The Typica

Second Stasis
Psalm 145

Grave Mode

Athonite Melody
English Adaptation by Hieromonk Ephraim

Duration: 3:30

Presto \( \text{♩-200} \)

1

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.

2

Do not place your trust in prin - ces, in the sons of men, in whom

there is no sal - va - tion.

3

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 has made heaven and the earth, the sea and all that is therein,

Who keeps truth un to eterni ty, Who executes judgment for the wronged, Who gives food un to the hun gry.

The Lord looses the fettered; the Lord makes
wise the blind; the Lord sets a-right the fall-en;

the Lord loves the right-eous; the Lord pre-serves the pros-e-lytes.

He shall a-dopt for His own the or-phan and wid-ow,

and the way of sin-ners shall He de-stroy.

The Lord shall be king un-to e-ter-ni-ty; your God, O Si-on,

un-to gen-er-a-tion and gen-er-a-tion.

Both now and ev-er, and un-to the a-ges of a-ges. A-men.

On-ly be-got-ten Son and Word of God, You Who are im-mor-tal,
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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