

MATINS ORDINARY

ΙΕΡΕΥΣ

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

ΙΕΡΕΥΣ

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρὼν καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθέ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος καὶ σῶσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

Ἄγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἰλάσθητι ταῖς ἀμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

PRIEST

Blessed is our God always, now and ever, and to the ages of ages.

READER

Amen.

PRIEST

Glory to You, our God. Glory to You.

Heavenly King, Comforter, Spirit of Truth, present in all places and filling all things, treasury of good things and giver of life: come; take Your abode in us; cleanse us of every stain, and save our souls, O Good one.¹

READER

Trisagion Prayers.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

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

¹ Heavenly King is not recited from Pascha until the Sunday of Pentecost. Refer to Paschal substitutions at the end of this document.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

Σῶσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολιτεύμα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς οἰκτιρμούς σου δώρησαι, Χριστέ ὁ Θεός· εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχουσαν τὴν σὴν, ὄπλον εἰρήνης, ἀήττητον τρόπαιον.

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.
Ἀμήν.

Προστασία φοβερὰ καὶ ἀκαταίσχυντε, μὴ παρίδης, Ἀγαθή, τὰς ἱκεσίας ἡμῶν, πανύμνητε Θεοτόκε· στήριξον Ὀρθοδόξων πολιτείαν, σῶζε οὓς ἐκέλευσας βασιλεύειν, καὶ χορηγεῖ αὐτοῖς

Glory to Father, Son and Holy Spirit. Both now and ever and to the 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. (GOA)

PRIEST

For thine is the Kingdom and the power and the glory of the Father, and the Son and the Holy Spirit, now and forever and to the ages of ages.

READER

Amen.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Glory to Father, Son and Holy Spirit.

You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have You, peace as their armor, the trophy invincible.

Both now and ever and to the ages of ages.
Amen.

O awesome and unshamable Protection, O good and praiseworthy Theotokos, do not despise our petitions; make firm the community of the Orthodox; save those whom you have called to

οὐρανόθεν τὴν νίκην· διότι ἔτεκες τὸν Θεόν, μόνη
εὐλογημένη.

ΙΕΡΕΥΣ

Ελέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἔλεός Σου,
δεόμεθά Σου, ἐπάκουσον καὶ ἐλέησον.

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον.
Κύριε, ἐλέησον.)*

Ετι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων
χριστιανῶν.

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον.
Κύριε, ἐλέησον.)*

Ετι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ)
ἡμῶν (τοῦ δεῖνος).

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον.
Κύριε, ἐλέησον.)*

Οτι ἐλεήμων καὶ φιλόανθρωπος Θεὸς ὑπάρχεις,
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ
Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

ΨΑΛΤΗΣ

Ἀμήν.

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

Δόξα τῇ ἀγία καὶ ὁμοουσίῳ καὶ ζωοποιῷ καὶ
ἀδιαιρέτῳ Τριάδι, πάντοτε, νῦν καὶ ἀεὶ, καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

rule; grant them victory from heaven, for you gave
birth to God and are truly blessed.

PRIEST

Have mercy on us, O God, according to your great
mercy; we pray you, hear us and have mercy.

*(Lord, have mercy. Lord, have mercy.
Lord, have mercy.)*

Again we pray for pious and Orthodox Christians.

*(Lord, have mercy. Lord, have mercy.
Lord, have mercy.)*

Again we pray for (episcopal rank) (name).

*(Lord, have mercy. Lord, have mercy.
Lord, have mercy.)*

For you are a merciful and loving God, and to you
we give glory, to the Father and the Son and the
Holy Spirit, now and forever and to the ages of
ages.

CANTOR

Amen.

In the name of the Lord, Father, bless!

PRIEST

Glory to the holy, consubstantial, life giving, and
undivided Trinity, always, now and ever and to
the ages of ages.

(Amen.)

ΑΝΑΓΝΩΣΤΗΣ

Ὁ Ἑξάψαλμος.

Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία. *(ἐκ γ')*

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. *(δίς)*

Ψαλμὸς 3

Κύριε, τί ἐπληθύνθησαν οἱ θλιβόντές με; πολλοὶ ἐπανίστανται ἐπ' ἐμέ·

Πολλοὶ λέγουσι τῇ ψυχῇ μου· οὐκ ἔστι σωτηρία αὐτῷ ἐν τῷ Θεῷ αὐτοῦ.

