

The Praises – Sunday of the Publican and the Pharisee

(4 stikhera of the Resurrection in the tone of the week)

Tone 1

Brethren, let us not pray as the Pharisee:
For he who exalts himself will be humbled.
Let us humble ourselves before God,
And with fasting cry aloud as the Publican: ///
God be merciful to us sinners.

A Pharisee, overcome with vainglory,
And a Publican, bowed down in repentance,
Came to You the only Master.
The one boasted and was deprived of blessings,
While the other kept silent and was counted worthy of gifts. ///
Confirm me, O Christ our God, in his cries of sorrow for You love mankind.

Tone 3

Understanding, O my soul,
The difference between the Publican and the Pharisee,
Hate the proud words of the one,
And eagerly imitate the contrite prayer of the other, crying aloud: ///
God be merciful to me a sinner and have pity on me.

O you faithful,
Let us hate the boastful words of the Pharisee
And emulate the contrite prayer of the Publican.
Let us not think proud thoughts,
But humbling ourselves in contrition let us cry: ///
God be merciful to our sins.

Glory...Tone 8

O Lord, You have condemned the Pharisee
Who justified himself by boasting of his works,
And You have justified the Publican who humbled himself (*over*)
And with cries of sorrow begged for mercy.
For You reject proudminded thoughts,
But You do not despise a contrite heart.
Therefore in abasement we fall down before You who have suffered for our sake: ///
Grant forgiveness and great mercy.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – Sunday of the Prodigal Son

(5 stikhera of the Resurrection in the tone of the week)

Tone 2

I come before You, Lord, with the cry of the Prodigal:
I have sinned in Your sight, gracious Master.
I have wasted the riches of Your gifts of grace. ///
But receive me in repentance, Saviour, and save me.

Tone 4

As the Prodigal Son I come to You, merciful Lord.
I have wasted my whole life in a foreign land.
I have scattered the wealth You gave me, O Father. ///
Receive me in repentance, O God, and have mercy on me.

Tone 8

As the Prodigal I have waster the riches which the Father gave me.
I have spent them all and now am destitute,
Dwelling in the land of evil citizens.
No longer can I bear to live among them,
But turning back I cry to You merciful Father:
I have sinned against heaven and before You,
And I am not worthy to be called Your son:
Make me as one of Your hired servants, ///
O God, and have mercy upon me.

Glory...Tone 6

O loving Father, I have departed far from You,
But forsake me not, neither reject me from Your kingdom.
The evil enemy has stripped me and taken all my wealth.
I have wasted like the Prodigal the grace given to my soul.
But now I have arisen and returned,
And to You I cry aloud:
Make me as one of Your hired servants.
For my sake on the Cross You stretched out Your sinless hands, (*over*)
To snatch me from the evil beast and to clothe me once again in the first raiment, ///
For You alone are full of mercy.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – Saturday of the Dead

Tone 8

Come, brethren, before the end, and let us all look upon our clay,
Upon the infirmity and meanness of our nature.
Let us behold our end, and the organs of the vessel of our flesh.
Let us see that man is dust, food for worms, and corruption;
That our bones grow dry, and have no breath of life within them.
Let us gaze on the tombs. Where is man's glory?
Where is his outward beauty? Where is the eloquent tongue?
Where the noble brow, and where the eye?
All is dust and shadow. ///
Therefore Saviour, spare us all.

Why does man deceive himself and boast?
Why does he trouble himself in vain?
For he is earth, and soon to the earth he will return.
Why does the dust not reflect that it is formed from clay,
And cast out as rottenness and corruption?
Yet though we men are clay, why do we cling so closely to the earth?
For if we are Christ's kindred, should we not run to Him,
Leaving all this mortal and fleeting life,
And seeking the life incorruptible, ///
Which is Christ Himself, the illumination of our souls?

You have formed Adam with Your hand, O Saviour,
And set him on the border between incorruption and mortality;
You have made him share in life through grace,
Freeing him from corruption and translating him to the life that he enjoyed at first.
Give rest, O Master, to Your servants You have taken from us;
May they dwell with the righteous in the choir of Your elect;
Write their names in the book of life;
Raise them with the sound of the Archangel's trumpet, ///
And count them worthy of Your heavenly Kingdom.

