The Typica

Second Stasis
Psalm 145

Duration: 3:30

Presto \-200

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Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it;

Praise the Lord, O my soul. I will praise the Lord in my life,

I will chant un - to my God for as long as I have my be - ing.

Trust ye not in prin - ces, in the sons of men, in whom

there is no sal - va - tion.

His spir - it shall go forth, and he shall re - turn un - to his earth.
In that day all his thoughts shall perish.

Blessed is he of whom the God of Jacob is his help,

whose hope is in the Lord his God,

Who hath made heaven and the earth, the sea and all

that is therein,

Who keepeth truth unto eternity, Who executeth judgment for the wronged, Who giveth food unto the hungry.

The Lord looseth the fettered; the Lord mak
Bethyl wise the blind; the Lord setteth a-right the fallen;

the Lord loveth the righteous; the Lord preserveth the proselytes.

He shall adopt for His own the orphan and widow,

and the way of sinners shall He destroy.

The Lord shall be king unto eternity; thy God, O Zion,

un-to generation and generation.

Both now and ever, and unto the ages of ages. Amen.

Only begotten Son and Word of God, Thou Who art immortal,
and didst condescend for our salvation to become incarnate of the holy

Theotokos and ever virgin Mary, without change becoming man,

Who wast crucified, O Christ our God, by death trampling down upon death:

Thou Who art one of the Holy Trinity, glorified with the

Fa ther and with the Holy Spirit, save us.

At all times, but most of all while chanting, let us be still and undistracted.

For through distractions, the demons aim to ruin our prayer.

-St. John of the Ladder