Σὺ δέ, Κύριε, ἀντιλήπτωρ μου εἶ, δόξα μου καὶ ὑψῶν τὴν κεφαλὴν μου.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, καὶ ἐπήκουσέ μου ἐξ ὄρουσ ἀγίου αὐτοῦ.

Εγὼ ἐκοιμήθην καὶ ὑπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταιί μου.

Οὐ φοβηθήσομαι ἀπὸ μυριάδων λαοῦ τῶν κύκλω συνεπιτιθεμένων μοι. Ἄνάστα, Κύριε, σῶσόν με, ὁ Θεός μου.

Ὅτι σὺ ἐπάταξας πάντας τοὺς ἐχθραίνοντάς μοι ματαίως, ὀδόντας ἀμαρτωλῶν συνέτριψας.

Τοῦ Κυρίου ἡ σωτηρία, καὶ ἐπὶ τὸν λαόν σου ἡ εὐλογία σου.

Καὶ πάλιν.

Εγὼ ἐκοιμήθην καὶ ὑπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταιί μου.

Εγὼ ἐκοιμήθην καὶ ὑπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταιί μου.

READER

The Six Psalms.

Glory to God in the highest, and on earth peace, good will among men. *(3)*

O Lord, You shall open my lips, and my mouth will declare Your praise. *(2)*

Psalm 3

O Lord, why do those who afflict me multiply? Many are those who rise up against me.

Many are those who say to my soul, "There is no salvation for him in his God."

But You, O Lord, are my protector, my glory and the One who lifts up my head.

I cried to the Lord with my voice, and He heard me from His holy hill.

I lay down and slept; I awoke, for the Lord will help me.

I will not be afraid of ten thousands of people who set themselves against me all around. Arise, O Lord, and save me, O my God.

For You struck all those who were foolishly at enmity with me; You broke the teeth of sinners.

Salvation is of the Lord, and Your blessing is upon Your people.

And Again.

I lay down and slept; I awoke, for the Lord will help me.

I lay down and slept; I awoke, for the Lord will help me.

Ψαλμός 37

Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης με, μηδὲ τῇ ὀργῇ σου παιδεύσης με.

Ὅτι τὰ βέλη σου ἐνεπάγησάν μοι, καὶ ἐπεστήριξας ἐπ' ἐμέ τὴν χεῖρά σου·

Οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου ἀπὸ προσώπου τῆς ὀργῆς σου, οὐκ ἔστιν εἰρήνη ἐν τοῖς ὀστέοις μου ἀπὸ προσώπου τῶν ἁμαρτιῶν μου.

Ὅτι αἱ ἀνομίαι μου ὑπερῆραν τὴν κεφαλὴν μου, ὡσεὶ φορτίον βαρὺ ἐβαρύνθησαν ἐπ' ἐμέ.

Προσώζεσαν καὶ ἐσάπησαν οἱ μώλωπές μου ἀπὸ προσώπου τῆς ἀφροσύνης μου·

Ἐταλαιπώρησα καὶ κατεκάμφθην ἕως τέλους, ὄλην τὴν ἡμέραν σκυθρωπάζων ἐπορευόμην.

Ὅτι αἱ ψοαὶ μου ἐπλήσθησαν ἐμπαιγμάτων, καὶ οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου·

Ἐκακώθην καὶ ἐταπεινώθην ἕως σφόδρα, ὠρυόμην ἀπὸ στεναγμοῦ τῆς καρδίας μου.

Κύριε, ἐναντίον σου πᾶσα ἡ ἐπιθυμία μου, καὶ ὁ στεναγμός μου ἀπὸ σοῦ οὐκ ἀπεκρύβη.

Ἡ καρδιά μου ἐταράχθη, ἐγκατέλιπέ με ἡ ἰσχὺς μου, καὶ τὸ φῶς τῶν ὀφθαλμῶν μου, καὶ αὐτὸ οὐκ ἔστι μετ' ἐμοῦ.

