**Slow Praises**

*First Mode*

**Verse #1**

To do among them the judgment that is written.

This glory shall be to all ___ His ______ saints.

**Praises #1**

We praise Thy saving Passion, O ___

Christ, and we glorify ___ Thy Resurrection.

*Note: The "slow praises" are sticheraric melodies, whereas the "brief praises" are heirmologic melodies. Either version may be chanted since the texts are identical. In some places on Mt. Athos and Greece, the sticheraric ("slow") melodies are used for first, second, plagal first, and plagal second modes, while the heirmologic ("brief") melodies are used for third, fourth, grave, and plagal fourth modes.*
Verse #2

Praise ye God in His saints, praise Him in the firmament of His power.

Praises #2

Thou Who didst endure the Cross, and didst abolish death, and didst arise from the dead: Make our life peaceful, O Lord, since

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Verse 3

Aineite auton epi tais dynasteias

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Praises #3

'Ω ton zhdn skuleusas

Thou Who didst despoil Hades, and didst raise up man by Thy Resurrection,
First Mode - Slow Praises

Verse #4

Aινεῖτε αὐτὸν ἐν ἡχῷ σάλπιγγος

Praise Him with the sound of trumpet, praise Him with the psaltery and harp.

Praises #4

Τὴν θεοπρεπὴ σου

Glorifying Thy God-befitting condensation, we praise Thee, O Christ; for Thou wast
born of a Virgin, and yet Thou wast in-
separable from the Father. Thou didst
suffer as man, and didst endure the Cross willingly. Thou didst rise from the grave as though coming forth from a bridal chamber, that Thou mightest save the world. O Lord, glory be to Thee.
Verse #5

Aìneîte aútòn en tymáno

Praise Him with tim-brel and dance, praise Him with strings

and flute.

Praises #5

имвερεία προσελήφθης

When Thou wast nailed to the wood of the

Cross, then was the dominion of the

en - e - my put to

death. Cre - a - tion was shaken with
fear of Thee, and Hades was spoiled by Thy might. Thou didst raise the dead out of the graves and Thou didst open Paradise unto the thief. O Christ our God, glory be to Thee.
Verse #6

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις

Praise Him with tune-ful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Praises #6

Ὁδυρόμεναί μετὰ σπουδῆς

The honorable women came with haste unto Thy tomb with lamentation. But finding the sepulchre open, and learning from the Angel of
the new and strange miracle, they announced to the Apostles

that the Lord is risen, granting unto the world great mercy.

Verse #7

"Ἀνάστηθι Κύριε"

Arise, O Lord my God, let Thy hand be lifted high;

forget not Thy paupers to the end.
We worship the divine wound-

of Thy Passion, O Christ God,

and Thy king-ly and priest-ly ser-vice which was ac-com-plished

in Si-on in the end of the ag-es, in a

man-ner that made God man-i-fest. For Thou, the

Sun of Right-eous-ness, didst en-light-en those that

slept in dark-ness, lead-ing them by the
hand unto the unwaning radiance. O Lord, glory be to Thee.

Verse #8

I will confess Thee, O Lord, with my whole heart; I will tell of all Thy wonders.

Praises #8

O ye tumult-loving race of the Jews,
of the Crucified One, O ye

lawless Jews? Risen is He that is free among

the dead, and He doth grant unto the world great

mercy.