

*A Prayer of St Basil*

O GOD, the Lord of Hosts and Author of all creation, who in thine ineffable and tender mercy hast sent down thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our kind, and through his precious Cross hast torn up the record of our sins, and thereby triumphed over the princes and dominions of darkness: do thou, O Master who lovest mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every dark and deadly transgression and from all the visible and invisible enemies that seek to do us harm. Nail down our flesh with the fear of thee, and let not our hearts incline to evil words or thoughts; rather, wound our souls with thy love, that ever gazing upon thee, guided by thy light, and beholding thee, the eternal Light that no man can approach, we may offer up unceasing praises and thanksgiving unto thee: the Father without beginning, together with thine Only-begotten Son, and thine all-holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

**The Dismissal**

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

Lord, have mercy. 3x

O Lord, bless.

*The SENIOR LAYMAN says:*

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

*The PEOPLE respond:*

Amen.



*The Office of the*  
**LENTEN THIRD HOUR**

*on Monday–Friday, without a priest*

✠ *If Third Hr follows First, begin below: "Come let us worship..."*



✠ *But if not, the SENIOR LAYMAN begins:*

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

*The designated READER responds:*

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

O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of blessings, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

**O** UR 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*And the SENIOR LAYMAN:*

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

*The READER continues:*

Amen. Lord, have mercy. 12x

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

### **The Full Ending**

✠ *The READER continues:*

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

**O** UR 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*And the SENIOR LAYMAN:*

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

*The READER continues:*

Amen. Lord, have mercy. 12x

Psalm 16

**H**EAR A JUST CAUSE, O Lord, attend to my cry! Give ear to my prayer from lips free of deceit! From thee let my vindication come! Let thy eyes see the right! If thou triest my heart, if thou visitest me by night, if thou testest me, thou wilt find no wickedness in me; my mouth does not transgress. With regard to the works of men, by the word of thy lips I have avoided the ways of the violent. My steps have held fast to thy paths, my feet have not slipped. I call upon thee, for thou wilt answer me, O God; incline thy ear to me, hear my words. Wondrously show thy steadfast love, O savior of those who seek refuge from their adversaries at thy right hand. Keep me as the apple of the eye; hide me in the shadow of thy 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, O Lord! confront them, overthrow them! Deliver my life from the wicked by thy sword, from men by thy hand, O Lord, from men whose portion in life is of the world. May their belly be filled with what thou hast stored up for them; may their children have more than enough; may they leave something over to their babes. As for me, I shall behold thy face in righteousness; when I awake, I shall be satisfied with beholding thy form.

Psalm 24

**T**HREE, O Lord, I lift up my soul. O my God, in thee I trust, let me not be put to shame; let not my enemies exult over me. Yea, let none that wait for thee be put to shame; let them be ashamed who are wantonly treacherous. Make me to know thy ways, O Lord; teach me thy paths. Lead me in thy truth, and

Lord and Master..." with only one prostration at the end.

✠ If Ninth Hour will not follow, read the full ending, p. 23.



✠ If Ninth Hour will follow, the READER continues:

A Prayer of St Basil

**O** GOD, the Lord of Hosts and Author of all creation, who in thine ineffable and tender mercy hast sent down thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our kind, and through his precious Cross hast torn up the record of our sins, and thereby triumphed over the princes and dominions of darkness: do thou, O Master who lovest mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every dark and deadly transgression and from all the visible and invisible enemies that seek to do us harm. Nail down our flesh with the fear of thee, and let not our hearts incline to evil words or thoughts; rather, wound our souls with thy love, that ever gazing upon thee, guided by thy light, and beholding thee, the eternal Light that no man can approach, we may offer up unceasing praises and thanksgiving unto thee: the Father without beginning, together with thine Only-begotten Son, and thine all-holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

✠ Continue with Ninth Hour, "Come, let us worship..."