Οἱ φίλοι μου καὶ οἱ πλησίον μου ἐξ ἐναντίας μου ἤγγισαν καὶ ἔστησαν, καὶ οἱ ἔγγιστά μου ἀπὸ μακρόθεν ἔστησαν·

Καὶ ἐξεβιάζοντο οἱ ζητοῦντες τὴν ψυχὴν μου, καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότητος, καὶ δολιότητος ὄλην τὴν ἡμέραν ἐμελέτησαν.

Εγὼ δὲ ὡσεὶ κωφὸς οὐκ ἤκουον καὶ ὡσεὶ ἄλαλος οὐκ ἀνοίγων τὸ στόμα αὐτοῦ·

Psalm 37

O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger.

For Your arrows are fixed in me, and Your hand rests on me.

There is no healing in my flesh because of Your wrath; there is no peace in my bones because of my sins.

For my transgressions rise up over my head; like a heavy burden they are heavy on me.

My wounds grow foul and fester because of my folly.

I suffer misery, and I am utterly bowed down; I go all the day long with a sad face.

For my loins are filled with mockeries, and there is no healing in my flesh.

I am afflicted and greatly humbled; I roar because of the groaning of my heart.

O Lord, all my desire is before You, and my groaning is not hidden from You.

My heart is troubled; my strength fails me, and the light of my eyes, even this is not with me.

My friends and neighbors draw near and stand against me, and my near of kin stand far off.

And those who seek my soul use violence, and those who seek evil for me speak folly; and they meditate on deceit all the day long.

But I like a deaf man do not hear, and I am like a mute who does not open his mouth.

Καὶ ἐγενόμην ὡσεὶ ἄνθρωπος οὐκ ἀκούων καὶ οὐκ ἔχων ἐν τῷ στόματι αὐτοῦ ἔλεγμούς.

Ὅτι ἐπὶ σοί, κύριε, ἤλπισα· σὺ εἰκακούση, κύριε ὁ θεός μου.

Ὅτι εἶπον· μήποτε ἐπιχαρῶσί μοι οἱ ἐχθροί μου· καὶ ἐν τῷ σαλευθῆναι πόδας μου ἐπ' ἐμὲ ἐμεγαλορῆμόνησαν.

Ὅτι ἐγὼ εἰς μάστιγας ἔτοιμος, καὶ ἡ ἀλγηδὼν μου ἐνώπιόν μου ἔστι διαπαντός.

Ὅτι τὴν ἀνομίαν μου ἐγὼ ἀναγγεῶ καὶ μεριμνήσω ὑπὲρ τῆς ἁμαρτίας μου.

Οἱ δὲ ἐχθροί μου ζῶσι καὶ κεκραταίωvται ὑπὲρ ἐμέ, καὶ ἐπληθύνθησαν οἱ μισοῦντές με ἀδίκως·

Οἱ ἀνταποδιδόντες μοι κακὰ ἀντὶ ἀγαθῶν ἐνδιέβαλλον με, ἐπεὶ κατεδίωκον ἀγαθωσύνην.

Kai pálin.

Μὴ ἐγκαταλίπης με, κύριε· ὁ θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ· Πρόσχες εἰς τὴν βοήθειάν μου, κύριε τῆς σωτηρίας μου.

Μὴ ἐγκαταλίπης με, κύριε· ὁ θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ· Πρόσχες εἰς τὴν βοήθειάν μου, κύριε τῆς σωτηρίας μου.

Ψαλμὸς 62

Ὁ Θεὸς ὁ Θεός μου, πρὸς σὲ ὀρθρίζω· ἐδίψησέ σε ἡ ψυχὴ μου, ποσαπλῶς σοὶ ἡ σὰρξ μου ἐν γῆ ἔρημῳ καὶ ἀβάτῳ καὶ ἀνύδρῳ.

Οὕτως ἐν τῷ ἁγίῳ ὤφθην σοὶ τοῦ ἰδεῖν τὴν δύναμίν σου καὶ τὴν δόξαν σου.

Ὅτι κρεῖσσον τὸ ἔλεός σου ὑπὲρ ζωᾶς· τὰ χεῖλη μου ἐπαινέσουσί σε.

I am like a man who does not hear, and who has no reproofs in his mouth.

For in You, O Lord, I hope; You will hear, O Lord my God.

For I said, "Let not my enemies rejoice over me, for when my foot was shaken, they boasted against me.

