

FIRST SATURDAY OF LENT- ST. THEODORE THE RECRUIT

FIRST ANTIPHON. PSALM 91.

It is good to give thanks to the Lord; to sing praises to Your name, O most High.

Refrain: Through the prayers of the Mother of God, O Savior, save us.

To declare Your mercy in the morning, and Your faithfulness every night.

Refrain: Through the prayers of the Mother of God, O Savior, save us.

To show that the Lord is upright, and there is no unrighteousness in Him.

Refrain: Through the prayers of the Mother of God, O Savior, save us.

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

Refrain: Through the prayers of the Mother of God, O Savior, save us.

SECOND ANTIPHON. PSALM 92.

The Lord is King, He is clothed with majesty; the Lord is clothed with strength, He has girded Himself.

Refrain: Through the prayers of Your saints, O Savior, save us.

The world also is established, so that it cannot be moved.

Refrain: Through the prayers of Your saints, O Savior, save us.

Your decrees are very sure; holiness befits Your house, O Lord, forevermore.

Refrain: Through the prayers of Your saints, O Savior, save us.

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

Only-begotten Son...

THIRD ANTIPHON. PSALM 94

O come, let us sing unto the Lord; let us make a joyful noise to the rock of our salvation.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

Let us come before His presence with thanksgiving, let us make a joyful noise to Him with songs of praise.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

For the Lord is a great God, and a great King above all gods.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

In His hand are the deep places of the earth; the strength of the hills is His also.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

ENTRANCE HYMN:

Come let us worship and fall down before Christ Who is wonderful in His saints, O Son of God, save us who sing to you! Alleluia! Alleluia! Alleluia!

TROPARIA

Tone 2 Great are the accomplishments of faith. / The holy martyr Theodore rejoiced in the flames as though in the still waters of rest. / Consumed in the fire, he was offered up as a sacrifice to the Trinity. // So by his prayers, O Christ God, save our souls!

Tone 4 In truth you were revealed to your flock as a rule of faith, a model of meekness, and teacher of abstinence, so you won the heights by humility, and riches by poverty, O Holy Father Nicholas, intercede with Christ God to save our souls.

KONTAKION:

Tone 6 Protection of Christians never failing, Mediatrix before the Creator, ever constant. Do not despise the voice of prayer of sinners, but in your goodness come to help us who faithfully call upon you. Hasten to entreat, hurry to pray, O Theotokos, interceding always for those honor you.

The Prokeimenon in the seventh tone **The righteous shall rejoice in the Lord / and shall hope in Him.** (*Psalm 63:11a*)

v. **Hear my voice, O God, when I pray to You!** (*Psalm 63:1a*)

THE READING FROM THE SECOND EPISTLE OF THE APOSTLE PAUL TO TIMOTHY (2:1-10)

Timothy, my son: be strong in the grace that is in Christ Jesus. And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also. You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. And also if anyone competes in athletics, he is not crowned unless he competes according to the rules. The hardworking farmer must be first to partake of the crops. Consider what I say, and may the Lord give you understanding in all things. Remember that Jesus Christ, of the seed of David, was raised from the dead according to my gospel, for which I suffer trouble as an evildoer, even to the point of chains; but the word of God is not chained. Therefore I endure all things for the sake of the elect, that they also may obtain the salvation which is in Christ Jesus with eternal glory.

Alleluia, Tone 4

v. **The righteous shall flourish like the palm tree, and grow like a cedar in Lebanon.** (*Psalm 91:12*)

v. **They are planted in the house of the LORD, they flourish in the courts of our God.** (*Psalm 91:13*)

GOSPEL: John 15:17-16:2

COMMUNION HYMN The righteous shall be in everlasting remembrance! He shall not fear evil tidings! (*Psalm 111:6*) Alleluia, Alleluia, Alleluia!