God is the Lord

First Mode

Intonation: #1

Ωεδς Κυριος

(First Mode)

God is the Lord, and hath appeared unto us; a blessed is He that cometh in the Name of the Lord.

(repeated three more times with the verses below)

Verses:

2. O give thanks unto the Lord, and call upon His holy Name.
3. All the nations compassed me round about, and by the Name of the Lord I warded them off.
4. This is the Lord's doing, and it is marvellous in our eyes.
Kathismata

First Mode

ὉΧος ἙΚ

Τὸν τάφον σου Σωτήρ

he sol-diers stand-ing guard at Thy tomb, O my Sav-iour, be-
came as dead on see-ing the light-ning-like An-gel who preached
to the wom-en of Thine a-ris-ing, O Holy Lord.

Thee we glo-ri-fy, Who hast a-bol-ish-ed cor-rup-tion;

Thee do we a-dore, Who from the grave hast a-risen and Who

a-lone art our God.
First Mode - Kathismata

G
lo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir-it.

O
Lord of Mer-cy, nailed to the Cross of Thine own will, as mor-tal Thou wast laid in a tomb, O Life-giver, de-stroy-ing the reign of death by Thy death, O Om-nip-o-tent.

Thou didst smite the gate-keep-ers of Ha-des with ter-ror,

rais-ing with Thy-self them that had died from all ages, since Thou a-lone art the Friend of man.
Both now and ever, and unto the ages of ages.

We know thee as the Mother of God, who art truly a virgin even after thy child-birth, O Maiden; with longing, we flee in faith to thy goodness and sympathy.

For we sinners have thee as our certain protection, and as our salvation in distress and temptations, thou only all-blameless one.
The faithful women came to the tomb before the dawning, and seeing the vision of Angels, they stood in fear and trembling. Like lightning, the grave flashed forth with life; the marvel made the women sore amazed. Thus, they went to the disciples and preached to them the Rising of Christ the Master: Christ, the Almighty, plundered Hades’ spoils and raised with Himself all corrupt in death, freeing them from fear of condemnation by the power of the Cross.
G

Glory to the Father, and to the Son, and to the Holy Spirit.

Τ

The Life of all was nailed to the Cross by the transgressors and the Lord immortal was reckoned amidst the dead in Hades. But rising the third day, Thou didst raise dead Adam from corruption with Thyself. For this cause, the hosts of Heaven cried unto Thee, O Saviour and Life-stower:

Glorify to Thy sufferings, O Christ. Glorify to Thy Resurrection. Glorify to Thy Descent, O Thou only Friend of man.
Both now and ever, and unto the ages of ages.

Amen.

Maria to septon

Thou who art our Master's most honorable vessel, O Marie, raise us up who have stumbled and fallen into a deep gulf of sins, tribulations, and dire despair;

For, O Full of Grace, thou ever savest thy servants,

as the strong protection and salvation of sinners and unflagging help of all.
Hymns of Ascent

First Mode

\[ \text{Ἐν τῷ θλίβεσθαι με} \]

In mine affliction, hearken unto my sorrows; O Lord, I cry unto Thee.

or those in the desert, divine longing becometh unending, in that they are outside the vain world.
G

Glory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto the ages of ages. Amen.

T

To the Holy Spirit, honour and glory is due, even as it is unto the Father, and so also to the Son.

Therefore, let us sing unto the Three-fold Monarchy.

T

How hast raised me to the summits of Thy laws; make me radiant with the virtues, O God, that I may hymn Thee.
Taking me by Thy right hand, O Word, keep and preserve me, lest the fire of sin scorch me.

Glory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto the ages of ages. Amen.

By the Holy Spirit all creation is renewed, returning again to the primordial state; for He is equal in power to the Father and the Word.
Because of them that said unto me: Let us go into the courts of the Lord; my spirit was glad-den, my heart also rejoiceth.

In the house of David is great fear; for there, when the thrones are set forth, all the tongues and tribes of the earth shall be judged.

Lory to the Father, and to the Son, and to the Holy Spirit. Both now and ever, and unto ages of ages. Amen.
To the Holy Spirit must honour, worship, glory, and
dominion be offered, as is meet both to the Father and the
Son; for the Trinity is a Unity in nature, but not
in Persons.