Christ is risen,
Releasing from bondage Adam, the first-formed man, and destroying the power of hell.
Be of good courage, all you dead ones, for death is slain and hell despoiled;
The crucified and risen Christ is King.
He has given incorruption to our flesh;
He raises us and grants us resurrection,
And He counts worthy of His joy and glory all who, with a faith that wavers not, ///
Have trusted fervently in Him.

Glory...Tone 2

As a flower withers and a dream passes away,

So is each man's flesh dissolved at death.

But at the sound of the trumpet all the dead

Will rise up again to meet You, Christ our God, as in an earthquake.

Then, Master, grant to all Your servants who You have taken from us, ///

That they may dwell forever in the tabernacles of Your saints.

Now and Ever...

Hail Mary Theotokos,

Temple that shall never be destroyed,

Temple of holiness,

As the Prophet cries: ///

"Holy is Your temple, wonderful in righteousness."

The Praises – Sunday of the Last Judgement

(5 stikhera of the Resurrection in the tone of the week)

Tone 6

I think upon that day and hour
When we shall all stand naked,
Like men condemned,
Before the Judge who accepts no man's person.
Then shall the trumpet sound aloud
And the foundations of the earth shall quake,
The dead shall rise from the tombs
And all shall be gathered together from every generation.
Then each man's secrets will be manifest before You,
And those that have never repented shall weep and lament,
Departing to the outer fire,
But with gladness and rejoicing ///
The company of the righteous shall enter into the heavenly bridal chamber.

How shall it be in that hour and fearful day,
When the Judge shall sit on His dread throne!
The books shall be opened and men's actions shall be examined,
And the secrets of darkness shall be made public.
Angels shall hasten to and fro, gathering all the nations.
Come and hearken,
Kings and princes, slaves and free,
Sinners and righteous, rich and poor:
For the Judge comes to pass sentence on the whole inhabited earth.
And who shall bear to stand before His face
In the presence of the angels,
As they call us to account for our actions and our thoughts,
Whether by night or by day?
How shall it be in that hour!
But before the end is here, make haste my soul and cry: ///
O God who alone are compassionate, turn back and save me.

Tone 8

Daniel the prophet, a man greatly beloved,
When he saw the power of God, cried out:
"The court sat for judgment, and the books were opened."
Consider well, my soul:
Do you fast? Then do not despise your neighbour.
Do you abstain from food? Condemn not your brother,
Lest you be sent away into the fire, to burn there as wax. ///
But may Christ lead you without stumbling into His Kingdom.

Glory...Tone 1

Brethren, let us cleanse ourselves with the Queen of the virtues,

For behold she is come bringing us a wealth of blessings.

She quells the uprising of the passions,

And reconciles sinners to the Master.

Therefore let us welcome her with gladness,

And cry aloud to Christ: ///

Guard us uncondemned as we give glory to You.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – Sunday of Forgiveness

(5 stikhera of the Resurrection in the tone of the week)

Tone 5

“Woe is me!” Adam cried lamenting:

‘For the serpent and the woman have deprived me of my boldness before God,
And through eating from the tree I have become an exile from the joy of Paradise.

Woe is me! No more can I endure the shame.

I who was once king of all God’s creatures upon earth
Have now become a prisoner, led astray by evil counsel.

I who was once clothed in the glory of immortality
Must now, as one condemned to die, wrap myself miserably in the skins of mortality.

Woe is me! Who will share my sorrow with me?

But, O Lord who loves mankind,

Who has fashioned me from the earth and who are clothed in compassion, ///

Call me back from the bondage of the enemy and save me.”

The arena of the virtues has been opened.

Let all who wish to struggle for the prize now enter,

Girding themselves for the noble contest of the Fast;

For those who strive lawfully are justly crowned.

Taking up the armour of the Cross, let us make war against the enemy.

