

“Lord I Call...” Tone 4

Lord, I call upon You, hear me!  
Hear me, O Lord!  
 Lord, I call upon You, hear me!  
 Receive the voice of my prayer,  
 when I call upon You!//  
Hear me, O Lord!

Let my prayer arise  
 in Your sight as incense,  
 and let the lifting up of my hands  
 be an evening sacrifice!//  
Hear me, O Lord!

**STICHERA**

V. (10) *Bring my soul out of prison, that I may give thanks to Your Name!* **Tone 4\*** (Penitential stichera in the Tone of the week)

Lord, I long to wash away with tears the record of all my sins,  
 and to spend the remaining days of my life  
pleasing You through repentance,  
 but the Enemy continually deceives me.  
 He wages war against my soul.//  
 Save me before I completely perish, O Lord!

V. (9) *The righteous will surround me, for You will deal bountifully with me.*

Who, when caught in a storm, if he runs to this haven is not saved?  
 Or who that is sick, if he runs to this healing, is not made whole?  
 O Creator of all and Physician of the sick,//  
 Save me before I completely perish, O Lord!

V. (8) *Out of the depths I cry to You, O Lord. Lord, hear my voice!*

Wash me in my tears, O Savior,  
 for I am defiled by many sins!  
Therefore I fall before You://  
 I have sinned; have mercy on me, O God!

V. (7) *Let Your ears be attentive to the voice of my supplications!*

I, a sheep of Your rational flock,  
 flee for refuge to You, the Good Shepherd.  
 O God, I have gone astray;//  
 seek me, and have mercy on me!

\* Music for the penitential stichera can be downloaded at <http://oca.org/liturgics/music-downloads/penitential-stichera>.

V. (6) *If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.* **Tone 2†** (from the Lenten Triodion, by Joseph) (Joseph of Arimathea)

Let us humble the flesh by abstinence,  
as we follow the divine path of pure fasting!  
With prayers and tears let us seek the Lord, Who saves us!  
Let us put an end to anger, crying out:  
“Save us for we have sinned against You!  
Save us, O Christ our King, as You saved the men of Nineveh,//  
and make us partakers of Your heavenly Kingdom, O compassionate One!”

V. (5) *For Your Name’s sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.*

When I think of my deeds, O Lord,  
I am filled with despair,  
and know that I am worthy of every torment.  
I have despised Your commandments, O Savior.  
I have spent my life as a prodigal.  
I pray to You, O only merciful One:  
“Cleanse me by repentance,  
enlighten me through prayers and fasting,//  
and despise me not, O most gracious Benefactor of all!”

V. (4) *From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 2** Let us begin the fast with joy!  
Let us prepare ourselves for spiritual efforts!  
Let us cleanse our soul and cleanse our flesh!  
Let us abstain from every passion as we abstain from food!  
Let us rejoice in virtues of the Spirit and fulfill them in love,  
that we all may see the Passion of Christ our God,//  
and rejoice in spirit at the holy Pascha!

V. (3) *For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.* **Tone 4** (for St. Procopius) (As one valiant among the martyrs)

O one most richly blessed,  
through pious thought, purity and holiness of mind,  
restraint of the passions and observing the commands of Christ,  
you strove to preserve the dignity of the image  
that was fashioned in the beginning,//  
according to the image and likeness of God.

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† Music for the stichera from the Lenten Triodion can be downloaded at <http://oca.org/liturgics/music-downloads/lenten-triodion>.

V. (2) *Praise the Lord, all nations! Praise Him, all peoples!*  
You initially undertook ascetic endeavor,  
after which, in godly-minded manner, you accepted suffering.  
In both you were well-pleasing to the Creator,  
Who alone requires of us purity and nobility of soul.  
Glorifying His incarnation,//  
you venerated the holy image of His divine Humanity.

V. (1) *For His mercy is confirmed on us, and the truth of the Lord endures forever.*  
You denounced those who wickedly rejected the incarnation of the Word,  
O venerable one;  
You upheld the truth by enduring wounds,  
all manner of affliction, fetters, and imprisonment.  
Therefore you became an heir of the kingdom of Christ,//  
of ineffable joy and everlasting radiance.

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

**Tone 4** As your supplication before God is endless  
and your entreaty to Him is continual,  
I beseech you, O all-pure one:  
“Subdue the temptations and still the upheavals of my wretched soul;  
calm my distressed heart,//  
and bring grace to my mind, that I may fittingly glorify you!”

## PROKEIMENON

**The prokeimenon in the eighth tone: Turn not away Your face from Your child, for I am afflicted:  
/ hear me speedily, draw near unto my soul, and deliver it! (Ps. 68:21-22a)**

V. **Let Your salvation, O God, uphold me!** (Ps. 68:34b)

V. **Let the poor see and be glad!** (Ps. 68:37a)

V. **Seek God, and your soul shall live!** (Ps. 68:37b)

## APOSTICHA

**Tone 4** Your grace hath shone forth, O Lord:  
the grace which illuminates our soul.

This is the acceptable time!

This is the time of repentance!

Let us lay aside the works of darkness and put on the armor of light,  
that passing through the Fast as through a great sea  
we may reach the Resurrection on the third day//  
of our Lord Jesus Christ, the Savior of our souls.

V. I lift up mine eyes to You, enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us.

(Ps 122:1-2)

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of our Lord Jesus Christ, the Savior of our souls.

V. Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt.  
Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud. (Ps.

122:3-4) **Tone 4** (for the Martyrs)

You are glorified  
in the memory of Your saints, O Christ God. //  
At their supplications, send down on us Your great mercy!

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

**Tone 4** The angelic hosts glorify you, O Mother of God,  
for you gave birth to God,  
co-eternal with the Father and the Spirit,  
Who, by His own desire, created the angelic hosts out of nothing.  
Beseech Him to deliver from corruption and to enlighten //  
the souls of those who rightly praise you, O most pure one!

## LENTEN TROPARIA

**Tone 8** Rejoice, O Virgin Theotokos, Mary, full of grace: the Lord is with you.  
Blessed are you among women, and blessed is the Fruit of your womb; //  
for you have borne the Savior of our souls. (*prostration*)

Glory to the Father, and to the Son, and to the Holy Spirit,  
O Baptiser of Christ, remember us all,  
that we may be delivered from our iniquities; //  
for to you is given grace to intercede for us! (*prostration*)

Now and ever, and unto ages of ages. Amen.  
Intercede for us, O holy Apostles and all the saints,  
that we may be delivered from perils and sorrows; //  
for we have acquired you as fervent intercessors before the Savior! (*prostration*)

Beneath your compassion we take refuge, O Theotokos.  
Do not despise our supplications in adversity; //  
but deliver us from perils, O only pure and only blessed one!