Let My Prayer Be Set Forth

English adaptations by Hieromonk Ephraim

Andante \( \frac{1}{4} \)-76

Plagal First Mode

Athonite Melody

Let my pray'r be set forth as in - - -

cense be - fore You; the lift - ing

up of my hands as an eve - - -

sac - ri - fice.

Intermediate Ending

as an eve - - -

sac - ri - fice.

Finale

rit. >
Let My Prayer Be Set Forth

Andante – D\(\frac{8}{4}\)

Plagal First Mode

Traditional Melody

Let my pray’r be____ set ______ forth__ as in_-__ cense

before____________________ You; the lift- ing____ up____ of____

my________ hands________ as an eve--ning sac--

ri------- - fice.__________ fice.__________

Πρέπει δὲ κατὰ τὸ ύψηλὸν ἡμῶν πολύτεμω καὶ ὁ ὕμνος ἡμῶν

νὰ ἴναι ἀγγελικὸς καὶ οὐχὶ σαρκικός. Διότι τὸ

μεγαλοφώνως ψάλλειν εἶναι σύμβολον

tῆς νοερᾶς κραυγῆς.

- Αγίου Γρηγορίου τοῦ Σιναίτου

Our psalmody should be angelic,

not unspiritual and secular. For to psalmodize

with clamour and a loud voice is a sign of inner turbulence.

-St. Gregory of Sinai
Let my pray'r be set forth as incense before You; the lifting up of my hands as an evening sacrifice.
recite the words of psalmody as your very own, that you may utter the words of your supplication with insight and with discriminating compunction, like a man who truly understands his work.

-st. isaac the syrian
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Grave Mode

The Prophet David Praying