The Holy Hieromartyr Cyprian
and the Virgin Martyr Justina

October 2

Apolytikion

Intonation: #10

Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided

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ed the word of truth, thou didst also contest for the Faith. 

even unto blood, O Hieromartyr Cyprian. 

Intercede with Christ our God that our souls be saved.

Reading, keeping vigil and prayer focus the wandering mind. Hunger, toil and solitude quell inflamed desire. Psalmody, patience and pity arrest seething anger.

And these are to be practiced at the appropriate time and in good measure, for what is excessive and ill-timed is not lasting, and what does not last is harmful rather than beneficial.

Evagrius the Solitary