We bow to your Cross, O Master, * and we praise your holy resurrection.

Prokeimenon 1-Tone 6 (Psalm 69:5a.3b):



Let there be re-joic - ing, Let there be re - joic-ing and glad - ness
for all who see, who see you.

verse: O let them turn back in confusion,
who delight in my harm.

Reading: Isaiah 26:21-27:9

Prokeimenon 2-Tone 6 (Psalm 70:1.2):



In you, O Lord, in you, O Lord, I take re - fuge;
let me ne - ver be put to shame.

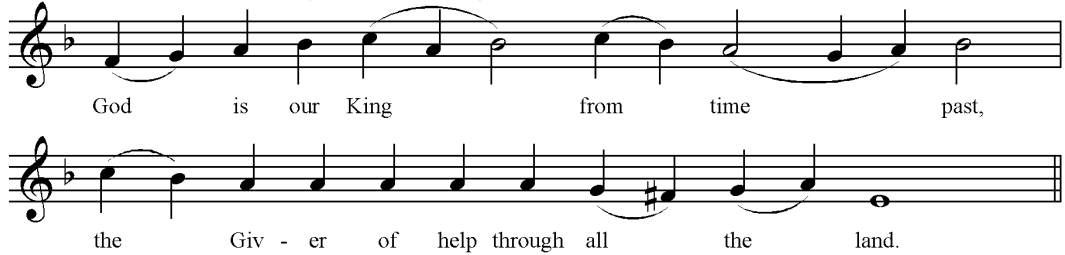
verse: In your justice rescue me, free me;
pay heed to me and save me.

Thursday

Troparion of the Paremeia-Tone 6: (*music found on page 35*)

We bow to your Cross, O Master, * and we praise your holy resurrection.

Prokeimenon 1-Tone 4 (Psalm 73:12.2):



God is our King from time past,
the Giv - er of help through all the land.

verse: Why, O God, have you cast us off for ever?
Why blaze with anger at the sheep of your pasture?

Reading: Isaiah 28:14-22

Prokeimenon 2-Tone 4 (Psalm 74:10.2):



As for me I will re - joice for-ev - er and sing psalms to Ja - cob's God.

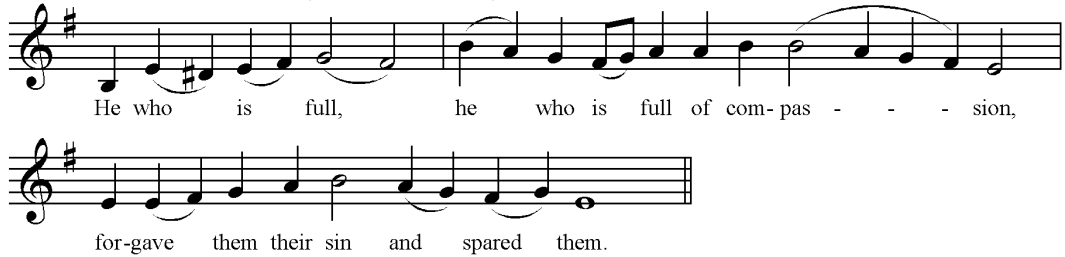
verse: We give thanks to you, O God,
we give thanks and call upon your name.

Friday

Troparion of the Paremeia-Tone 6: (*music found on page 35*)

We bow to your Cross, O Master, * and we praise your holy resurrection.

Prokeimenon 1-Tone 6 (Psalm 77:38a.1):



He who is full, he who is full of com- pas - - - sion,
for-gave them their sin and spared them.

verse: Give heed, my people, to my teaching;
turn your ear to the words of my mouth.

Reading: Isaiah 29:13-23

Prokeimenon 2-Tone 5 (Psalm 78:9a.1a):



O God, our Sa - vior, come to our help, come to our help,
for the sake of the glo - ry of your name.

verse: O God, the nations have invaded your land,
they have profaned your holy temple.

Week Five

Monday

Troparion of the Paremeia-Tone 3:



Since our sins have ris - en up a - gainst us, rise up, O Lord, and
come to our aid for you are our father and we recognize no oth - er but you.

Prokeimenon 1-Tone 4 (Psalm 83:4b.2):



They are hap - py who dwell in your house, for - ev - er sing - ing your praise.

verse: How lovely is your dwelling place, Lord, God of hosts.

Reading: Isaiah 37:33-38:6

Prokeimenon 2-Tone 8 (Psalm 84:8.2):



Let us see, O Lord, let us see your mer - cy and give us
your sav - ing help.

verse: O Lord, you once favored your land
and revived the fortunes of Jacob.

