



THE HOLY RIGHTEOUS MARTYR DOMETIUS

August 7

Apolytikion

Fourth Mode

"Be quick to anticipate"

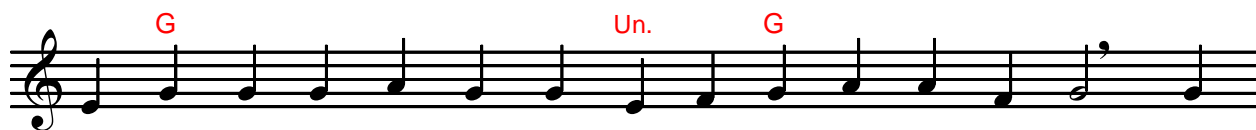
Intonation: #10

Allegro ♩=150

Ὁ μάρτυς σου Κύριε



Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee



re - ceived as the prize the crown of in - cor - rup - tion and life from



Thee, our im - mor - tal God. For since he pos - sessed Thy



strength, he cast — down the ty - rants and whol - ly de - stroyed the

de - mons' strength - less pre - sump - tion. O Christ God, by his
prayers, save our souls, since Thou art mer - ci - ful.

Q: Many times, when I chant, I feel myself being puffed up.

When this happens, how should I confront the thoughts?

A: When the heart becomes puffed up during psalmody, remember that it is written:

"Let not them who embitter Him be exalted in themselves." (Ps. 65:7) Embittering Him is when we sing without understanding (Ps. 47:7) and without the fear of God. If you examine yourself to see if your thoughts are wandering during psalmody, you will definitely find that they have been wandering and you are angering God.

- Sts. Barsanuphius and John