



THE HOLY MARTYRS MENODORA, METRODORA AND NYMPHODORA

September 10

Apolytikion

Fourth Mode

"Be quick to anticipate"

150

Intonation: #10

Ἦχος Δ

Οἱ Μάρτυρές σου Κύριε



hy Mar - tyr's, O Lord, in their cou - ra - geous con - test for Thee
re - ceived as the prize the crowns of in - cor - rup - tion and life
from Thee, our im - mor - tal God. For since they pos - sessed Thy strength, they cast
down the ty - rants and whol - ly de - stroyed the de - mons' strength - less pre - sump -

tion. O Christ God, by their prayers, save our souls, since Thou art mer - ci -
 ful.

When, indeed, the Holy Spirit saw that the human race was guided only with difficulty toward virtue, and that, because of our inclination toward pleasure, we were neglectful of an upright life, what did He do? The delight of melody He mingled with the doctrines so that by the pleasantness and softness of the sound heard we might receive without perceiving it the benefit of the words, just as wise physicians who, when giving the fastidious rather bitter drugs to drink, frequently smear the cup with honey.

Therefore, He devised for us these harmonious melodies of the psalms, that they who are children in age, or even those who are youthful in disposition, might to all appearances chant, but in reality, become trained in soul.

- St. Basil the Great