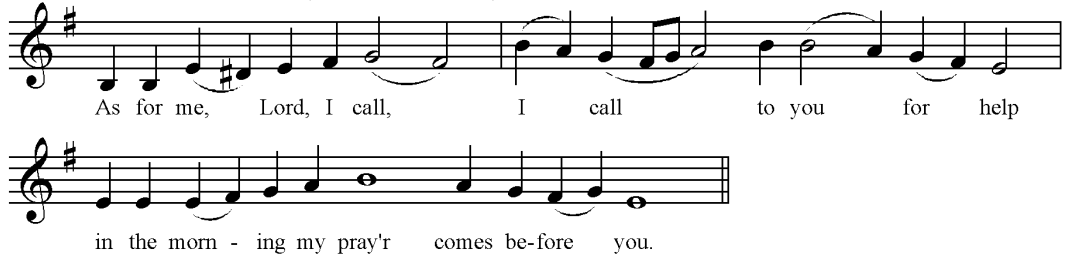
Tuesday

Troparion of the Paremeia-Tone 3:



Our help, our help is the God of Ja - cob; he pro - tects us
and de-fends us; he is our aid in the day of af - flic - tion.

Prokeimenon 1-Tone 6 (Psalm 87:16a.2):

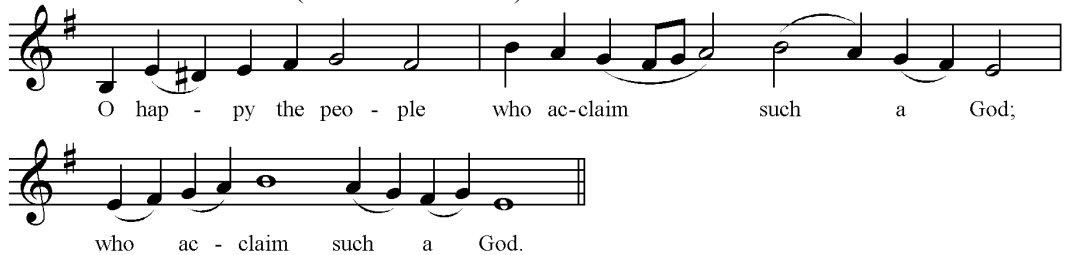


As for me, Lord, I call, I call to you for help
in the morn - ing my pray'r comes be-fore you.

verse: Lord my God, I call for help by day;
I cry at night before you.

Reading: Isaiah 40:18-31

Prokeimenon 2-Tone 6 (Psalm 88:16a.16b):

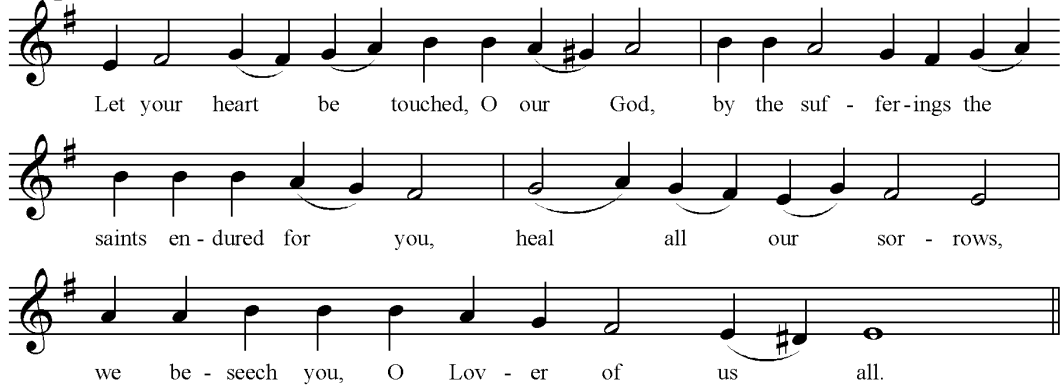


O hap - py the peo - ple who ac-claim such a God;
who ac - claim such a God.

verse: Who walk, O Lord, in the light of your face.

Wednesday

Troparion of the Paremeia-Tone 1:



Let your heart be touched, O our God, by the sufferings the
saints endured for you, heal all our sorrows,
we beseech you, O Lover of us all.

Prokeimenon 1-Tone 4 (Psalm 91:2.3):



It is good to give thanks to the Lord
to make music to your name, O Most High.

verse: To proclaim your love in the morning
and your truth in the watches of the night.

Reading: Isaiah 41:4-14

Prokeimenon 2-Tone 6 (Psalm 92:1a.1b):

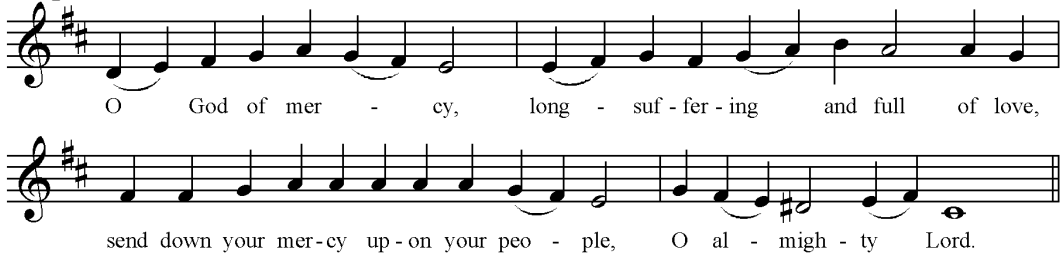


The Lord is King, the Lord is King, with majesty en-robed
the Lord is King, with majesty en-robed.

verse: The Lord has robed himself with might,
he has girded himself with power.

