

THIRD & SIXTH HOURS WHEN READ AT HOME

Sunday September 13, 2020 14th Sunday after Pentecost Tone 5

Forefeast of the Exaltation of the Cross, Sunday before the Exaltation
Commemoration of the Founding of the Church of the Resurrection (Holy Sepulcher) at Jerusalem

Third Hour

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

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! (x3)

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. O Lord: cleanse us from our sins. O Master: pardon our transgressions. O Holy One: visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (x3)

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

Amen. Lord, have mercy. (x12)

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 (17)

Hear 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 (25)

To 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 (51)

Have mercy on me, O God, according to Thy steadfast love; according to Thy abundant mercy 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 Thee, Thee only, have I sinned, and done that which is evil in Thy sight, so that thou art justified in Thy sentence and blameless in Thy judgment. Behold, I was brought forth in iniquity, and in sin did my mother bear me. Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which thou hast broken rejoice. Hide Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Thy presence, and take not Thy holy Spirit from me. Restore to me the joy of Thy salvation, and uphold me with a willing spirit. Then I will teach transgressors Thy ways, and sinners will return to Thee.

Deliver me from bloodguiltiness, O God, thou God of my salvation, and my tongue will sing aloud of Thy deliverance. O Lord, open thou my lips, and my mouth shall show forth Thy praise. For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise. Do good to Zion in Thy good pleasure; rebuild the walls of Jerusalem, then wilt thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered

on Thy 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. (x3)

Lord, have mercy. (x3)

Resurrectional Troparion, 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 upon the **Cross** in the flesh, / to **endure** death, and to **raise** the dead // by His **glorious** Resurrection.

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

Founding, tone 4

Thou hast revealed the beauty of the holy dwelling place of Thy **glory** on earth / to be like the splendor of the heavenly **firmament**, O Lord. / Through the prayers of the Theotokos, / strengthen it for ever and **ever** / and accept our supplication / which we ceaselessly offer to **Thee** therein, // the life and resurrection of all!

Now and ever, and unto ages of ages. Amen.

O Theotokos, you are the true vine laden with the fruit of life. We implore you, O Lady: intercede together with the Apostles and all the saints, that mercy may be granted to our souls.

Psalm 67 (68) 20-21

Blessed be the Lord God, blessed be the Lord from day to day, and may the God of our salvation prosper us, for he is our God, the God of salvation.

Holy God, Holy Mighty, Holy Immortal, have mercy on us! (x3)

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. O Lord: cleanse us from our sins. O Master: pardon our transgressions. O Holy One: visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (x3)

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

Resurrectional Kontakion, tone 5

Thou didst descend into Hell. O my **Savior**, / shattering its gates as **Almighty**, / resurrecting the dead as **Creator**, / and **destroying** the **sting** of death. / Thou hast delivered Adam from the curse, O **Lover** of Man, // and we cry to Thee, O **Lord**, **save** us!

Lord, have mercy. (x40)

Prayer of the Hours

O Thou who at every season and every hour, in heaven and on earth, art worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; who dost love the just and show mercy on the sinner; who dost call all men 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 tribulations, evil, and distress. Surround us with Thy

holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. (x3)

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 you gave birth to God the Word: true Theotokos, we magnify you.

O Lord, bless!

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

Prayer of St. Mardarius

Amen. O God, the Master, Father almighty; O Lord Jesus Christ, the only-begotten Son; and Thou, O Holy Spirit: one godhead, one power: have mercy on me a sinner, and according to Thy divine judgement save me, Thine unworthy servant, for blessed art Thou unto ages of ages. Amen.

Sixth Hour

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 53 (54)

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 (55)

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 (91)

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 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. (x3)

Lord, have mercy. (x3)

Resurrectional Troparion, 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 upon the **Cross** in the flesh, / to **endure** death, and to **raise** the dead // by His **glorious** Resurrection.

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

Founding, tone 4

Thou hast revealed the beauty of the holy dwelling place of Thy **glory** on earth / to be like the splendor of the heavenly **firmament**, O Lord. / Through the prayers of the **Theotokos**, / strengthen it for ever and **ever** / and accept our **supplication** / which we ceaselessly offer to **Thee** therein, // the life and resurrection of all!

Now and ever, and unto ages of ages. Amen.

We have no boldness because of the multitude of our sins, but entreat him who was born of you, 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.

Psalm 78 (79) 8-9

Let thy compassion come speedily to meet us, for we are brought very low. Help us, O God of our salvation, for the glory of Thy name; deliver us, and forgive our sins, for Thy name's sake!

Holy God, Holy Mighty, Holy Immortal, have mercy on us! (x3)

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. O Lord: cleanse us from our sins. O Master: pardon our transgressions. O Holy One: visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (x3)

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

Founding Kontakion, tone 4

The Church has been revealed to be a heaven **filled** with light, / which enlightens all the **faithful**. // Standing within it we cry: "Establish this **house**, O Lord!"

Lord, have mercy. (x40)

Prayer of the Hours

O Thou who at every season and every hour, in heaven and on earth, art worshipped and glorified, O Christ our God, long-suffering, merciful, and compassionate; who dost love the just and show mercy on the sinner; who dost call all men 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 tribulations, evil, and distress. Surround us with Thy holy angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord, have mercy. (x3)

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 you gave birth to God the Word: true Theotokos, we magnify you.

O Lord, bless!

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

Prayer of St. Basil the Great

Amen. O God, the Lord of hosts, and author of all creation, who in Thy boundless tender mercy hast sent down Thine only-begotten Son, our Lord Jesus Christ, for the salvation of the human race, and through His holy Cross hast torn up the record of our sins and by the Cross triumphed over the princes and dominions of darkness: Do Thou, O Master, who dost love mankind, accept these prayers of thanksgiving and supplication even from us sinners, and deliver us from every deadly and dark transgression and from all the visible and invisible enemies that seek to do us harm. Nail our flesh with the fear of Thee, and let not our hearts incline to evil words or thoughts, but wound our souls with Thy love, that ever gazing upon Thee, the Eternal Light that no man can approach, that we may send up unceasing praises and thanks to Thee; the Father without beginning, together with Thine only-begotten Son and Thy most holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.