Let us have as our invincible rampart the Faith,

Prayer as our breastplate, and as our helmet almsgiving;

And as our sword let us use fasting that cuts away all evil from our hearts

If we do this, we shall receive the true crown

From Christ the King of all ///

At the Day of Judgment.

Adam was driven out of Paradise,
Because in disobedience he had eaten food;
But Moses was granted the vision of God,
Because he had cleansed the eyes of his soul by fasting.
If then we long to dwell in Paradise, let us abstain from all needless food;
And if we desire to see God, let us like Moses fast for forty days.
With sincerity let us persevere in prayer and intercession;
Let us still the passions of our soul;
Let us subdue the rebellious instincts of the flesh.
With light steps let us set out upon the path to heaven,
Where the choirs of angels with never-silent voices
Sing the praises of the undivided Trinity;
And there we shall behold the surpassing beauty of the Master.
O Son of God, Giver of Life, in You we set our hope:
Count us worthy of a place there with the angelic hosts,
At the intercessions of the Mother who bore You, ///
O Christ, of the apostles and the martyrs and all the saints.

Glory...

The time is now at hand for us to start upon the spiritual contest
And to gain the victory over the demonic powers.
Let us put on the armour of abstinence
And clothe ourselves in the glory of the angels.
With boldness Moses spoke to the Creator,
And he heard the voice of the invisible God.
In Your love for man, O Lord,
Grant us with the same boldness to venerate Your Passion ///
And Your Holy Resurrection.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – 1st Week of Lent: Saturday

Tone 1

O you faithful,

Let us join with one accord and praise in mystical hymns

The champion of the heavenly army,

The strong warrior of our holy faith;

And let us say: O martyr of Jesus, worthy of our wonder, ///

Pray for us who honour You.

O thrice-blessed Theodore,

Truly you are named 'the gift of God',

For you have been given as a source of gladness to all those in affliction.

For everyone who in sincerity draws near your shrine ///

Receives with joy the reward of your miracles and worships Christ.

By your sufferings and labours you have treasured up for yourself

The riches and glory of holiness.

You have offered all your strength as a gift acceptable to God,

And by your martyrdom you have with eagerness ///

Fulfilled the promise of your God-given name.

Let us rejoice on this radiant festival of the divine martyr;

And let us all who love to keep the feasts make glad in faith,

As we honour the joyful celebration of his death.

Let us sing in praise of Jesus, ///

Who has glorified his memory.

Glory...

You are a gift of holiness, O Theodore,

In your wisdom bringing to the world the riches of the divine life.

Christ has glorified your memory;

And rejoicing in your feast with one accord, ///

We, the faithful, praise your labours and your sufferings.

Now and Ever...

O Theotokos,

You are the true Vine that has put forth the fruit of life.

We pray you, O Lady,

Intercede together with the martyr and all the saints, ///

That mercy may be granted to our souls.

The Praises – 1st Sunday of Lent: Sunday of Orthodoxy
(Five stikhera of the Resurrection in the tone of the week)

Tone 4

O Lord who loves mankind,
The Church rejoices now in You,
Her Bridegroom and her Founder,
For by Your divine will You have delivered her from the error of idolatry,
And by Your precious Blood You have betrothed her to Yourself.
With joy she accepts the holy restoration of the icons, ///
And with faith she sings in praise of You and gives glory to You.

Restoring to the churches the representations of Your flesh, O Lord,
We ascribe to them an honour that is relative,
And so express the great mystery of Your dispensation.
For You have not appeared to us, O loving Lord,
Merely in outward semblance,
As say the followers of Mani, who are enemies of God,
But in the full and true reality of the flesh; ///
And so the icons that depict Your flesh lead us to the desire and love of You.

A feast of joy and gladness is revealed to us today.
For the teachings of the true Faith shine forth in all their glory,
And the Church of Christ is bright with splendour,
Adorned with the holy icons which now have been restored; ///
And God has granted to the faithful unity of mind.