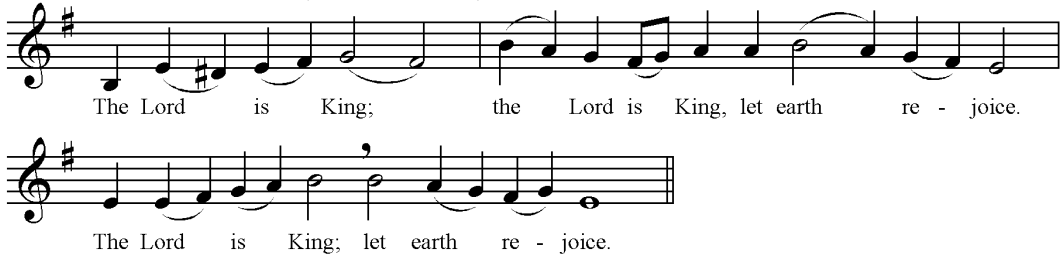
Thursday

Troparion of the Paremeia-Tone 6:



O God of mer - cy, long - suf - fer - ing and full of love,
send down your mer-cy up - on your peo - ple, O al - migh - ty Lord.

Prokeimenon 1-Tone 6 (Psalm 96:1.7b):

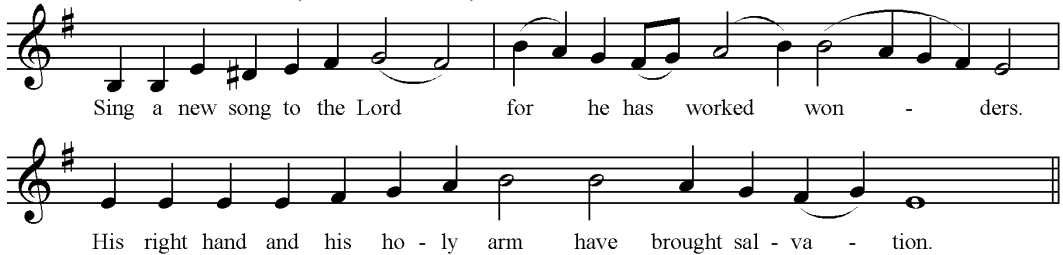


The Lord is King; the Lord is King, let earth re - joice.
The Lord is King; let earth re - joice.

verse: All you spirits, worship him.

Reading: Isaiah 42:5-16

Prokeimenon 2-Tone 6 (Psalm 97:1.3b):

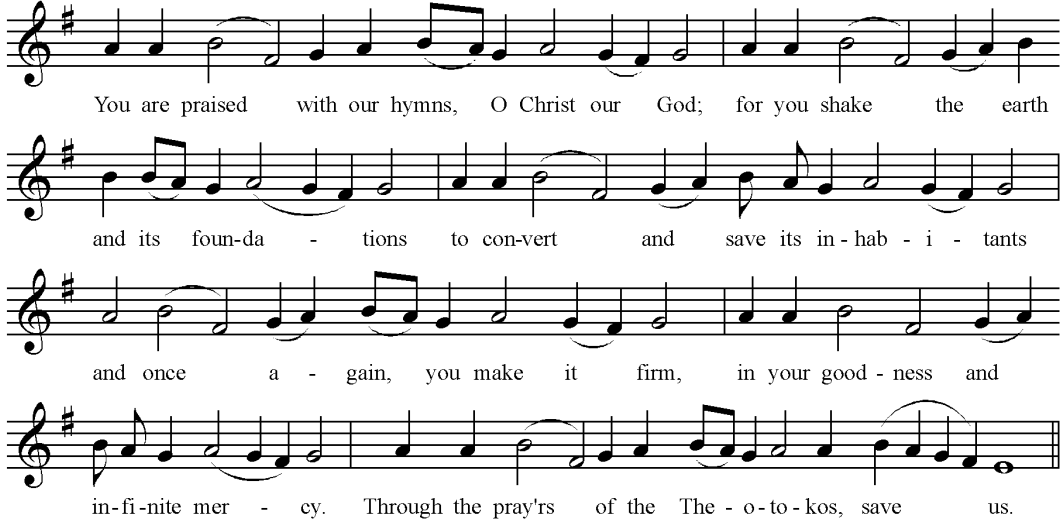


Sing a new song to the Lord for he has worked won - ders.
His right hand and his ho - ly arm have brought sal - va - tion.

verse: Shout to the Lord, all the earth, ring out your joy.