For I am ready for wounds, and my pain is continually with me.

For I will declare my transgression, and I will be anxious about my sin.

But my enemies live, and are become stronger than I; and those who hate me unjustly are multiplied.

Those who repaid me evil for good slandered me, because I pursue righteousness.

And Again.

Do not forsake me, O Lord; O my God, do not depart from me. Give heed to help me, O Lord of my salvation.

Do not forsake me, O Lord; O my God, do not depart from me. Give heed to help me, O Lord of my salvation.

Psalm 62

○ God, my God, I rise early to be with You; my soul thirsts for You. How often my flesh thirsts for You in a desolate, impassable, and waterless land.

So in the holy place I appear before You, to see Your power and Your glory.

Because Your mercy is better than life, my lips shall praise You.

Οὕτως εὐλογήσω σε ἐν τῇ ζωῇ μου καὶ ἐν τῷ ὀνόματί σου ἀρῶ τὰς χεῖράς μου.

Thus I will bless You in my life; I will lift up my hands in Your name.

Ὡς ἐκ στέατος καὶ πιότητος ἐμπλησθεῖ ἡ ψυχὴ μου, καὶ χεὶλῃ ἀγαλλιάσεως αἰνέσει τὸ στόμα μου.

May my soul be filled, as if with marrow and fatness, and my mouth shall sing praise to You with lips filled with rejoicing.

Εἰ ἐμνημόνευόν σου ἐπὶ τῆς στρωμνῆς μου, ἐν τοῖς ὄρθροις ἐμελέτων εἰς σέ.

If I remembered You on my bed, I meditated on You at daybreak.

Ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπη τῶν πτερυγῶν σου ἀγαλλιάσομαι.

For You are my helper, and in the shelter of Your wings I will greatly rejoice.

Εκολλήθη ἡ ψυχὴ μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιὰ σου.

My soul follows close behind You; Your right hand takes hold of me.

Αὐτοὶ δὲ εἰς μάτην ἐζήτησαν τὴν ψυχὴν μου, εἰσελεύσονται εἰς τὰ κατώτατα τῆς γῆς. Παραδοθήσονται εἰς χεῖρας ρομφαίας, μερίδες ἀλμπέκων ἔσονται.

But they seek for my soul in vain; they shall go into the lowest parts of the earth. They shall be given over to the edge of the sword; they shall be a portion for foxes.

Ὁ δὲ βασιλεὺς εὐφρανθήσεται ἐπὶ τῷ Θεῷ, ἐπαινεθήσεται πᾶς ὁ ὀμνύων ἐν αὐτῷ, ὅτι ἐνεφράγη στόμα λαλούντων ἄδικα.

But the king shall be glad in God; all who swear by Him shall be praised, for the mouth that speaks unrighteous things is stopped.

Kai pálin.

And Again.

Ἐν τοῖς ὄρθροις ἐμελέτων εἰς σέ· Ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπη τῶν πτερυγῶν σου ἀγαλλιάσομαι.

I meditated on You at daybreak; For You are my helper, and in the shelter of Your wings I will greatly rejoice.

Εκολλήθη ἡ ψυχὴ μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιὰ σου.

My soul follows close behind You; Your right hand takes hold of me.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι ὁ Θεός.

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι ὁ Θεός.

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι ὁ Θεός.

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ψαλμὸς 87

Κύριε ὁ Θεὸς τῆς σωτηρίας μου, ἡμέρας ἐκέκραξα καὶ ἐν νυκτὶ ἐναντίον σου.

Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή μου, κλῖνον τὸ οὖς σου εἰς τὴν δέησίν μου.

Ὅτι ἐπλήσθη κακῶν ἡ ψυχὴ μου, καὶ ἡ ζωὴ μου τῷ ᾄδῃ ἤγγισε.

Προσελογίσθην μετὰ τῶν καταβαινόντων εἰς λάκκον, ἐγενήθην ὡσεὶ ἄνθρωπος ἀβοήθητος ἐν νεκροῖς ἐλεύθερος.

Ὡσεὶ τραυματῖαι καθεύδοντες ἐν τάφῳ, ὧν οὐκ ἐμνήσθης ἔτι καὶ αὐτοὶ ἐκ τῆς χειρὸς σου ἀπώσθησαν.