Glory...Tone 6

Moses, in the season of abstinence,
Received the Law and proclaimed it to the people.
Elijah by fasting closed the heavens;
And the three children of Abraham
Overcame the lawless tyrant through fasting.
Count us also worthy, O Christ,
Through fasting to attain the Feast of Your Resurrection,
As we cry aloud: ///
"Holy God, Holy Mighty, Holy Immortal, have mercy on us!"

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – 2nd Sunday of Lent: St. Gregory Palamas
(Five stikhera of the Resurrection in the tone of the week)

Tone 1

In the world you lived a life of blessedness,
And now in heaven you rejoice in the assembly of the blessed;
Because you were meek, you dwell in the land that the meek inherit,
O Bishop Gregory.
God has made you rich in the grace of working miracles, ///
Which you bestow on those who honour you.

O blessed saint, you have planted the dogmas of Orthodoxy
And cut down the thorns of heresy.
With your words you have watered the seed of the Faith, making it grow,
And as an active husbandman you have brought to God ///
Ears of wheat increased a hundredfold.

The glory of your blameless life, O blessed saint,
Amazed both angels and mankind.
With steadfast purpose you have laboured in the ascetic life,
And shown yourself a worthy hierarch and minister of God, ///
And His true friend.

Glory...Tone 6

In this season of abstinence, O Christ,
You have shone as a light on those that walk in the darkness of sin.
Bring us to the holy day of Your Passion,
That we may cry to You: ///
"Arise, O God, and have mercy on us!"

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – 3rd Sunday of Lent: Adoration of the Cross
(Four stikhera of the Resurrection in the tone of the week)

Tone 4

With our voices let us shout and magnify in songs the Precious Cross;
Let us kiss it and cry out: O honoured Cross,
Sanctify our souls and bodies by your power,
And keep unharmed from all malice of the enemy ///
Those who venerate you with true reverence.

Approach and draw waters that shall never fail,
Flowing from the grace of the Cross.
See now set before you the holy Wood,
Source of divine gifts,
On which there fell blood and water from the wounded side of the Lord of all.
Of His own will He was raised upon the Cross, ///
And with Himself He has raised up mortal man.

O honoured Cross,
You are the firm foundation of the Church,
The strength of kings, the glory and defence of monks.
Venerating you today, we are filled with light in heart and soul,
Through the divine grace of the Lord who was nailed upon you
And overthrew the power of our deceitful enemy, ///
Bringing the curse to naught.

With our voices let us shout and magnify in songs the Precious Cross;
Let us kiss it and cry out: O honoured Cross,
Sanctify our souls and bodies by your power,
And keep unharmed from all malice of the enemy ///
Those who venerate you with true reverence.

Glory...Tone 8

The Lord of all has taught us in a parable
To shun the boastful thoughts of the evil Pharisees;
And He has instructed all of us not to think more highly than we should.
He Himself became our pattern and example,
For He emptied Himself even unto death upon the Cross.
Let us therefore render thanks with the Publican
And say: O God who suffered for us and yet remained impassible, ///
Deliver us from the passions and save our souls.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – 4th Sunday of Lent: St John Climacus

(Eight stikhera of the Resurrection in the tone of the week)

Glory...Tone 1

Come, let us work in the mystical vineyard,
Making fruits of repentance grow within it;
Let us not labour for the sake of food and drink,
But through prayer and fasting let us gain the virtues.
And the Lord of the vineyard, pleased by our labour,
Will provide the payment,
Whereby He redeems our souls from the debt of sin, ///
For He alone is rich in mercy.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – Saturday of the 5th Week of Lent

Tone 4

A mystery hidden, unknown to the angels,
Is entrusted to the Archangel Gabriel.

Coming now to you, the dove alone stainless and pure,
The restoration of mankind,

He shall greet you, O most holy, with the salutation: ///

“Hail! Make ready to receive, through a word, God the Word within your womb!”

A pavilion full of light is prepared for You, O Master:

The undefiled womb of the Child of God.

Come down and enter it, taking pity on Your creatures,

Whom the avenging spirit in his envy has attached and holds in bondage.

They have lost their former beauty, ///

And await Your descent for their salvation.