teach me, for thou art the God of my salvation; for thee I wait all the day long. Be mindful of thy mercy, O Lord, and of thy steadfast love, for they have been from of old. Remember not the sins of my youth, or my transgressions; according to thy steadfast love remember me, for thy goodness' sake, O Lord! Good and upright is the Lord; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies. For thy name's sake, O 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 should choose. He himself shall abide in prosperity, and his children shall possess the land. The friendship of the Lord is for those who fear him, and he makes known to them his covenant. My eyes are ever toward the Lord, for he will pluck my feet out of the net. Turn thou to me, and be gracious to me; for I am lonely and afflicted. Relieve the troubles of my heart, and bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider how many are my foes, and with what violent hatred they hate me. Oh guard my life, and deliver me; let me not be put to shame, for I take refuge in thee. May integrity and uprightness preserve me, for I wait for thee. Redeem Israel, O God, out of all his troubles.

*Psalm 50*

**H**AVE mercy on me, O God, according to thy great mercy, and according to the multitude of thy compassions blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my iniquity, and my sin is continually before me. Against thee only have I sinned, and done what is evil before thee, that thou mightest be justified in thy words, and prevail when thou art judged. For, be-

tribulation, evil, and distress. Surround us with thy holy angels, that guided and guarded by their host, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for blessed art thou unto ages of ages. Amen.

Lord, have mercy. *3x*

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

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

O Lord, bless.

*And the SENIOR LAYMAN:*

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

*The READER responds:*

Amen.

*The SENIOR LAYMAN leads the PRAYER OF ST EPHRAIM:*

**O**LORD AND MASTER OF MY LIFE, give me not a spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art thou unto ages of ages. Amen. (*prostration*)

*And we make twelve bows from the waist, quietly saying "O God, cleanse me a sinner" each time. And again, the whole prayer "O*

hold, I was conceived in iniquities, and in sins did my mother  
 and hidden things of thy wisdom hast thou made known unto  
 me. Thou shalt sprinkle me with hyssop, and I shall be cleansed;  
 thou shalt wash me, and I shall be made whiter than snow. Thou  
 shalt cause me to hear joy and gladness, the bones that have been  
 humbled shall rejoice. Turn thy 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 thy pres-  
 ence, and take not thy Holy Spirit from me. Restore unto me  
 the joy of thy salvation, and establish me with a ruling spirit. I  
 will teach transgressors thy ways, and the ungodly shall return  
 to thee. Deliver me from blood-guiltiness, O God, thou God  
 of my salvation, and my tongue shall rejoice in thy righteous-  
 ness. O Lord, thou shalt open my lips, and my mouth shall de-  
 clare thy praise. For if thou hadst desired sacrifice, I would have  
 given it; thou wilt not be pleased with whole-burnt offerings. A  
 sacrifice to God is a broken spirit, a broken and humbled heart  
 God will not despise. Do good, O Lord, in thy good pleasure  
 unto Zion, and let the walls of Jerusalem be built. Then shalt  
 thou be pleased with a sacrifice of righteousness, with oblation  
 and whole-burnt offerings. Then shall they offer bullocks upon  
 thine 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 thee, O God. 3x

Lord, have mercy. 3x

☩ We may read from the Psalter; the READER first saying "Glory...  
 now..." And after the Psalter reading, "Lord, have mercy" 3x. ☩

☩ On Monday, Tuesday, and Thursday:

**M**AKE us worthy of mercy, O Theotokos,  
 fountain of tenderness. Look upon a peo-  
 ple that has sinned, and reveal thy power as al-  
 ways, for we have put our hope in thee. Rejoice,  
 we cry to thee, as once did Gabriel, the leader of  
 the bodiless hosts.

☩ But on Wednesday and Friday:

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

✠ ✠ ✠

☩ The READER continues:

Lord, have mercy. 12x<sup>2</sup>

A Prayer of St Basil, for all hours

**T**HOU WHO, at every season and every hour, in heaven and  
 on earth, art worshipped and glorified, O Christ our God,  
 who art long-suffering, merciful, and compassionate; who lovest  
 the just and showest mercy upon the sinner; who callest all to  
 salvation through the promise of blessings to come: O Lord, in  
 this hour receive our supplications, and direct our lives accord-  
 ing to thy commandments; sanctify our souls, hallow our bod-  
 ies, correct our thoughts, cleanse our minds; deliver us from all

<sup>2</sup>In the full order, 40x.

