

Obidnitsa During the Great Fast

STAND

Pr: Blessed is our God, always, now
and ever and forever.

R: Amen.

+Come, let us adore the King, our God.

+Come, let us adore Christ, the King, our God.

+Come, let us bow down and adore the only Lord, Jesus
Christ, the King and our God.+

- SIT -

Psalm 102

Bless the Lord, O my soul! /
May all that is within me bless His
holy name.

Bless the Lord, O my soul, /
and forget not all the gifts from Him.

Who pardons all your sins /
and heals all your diseases.

Who saves your life from corruption /
and crowns you with love and mercies.

Who fills your longing with what is good / and your
youth is renewed like the eagle's.

The Lord brings about deeds of kindness/

and vindication for all the oppressed.

He has made known His ways to Moses /
and His will to Israel's children.

A man! his days resemble grass: /
as a flower of the field, so shall he bloom.

But let a breath pass over him and he is gone/and never
shall he know his place again.

But the love of the Lord is from all eternity /
and to all eternity for those who fear Him.

And His justice is upon the children of children /
Of those who keep His covenant and remember His laws
to obey Him.

The Lord is the One of compassion and pity,/ long-suffering
and manifold love:

His contention is not forever /
nor shall His anger always last.

He deals not with us as our sins demand, /
nor does He repay our evil deeds.

For as high as the heavens stand over the earth, /
So high has the Lord extended his love for those who fear
Him.

As far as the East stands away from the West, / so far has
He put our sins from us.

As kind as a father is towards his children, /
so far has He put our sins from us.

For He Himself knows well how we were formed: /
remember, we are only dust!

The Lord has established His throne in heaven: /
over all things His Kingship is supreme.

Bless the Lord, all you His angels, /
you strong and mighty ones who obey His word on
hearing the sounds of His decrees.

Bless the Lord all you His powers, /
His attendants who obey His will.

Bless the Lord, all you, His works /
in every place of His dominion.

Bless the Lord, / O my soul!

--STAND--

HYMN TO THE ONLY- BEGOTTEN SON

Glory be to the Father, and to the Son, and to the Holy
Spirit, now and ever, and forever. Amen. O only-begotten
Son and Word of God, Who being immortal, deigned for our
salvation to become incarnate of the holy Mother of God
and ever-virgin Mary, and became man without change;
You were also crucified O Christ our God, and by death

have trampled Death, being One of the Holy Trinity, glorified with the Father and the Holy Spirit, save us.

Slava Otcu, i Synu, i Svjatomu Duchu, i nyni i prisno, i vo v'iki v'ikov. Amin. Jedinorodnyj Syne, i Slove Bozij, besmerten syj, i izvolivyj spasenija naseho radi voplotisja ot svjatyja Bohorodicy i prisno-d'ivy Marii, neprelozno vocelov'icivysja, raspnyjsja ze, Christe Boze, smertiju smert' popravj, jedin syj Svjatyja Trojcy, sproslavl'ajemyj Otcu, i Svjatomu Duchu, spasi nas

. THE BEATITUDES

Remember us, O Lord / when You come into Your Kingdom.

Blessed are the poor in spirit / for theirs is the kingdom of heaven.

Blessed are the meek / for they shall inherit the earth.

Blessed are they who mourn / for they shall be comforted.

Blessed are they who hunger and thirst for justice / for they shall be satisfied.

Blessed are the merciful / for they shall obtain mercy.

Blessed are the clean of heart / for they shall see God.

Blessed are the peacemakers / for they shall be called children of God.

Blessed are those who suffer persecution for justice's sake
/ for theirs is the kingdom of heaven.

Blessed are you when men reproach you, and persecute
you and speak falsely / saying all manner of evil against
you for my sake.

Rejoice and be glad / for your reward is great in heaven.

Glory be to the Father and to the Son and to the Holy Spirit
/ now and ever and forever. Amen.

---Remember us O Lord / when You come into Your
kingdom. (*prostration*)

---Remember us O Master / when You come into Your
kingdom. (*prostration*)

---Remember us O Holy One / when You come into Your
kingdom. (*prostration*)

Kontakion Tone 6:

The heavenly choir sings Your praises saying: / “Holy,
Holy, Holy Lord of Sabaoth / heaven and earth are full of
Your glory.”

*v. Draw near to Him and be enlightened, and your faces will not
be ashamed.*

The heavenly choir sings Your praises saying: / “Holy,
Holy, Holy Lord of Sabaoth / heaven and earth are full of
Your glory.”

Glory be to the Father and to the Son and to the Holy Spirit,
/ now and ever and forever. Amen.

The choir of the holy angels and archangels / with all the
powers of heaven sing Your praises / “Holy, Holy, Holy
Lord of Sabaoth / heaven and earth are full of Your glory.”

The Alleluia is sung before the Gospel, in the proper tone.)

Alleluia, Alleluia, Alleluia!

v. Remember the flock which You built up long ago.
v. God is our King from times past, the Giver of Help
through all the land.

