

The Third Hour

Priest: *Blessed is our God, always, now and ever and unto ages of ages.*

Reader: Amen.

Glory to You, our God, glory to You!

O Heavenly King, Comforter, Spirit of Truth, everywhere present and filling all things, Treasury of Blessings, and Giver of Life: Come and dwell within us, and cleanse us from every stain, and save our souls, O Good One!

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

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

now and forever and unto ages of ages, amen.

O most Holy Trinity, have mercy on us. Lord, wash away our sins; Master forgive us our transgressions; Holy One, visit and heal our infirmities, for Your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit; now and forever and unto ages of ages, amen.

Our Father, 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. 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, . . .*

Reader: Amen.

Lord, have mercy. *(12 times)*

Glory to the Father, and to the Son, and to the Holy Spirit; now and forever and unto ages of ages, amen.

Come let us worship God, our King!

Come, let us worship and fall down before Christ, our King and our God!

Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 17 (16)

Hear a just cause, Lord of my righteousness; attend to my cry!

Give ear to my prayer from lips free of deceit!

From you let my vindication come! Let my eyes see the right!

If You try my heart, if You visit me by night, if You test me,

You will find no wickedness in me; my mouth does not transgress.

With regard to the works of men, by the word of Your lips I have avoided the ways of the violent.

Direct my steps in Your paths, that my feet may not slip.

I call upon You, for You will answer me, O God; incline your ear to me, hear my words.

Wondrously show your steadfast love, Savior of those who seek refuge from their adversaries at Your right hand.

Keep me as the apple of the eye; hide me in the shadow of your wings, from the wicked who despoil me, my deadly enemies who surround me.

They close their hearts to pity; with their mouths they speak arrogantly.

They track me down; now they surround me; they set their eyes to cast me to the ground.

They are like a lion eager to tear, as a young lion lurking in ambush.

Arise Lord! Confront them, overthrow them! Deliver my life from the ungodly.

Draw Your sword because of the enemies of Your hand, Lord; destroy them from the earth.

Scatter them in their life, though their belly has been filled with your hidden treasures.

They have been satisfied with uncleanness and have left the remnant of their possessions for their babes.

As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied when your glory appears.

Psalm 25 (24)

To You, O Lord, I lift up my soul. My God, in You I trust; let me not be confounded; let not my enemies laugh me to scorn. For none that wait for You will be put to shame; let those be ashamed who are wantonly treacherous. Make me know Your ways, Lord, teach me Your paths. Lead me in Your truth and teach me for You are my God my Savior; I have waited for You all day long. Be mindful of Your mercy, Lord, and of Your steadfast love, for they have been from everlasting. Remember not the sins of my youth or of my ignorance; according to Your steadfast love remember me, Lord for Your goodness' sake!

Good and upright is the Lord; therefore He instructs sinners in the way. He will guide the meek in judgment, and will teach the humble His ways. All the paths of the Lord are steadfast love and truth, for those who keep His covenant and His testimonies. For Your name's sake, Lord, pardon my guilt for it is great. Who is the man that fears the Lord? Him will He instruct in the way that he has chosen. His soul shall abide in prosperity, and his seed shall inherit the earth. The Lord is the strength of those who fear Him, and His covenant is to manifest truth to them. My eyes are ever towards the Lord, for He will pluck my feet out of the net.

Turn to me and be gracious to me, for I am only a child and poor. The troubles of my heart have been multiplied; bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider my foes, for they have been multiplied, and with unjust hatred have they hated me. Guard my life and deliver me; let me not be put to shame, for I have hoped in You. The harmless and the upright have joined themselves to me for I have waited for You. Redeem Israel, O God, out of all his troubles.

Psalm 51 (50)

Have mercy on me, O God, according to Your great mercy; and according to the multitude of Your compassions blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against You, You only, have I sinned and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your Judgment. Behold, I was brought forth in iniquity and in sins did my mother conceive me. Behold, You desire truth: You have manifested to me the secret and hidden things of Your wisdom.

You will sprinkle me with hyssop, and I shall be clean; You will wash me, and I shall be made whiter than snow. You will let me to hear joy and gladness; the afflicted bones will rejoice. Hide Your face away from my sins and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Your presence and take not Your Holy Spirit from me. Restore to me the joy of Your salvation and establish me with Your directing Spirit.

Then I will teach transgressors Your ways, and ungodly will turn to You. Deliver me from blood-guiltiness, O God, You God of my salvation, my tongue will declare Your deliverance with joy. Lord, You will open my lips and my mouth shall show forth Your praise. For if You desired sacrifice, I would have given it; in whole burnt offerings, You will not be pleased. Sacrifice to God is a broken spirit; a broken and humbled heart God will not despise.

Do good, Lord, to Zion in Your good pleasure; and let the walls of Jerusalem be built. Then You will delight in a sacrifice of righteousness, with burnt offerings and whole-burnt offerings; then calves will be offered on Your altar.

