



# The Office of the HOURS *before* LITURGY

*on Sundays and Feast Days, without a priest*



## THIRD HOUR

✠ *The SENIOR LAYMAN begins:*

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

*The designated READER continues:*

Amen.<sup>1</sup> 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.

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<sup>1</sup>✠ *St Thomas Sunday through Pascha's Leavetaking: instead of "Glory to thee... O Heavenly King..." the READER says "Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life" 3x, and continues "Holy God..." ✠ Ascension through the day before Pentecost: after "Amen" he says immediately "Holy God..."*

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.

*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**O THEE, 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

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-

hold, I was conceived in iniquities, and in sins did my mother conceive me. For, behold, thou hast loved truth, the unknown 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 presence, 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 righteousness. O Lord, thou shalt open my lips, and my mouth shall declare 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

☩ *If there are two troparia for the day, the first is read here.* ☩

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

☞ *The second (or only) troparion is read here.* ☞

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

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.

☩ *The (first, if more than one) kontakion for the day is read.* ☩

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, 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.

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

*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.

*A Prayer of St Mardarius*

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



## SIXTH HOUR

✻ *The READER continues after the end of third hour:*<sup>3</sup>

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.

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<sup>3</sup> *St Thomas Sunday through Pascha's Leavetaking: instead of "Come let us worship..." the READER says "Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life" 3x.*

*Psalm 53*

SAVE 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*

GIVE 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

away in terror into their graves. But I call upon God; and the 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.

*Psalm 90*

**H**E 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

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

☩ *If there are two troparia for the day, the first is read here.* ☩

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

☩ *The second (or only) troparion is read here.* ☩

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, O 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, O all-pure one, for merciful and strong to save is he who willed to suffer for us!

**L**ET THY compassions quickly go before us, O Lord, for we have become exceedingly poor. Help us, O God our Savior, for the sake of the glory of Thy Name. O 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.

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

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*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.

☩ *The (second, if more than one) kontakion for the day is read.* ☩

Lord, have mercy. 12x<sup>4</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

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<sup>4</sup>*In the full order, 40x.*

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, 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.

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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 continues:*

Amen.

*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, ac-

cept 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 Office of the Typical Psalms continues immediately:*

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

READER: Amen.<sup>5</sup> 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.

*And we sing the antiphons.*

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<sup>5</sup>  *St Thomas Sunday through Pascha's Leavetaking: instead of "Come let us worship..." the READER says "Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life" 3x, and we sing the antiphons.*