Ἔθεντό με ἐν λάκκῳ κατωτάτῳ, ἐν σκοτεινοῖς καὶ ἐν σκιᾷ θανάτου.

Ἐπ' ἐμέ ἐπεστηρίχθη ὁ θυμὸς σου, καὶ πάντας τοὺς μετεωρισμούς σου ἐπήγαγες ἐπ' ἐμέ.

Ἐμάκρυνας τοὺς γνωστούς μου ἀπ' ἐμοῦ, ἔθεντό με βδέλυγμα ἑαυτοῖς.

Παρεδόθην καὶ οὐκ ἐξεπορευόμην οἱ ὀφθαλμοί μου ἠσθένησαν ἀπὸ πτωχείας·

Ἐκέκραξα πρὸς σέ, Κύριε, ὅλην τὴν ἡμέραν, διεπέτασα πρὸς σέ τὰς χεῖράς μου.

Μὴ τοῖς νεκροῖς ποιήσεις θαυμάσια; ἢ ἰατροὶ ἀναστήσουσι, καὶ ἐξομολογήσονται σοι;

Μὴ διηγήσεται τις ἐν τῷ τάφῳ τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου ἐν τῇ ἀπωλείᾳ;

Μὴ γνωσθῆσεται ἐν τῷ σκότει τὰ θαυμάσιά σου καὶ ἡ δικαιοσύνη σου ἐν γῆ ἐπιλησμένη;

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

Psalm 87

O Lord God of my salvation, I cry day and night before You.

Let my prayer come before You; incline Your ear to my supplication.

O Lord, for my soul is filled with sorrows, and my soul draws near to Hades.

I am counted among those who go down into the pit; I am like a helpless man, free among the dead.

Like slain men thrown down and sleeping in a grave, whom You remember no more, but they are removed from Your hand.

They laid me in the lowest pit, in dark places and in the shadow of death.

Your wrath rested upon me, and You brought all Your billows over me.

You removed my acquaintances far from me; they made me an abomination among themselves;

I was betrayed, and did not go forth; my eyes weakened from poverty;

O Lord, I cry to You the whole day long; I spread out my hands to You.

Will You work wonders for the dead? Or will physicians raise them up, and acknowledge You?

Shall anyone in the grave describe Your mercy and Your truth in destruction?

Shall Your wonders be known in darkness, and Your righteousness in a forgotten land?

Κάγῳ πρὸς σέ, Κύριε, ἐκέκραξα, καὶ τὸ πρωῒ ἡ προσευχή μου προφθάσει σε.

Ἰνατί, Κύριε, ἀπωθῆ τὴν ψυχὴν μου, ἀποστρέφεις τὸ πρόσωπόν σου ἀπ' ἐμοῦ;

Πτωχός εἰμι ἐγὼ καὶ ἐν κόποις ἐκ νεότητός μου, ὑψωθεὶς δὲ ἐταπεινώθην καὶ ἐξηπορήθην.

Ἐπ' ἐμέ διήλθον αἱ ὀργαί σου, οἱ φοβερисμοί σου ἐξετάραζάν με.

Ἐκύκλωσάν με ὡσεὶ ὕδωρ ὅλην τὴν ἡμέραν, περιέσχον με ἅμα.

Ἐμάκρυνας ἀπ' ἐμοῦ φίλον καὶ πλησίον καὶ τοὺς γνωστούς μου ἀπὸ ταλαιπωρίας.

Καὶ πάλιν.

Κύριε ὁ Θεὸς τῆς σωτηρίας μου, ἡμέρας ἐκέκραξα καὶ ἐν νυκτὶ ἐναντίον σου·

Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή μου, κλῖνον τὸ οὖς σου εἰς τὴν δέησίν μου.

Ψαλμὸς 102

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον καί, πάντα τὰ ἐντός μου, τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ.

Τὸν εὐίλατεύοντα πάσας τὰς ἀνομίας σου, τὸν ἰώμενον πάσας τὰς νόσους σου.

Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωὴν σου, τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς.

Τὸν ἐμπυλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου, ἀνακαινισθῆσεται ὡς ἀετοῦ ἡ νεότης σου.

But I cry to You, O Lord, and in the morning my prayer shall come near to You.