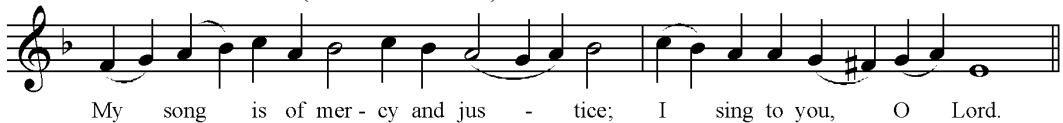
Friday

Troparion of the Paremeia-Tone 5:



You are praised with our hymns, O Christ our God; for you shake the earth
and its foun-da - tions to con-vert and save its in - hab - i - tants
and once a - gain, you make it firm, in your good - ness and
in-fi-nite mer - cy. Through the pray'rs of the The - o - to - kos, save us.

Prokeimenon 1-Tone 4 (Psalm 100:1.2a):



My song is of mer - cy and jus - tice; I sing to you, O Lord.

verse: I will walk in the way of perfection.
O when, Lord, will you come?

Reading: Isaiah 45:11-17

Prokeimenon 2-Tone 4 (Psalm 101:2.3):



O Lord lis - ten, lis - ten to my pray'r and let my cry for help reach you.

verse: Do not hide your face from me in the day of my distress.
Turn your ear towards me and answer me quickly when I call.

Week Six Monday

Troparion of the Paremeia-Tone 6:



Be-hold, this is the fear-ful day, O Lord, whose eve-ning we did not ex-pect to reach,



but, in your love, you grant that we may see it. O ho-ly Tri-ni-ty, glo-ry to you!

Prokeimenon 1-Tone 6 (Psalm 104:3b.1a):



Be proud of his ho-ly name; be proud of his ho-ly name;



let the hearts that seek the Lord re-joice.

verse: Give thanks to the Lord, tell his name,
make known his deeds among the peoples.

Reading: Isaiah 48:17-49:4

Prokeimenon 2-Tone 6 (Psalm 105:48a.1):



Bless-ed be the Lord, the Lord God of Is-ra-el,

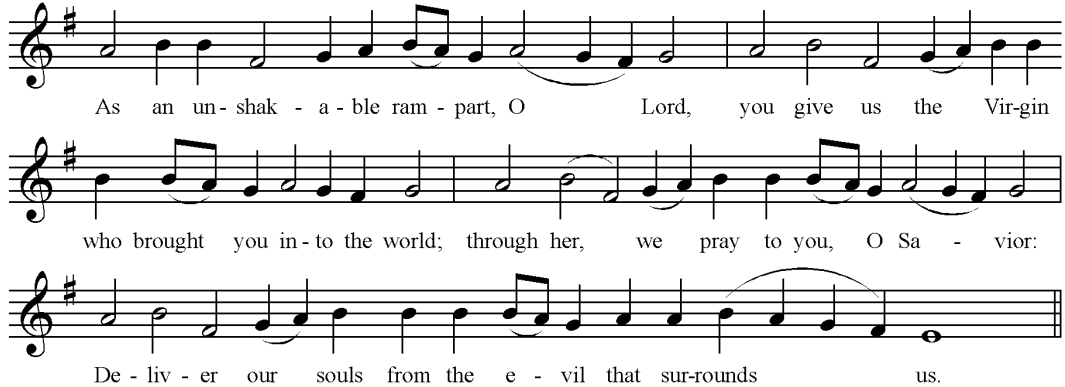


for-ev-er, from age to age.

verse: O give thanks to the Lord for he is good;
for his love endures forever.

Tuesday

Troparion of the Paremeia-Tone 5:



As an un-shak - a - ble ram - part, O Lord, you give us the Vir-gin
who brought you in-to the world; through her, we pray to you, O Sa - vior:
De - liv - er our souls from the e - vil that sur-rounds us.

Prokeimenon 1-Tone 4 (Psalm 108:26.1):

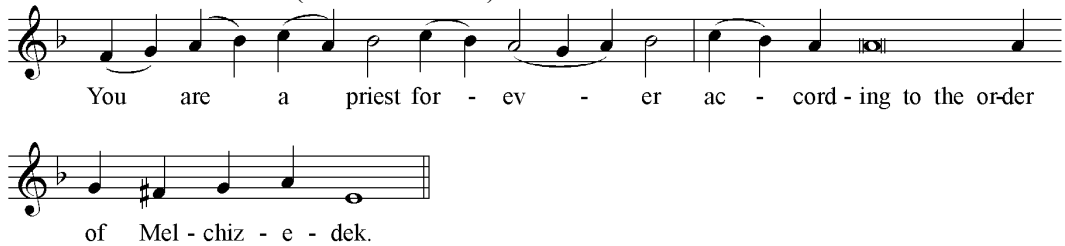


Help me, help me, Lord my God; save me be-cause of your love.

verse: O God whom I praise, do not be silent.