THE LENTEN TROPARION

✠ The SENIOR LAYMAN says the troparion:

**O** LORD, who didst send down thy most holy Spirit upon thine Apostles at the third hour: take him not from us, O Good One, but renew him in us who pray unto thee.

*In response, we sing (or read) the same:*

*R̄.* O Lord, who didst send down thy most holy Spirit upon thine Apostles at the third hour: take him not from us, O Good One, but renew him in us who pray unto thee. (*prostration*)

SENIOR LAYMAN: *Ψ.* Create in me a clean heart, O God, and put a new and right spirit within me. *R̄.*

SENIOR LAYMAN: *Ψ.* Cast me not away from thy presence, and take not thy holy Spirit from me. *R̄.*

SENIOR LAYMAN: Glory to the Father and to the Son and to the Holy Spirit.

✠ The READER continues:

Now and ever and unto ages of ages. Amen.

**O** THEOTOKOS, thou art the true vine from whom the Fruit of Life blossomed. We entreat thee, O Lady: Intercede together with the Apostles and all the Saints, that mercy may be granted to our souls.

**B**LESSED is the Lord God, blessed is the Lord day by day; the God of our salvation shall prosper us along the way. Our God is the God of salvation.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

The PEOPLE say:

**O** UR 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

And the SENIOR LAYMAN:

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

The READER says: "Amen." and the following KONTAKIA:<sup>1</sup>

**T**HOU HAST WROUGHT SALVATION in the midst of the earth, O Christ God; thou didst stretch out thy most pure arms upon the Cross, gathering together all the nations who are crying out: O Lord, glory to thee.

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

**W**E venerate thy most pure image, O Good One; and ask forgiveness of our transgressions, O Christ God. Of thine own will thou wast pleased to ascend the Cross in the flesh to deliver thy creatures from bondage to the enemy. Therefore with thanksgiving we cry aloud to thee: 'Thou hast filled all with joy, O our Savior, by coming to save the world.'

Now and ever and unto ages of ages. Amen.

<sup>1</sup>But on Monday, Wednesday, and Friday of the Fourth Week of Lent, we say instead: "Now the flaming sword no longer guards the gates of Eden; it has been mysteriously quenched by the wood of the Cross. The sting of death and the victory of hell have been vanquished; for thou, O my Savior, hast come and cried to those in hell: 'Enter again into Paradise!'" And the READER continues, "Lord, have mercy", as usual.

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

○ Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

○ **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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*And the SENIOR LAYMAN:*

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

*The READER says: "Amen." and the following KONTAKIA: 1*

**B**LESSED art thou, ○ Christ our God, who hast revealed the fishermen as most wise by sending down upon them the Holy Spirit; through them thou didst draw the world into thy net. ○ Lover of man, glory to thee.

<sup>1</sup>*But on Monday, Wednesday, and Friday of the Fourth Week of Lent, we say instead: "Now the flaming sword no longer guards the gates of Eden; it has been mysteriously quenched by the wood of the Cross. The sting of death and the victory of hell have been vanquished; for thou, ○ my Savior, hast come and cried to those in hell: 'Enter again into Paradise!'" And the READER continues, "Lord, have mercy," as usual.*

SENIOR LAYMAN: Glory to the Father and to the Son and to the Holy Spirit.

*☩ The READER continues:*

Now and ever and unto ages of ages. Amen.

**W**E have no boldness because of the multitude of our sins, but entreat him who was born of thee, ○ Virgin Theotokos, for the prayer of a mother has great power to win the favor of the Master. Do not despise the supplications of sinners, ○ all-pure one, for merciful and strong to save is he who willed to suffer for us!

