Grace shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of uncovetousness, and shown us the heights of humility; but whilst instructing us
This I say,
not only that you
may yourselves sing praises,
but also that you may teach your
wives and children to do so, not merely
to lighten the work while weaving, but especially
at the table. For since Satan is wont to lie in wait at feasts,
and to employ as allies drunkenness, gluttony, immoderate
laughter, and an inactive mind; on these occasions, both
before and after table, it is especially necessary to
fortify oneself with the protection of the
psalms and, rising from the feast
together with one’s wife and
children, to sing sacred
hymns to God.

- St. John Chrysostom
From the Heavens hast thou received divine grace,
and by thy lips thou dost teach all to worship the One God in
Trinity, O John Chrysostom, all-blessed righteous one. Rightly do we acclaim thee, for thou art a
teach-er re-vealing things divine.