Why, O Lord, do You reject my soul, and turn away Your face from me?

I am poor and in troubles from my youth; but having been exalted, I was humbled and brought into despair.

Your fierce anger passed over me, and Your terrors greatly troubled me.

They compassed me like water all the day long; they surrounded me at once.

You removed far from me neighbor and friend, and my acquaintances because of my misery.

And Again.

O Lord God of my salvation, I cry day and night before You.

Let my prayer come before You; incline Your ear to my supplication.

Psalm 102

Bless the Lord, O my soul, and everything within me, bless His holy name.

Bless the Lord, O my soul, and forget not all His rewards.

Who is merciful to all your transgressions, Who heals all your diseases.

Who redeems your life from corruption, Who crowns you with mercy and compassion.

Who satisfies your desire with good things; and your youth is renewed like the eagle's.

<p>Ποιῶν ἐλεημοσύνας ὁ Κύριος καὶ κρίμα πᾶσι τοῖς ἀδικουμένοις.</p>	<p>The Lord shows mercies and judgment to all Who are wronged.</p>
<p>Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωυσῆ, τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ.</p>	<p>He made known His ways to Moses, the things He willed to the sons of Israel.</p>
<p>Οἰκτίρμων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος.</p>	<p>The Lord is compassionate and merciful, slow to anger, and abounding in mercy.</p>
<p>Οὐκ εἰς τέλος ὀργισθήσεται, οὐδὲ εἰς τὸν αἰῶνα μνηεῖ.</p>	<p>He will not become angry to the end, nor will He be wrathful forever.</p>
<p>Οὐ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἀμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν.</p>	<p>He did not deal with us according to our sins, nor reward us according to our transgressions.</p>
<p>Ὅτι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτόν.</p>	<p>For according to the height of heaven from earth, so the Lord reigns in mercy over those Who fear Him.</p>
<p>Καθόσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.</p>	<p>As far as the east is from the west, so He removes our transgressions from us.</p>
<p>Καθὼς οἰκτεῖρει πατὴρ υἱοῦς, ὡκτεῖρησε Κύριος τοὺς φοβουμένους αὐτόν, ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν, ἐμνήσθη ὅτι χοῦς ἐσμεν.</p>	<p>As a father has compassion on his children, so the Lord has compassion on those who fear Him; for He knows how He formed us; He remembers we are dust.</p>
<p>Ἄνθρωπος, ὡσεὶ χόρτος αἱ ἡμέραι αὐτοῦ· ὡσεὶ ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει.</p>	<p>As for man, his days are like grass, as a flower of the field, so he flourishes.</p>
<p>Ὅτι πνεῦμα διήλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρξει καὶ οὐκ ἐπιγνώσεται ἔτι τὸν τόπον αὐτοῦ.</p>	<p>For the wind passes through it, and it shall not remain; and it shall no longer know its place.</p>
<p>Τὸ δὲ ἔλεος τοῦ Κυρίου ἀπὸ τοῦ αἰῶνος καὶ ἕως τοῦ αἰῶνος ἐπὶ τοὺς φοβουμένους αὐτόν.</p>	<p>But the mercy of the Lord is from age to age upon those Who fear Him.</p>
<p>Καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοῖς υἱῶν, τοῖς φυλάσσουσι τὴν διαθήκην αὐτοῦ καὶ μεμνημένοις τῶν ἐντολῶν αὐτοῦ τοῦ ποιῆσαι αὐτάς.</p>	<p>And His righteousness upon children's children, to such as keep His covenant and remember His commandments, to do them.</p>
<p>Κύριος ἐν τῷ οὐρανῷ ἠτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.</p>	<p>The Lord prepared His throne in heaven, and His Kingdom rules over all.</p>
<p>Εὐλογεῖτε τὸν Κύριον, πάντες οἱ ἄγγελοι αὐτοῦ, δυνατοὶ ἰσχύϊ ποιοῦντες τὸν λόγον αὐτοῦ τοῦ ἀκοῦσαι τῆς φωνῆς τῶν λόγων αὐτοῦ.</p>	<p>Bless the Lord, all you His angels, mighty in strength, Who do His word, so as to hear the voice of His words.</p>

Εὐλογεῖτε τὸν Κύριον, πᾶσαι αἱ δυνάμεις αὐτοῦ, λειτουργοὶ αὐτοῦ ποιοῦντες τὸ θέλημα αὐτοῦ.

