

## The Praises - Holy Monday

*Tone 1*

As the Lord was going to His voluntary Passion,  
He said to the Apostles on the way,  
“Behold, we go up to Jerusalem,  
and the Son of Man shall be delivered up, as it is written of Him.”  
Come, therefore, let us also go with Him,  
Purified in mind.  
Let us be crucified with Him and die through Him  
To the pleasures of this life.  
Then we shall live with Him and hear Him say:  
“I go no more to the earthly Jerusalem to suffer,  
but to My Father and your Father,  
to My God and your God,  
I shall raise You up into the Jerusalem on high///  
in the Kingdom of Heaven.” (*twice*)

*Tone 5*

We have reached the saving Passion of Christ our God.  
Let us, the faithful, glorify His ineffable forbearance.  
That in His compassion He may raise us up who were dead in sin///  
For He is good and loves mankind. (*twice*)

Glory... Now and Ever...

Going to Your Passion, O Lord,  
You took Your disciples aside and reassured them:  
“How have you forgotten the words that I once spoke?  
Is it not written: A prophet cannot be killed but in Jerusalem?  
Now is the time of which I told you.  
Behold, I am betrayed into the hands of sinners to be mocked.  
They will nail Me to the Cross and deliver Me up to burial,  
Regarding me, as a dead man,  
A thing of loathing.  
Yet, take courage, for I will arise on the third day///  
Giving to the faithful joy and life everlasting.”

## The Praises - Holy Tuesday

### *Tone 1*

How shall I the unworthy one,  
Appear in the splendour of Your saints?  
For if I dare enter Your bridal chamber with them,  
My garments will betray me;  
They are unfit for a wedding.  
The angels will cast me out in chains.  
Cleanse the filth of my soul, O Lord,///  
And save me in Your love for mankind. (*twice*)

### *Tone 2*

O Christ the bridegroom,  
My soul has slumbered in laziness.  
I have no lamp aflame with virtues.  
Like the foolish virgins I wander aimlessly when it is time for work.  
But do not close Your compassionate heart to me, O Master.  
Rouse me, shake off my heavy sleep.  
Lead me with the wise virgins into Your bridal chamber,  
That I may hear the pure voice of those that feast and cry unceasingly:///  
O Lord, glory to You! (*twice*)

Glory... Now and Ever...

### *Tone 4*

You have heard the condemnation, O soul,  
Of the man who hid his talent.  
Do not hide the Word of God.  
Proclaim His wonders,  
That increasing the gift of grace,///  
You may enter into the joy of Your Lord.

## The Praises - Holy Wednesday

### *Tone 1*

A harlot recognized You as God, O Son of the Virgin.  
With tears equal to her past deeds, she besought You weeping:  
“Loose my debt as I have loosed my hair.  
Love the woman who, though justly hated, loves You.  
Then with the publican will I proclaim You,///  
O Benefactor, who loves mankind.”

The harlot mingled precious myrrh with her tears.  
She poured it on Your most pure feet and kissed them.  
At once You justified her.  
O You, who suffered for our sakes,///  
Forgive us also, and save us.

As the sinful woman was bringing her offering of myrrh,  
The disciple was scheming with lawless men.  
She rejoiced in pouring out her precious gift.  
He hastened to sell the priceless One.  
She recognized the Master, but Judas parted from Him.  
She was set free, but Judas was enslaved to the enemy.  
How terrible his slothfulness!  
How great her repentance!  
O Saviour who suffered for our sakes,///  
Grant us also repentance, and save us.

Oh, the wretchedness of Judas!  
He saw the harlot kiss the footsteps of Christ,  
But deceitfully He contemplated the kiss of betrayal.  
She loosed her hair while he bound himself with wrath.  
He offered the stench of wickedness instead of myrrh,  
For envy cannot distinguish value  
Oh, the wretchedness of Judas!///  
Deliver our souls from this, O Lord!

Glory...

### *Tone 2*

The sinful woman ran to buy the precious myrrh  
With which to anoint her Saviour.  
She cried to the merchant: “Give me myrrh,///  
That I may anoint Him who has cleansed all my sins.”

Now and ever...

*Tone 6*

The woman who was engulfed in sin

Found You to be a haven of salvation.

She poured our myrrh with her tears and cried to You:

“Behold the One who brings repentance to sinners!

Rescue me from the tempest of sin, O Master///

Through Your great mercy.”

