The Holy Righteous Martyr
Dometius

August 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crown of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the
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