Εὐλογεῖτε τὸν Κύριον, πάντα τὰ ἔργα αὐτοῦ, ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Καὶ πάλιν.

Ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Ψαλμὸς 142

Κύριε, εἰσάκουσον τῆς προσευχῆς μου, ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου, εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου.

Καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου, ὅτι οὐ δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν.

Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου, ἐταπείνωσεν εἰς γῆν τὴν ζωὴν μου.

Ἐκάθισέ με ἐν σκοτεινοῖς ὡς νεκροὺς αἰῶνος. Καὶ ἠκηδίασεν ἐπ' ἐμέ τὸ πνεῦμά μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδία μου.

Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτων.

Διεπέτασα πρὸς σέ τὰς χεῖράς μου, ἡ ψυχὴ μου ὡς γῆ ἄνυδρός σοι.

Ταχὺ εἰσάκουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ' ἐμοῦ, καὶ ὁμοιωθῆσομαι τοῖς καταβαίνουσιν εἰς λάκκον.

Ἄκουστών ποιήσόν μοι τὸ πρωῒ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἠλπίσα.

Bless the Lord, all you His hosts, His ministers Who do His will.

Bless the Lord, all His works, in all places of His dominion; bless the Lord, O my soul.

And Again.

In all places of His dominion; bless the Lord, O my soul.

Psalm 142

O Lord, hear my prayer; give ear to my supplication in Your truth; answer me in Your righteousness.

Do not enter into judgment with Your servant, for no one living shall become righteous in Your sight.

For the enemy persecuted my soul; he humbled my life to the ground.

He caused me to dwell in dark places as one long dead, and my spirit was in anguish within me; my heart was troubled within me.

I remembered the days of old, and I meditated on all Your works; I meditated on the works of Your hands.

I spread out my hands to You; my soul thirsts for You like a waterless land.

Hear me speedily, O Lord; my spirit faints within me.

Turn not Your face from me, lest I become like those who go down into the pit.

Cause me to hear Your mercy in the morning, for I hope in You.

Γνώρισόν μοι, Κύριε, ὁδόν, ἐν ἣ πορεύσομαι, ὅτι πρὸς σὲ ἦρα τὴν ψυχὴν μου.

Εξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε, ὅτι πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.

Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ· ἔνεκεν τοῦ ὀνόματός σου, Κύριε, ζήσεις με.

Ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχὴν μου. Καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθρούς μου καὶ ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχὴν μου, ὅτι ἐγὼ δοῦλός σου εἰμι.

Καὶ πάλιν.

Εἰσάκουσόν μου, Κύριε, ἐν τῇ δικαιοσύνῃ σου· καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου.

Εἰσάκουσόν μου, Κύριε, ἐν τῇ δικαιοσύνῃ σου· καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου.

Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθείᾳ.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἄλληλούϊα. Ἄλληλούϊα. Ἄλληλούϊα. Δόξα σοι ὁ Θεός.

Ἄλληλούϊα. Ἄλληλούϊα. Ἄλληλούϊα. Δόξα σοι ὁ Θεός.

Ἄλληλούϊα. Ἄλληλούϊα. Ἄλληλούϊα. Δόξα σοι ὁ Θεός. Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα Σοί.

Make me know, O Lord, the way wherein I should walk, for I lift up my soul to You.

Deliver me from my enemies, O Lord, for to You I flee for refuge; teach me to do Your will, for You are my God.

Your good Spirit shall guide me in the land of uprightness; for Your name's sake, O Lord, give me life;

In Your righteousness You shall bring my soul out of affliction. In Your mercy You shall destroy my enemies; You shall utterly destroy all who afflict my soul, for I am Your servant.

And Again.

Answer me, O Lord, in Your righteousness, and do not enter into judgment with Your servant.

Answer me, O Lord, in Your righteousness, and do not enter into judgment with Your servant.

Your good Spirit shall guide me in the land of uprightness.

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

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Alleluia. Alleluia. Alleluia. Glory to You, O God.

Alleluia. Alleluia. Alleluia. Glory to You, O God. Our hope, O Lord, glory to You.

Here follows the Great Litany.