The Typica

First Stasis
Psalm 102

Duration: 4:15
Presto  $90

Plagal First Mode

by Hieromonk Hierotheos
of Philotheou Monastery
English Adaptation by
Hieromonk Ephraim

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 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 Typhic.
Israel the things that He has willed.

Compassionate and merciful is the Lord, long-suffering and plentiful in mercy; not unto the end will He be angered, neither unto eternity will He be wroth.

Not according to our iniquities has He dealt with us, neither according to our sins has He rewarded us.

For according to the height of heaven from the earth, the Lord has made His mercy to prevail over them that fear Him.
As far as the east is from the west, 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 every place of His dominion.

Andante ♩=100

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.

When we are weighed down by deep despondency, we should for a while sing psalms out loud, raising our voice with joyful expectation until the thick mist is dissolved by the warmth of song.

-From The Philokalia
(St. Diadochos of Photiki)