

## The Sixth Hour of the Great Fast

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

**R:** **Amen.**

Glory be to You, our God, glory to You!

Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal,  
have mercy on us. (*Three times*)

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

O most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)

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

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.**

Lord, have mercy. (*Twelve times*).

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

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

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

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

**Psalm 53**

O God, save me by your name;  
by your power uphold my cause.

O God, hear my prayer;  
listen to the words of my mouth.

For proud men have risen against me,  
ruthless men seek my life.

They have no regard for God.  
But I have God for my help.

The Lord upholds my life.  
Let the evil recoil upon my foes;  
You who are faithful destroy them.

I will sacrifice to you with willing heart  
and praise your name for it is good;  
for you have rescued me from all distress  
and my eyes have seen the downfall of my foes.

**Psalm 54**

O God, listen to my prayer,  
do not hide from my pleading,  
attend to me and reply;  
with my cares I cannot rest.

I tremble at the shouts of the foe,  
at the cries of the wicked;  
for they bring down evil upon me.

They assail me with fury.  
My heart is stricken within me,  
    death's terror is on me,  
trembling and fear fall upon me  
    and horror overwhelms me.  
O that I had wings like a dove  
    to fly away and be at rest.  
So I would escape far away  
    and take refuge in the desert.  
I would hasten to find a shelter  
    from the raging wind,  
from the destructive storm, O Lord,  
    and from their plotting tongues.  
For I can see nothing but violence  
    and strife in the city.  
Night and day they patrol  
    high on the city walls.  
It is full of wickedness and evil;  
    it is full of sin.  
Its streets are never free  
    from tyranny and deceit.  
If this had been done by an enemy  
    I could bear his taunts.  
If a rival had risen against me,  
    I could hide from him.  
But it is you, my own companion,  
    my intimate friend!  
(How close was the friendship between us)  
    We walked together in harmony  
    in the house of God.  
May death fall suddenly upon them!  
    Let them go to the grave:  
for wickedness dwells in their homes  
    and deep in their hearts.  
As for me, I will cry to God

and the Lord will save me.  
Evening, morning, and at noon  
I will cry and lament.  
He will deliver my soul in peace  
in the attack against me:  
for those who fight me are many,  
but he hears my voice.

God will hear and will humble them,  
the eternal judge:  
for they will not amend their ways.  
They have no fear of God.  
The traitor has turned against his friends;  
he has broken his word.  
His speech is softer than butter,  
but war is in his heart.  
His words are smoother than oil,  
but they are naked swords.  
Entrust your cares to the Lord  
and he will support you.  
He will never allow  
the just man to stumble.  
But you, O God, will bring them down  
to the pit of death.  
Deceitful and bloodthirsty men  
shall not live half their days.  
O Lord, I will trust in you.

### **Psalm 90**

He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: 'My refuge,  
my stronghold, my God in whom I trust!'  
It is he who will free you from the snare  
of the fowler who seeks to destroy you;

He will conceal you with his pinions  
and under his wings you will find refuge.  
You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.  
A thousand may fall at your side,  
ten thousand at your right,  
you, it will never approach;  
His faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: 'Lord, my refuge!'  
and have made the Most High your dwelling.  
Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.  
They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.  
Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you.'  
I will save him from distress and give him glory.  
With length of days I will content him;  
I shall let him see my saving power.

Glory be to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and forever. Amen.  
Alleluia, alleluia, alleluia. Glory be to You, O God. *(Three times)*.  
Lord, have mercy. *(Three times)*.

Glory be to the Father, and to the Son, and to the Holy Spirit,

### **Troparion of the Sixth Hour (T2)**

O Lord, on the sixth day and at the sixth hour / You nailed to the Cross the sin which Adam presumed to commit in Paradise. / Now also tear up the list of our iniquities / and save us, O Christ our God.

*v: O God, listen to my prayer, do not hide from my pleading.*

O Lord, on the sixth day and at the sixth hour / You nailed to the Cross the sin which Adam presumed to commit in Paradise. / Now also tear up the list of our iniquities / and save us, O Christ our God.

*v: As for me, I will cry to God, and the Lord will save me.*

O Lord, on the sixth day and at the sixth hour / You nailed to the Cross the sin which Adam presumed to commit in Paradise. / Now also tear up the list of our iniquities / and save us, O Christ our God.

Now and ever, and forever. Amen.

