Bless the Lord, O my soul; blessed are You, O Lord.

Bless the Lord, O my soul, and all that is within me.

Bless His holy name.

Bless the Lord, O my soul, and forget not all that He has done for you,

Who is gracious unto all your iniquities, Who heals

* On the Holy Mountain (and in Slavic countries) the Typica are chanted every Sunday, except on Sundays that fall between a feast day of the Lord and its leave-taking. The first stasis (Psalm 102, LXX) is chanted instead of the First Antiphon: "Through the intercessions of the Theotokos. . . ." The second stasis (Psalm 145) is chanted instead of the Second Antiphon: "Save us, O Son of God. . . ." The third stasis of the Typica is the Beatitudes, which are chanted as verses for the appropriate hymns of the day.
all your infirmities,

Who redeems your life from corruption, Who crowns you

with mercy and compassion,

Who fulfills your desire with good things; your youth shall be

renewed as the eagle’s.

The Lord performs deeds of mercy, and executes judgment for all them that are wronged.

He has made His ways known unto Moses, unto the sons of Is-
ra - el the things that He has willed.

Com-pas-sion-ate and mer-ci-ful is the Lord, long-suf-fer-ing and plen-teous in mer-cy; not un-to the end will He be an-gered, nei-ther un-to e-ter-ni-ty will He be wroth.

Not ac-cord-ing to our in-i-quii-ties has He deal with us, nei-ther ac-cord-ing to our sins has He re-war-ded us.

For ac-cord-ing to the height of heav-en from the earth, the Lord has made His mer-cy to pre-vail o-ver them that fear Him.
As far is from, so far,
has He removed our iniquities from us.

Like a father has compassion upon his sons, so has the Lord had compassion upon them that fear Him; for He knows whereof we are made,

He has remembered that we are dust.

As for man, his days are as the grass; as a flower of the field,

so shall he blossom forth.

For when the wind is passed over it, then it shall be gone,
and no longer will it know the place thereof.

But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him.

And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them.

The Lord in heaven has prepared His throne, and His kingdom rules over all.

Bless the Lord, all you His angels, mighty in strength, that perform His
word, to hear the voice of His words.

Bless the Lord, all you His hosts, His ministers that do His will.

Bless the Lord, all you His works, in ev'ry place of His dominion.

Allegro

Bless the Lord, O my soul.

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

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

Bless the Lord, O my soul, and all that is within me,

bless His holy Name; blessed are You, O Lord.