☩ *The TROPARION, PROKIMENON, and SECOND PROKIMENON appointed for the day in the Triodion.* ☩

*☩ The READER continues:*

**L**ET THY compassions quickly go before us, ○ Lord, for we have become exceedingly poor. Help us, ○ God our Savior, for the sake of the glory of thy Name. ○ Lord, deliver us and be gracious unto our sins for thy Name's sake.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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

○ Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

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

**G**RANT SWIFT AND SURE CONSOLATION, O Jesus, to thy servants when our spirits are cast down within us. Depart not from our souls when they are in afflictions, and be not far from our minds in time of peril; but always anticipate our needs. Draw near to us, draw near, for thou art everywhere. As thou wast ever with thine Apostles, so too, unite thyself unto them that desire thee, O Compassionate One: that with one accord we may praise and glorify thy most holy Spirit.

Now and ever and unto ages of ages. Amen.

**O** MOST-PURE THEOTOKOS, thou art the hope, the protection and refuge of Christians, an invincible rampart, and a calm haven for the storm-tossed. But as thou savest the world by thine unceasing prayers, remember us, O all-hymned Virgin.



*✠ The READER continues:*  
Lord, have mercy. 12x<sup>2</sup>

*A Prayer of St Basil, for all hours*

**T**HOU WHO, at every season and every hour, in heaven and on earth, art worshipped and glorified, O Christ our God, who art long-suffering, merciful, and compassionate; who lovest the just and showest mercy upon the sinner; who callest all to salvation through the promise of blessings to come: O Lord, in this hour receive our supplications, and direct our lives according to thy commandments; sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil, and distress. Surround us with thy holy angels,

<sup>2</sup>In the full order, 40x.

and the adder, the young lion and the serpent you will trample under foot. Because he cleaves to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble, I will rescue him and honor him. With long life I will satisfy him, and show him my salvation.

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

Alleluia, alleluia, alleluia. Glory to thee, O God. 3x

Lord, have mercy. 3x

*✠ We may read from the Psalter; the READER first saying "Glory... now..." And after the Psalter reading, "Lord, have mercy" 3x. ✠*

### THE LENTEN TROPARION

*✠ The SENIOR LAYMAN says the troparion:*

**O** THOU who on the sixth day and hour didst nail to the Cross the sin that Adam dared to commit in Paradise: tear up the record of our trespasses, O Christ our God, and save us.

*In response, we sing (or read) the same:*

*℣.* O thou who on the sixth day and hour didst nail to the Cross the sin that Adam dared to commit in Paradise: tear up the record of our trespasses, O Christ our God, and save us. (*prostration*)

*SENIOR LAYMAN: ℣.* Give ear to my prayer, O God; and hide not thyself from my supplication! *℣.*

*SENIOR LAYMAN: ℣.* But I call upon God; and the Lord will save me. *℣.*



that guided and guarded by their host, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for blessed art thou unto ages of ages. Amen.

Lord, have mercy. 3x

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

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

O Lord, bless.

And the SENIOR LAYMAN:

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

The READER responds:

Amen.

The SENIOR LAYMAN leads the PRAYER OF ST EPHRAIM:

O LORD AND MASTER OF MY LIFE, give me not a spirit of sloth, despair, lust of power, and idle talk. (prostration)

But give rather a spirit of chastity, humility, patience, and love to thy servant. (prostration)

Ye, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art thou unto ages of ages. Amen. (prostration)

And we make twelve bows from the waist, quietly saying "O God, cleanse me a sinner" each time. And again, the whole prayer "O Lord and Master..." with only one prostration at the end.

Lord will save me. Evening and morning and at noon I utter my complaint and moan, and he will hear my voice. He will deliver my soul in safety from the battle that I wage, for many are arrayed against me. God will give ear, and humble them, he who is enthroned from of old; because they keep no law, and do not fear God. My companion stretched out his hand against his friends, he violated his covenant. His speech was smoother than butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords. Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. But thou, O God, wilt cast them down into the lowest pit; men of blood and treachery shall not live out half their days. But I will trust in thee.