### **Theotokion of the Sixth Hour (T2)**

Since we have no one in whom to confide because of our many sins, / O Virgin Mother of God, intercede for us with the One who was born of you, / for a mother's prayer is a powerful means for obtaining the Master's favor. / You are most worthy of veneration, / so do not turn away from the pleading of us sinners; / for the One who willed to suffer in the flesh for our sake is full of mercy. / And His power is sufficient to save us.

May your compassion quickly come to us, for we are brought very low. Help us, O God, our Savior, because of the glory of Your name. Deliver us, O Master, and pardon our sins for Your name's sake.

Holy God, Holy and Mighty, Holy and Immortal, have mercy

on us. *(Three times)*

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

O Most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One come to us and heal our infirmities for your name's sake.  
Lord, have mercy. *(Three times)*

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

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.**

### **Troparion of the Prophecy (T4)**

We are weak and broken by sin; / heal our infirmities, O Lord. / You are the Physician of our souls, / and You know the heart of each of us.

### **Prokeimenon I (T4)**

Hope in God; I will praise Him still, my Savior and my God.

v. Like the deer that yearns running streams, so my soul is yearning for You, my God.

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***And there is a reading from the Prophecy of Isaiah for today, taken at this time.***

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### **Prokeimenon II (T4)**

Hope in God, I will praise Him still, my Savior and my God.

v. Defend me O God, and plead my cause against a godless nation.

### **Troparia for the Great Fast: Sixth Hour (T2)**

In the middle of the earth You brought about our salvation; / upon the Cross You stretched out Your most pure hands / to gather all the nations who sing to You: / O Lord, glory be to You.

Glory to the Father, and to the Son, and to the Holy Spirit,

We bow before your sacred image, O gracious Lord, / and beg forgiveness for our offenses, O Christ our God; / for You, of your own will, deigned to ascend the Cross in your human nature / to deliver from the bondage of the enemy those whom You have created. / Therefore, we gratefully cry out to You: / by your coming to save the world, O Savior, You have filled all with joy.

Now and ever, and forever. Amen.

O Mother of God, fount of mercy: / deem us worthy of compassion. / Look upon a sinful people; / as always show your power. / For, placing our trust in you, / we cry out to you: "Hail!" as once did Gabriel, the prince of angels.

Lord, have mercy. (*Forty times*).

**Pr:** O good God, in all times and in all places You are worshipped and glorified both in heaven and on earth. You are long-suffering and most-merciful. You love the just and show mercy to the sinner, calling all to salvation through the promise of blessings to come. At this very hour, O Lord, receive our supplications and direct our lives in the path of Your commandments. Sanctify our souls;

purify our bodies; set right our minds; cleanse our thoughts;  
deliver us from all affliction, evil and illness; surround us with  
Your holy angels so that, guided and guarded in their camp, we  
may attain oneness of faith and the knowledge of Your  
unapproachable glory for You are blessed forever and ever.

**R:** Amen.

Lord, have mercy. (*Three times*)

Glory 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 Theotokos, we magnify.

Give the blessing, Father, in the Name of the Lord.

**Pr:** May God be merciful to us and bless us; may He cause His  
countenance to shine upon us and have mercy on us.

**R:** Amen.

### **Prayer of St. Ephrem**

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, forever  
and ever. Amen. (*Prostration*)

*(Then twelve small bows, saying at each bow: )*

+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.

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

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

*(Prostration)*

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. *(Three times)*

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

O Most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for your name's sake.

---Lord, have mercy. *(Three times)*

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

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....

**R: Amen.**

## Prayer to God the Father by Saint Basil the Great

**Pr:** O God, Lord of Hosts and Creator of all, through Your compassion beyond our understanding, You sent down Your only-begotten Son, our Lord Jesus Christ, for the salvation of the human race. Through His precious cross He tore up the deceit of our sins and triumphed over the powers and masters of darkness. O Master, Lover of humanity, accept from us sinners these prayers of thanksgiving and petition, and preserve us from any deadly fall in the darkness and against every visible and invisible enemy who may seek our harm. Pierce our bodies with fear of You, and let not our souls fall into evil words or thoughts, but, instead, wound them with love for You so that, looking upon You at all times, and guided by Your light, we may see the unapproachable eternal light. May we always give You praise and thanksgiving eternal Father together with Your only-begotten Son and Your all-holy, good and life-creating Spirit, now and ever, and forever.

**R:** Amen.

**Pr:** Glory to be You, O Christ our God, our hope, glory be to You.

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

Lord, have mercy. (*Three times*). Give the blessing!

**Pr:** May Christ our true God have mercy on us and save us, through the prayers of His most pure Mother, of our venerable God-bearing fathers, and of all the saints, for He is gracious and loves mankind.

**R:** Amen.