

## The First Hour

**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.

*[SIT]*      **Psalm 5**

To my words give ear, O Lord,  
give heed to my groaning.

Attend to the sound of my cries,  
my King and my God.

It is you whom I invoke, O Lord.

In the morning you hear me;  
in the morning I offer you my prayer,  
watching and waiting.

You are no God who loves evil;  
no sinner is your guest.

The boastful shall not stand their ground  
before your face.

You hate all who do evil:

You destroy all who lie.  
The deceitful and bloodthirsty man  
the Lord detests.

But I through the greatness of your love  
have access to your house

I bow down before your holy temple,  
filled with awe.

Lead me, Lord, in your justice, because of those who lie in wait;  
make clear your way before me.

No truth can be found in their mouths,  
their heart is all mischief,  
their throat a wide-open grave,  
all honey their speech.

Declare them guilty, O God.

Let them fail in their designs.

Drive them out for their many offenses;  
for they have defied you.  
All those you protect shall be glad  
and ring out their joy.  
You shelter them; in you they rejoice,  
those who love your name.  
It is you who bless the just man, Lord:  
You surround him with favor as with a shield.

### **Psalm 89**

O Lord, you have been our refuge  
from one generation to the next.  
Before the mountains were born  
or the earth or the world brought forth,  
You are God,  
without beginning or end.  
You turn men back into dust  
and say: 'Go back, sons of men.'  
To your eyes a thousand years  
are like yesterday, come and gone,  
no more than a watch in the night.  
You sweep men away like a dream,  
like grass which springs up in the morning.  
In the morning it springs up and flowers:  
by evening it withers and fades.  
So we are destroyed in your anger  
struck with terror in your fury.  
Our guilt lies open before you;  
our secrets in the light of your face.  
All our days pass away in your anger.  
Our life is over like a sigh.  
Our span is seventy years  
or eighty for those who are strong.  
And most of these are emptiness and pain.  
They pass swiftly and we are gone.  
Who understands the power of your anger  
and fears the strength of your fury?  
Make us know the shortness of our life  
that we may gain wisdom of heart.

Lord, relent! Is your anger forever?  
Show pity to your servants.  
In the morning fill us with your love;  
we shall exalt and rejoice all our days.  
Give us joy to balance our affliction  
for the years when we knew misfortune.  
Show forth your work to your servants;  
let your glory shine on their children.  
Let the favor of the Lord be upon us:  
give success to the work of our hands.  
Give success to the work of our hands.

### **Psalm 100**

My song is of mercy and justice;  
I sing to you, O Lord.  
I will walk in the way of perfection.  
O when, Lord, will you come?  
I will walk with blameless heart  
within my house;  
I will not set before my eyes  
whatever is base.  
I will hate the ways of the crooked;  
they shall not be my friends  
The false-hearted must keep far away;  
The wicked I disown.  
The man who slanders his neighbor in secret  
I will bring to silence.  
The man of proud looks and haughty heart  
I will never endure.  
I look to the faithful in the land  
that they may dwell with me.  
He who walks in the way of perfection  
shall be my friend.  
No man who practices deceit  
shall live within my house.  
No man who utters lies  
shall stand before my eyes.

Morning by morning I will silence  
all the wicked in the land,  
uprooting from the Lord's city  
all who do evil.

[STAND]

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

now and ever, and forever. Amen.

+Alleluia, alleluia, alleluia. Glory to You, O God.

*(Three times)*

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

*(The tropar of the weekday, the saint or the feast is sung.*

*In the Paschal season, the tropar of the Sunday.)*

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

[TROPAR}

### **Theotokion of the First Hour**

Now and ever, and forever. Amen.

What shall we call you, O Full of Grace? / A Heaven;  
for you gave rise to the Sun of Justice? / A Paradise; for you  
have brought forth the Flower of incorruption? / A Virgin; for  
you have remained undefiled? / A pure Mother, holding in her  
holy arms the Son who is the God of all? / Intercede with Him  
for the salvation of our souls.

Let my way be straight according to Your word /let no sin  
overcome me. / Save me from the wickedness of evildoers  
and I will keep Your commandments. / Let Your face shine upon  
Your servants and teach me your laws. / Let my mouth be filled  
with Your praise, O Lord / and let me sing of Your glory and  
magnificence all the day long.

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.**

*(The kontakion of the weekday, the saint or feast is sung.*

*In the Paschal season, the kontakion of the Sunday.)*

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.

**Amen.**

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.

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*During the Paschal season:* Shine in splendor, O New Jerusalem! / For the glory of the Lord is risen upon you, O Sion. / Sing with joy and rejoice! / And you pure Mother of God / rejoice in the resurrection of your Son.

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

**Amen.**

**Pr:** O Christ the True Light, Who enlightens and sanctifies everyone who comes into the world, mark us with the light of Your countenance so that we may see the unapproachable light. Let our life be straight along the path of Your commandments, through the prayers of Your most pure Mother and of all Your saints.

**R: Amen.**

**Pr:** Glory be to 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. (3)

---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 and God-bearing fathers, and of all the saints, for He is gracious and loves mankind.

**R: Amen.**