Psalms 90

HE WHO DWELLS in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand; but it will not come near you. You will only look with your eyes and see the recompense of the wicked. Because you have made the Lord your refuge, the Most High your habitation, no evil shall befall you, no scourge come near your tent. For he will give his angels charge of you to guard you in all your ways. On their hands they will bear you up, lest you dash your foot against a stone. You will tread on the lion

✠ *If Sixth Hour will not follow, read the full ending, p. 11.*



✠ *If Sixth Hour will follow, the READER continues:*

*A Prayer of St Mardarius*

**O** GOD the Master, Father Almighty; O Lord Jesus Christ, the Only-begotten Son; and thou, O Holy Spirit, one God-head, one Power: have mercy on me, a sinner, and by the judgments known to thee, save me thine unworthy servant, for blessed art thou unto ages of ages. Amen.

✠ *Continue with Sixth Hour, "Come, let us worship...", p. 14.*

*Psalm 53*

**S**A VE ME, O God, by thy name, and vindicate me by thy might. Hear my prayer, O God; give ear to the words of my mouth. For insolent men have risen against me, ruthless men seek my life; they do not set God before them. Behold, God is my helper; the Lord is the upholder of my life. He will requite my enemies with evil; in thy faithfulness put an end to them. With a freewill offering I will sacrifice to thee. I will give thanks to thy name, O Lord, for it is good. For thou hast delivered me from every trouble, and my eye has looked in triumph on my enemies.

*Psalm 54*

**G**I VE EAR to my prayer, O God; and hide not thyself from my supplication! Attend to me, and answer me; I am overcome by my trouble. I am distraught by the noise of the enemy, because of the oppression of the wicked. For they bring trouble upon me, and in anger they cherish enmity against me. My heart is in anguish within me, the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, "O that I had wings like a dove! I would fly away and be at rest; yea, I would wander afar, I would lodge in the wilderness, I would haste to find me a shelter from the raging wind and tempest." Destroy their plans, O Lord, confuse their tongues; for I see violence and strife in the city. Day and night they go around it on its walls; and mischief and trouble are within it, ruin is in its midst; oppression and fraud do not depart from its market place. It is not an enemy who taunts me— then I could bear it; it is not an adversary who deals insolently with me— then I could hide from him. But it is you, my equal, my companion, my familiar friend. We used to hold sweet converse together; within God's house we walked in fellowship. Let death come upon them; let them go down to Sheol alive; let them go

**The Full Ending**

\* The READER continues:

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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, cleanse us from  
our sins. Master, pardon our transgressions. Holy One, visit and  
heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

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 debts, as we  
forgive our debtors; and lead us not into temptation, but deliver  
us from the evil one.

*And the SENIOR LAYMAN:*

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

*The READER continues:*

Amen. Lord, have mercy. 12x

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

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and ever and unto ages of ages. Amen.

*The PEOPLE say:*

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 debts, as we  
forgive our debtors; and lead us not into temptation, but deliver  
us from the evil one.

*And the SENIOR LAYMAN:*

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

*The READER continues:*

Amen. Lord, have mercy. 12x

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

*A Prayer of St Mardarius*

**O** GOD the Master, Father Almighty; O Lord Jesus Christ, the Only-begotten Son; and thou, O Holy Spirit, one God-head, one Power: have mercy on me, a sinner, and by the judgments known to thee, save me thine unworthy servant, for blessed art thou unto ages of ages. Amen.

**The Dismissal**

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

Lord, have mercy. 3x

O Lord, bless.

*The SENIOR LAYMAN says:*

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

*The PEOPLE respond:*

Amen.



## The Office of the LENTEN SIXTH HOUR

*on Monday–Friday, without a priest*

✠ *If Sixth Hr follows Third, begin below: “Come let us worship...”*



✠ *But if not, the SENIOR LAYMAN begins:*

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

*The designated READER responds:*

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

O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of blessings, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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