Prokeimenon

Now will I arise, saith the Lord; I will establish
them in salvation, I will be manifest there in. (twice)

Canonarch:

The words of the Lord are pure words, silver that is fired,
tried in the earth, brought to seven-fold purity.
* According to some traditions, the second half of this final verse is completed by the other choir.
More Honourable than the Cherubim

First Mode

老人家 μοι

Verse #1

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

Refrain

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who with-
out corruption gave birth to God the Word, the very

The-o-to-kos, thee do we magnify.

Verse #2

For He hath looked upon the lowliness of His hand-maiden; for behold, from hence-forth all generations shall call me blessed. (Repeat refrain on previous page after each verse.)

Verse #3

For the Mighty One hath done great things to me, and holy is His Name; and His mercy is on them that fear Him unto generation and generation. 
Verse #4

He hath showed strength with His arm, He hath scattered the proud in the imagination of their heart.

Verse #5

He hath put down the mighty from their seat, and exalted them of low degree; He hath filled the hungry with good things, and the rich He hath sent empty away.
Verse #6

He hath hol-pen His ser-vant Is-ra-el in re-mem-brance of His mer-cy, as He spake to our fa-thers, to A-bra-ham and his seed for ev-er.
Let Every Breath

First Mode

Let every breath praise the Lord.

Intonation: #1

Πᾶσα πνοή
Praise Him

Aiveîte Aûtôn

raise____ Him, all_____ ye____ His_______ an______-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-____-___
Verses of Psalms
148 and 149

First Mode

Ὑχος Πα

Αινείτε αὐτὸν ἡλιος

Praise Him, O sun and moon; praise Him, all ye stars and light.

Praise Him, ye heavens of heavens, and thou water that art above the heavens. Let them praise the Name of the Lord;

For He spake, and they came to be; He commanded, and they were created.

He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass a-
Praise the Lord from the earth, ye dragons, and all ye abysses,

Fire, hail, snow, ice, blast of tempest, which perform His word,

The mountains and all the hills, fruitful trees and all cedars,

The beasts and all the cattle, creeping things and winged birds.

Kings of the earth, and all peoples, princes and all judges of the earth,

Young men and virgins, elders with the younger; let them praise the Name of the Lord, for exalted is the Name of Him a-
Psalms 148 and 149 - First Mode

11 His praise is above the earth and heaven, and He shall exalt the horn of his people.

12 This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

13 Sing unto the Lord a new song; His praise is in the church of the saints.

14 Let Israel be glad in Him that made him, let the sons of Simon rejoice in their King.

15 Let them praise His Name in the dance; with the timbrel and
Psalm 148 and 149 - First Mode

16 For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

17 The saints shall boast in glory, and they shall rejoice upon their beds.

18 The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

19 To do vengeance among the heathen, punishments among the peoples,

20 To bind their kings with fetters, and their nobles with
manacles of iron,

On Sundays continue with Verse #1 on the following page or on page 888 for the brief versions of the Praises. On other days, continue with Verses #21 and #22 below before beginning the Praises.

21

To do among them the judgment that is written. This glory shall be to all His saints.

22

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

First Mode

Verse #1

Tou poihsei en autous

This glory shall be to all His saints.

Praises #1

*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 in 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

Aiveitē ton Theon

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

Praises #2

O Stauron upomeina

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

Verse #3

Aiveitē auton epithois dynasteias

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.
**Verse #4**

Aiveôte autón en ἤχω σάλπιγγος

raise Him with the sound of trumpet, praise Him with the psalter and harp.
Praises #4

THN THEOOREPHI SOU

lo-ri-fying Thy God-be-fit-ting con-de-scension, we praise Thee, O__ Christ; for Thou wast born of____ a____

Virgin, and yet Thou wast in-sep-ra-ble from__________ the__

Fa-ther. Thou didst suf-fer as man, and didst en-dure

the Cross will-ly. Thou didst rise from the grave as though com-ing

forth________ from_____ a brid-al cham-ber, that

Thou might-est save the__ world. O Lord, glo-ry be________

to________ Thee.