## The Praises - Holy Thursday

### *Tone 2*

In haste the council of the Jews assembles,  
to deliver the Fashioner and Creator of all to Pilate.  
O transgressors, O unbelievers!  
For they make ready to surrender unto judgement  
Him who comes to judge the living and the dead;  
they prepare the Passion of Him who heals the passions. ///  
Great is Your mercy, O longsuffering Lord: Glory to You!

Judas the transgressor  
at the supper dipped his hand into the dish with You, O Lord,  
yet sinfully he reached out his hands to receive the money.  
He reckoned up the value of the oil of myrrh,  
and yet was not afraid to sell You who are above all price.  
He stretched out his feet to be washed,  
yet deceitfully he kissed the Master  
and betrayed Him to the breakers of the Law.  
Cast out of the company of the apostles,  
he threw away the thirty pieces of silver,  
and did not see Your resurrection on the third day. ///  
Through Your resurrection have mercy on us.

Judas, the deceitful traitor,  
with a deceitful kiss betrayed the Lord and Saviour;  
he sold the Master of all as a slave to the transgressors;  
the Lamb of God, the Son of the Father,  
went as a sheep to the slaughter; ///  
for He alone is rich in mercy.

Judas, servant and deceiver,  
disciple and traitor, friend and false accuser,  
was revealed by his deeds.  
For he followed the Master, yet inwardly he plotted to betray Him.  
He said in himself: 'I shall deliver Him up and gain the money that is promised.'  
He desired the oil of myrrh to be sold and Jesus to be taken by deceit.  
He gave a kiss and handed over Christ;  
and the Lord went as a sheep to the slaughter, ///  
for He alone is compassionate and loves mankind.

Glory... Now and Ever...

The Lamb whom Isaiah proclaimed  
goes of His own will to the slaughter.  
He gives His back to scourging, and His cheeks to blows,  
and turns not away His face from the shame of their spitting;  
He is condemned to a disgraceful death.  
Though sinless, He accepts all these things willingly, ///  
that He may grant all men resurrection from the dead.

## The Praises - Holy Friday

*Tone 3*

Israel, my first born son,  
has committed two evil deeds.  
He abandoned me, the fountain of living water,  
And dug for himself a broken well.  
He crucified me upon the wood.  
And asked for Barabbas and released him.  
Heaven was amazed at this,  
and the sun hid his rays  
but you, O Israel, were not ashamed  
but delivered me to death.  
Forgive them, O holy Father,///  
for they know not what they do.

Every member of Your holy flesh endured dishonour for us.  
Your head - the thorns, Your face - the spitting,  
Your cheeks - the buffeting, Your mouth the taster of vinegar mingled with gall,  
Your ears - the impious blasphemies, Your back - the scourge,  
Your hand - the reed, Your whole body - the extension upon the cross,  
Your joints - the nails, Your side - the spear.  
By Your sufferings You have set us free from suffering.  
In Your love for man You stooped down to raise us up.///  
O Almighty Saviour, have mercy on us.

Beholding You crucified, O Christ,  
the whole creation trembled.  
The foundations of the earth shook for fear of Your might,  
for by Your lifting up today the Hebrew race perished.  
The curtain of the temple was torn in two.  
The tombs were opened and the dead arose from their graves.  
The centurion shuddered when he saw the wonder.  
Your mother stood by and cried out with motherly lamentation:  
"How shall I not weep and beat my breast,  
seeing You naked and hanging upon the cross as one condemned?" ///  
O Lord, crucified and buried and risen from the dead, glory to You!

Glory...

*Tone 6*

They have stripped me of My garments  
and clothed Me in a scarlet robe.

They have set upon My head a crown of thorns  
and have given Me a reed in My right hand///  
that I might dash them in pieces like a potter's vessel.

Now and ever...

I gave my back to scourgings.  
I did not turn My face from spittings.  
I stood before the judgment seat of Pilate  
And endured the cross///  
for the salvation of the world.



## The Praises - Holy Saturday

### *Tone 2*

Today a tomb hold Him who holds creation in the hollow of His hand.  
A stone covers Him who covered the heavens in glory.  
Life sleeps and hell 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!

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."

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;  
with Jacob the patriarch let us cry to Him:  
"You have stooped down; You have couched 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.

### *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!

Glory...

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;  
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.

Now and ever...

*Tone 2*

You are most blessed, O Virgin Theotokos!  
Through the God-man who took flesh from you,  
hell 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!