Gabriel the Archangel shall come to you openly, all blameless Virgin,

And shall cry to you:

“Hail, deliverance from the curse, and raising of the fallen;

Hail, you who alone were chosen by God;

Hail, living cloud of the Sun.

Receive Him that has no body, ///

Whose will it is to dwell within your womb.”

Glory... Now and Ever...

The Theotokos heard a voice she knew not,

When the Archangel brought her the glad tidings of the Annunciation;

And accepting his salutation with faith,

She conceived You the pre-eternal God.

Therefore in great rejoicing we also cry aloud to You:

O God, who without change has taken flesh from her, ///

Grant peace to the world and to our souls great mercy.

The Praises – 5th Sunday of Lent: St Mary of Egypt
(Eight stikhera of the Resurrection in the tone of the week)

Glory...Tone 1

The kingdom of God is not food and drink,
But righteousness and abstinence with holiness:
And so the rich will not enter into it,
But those who entrust their treasures to the hands of the poor.
This is what David the Prophet teaches us, saying:
“The righteous man shows mercy all the day long;
His delight is in the Lord,
And walking in the light he will not stumble.
All this was written for our admonition,
That we should fast and do good;
And in exchange for earthly things ///
May the Lord reward us with the things of heaven.

Now and Ever...Tone 2, Resurrection Theotokion

The Praises – Lazarus Saturday

Tone 1

O Christ, who are the Resurrection and the Life of man,
Standing by the tomb of Lazarus
You confirmed our faith in Your two natures, O Lord,
Proving that You were born from the pure Virgin as both God and man.
For as man You asked, “Where is he buried?”
And as God by Your life-giving command ///
You have raised him from the dead on the fourth day.

Before Your own death, O Christ,
You have raised from hell Lazarus who was four days dead,
And have shaken the dominion of death.
Through this one man whom You loved,
You foretold the deliverance of all men from corruption.
We therefore worship Your almighty power and cry: ///
“Blessed are You, O Saviour, have mercy on us.”

Martha and Mary said to the Saviour:
“If You, O Lord, had been here Lazarus would not have died.”
But Christ, the Resurrection of those who have fallen asleep,
Raised him from the dead, though four days had already passed.
Draw near, you faithful, ///
And let us all worship Him who comes in glory to save our souls.

You have granted to Your disciples, O Christ,
Tokens of Your divinity,
But You humbled Yourself among the crowds,
Wishing to conceal it from them.
Foreknowing all things as God,
You foretold to the apostles the death of Lazarus;
Yet at Bethany, when in the presence of the people,
As a man, You asked where Your friend was buried, being ignorant of this.
But then You raised him four days after he was dead,
And so he rendered manifest Your power as God. ///
O almighty Lord, glory to You.

Tone 4

O Christ, You have raised up Your friend who was four days dead,
And have made the lamentation of Martha and Mary to cease,
Showing to all that You are He who fills all things
By Your divine power and Your sovereign will.
To You the cherubim without ceasing cry aloud:
“Hosanna in the highest. ///
Blessed are You, God over all, Glory to You!”

Martha cried to Mary:

“The Teacher is here and calls you to come.”
And she, running to the place where the Lord was,
Cried out when she saw You;
And falling at Your feet she worshipped You, saying, ///
“O Lord, if You had been here, our brother would not have died.”

Tone 8

You have raised up in Bethany
Lazarus who was four days dead;
For as soon as You came to the tomb,
Your voice became life to the dead man.
Groaning aloud, hell released him in fear.
O mighty miracle! ///
O Lord of many mercies, glory to You.

O Lord, You have said to Martha,
“I am the Resurrection”,
And You have confirmed Your words by actions,
Calling Lazarus from hell.
Through my passions I am dead:
Raise me also, I beseech You, ///
In Your tender love for mankind.

Glory...Tone 2

A great and marvellous wonder is performed today;
Calling a four-day corpse from the tomb,
Christ raised His friend.
Let us glorify Him,
For He is supreme in glory, ///
That at the prayers of righteous Lazarus He may save our souls.

Now and Ever...Tone 2, Resurrection Theotokion