

SUNDAY, MARCH 30, 2025

TONE 7

Fourth Sunday of Great Lent / St. John Climacus (of the Ladder)

"Lord I Call..." Tone 7

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!

Reader reads the rest of Psalm 140 and Psalm 141 in the pew book, then STICHERA:

**v. (10)** *Bring my soul out of prison, that I may give thanks to Your Name!* **Tone 7**

Come, let us rejoice in the Lord,  
Who destroyed the dominion of death!  
Let us sing to Him with the bodiless hosts,  
for He enlightened the race of man!//  
O our Maker and Savior, glory to You!

**v. (9)** *The righteous will surround me; for You will deal bountifully with me.*

You endured the Cross and burial for our sake.  
By Your death, You destroyed death as God.  
We fall down before Your Resurrection on the third day,//  
O Savior, glory to You!

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

When the Apostles beheld the Resurrection of the Maker,  
they were amazed and sang the angelic praise.  
This is the glory of the Church.  
This is the richness of the Kingdom.//  
O Lord, crucified for our sake, glory to You!

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

You were held by lawless men, O Christ,  
but to me, You are God, and I am not ashamed.  
You were smitten on the cheek, but I do not deny You.  
You were nailed to the Cross and I do not conceal it,  
for I glory in Your Resurrection: Your death is my life.//  
O Almighty Lord and Lover of man, glory to You!

**v. (6)** *If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

Fulfilling the prophecy of David,  
Christ manifested His greatness in Zion to the disciples.  
He is praised and always glorified,  
together with the Father and the Holy Spirit.  
At first as the Word, He was bodiless,  
but then He took flesh and was slain for our sake.//  
He rose in power as the Lover of man!

*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.*

You descended into hell as You willed, O Christ,  
overthrowing death as God, and rising on the third day as Master!  
With Yourself You raised Adam from the bonds of hell and from corruption!//  
Glory to Your Resurrection, O only Lover of man!

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

You were placed in the tomb, O Lord, as one asleep.  
On the third day You rose in power,  
raising Adam with Yourself from the corruption of death//  
as the Almighty One!

*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 8** (from the Lenten Triodion) (Oh, most glorious wonder)*

The Lord's praises were always on your lips, O holy Father John.  
With deep wisdom you searched the Scriptures,  
which teach us to deny ourselves.  
You became rich in the blessings of grace,//  
overthrowing the craftiness of the devil.

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

You washed your soul in a fountain of tears, O most glorious Father John,  
keeping vigil for God and gaining His mercy.  
Upborne on the wings of prayer, you flew to divine love and beauty.  
Now, together with your fellow soldiers, O holy one,//  
you dwell in His spiritual light and unending joy.

*v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.*

On the wings of faith you raised your mind to God, O holy Father John.  
Hating the world's confusion and vanity,  
you took up your cross and followed Him Who sees all things.  
You submitted your rebellious flesh to His guidance,  
through the discipline of self-denial,//by the power of the Holy Spirit.

Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 5** (from the Lenten Triodion)

O holy Father,  
hearing the Lord's voice in the Gospel,  
you spurned the riches and glory of the world.  
You cry out to all:  
"Love God and find eternal grace!  
Set nothing higher than His love;  
thus, you will find rest with all the saints, when He comes in glory!" //  
Through his prayers guard and save our souls, O Christ!

now and ever, and unto ages of ages. Amen. **Tone 7** (Theotokion – Dogmatikon)

No tongue can speak of your wonderful childbearing,  
for the order of nature was overruled by God.  
You were revealed to be a Mother above nature,  
for you remained a Virgin beyond reason and understanding.  
Your conception was most glorious, O Theotokos!  
The manner of your giving birth was ineffable, O Virgin!  
Knowing you to be the Mother of God,  
devoutly we pray to you://  
"Beseech Him to save our souls!"

## APOSTICHA

**Tone 7** As the Savior of the world You arose from the tomb.  
As God You resurrected the race of man with Your flesh.//  
O Lord, glory to You!

*v. The Lord is King; He is robed in majesty!*

Come, let us worship the One Who rose from the dead,  
and enlightened all creation!  
By His death, He saved us from the torments of hell.//  
By His Resurrection He has granted us eternal life and great mercy.

*v. For He has established the world, so that it shall never be moved.*

You descended into hell, capturing death, O Christ.  
In three days You arose again,  
resurrecting us who glorify Your Resurrection,//  
O Lord and Lover of man.

*v. Holiness befits Your house, O Lord, forevermore!*

When You were placed in the tomb as one asleep,  
the sight was great and awesome.  
But when You rose on the third day as almighty God,  
You resurrected Adam with Yourself.//  
Glory to Your Resurrection, only Lover of man!

*Glory to the Father, and to the Son, and to the Holy Spirit; Tone 2 (from the Lenten Triodion)*

Let us honor John!

He is an earthly angel and a heavenly man,  
the adornment of the world, the joy of the virtuous,  
the glory of ascetics.

He was planted in the house of God,  
and blossomed with the flower of sanctity.

He flourished in the desert like a cedar of Lebanon.//

Through him the sheep of Christ's flock grow in holiness and righteousness.

*now and ever, and unto ages of ages. Amen. Tone 2 (Theotokion)*

A new miracle surpasses all ancient miracles!

Who knows of a Mother who gave birth without a man,  
who carried in her arms her Creator?

This birth is the will of God!

Since you carried Him as an infant in your arms, O most pure one,  
and since you possess motherly boldness before Him,

do not cease praying for us who honor you,//

that He may be bountiful and save our souls!

## TROPARIA

**Tone 7** By Your Cross You destroyed death.

To the thief You opened Paradise.

For the Myrrhbearers You changed weeping into joy.

And You commanded Your disciples, O Christ God,  
to proclaim that You are risen,//

granting the world great mercy.

*Glory to the Father, and to the Son, and to the Holy Spirit, Tone 1 Troparion (St. John Climacus)*

O dweller of the wilderness and angel in the body, / you were a wonderworker, O our God-bearing

Father John. / You received heavenly gifts through fasting, vigil and prayer, / healing the sick and  
the souls of those drawn to you by faith. / Glory to Him Who gave you strength! / Glory to Him

Who granted you a ^crown!//

Glory to Him Who grants healing to all!

*now and ever, and unto ages of ages. Amen. Tone 1 Resurrectional Dismissal Theotokion*

When Gabriel announced to you, O Virgin, saying "Rejoice!"

with that word the Master of all was incarnate in ^you,  
the holy Ark, spoken of by the righteous David!

Your womb became more spacious than the heavens,  
for you carried your Creator.

Glory to Him Who took abode in you!

Glory to Him Who came ^forth from you!//

Glory to Him Who freed us by being born of you!