

Reader: Praise the Lord for His mighty deeds; praise Him according to His exceeding greatness.

Today a tomb holds Him Who holds creation in the hollow of His hand.

A stone covers Him Who covered the heavens in glory.

Life sleeps and Hades trembles.

Adam is set free from his bonds.

Glory to Your plan of salvation!

By it You have fulfilled all things,

Granting us an eternal Sabbath rest:///

Your most holy Resurrection from the dead!

Reader: Praise Him with trumpet sound, praise Him with lute and harp!

What is this sight we behold?

What is this present rest?

The King of the ages keeps the Sabbath in the tomb;

Through His Passion He has fulfilled the plan of salvation,

Granting us a new Sabbath rest.

To Him let us cry aloud:

“Arise, O God, judge the earth,

For You reign forever,///

And beyond measure is Your great mercy.”

Reader: Praise Him with timbrel and dance; praise Him with strings and pipe!

Come, let us see our Life lying in the tomb,

To give life to those who lie dead in the tombs.

Come, look today on the Son of Judah sleeping; (over)

With Jacob the patriarch let us cry to Him:
“You have stooped down; You have crouched as a lion;
Who dares awaken You, O King?”
But arise in Your own power,
O You Who willingly gave Yourself for us.///
O Lord, glory to You.

Reader: In the 6th tone: Praise Him with sounding cymbals;
praise Him with loud clashing cymbals! Let
everything that has breath praise the Lord! Praise the
Lord!

(Tone 6)

Joseph asked for the Body of Jesus
And placed it in his own tomb.
It was fitting for the Lord to come forth from the grave as
from a bridal chamber.
You destroyed the dominion of death.
You opened to men the gates of paradise.///
O Lord, glory to You!

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

The great Moses mystically foreshadowed this day, saying,
“God blessed the seventh day.”
This is the Blessed Sabbath;
This is the day of rest,
On which the Only-Begotten Son of God rested from all His
works.
By suffering death to fulfill the plan of salvation,
He kept the Sabbath in the flesh; (*over*)

By returning again to what He was;
He has granted us eternal life through His resurrection,///
For He alone is good, and the Lover of man.

Reader: In the 2nd tone: Now and ever and unto ages of ages.
Amen.

*(During the following verse, the priest takes his place in front of
the Shroud.)*

(Tone 2)

You are most blessed, O Virgin Theotokos!
For through the One Who was born of you,
Hades has been captured and Adam recalled!
The curse has been annulled, and Eve set free!
Death has been slain, so we are given life! //
Blessed is Christ our God, whose goodwill it was! Glory to
You!