Reading: Isaiah 49:6-10

Prokeimenon 2-Tone 4 (Psalm 109:4b.1):

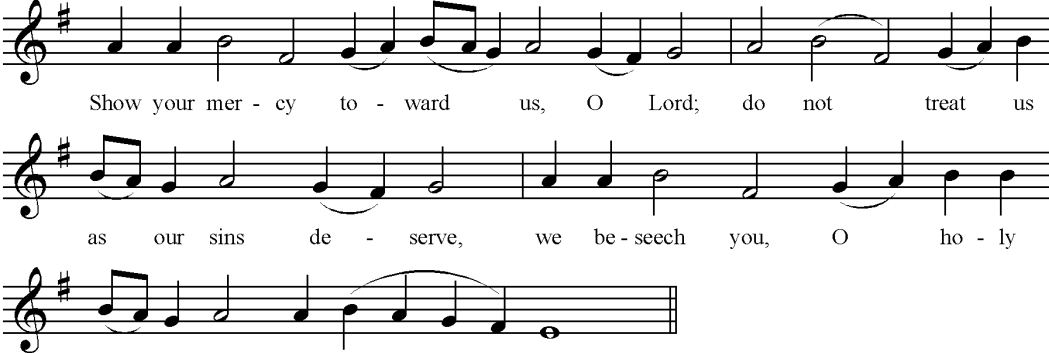


You are a priest for - ev - er ac - cord - ing to the order
of Mel - chiz - e - dek.

verse: The Lord's revelation to my Master:
Sit on my right: your foes I will put beneath your feet.

Wednesday

Troparion of the Paremeia-Tone 5:



Show your mer - cy to - ward us, O Lord; do not treat us
as our sins de - serve, we be - seech you, O ho - ly
and al - migh - ty Mas - - - ter.

Prokeimenon 1-Tone 4 (Psalm 112:1.2):

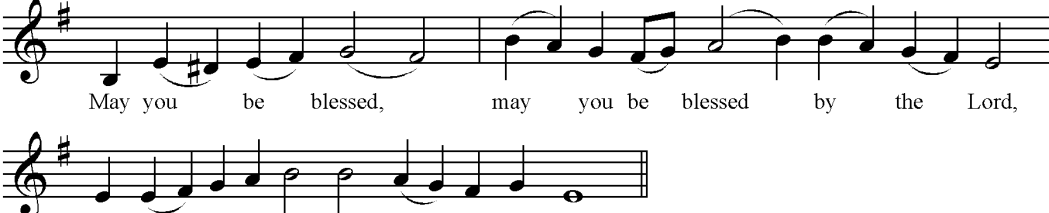


Praise, O ser - vants of the Lord, praise the name of the Lord.

verse: May the name of the Lord be blessed
both now and for evermore!

Reading: Isaiah 58:1-11

Prokeimenon 2-Tone 6 (Psalm 113:23.24):

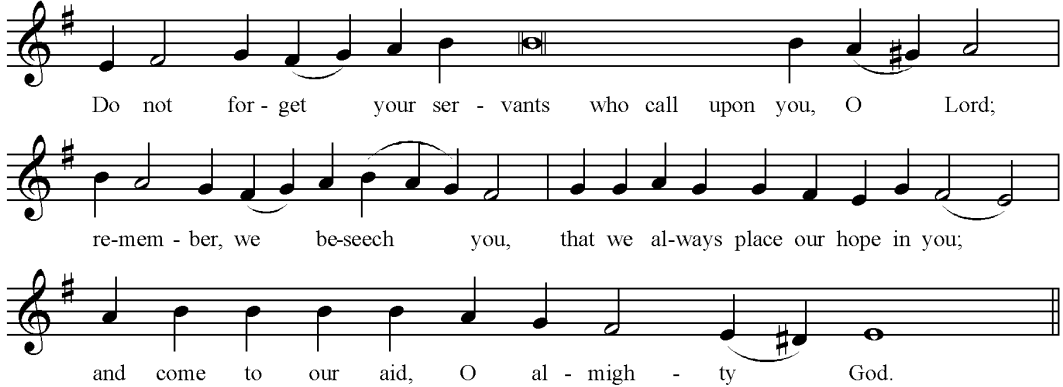


May you be blessed, may you be blessed by the Lord,
the mak - er of hea - ven, hea - ven and earth.

verse: The heavens belong to the Lord
but the earth he has given to men.

Thursday

Troparion of the Paremeia-Tone 1:



Do not for - get your ser - vants who call upon you, O Lord;
re-mem - ber, we be-seech you, that we al-ways place our hope in you;
and come to our aid, O al - migh - ty God.

Prokeimenon 1-Tone 4 (Psalm 117:20.1):




I will thank you for you have an - swered and you are my Sa - vior.

verse: Give thanks to the Lord for he is good,
for his love endures forever.