*(And then the usual introduction to the Gospel is sung, and
the Holy Gospel is read.)*

*(The stichery for the week are sung. These verses are on
the separate sheets.)*

THE NICENE CREED

Pr: Wisdom! Be attentive!

R: I believe in one God, the Father Almighty, creator of
heaven and earth and all things visible and invisible. And in
one Lord Jesus Christ, Son of God, the only-begotten, born
of the Father before all ages. Light of Light, true God of true
God, begotten, not made, of one substance with the Father
through whom all things were made. Who for us men and

for our salvation came down from heaven, and was incarnate from the Holy Spirit and Mary the Virgin, and became man. He was also crucified for us under Pontius Pilate, and suffered, and was buried. And He rose again on the third day, according to the scriptures. And He ascended into heaven, and sits at the right hand of the Father. And He will come again with glory to judge the living and the dead, and of His kingdom there will be no end. And in the Holy Spirit, the Lord and Giver of Life, Who proceeds from the Father and the Son, Who together with the Father and the Son is worshipped and glorified, Who spoke through the Prophets. In one, holy, catholic and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead, and the life of the world to come. Amen.

PRAYER OF FORGIVENESS

(ALL):

--O God, loose, pardon and remit our transgressions,
committed willingly or unwillingly,
--Whether by word or by deed, whether through knowledge
or ignorance.

--Whether committed by day or by night;
Whether of the mind or of the intention.

--Forgive us all, for You are Good,
and You are the Lover of Mankind.

Pr: And grant, O Lord, that we may with confidence,
without condemnation dare call upon You Father, the
God of heaven and say:

ALL: Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Pr: For Thine is the kingdom, and the power, and the glory, Father, Son and Holy Spirit, now and ever and forever.

R: **Amen.**

PR: Let us be attentive! Holy Things to the Holy!

R: **One is Holy, One is Lord, Jesus Christ, for the glory of God the Father. Amen.**

COMMUNION PRAYER

O Lord, I believe and profess that You are truly Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first.

Accept me as a partaker of Your mystical supper, O Son of God; for I will not reveal Your mysteries to Your enemies, nor will I give you a kiss as did Judas, but like the thief I confess to you:

Remember me, O Lord when You shall come into Your kingdom.

Remember me, O Master, when You shall come into Your kingdom.

Remember me, O Holy One, when You shall come into Your kingdom.

May the partaking of Your holy mysteries, O Lord, be not for my judgment or condemnation, but for the healing of soul and body.

O Lord, I also believe and profess that this, which I am about to receive, is truly Your most precious Body, and Your life-giving Blood, which, I pray, make me worthy to receive for the remission of my sins and for life everlasting. Amen.

O God, be merciful to me a sinner. O God, cleanse me of my sins and have mercy on me. O Lord, forgive me for I have sinned without number.

PR: Approach with the fear of God and with faith.

ALL: Blessed is He Who comes in the name of the Lord; God the Lord has revealed Himself to us.

Communion Hymn:

Receive the Body of Christ, drink the Source of Immortality. Alleluia, alleluia, alleluia.

PR: Save Your people, O God, and bless Your inheritance!

ALL: We have seen the True Light; we have received the heavenly Spirit; we have found the true Faith; we worship the undivided Trinity; for the Trinity has saved us.

PR: Blessed be our God, always, now and forever and ever.

ALL: May our lips be filled with Your praise, O Lord, so that we may sing of Your glory. For You have deemed us worthy to partake, of Your holy, divine, immortal, and life-giving Mysteries.

Keep us in Your holiness, so that all the day long we may live according to Your truth. Alleluia, alleluia, alleluia.

(The LITANY OF THANKSGIVING is sung. After that:)

PR: O heavenly King, strengthen Your people with unshakable faith, calm the nations and give peace to the world, and preserve this church from all evil. Grant our departed loved ones a share in the dwelling of the just, and receive us in repentance and confession, for You are good and the
Lover of all Mankind.

ALL: Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory be to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen.

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who a virgin gave birth to God the Word, you truly the Mother of God we magnify.

In the name of the Lord, bless us, Father.

PR: Through the prayers of our holy fathers and mothers, O Lord Jesus Christ our God, have mercy on us and save us.

R: Amen.

PRAYER OF ST. EPHRAIM

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

(prostration)

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

(prostration)

O Lord and King, grant me the grace to be aware of my sins, and not to judge my brother; for You are blessed now. and ever and forever. Amen.

(prostration)

O God, be merciful to me a sinner.

O God, cleanse me of my sins and have mercy on me.

O Lord, forgive me for I have sinned without number.

(and then the first 3 sections of the prayer are repeated again, altogether.)

HAVING SUFFERED

Having suffered, the passion for us, Jesus Christ, Son of God, have mercy, have mercy, have mercy on us.

Preterpivy, za nas strasti, Isuse Christe, Syne Bozhy,
pomiluj, pomiluj, pomiluj
nas.