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

now and ever and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia, Glory to You, O God *(Three times.)*

Lord, have mercy. Lord have mercy. Lord have mercy. *

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

and then the troparion of the day

** (If there is more than one troparion, the GLORY comes just before the LAST troparion.)*

SUNDAY TROPARIA

Tone 1

When the stone had been sealed by the Jews, while the soldiers were guarding Your most pure body; You arose on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to You, O Giver of Life: “Glory to Your Resurrection, O Christ! Glory to Your Kingdom! Glory to Your dispensation, O Lover of mankind!”

Tone 2

When You descended to death, O Life Immortal, You destroyed hell with the splendor of Your Godhead. And when from the depths You raised the dead, all the powers of heaven cried out: “O Giver of life, Christ our God, glory to You!”

Tone 3

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm. He has trampled down death by death. He has become the first born of the dead. He has delivered us from the depths of hell, and has granted to the world great mercy.

Tone 4

When the women Disciples of the Lord learned from the Angel the joyous message of the Resurrection, they cast away the ancestral curse and elatedly told the Apostles: “Death is overthrown! Christ God is risen, granting the world great mercy!”

Tone 5

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

Tone 6

The Angelic Powers were at Your tomb; the guards became as dead men. Mary stood by Your grave, seeking Your most pure body. You captured hell not being tempted by it. You came to the Virgin, granting life. O Lord, Who rose from the dead, glory to You.

Tone 7

By Your Cross You destroyed death. To the thief You opened Paradise. For the Myrrhbearers You changed weeping into joy. And You commanded Your disciples, O Christ God, to proclaim that You are risen, granting the world great mercy.

Tone 8

You descended from on high, O Merciful One! You accepted the three day burial to free us from our sufferings! O Lord, our Life and Resurrection, glory to You!

. . . now and ever and unto ages of ages, amen.

A real vine are you O Theotokos! For from you there flowered forth the fruit of life! For this, we beg of you: With all the saints, O Lady, beg Him to have mercy on us.

Blessed is the Lord God! A blessing on the Lord every day! You alone can save us, God of our salvation: Come, then, and be with us in everything we do!

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

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

O most Holy Trinity, have mercy on us. Lord, wash away our sins; Master, forgive us our transgressions; Holy One, visit and heal our infirmities, for Your name's sake.

Lord, have mercy. Lord have mercy. Lord have mercy.

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

Our Father, 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. 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, . . .

Reader: Amen.

and then the kontakion of the day.

Tone 1

As God, You rose from the tomb in glory, raising the world with Yourself. Human nature praises You as God, for death has vanished. Adam exults, O Master! Eve rejoices, for she is freed from bondage and cries to You: “You are the Giver of Resurrection to all, O Christ!”

Tone 2

Hell became afraid, O almighty Savior, seeing the miracle of Your Resurrection from the tomb! The dead arose! Creation, with Adam, beheld this and rejoiced with You, and the world, my Savior, praises You forever.

Tone 3

On this day You rose from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the Prophets and Patriarch they unceasingly praise the divine majesty of Your power.

Tone 4

My Savior and Redeemer as God rose from the tomb and delivered the earth-born from their chains. He has shattered the gates of hell, and as Master, He has risen on the third day!

Tone 5

You descended into hell, O my Savior, shattering its gates as Almighty, resurrecting the dead as Creator, and destroying the sting of death. You have delivered Adam from the curse, O Lover of Man, and we cry to You: “O Lord, save us!”

Tone 6

When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race. He is the Savior of all, the Resurrection, the Life, and the God of all.

Tone 7

The dominion of death can no longer hold mankind captive, for Christ descended, shattering and destroying its powers. Hell is bound, while the Prophets rejoice and cry: “The Savior has come to those in faith; enter, you faithful, into the Resurrection!”

Tone 8

By rising from the tomb, You raised the dead and resurrected Adam. Eve exults in Your Resurrection, and the world celebrates Your rising from the dead; O greatly Merciful One!

Lord, have mercy *(40 times)*

O Christ God, so very rich in patience and mercy, who are adored and praised at all times and at every moment in heaven and on earth! You love the just and spare the sinner, inviting all to salvation with the promise of the good things to come! O Lord, accept our prayer at this time, and direct our lives according to Your commandments. Sanctify our souls and bodies. Set straight our reasoning, purify and sober our understanding, and deliver us from every affliction, from every evil and illness. Surround us with Your holy angels as with a rampart, that guided and protected by their defense, we may reach unity in faith and the knowledge of our inaccessible glory. For you are blessed unto ages of ages, amen.

Lord, have mercy. Lord have mercy. Lord have mercy.

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

now and ever and unto ages of ages, amen.

You are more honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without corruption You gave birth to God the Word: you who are truly Theotokos, we magnify you!

Bless us Father, in the name of the Lord.

Priest: *Through the prayers . . .*

Reader: Amen.

O God the Master! Father Almighty, Only Son, and Holy Spirit! O unique power and divinity! Have mercy on me, a sinner, and in Your omniscience, save me, Your servant, unworthy as I am, for You are blessed unto ages of ages, amen.