Reading: Isaiah 65:8-16

Prokeimenon 2-Tone 6 (Psalm 118:32.33):

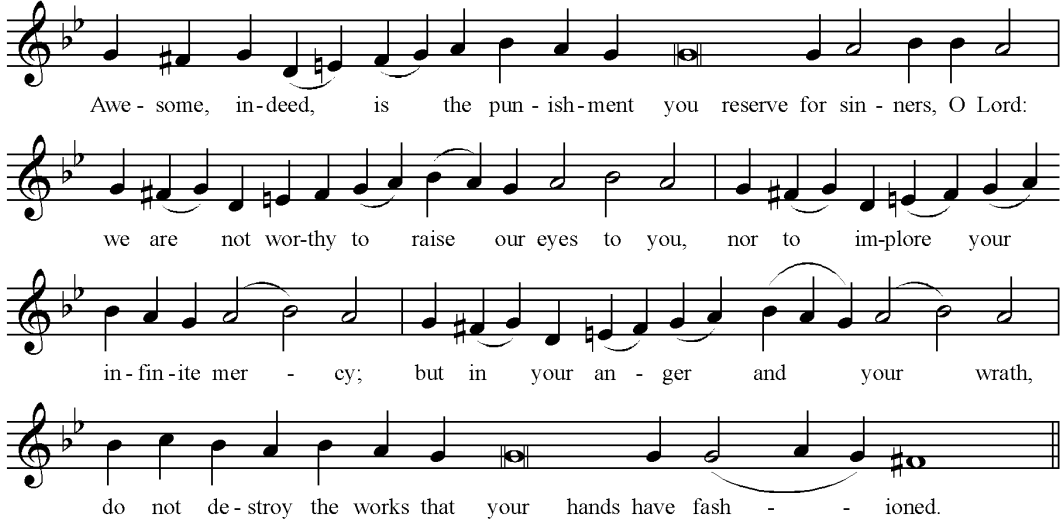


I will run the way, I will run the way of your com - mands;
you give free - dom to my heart.

verse: Teach me the demands of your statutes
and I will keep them to the end.

Friday

Troparion of the Paremeia-Tone 3:



Awe - some, in-deed, is the pun - ish-ment you reserve for sin - ners, O Lord:
we are not wor-ty to raise our eyes to you, nor to im-plore your
in - fin - ite mer - cy; but in your an - ger and your wrath,
do not de - stroy the works that your hands have fash - - - ioned.

Prokeimenon 1-Tone 4 (Psalm 121:9.1):



I re - joiced when I heard them say: Let us go to God's house.

verse: I rejoiced when I heard them say:
Let us go to God's house.

Reading: Isaiah 66:10-24

Prokeimenon 2-Tone 6 (Psalm 122:3a.1):



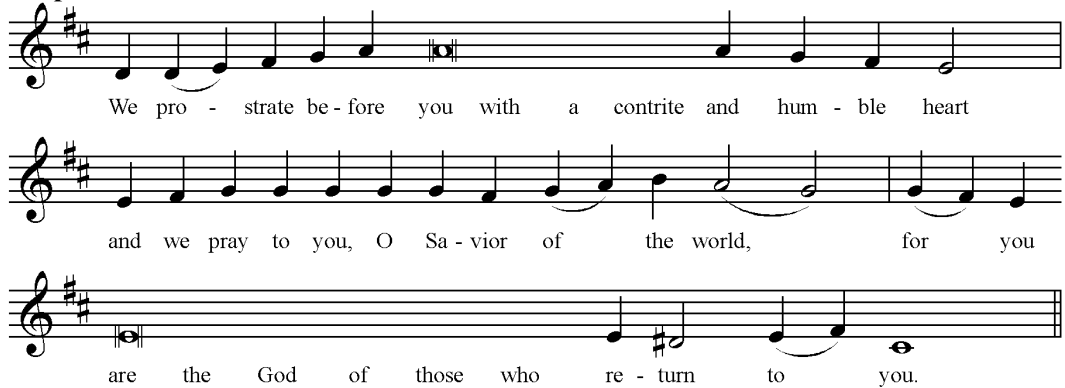
Have mer - cy on us, have mer - cy on us. Lord, have mer - cy.

verse: To you have I lifted up my eyes,
you who dwell in the heavens.

Holy Week

Monday

Troparion of the Paremeia-Tone 6:



We pro - strate be - fore you with a con - trite and hum - ble heart
and we pray to you, O Sa - vior of the world, for you
are the God of those who re - turn to you.

Prokeimenon 1-Tone 4 (Psalm 125:1.2a):



When the Lord de - liv - ered Zi - on from bon - dage, it seemed like a dream.

verse: Then was our mouth filled with laughter,
on our lips there were songs.

