

**TYPIKA AT HOME  
MONDAY, SEPTEMBER 14  
THE EXALTATION OF THE HOLY CROSS**

*We pray this Typika before a table on which the Holy Cross is placed for veneration.*

**Troparion, Tone 1:**

Save your people, O Lord, and bless your inheritance; grant victory to your Church over evil, and protect your people by your cross.

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

*Response:* Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

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

Most Holy Trinity, have mercy on us; Lord, cleanse us of our sins; Master, forgive our transgressions; Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)

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

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

*Leader:* Lord Jesus Christ, Son of God, have mercy on us.

*Response:* Amen.

Lord, have mercy. (*Twelve times*)

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

Come, let us worship our King and God.

Come, let us worship Christ, our King and God.

Come, let us worship and bow before the only Lord Jesus Christ the King and our God.

### **Troparia at the Beatitudes**

*Today, we do not sing the Beatitudes but pray or sing the Office of Antiphons:*

#### **First Antiphon:**

- My God, my God, hear me; why have you forsaken me? Far from my salvation are the words of my transgressions.

*Refrain:* Through the prayers of the Theotokos, O Savior, save us.

- O my God, I call by day and you give no reply; I call by night and I find no peace.

*Refrain:* Through the prayers of the Theotokos, O Savior, save us.

- Yet you, O God, are holy, enthroned on the praises of Israel.

*Refrain:* Through the prayers of the Theotokos, O Savior, save us.

- Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever, amen.

*Refrain:* Through the prayers of the Theotokos, O Savior, save us.

#### **Second Antiphon:**

- Why, O God, have you cast us off forever? Why does your anger smolder against the sheep of your pasture.

*Refrain:* O Son of God, crucified in the flesh, save us who sing to you: Alleluia!

- Remember your flock which you acquired long ago, the tribe you redeemed to be your own possession.

*Refrain:* O Son of God, transfigured on the mount, save us who sing to you: Alleluia!

- The mountain of Zion where you made your dwelling.

- Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever, amen.

- O only-begotten Son and Word of God, who, being immortal, deigned for our salvation to become incarnate of the holy Theotokos and Ever-Virgin Mary, and became man without change; you were also crucified, O Christ our God, and by death have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

#### **Third Antiphon:**

- The Lord is King; let the peoples rage. He is enthroned upon the Cherubim; let the earth quake.

#### **Troparion, Tone 1:**

Save your people, O Lord, and bless your inheritance; grant victory to your Church over evil, and protect your people by your cross.

- The Lord is great in Zion. He is supreme over all the peoples.

#### **Troparion, Tone 1:**

Save your people, O Lord, and bless your inheritance; grant victory to your Church over evil, and protect your people by your cross.

- Let them praise his name, so terrible and great, he is holy, full of power.

#### **Troparion, Tone 1:**

Save your people, O Lord, and bless your inheritance; grant victory to your Church over evil, and protect your people by your cross.

**Prokeimenon, Tone 7**

Exalt the Lord, our God, and worship at his footstool, for he is holy.

*Verse:* The Lord is King; let the peoples rage.

Epistle: 1 Corinthians 1:18-24

A Reading from the First Letter of St. Paul to the Corinthians..

Brothers and Sisters: The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: "I will destroy the wisdom of the wise, and the learning of the learned I will set aside." Where is the wise one? Where is the scribe? Where is the debater of this age? Has not God made the wisdom of the world foolish? For since in the wisdom of God the world did not come to know God through wisdom, it was the will of God through the foolishness of the proclamation to save those who have faith. For Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God.

**Alleluia, Tone 1:** Alleluia, alleluia, alleluia

*Verse:* Remember your flock which you acquired long ago.

*Verse:* God is our King from all ages; he has accomplished salvation in the middle of the earth.

Gospel: A reading from the gospel of the holy apostle and evangelist John the Theologian. (John 19:6-11.13-20.25-28.30-35)

At that time: When the chief priests and the guards saw Jesus they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him." The Jews answered, "We have a law, and according to that law he ought to die, because he made himself the Son of God." Now when Pilate heard this statement, he became even more afraid, and went back into the praetorium and said to Jesus, "Where are you from?" Jesus did not answer him. So Pilate said to him, "Do you not speak to me? Do you not know that I have power to release you and I have power to crucify you?" Jesus answered him, "You would have no power over me if it had not been given to you from above. For this reason the one who handed me over to you has the greater sin." When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews, "Behold, your king!" They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him, and with him two others, one on either side, with Jesus in the middle. Pilate also had an inscription written and put on the cross. It read, "Jesus the Nazorean, the King of the Jews." Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin, and Greek. Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and

the disciple there whom he loved, he said to his mother, “Woman, behold, your son.” Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home. After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, “I thirst.” When Jesus had taken the wine, he said, “It is finished.” And bowing his head, he handed over the spirit. Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe

*Response:* Glory to you, O Lord, glory to you.