Verse #5

AINEITE AYTON EN TUMVANO

raise Him with tim-brel and dance, praise Him with strings__ and_

_______ flute.
Praises #5

 hen Thou wast nailed to the wood of the Cross, then
 was the domination of the enemy put to death. Creation was shaken
 en 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 to the thief. O Christ our God, glory be

__________ to Thee.
Verse #6  Αἰνεῖτε αὐτὸν ἐν κυμβάλοις
raise Him with tune-ful cym-bals, praise Him with cym-bals of ju-bi-la-tion.  Let ev-ery breath_____ praise_____ the_____
Lord.

Praises #6  Ὅδυρόμεναι μετὰ σπουδῆς
he hon-ra-ble wom-en came with haste un-to Thy_
tomb_____ with la-men-ta-tion. But find-ing the sep-ul-chre_ o- pen, and learn-ing from the An-gel
of the new and strange_ mir-a-cle, they an-nounced___
to the_ A- pos-tles that the Lord____ is____ ris-
en, grant-ing un-to the world great mer-cy.
Verse #7  Ἁνάστηθι Κύριε

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

forget not Thy pau-pers to the end.

Praises #7  Την των παθων

e worship the divine wounding of Thy Pas-sion, 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 ages, in a man-ner that made

God man-i-fest. For Thou, the Sun of Right-eous-

didst en-light-en those that slept in dark-

ness, leading them by the hand unto the un-wan-

ing ra-


www.stanthonysmonastery.org/music/Orthros.htm

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Verse #8

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

Praises #8

Where are they that came unto Pilate? Let the soldiers that kept guard speak.

Where are the seals of the tomb? Whither was the Buried?

One removed? Where was He sold Who is beyond...
price? How was the treasure plundered? Why do ye defame thee arising 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.
Brief Praises

First Mode

Ὑχας Λ Πα

Verse #1

Τοῦ ποιῆσαι ἐν αὐτοῖς

Τοῦ δοῶναμὲν σοῦ Χριστὲ

We praise Thy saving Passion, O Christ, and we

glorify Thy Resurrection.
Verse #2

Aiveîte tôn Theîn

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

Praises #2

Ô Stauron ípomêínas

Thou Who didst endure the Cross, and didst abolish death, and didst arise from the dead: Make our life peaceful, O Lord, since Thou alone art omnipotent.
Verse #3

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

Praises #3

Who didst despoil Hades, and didst raise up man by Thy resurrection, O Christ: Deem us worthy to hymn and glorify Thee with purity of heart.

First Mode - Brief Praises

www.stanthonyssmonastery.org/music/Orthros.htm
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Verse #4

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

Praises #4

Lo-ri-fy-ing Thy God-be-fit-ting con-de-scension, we praise Thee, O Christ; for Thou wast born of a Virgin, and yet Thou wast inseparable 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

Aîneîte aûtòn én tâmpânôφ

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

Praises #5

'Ôte prôsîlô̱ð̱hîs

When Thou wast nailed to the wood of the Cross, then was the do-min-ion of the en-e-my put to death. Cre-a-tion was shak-en with fear of Thee, and Ha-des was de-spoiled by Thy might. Thou didst raise the dead out of the graves and Thou didst open Par-a-dise unto the thief. O Christ our God, glo-
Verse #6

Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Praises #6

Humble women came with haste unto Thy tomb with lamentation. But finding the sepulchre opened, 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

- rise, O Lord my God, let Thy hand be lift-ed high;

for-get not Thy pau-pers to the end.

Praises #7

e wor-ship the di-vine wound-ing of Thy Pas-sion,

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 ages,

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-

lead-ing them by the hand un-to the un-wan-ing ra-di-ance. O

Lord, glo-ry be to Thee.
Verse #8

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

Praises #8

ye tumult-lying race of the Jews, hearken. Where are they that came unto Pilate? Let the soldiers that kept guard speak. Where are the seals of the tomb?

Whither was the Buried One removed? Where was He sold Who is beyond price? How was the treasure plundered? Why do ye declare the arising 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.