Reading: Ezekiel 1:1-20

Prokeimenon 2-Tone 4 (Psalm 126:1a.1b):

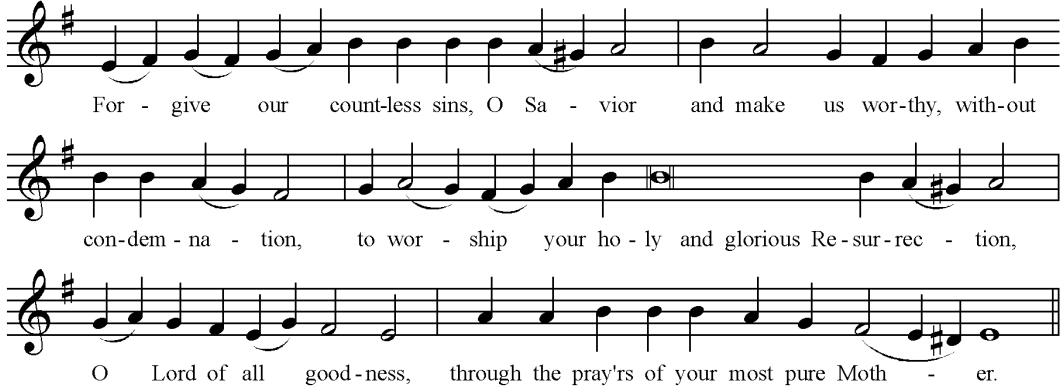


If the Lord does not build the house, in vain do its build - ers la - bor.

verse: If the Lord does not watch over the city,
in vain does the watchman keep vigil.

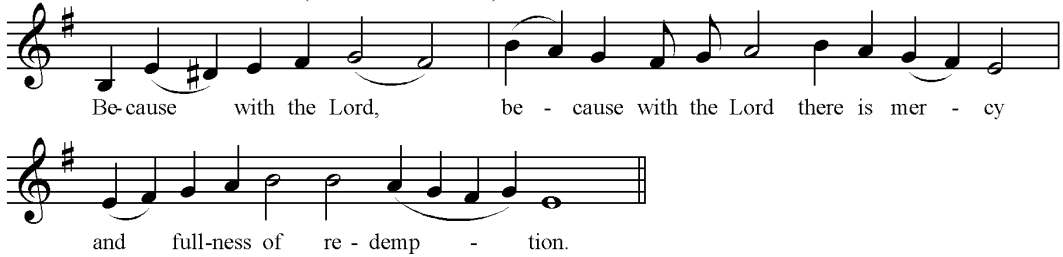
Tuesday

Troparion of the Paremeia-Tone 1:



For - give our count-less sins, O Sa - vior and make us wor - thy, with-out
con-dem - na - tion, to wor - ship your ho - ly and glorious Re - sur - rec - tion,
O Lord of all good-ness, through the pray'rs of your most pure Moth - er.

Prokeimenon 1-Tone 6 (Psalm 129:7b.1):



Be-cause with the Lord, be - cause with the Lord there is mer - cy
and full-ness of re - demp - tion.

verse: Out of the depths I cry to you, O Lord,
Lord, hear my voice!

Reading: Ezekiel 1:21-28

Prokeimenon 2-Tone 4 (Psalm 130:3.1):

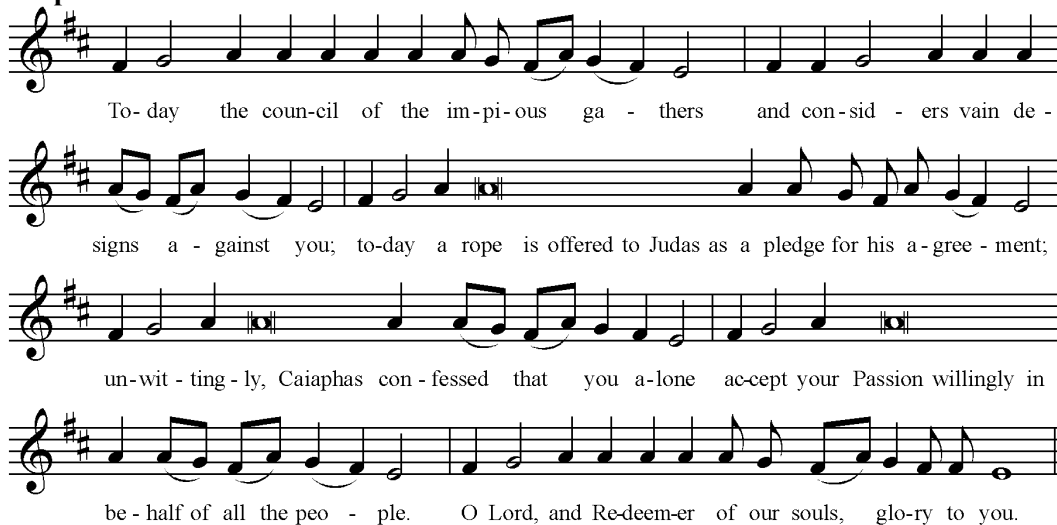


O Is - ra - el, hope in the Lord, both now and for-ev - er.

verse: O Lord, my heart is not proud nor haughty my eyes.
I have not gone after things too great nor marvels beyond me.