*Then immediately:*

- Exalt the Lord, our God, and worship at his footstool, for he is holy.

**Troparion, Tone 1:**

Save your people, O Lord, and bless your inheritance; grant victory to your Church over evil, and protect your people by your cross.

**Profession of Faith**

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible; and in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light from light, true God from true God, begotten, not made, one in essence with the Father; through whom all things were made. For us and for our salvation, he came down from heaven and was incarnate from the Holy Spirit and the Virgin Mary, and became man. He was crucified for us under Pontius Pilate, and suffered and was buried. He rose on the third day according to the scriptures. He ascended into heaven and is seated at the right hand of the Father, and he is coming again in glory to judge the living and the dead, and his kingdom will have no end. And in the Holy Spirit, the Lord, the Creator of Life, who proceeds from the Father. Together with the Father and the Son he is worshiped and glorified; he spoke through the prophets. In one, holy, catholic, and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead and the life of the world to come. Amen.

Remit, pardon, and forgive our transgressions, voluntary and involuntary, in deed and in word, with knowledge and in ignorance, in thought and in desire, by night and by day, forgive them all, O God, for you are good and love us all.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

*Leader:* Lord Jesus Christ, Son of God, have mercy on us.

*Response:* Amen.

**Kontakion, Tone 4:**

Christ our God, who were willingly raised upon the cross, grant your mercies upon a new people who bear your name. By your power grant joy to our Church. Give her victory over evil with your invincible trophy, the weapon of peace, as an ally.

Lord, have mercy. (*Twelve times*)

*Leader:* Most holy Trinity, Consubstantial Power, Indivisible Kingdom, Cause of all good things, look favorably upon me, a sinner, at this present hour. Take away all the defilement of my mind and enlighten my understanding that I may always praise, glorify, and say:

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

*The Leader bows his head and together with the faithful makes a spiritual Communion praying aloud:*

O Lord, I believe and confess that you are truly Christ,  
who came into the world

To save sinners of whom I am the first.

*Although I cannot be a partaker now of your mystical supper, O Son of God,*

Come at least spiritually into my heart by Your Divine Grace  
for the healing of my soul and body.

For I will not reveal your mystery to your enemies,

Nor will I give you a kiss as did Judas,

But like the thief I profess to you:

+ Remember me, O Lord, when you come in your kingdom.

+ Remember me, O Master, when you come in your kingdom.

+ Remember me, O Holy One, when you come in your kingdom.

O Lord, I also believe and profess, that this,

Which I would receive, and which is now here present with us in Mystery,

Is truly your most precious Body, and your life-giving Blood,

Which, I pray, I may one day receive again

For the remission of all my sins and for life everlasting. Amen

*Then immediately:*

**Psalm 33**

I will bless the Lord at all times,

his praise always on my lips;

In the Lord

my soul shall make its boast

The humble shall hear

and be glad.

Glorify the Lord with me.  
Together let us praise his name.

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

Look towards him and be radiant;  
let your faces not be abashed.

This poor man called, the Lord heard him  
and rescued him from all his distress.

The angel of the Lord is encamped,  
around those who revere him, to rescue them.

Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who revere him.

Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

Come, children, and hear me  
that I may teach you the fear of the Lord.

Who is he who longs for life and many days,  
to enjoy his prosperity?

Then keep your tongue from evil  
and your lips from speaking deceit.

Turn aside from evil and do good;  
seek and strive after peace.

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.

The Lord turns his eyes to the just  
and his ears to their appeal.

The just cried out and the Lord heard them,  
and rescued them from all their distress.

The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save.

Many are the trials of the just,  
but from them all the Lord will rescue them.

He will keep guard over all their bones,  
not one of their bones shall be broken.

Evil brings death to the wicked;  
those who hate the good are doomed.

The Lord ransoms the souls of his servants.  
Those who hide in him shall not be condemned.

More honorable than the cherubim, and beyond compare more glorious than the seraphim; who,  
a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

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

**Response:** Amen.

**Closing Hymn:**

*Bowing before the Cross, we sing three times:*

We bow to your cross, O Lord, and we glorify your holy resurrection.