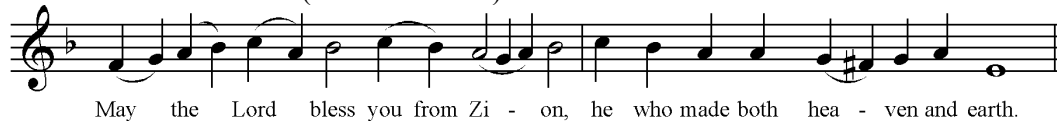
Wednesday

Troparion of the Paremeia-Tone 2:



To-day the coun-cil of the im-pi-ous ga - thers and con-sid - ers vain de -
signs a - gainst you; to-day a rope is offered to Judas as a pledge for his a - gree - ment;
un-wit - ting - ly, Caiaphas con - fessed that you a-lone ac-cept your Passion willingly in
be - half of all the peo - ple. O Lord, and Re-deem-er of our souls, glo-ry to you.

Prokeimenon 1-Tone 4 (Psalm 133:3.1a):



May the Lord bless you from Zi - on, he who made both hea - ven and earth.

verse: O come, bless the Lord,
all you who serve the Lord.

Reading: Ezekiel 2:3-3:3

Prokeimenon 2-Tone 6 (Psalm 134:20b.1):

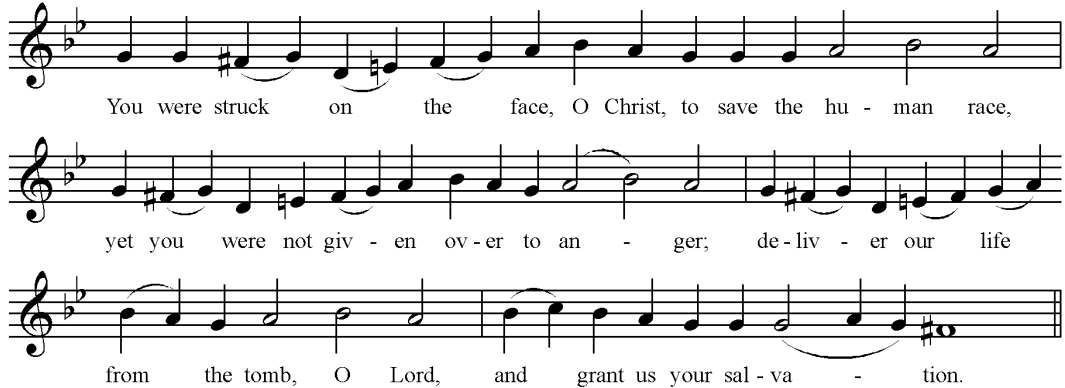


You who fear him, you who fear him, bless the Lord.
You who fear him, bless the Lord.

verse: Praise the name of the Lord,
praise him, servants of the Lord.

Thursday

Troparion of the Paremeia-Tone 3:



You were struck on the face, O Christ, to save the hu - man race,
yet you were not giv - en ov - er to an - ger; de - liv - er our life
from the tomb, O Lord, and grant us your sal - va - tion.

Prokeimenon 1-Tone 1 (Psalm 82:19.2):

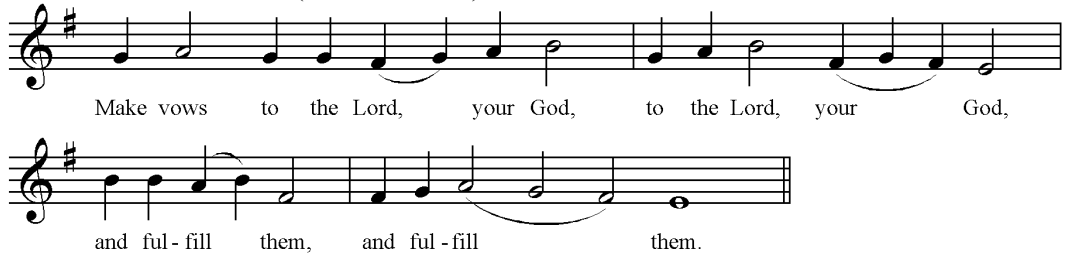


Let them know that your name is the Lord, let them know that your name is the Lord,
the Most High ov - er all the earth.

verse: O God, do not keep silent,
do not be dumb and unmoved, O God.

Reading: Jeremiah 11:18-12:5.9-11.14-15

Prokeimenon 2-Tone 8 (Psalm 75:12.2):



Make vows to the Lord, your God, to the Lord, your God,
and ful - fill them, and ful - fill them.

verse: God, you are made known in Judah;
in Israel your name is great.