APOLYTIKION OF THE
Resurrection

Plagal Fourth Mode

Ἑχός

Ἐξ ύψους κατῆλθες

from the heights didst Thou come down, O Compassionate One. And Thou didst submit to three-day burial that from the passions Thou might deliver us. O our Life and Resurrection, O Lord, glory be to Thee.
Glory...

Δόξα Πατρι

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

Both now...

Καὶ νῦν

Both now and ever, and unto the ages of ages

Amen.

Resurrectional Theotokion

Ὁ δὴ ἡμᾶς γεννηθεὶς

Thou Who for our sakes wast born of a Virgin, and didst suffer crucifixion, O Good One, and didst despoil death by death, and as God, didst reveal the Resurrection: Dis-
No one in such chanting with a ready
and eager mind will be blamed if he be weakened by old age,
or young, or have a rough voice, or is altogether ignorant of rhythm. What is
here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a
clear conscience. If having these you have entered into God's sacred choir, you may
stand beside David himself. There is no need of zithers, nor of taut strings, nor
of a plectrum, nor skill, nor any instruments. But if you will, you can make
yourself into a zither, mortifying the limbs of the flesh, and forming
full harmony between body and soul. For when the flesh does not
lust against the spirit, but yields to its commands, and
perseveres along the path that is noble and
admirable, you thus produce
a spiritual melody.

—St. John Chrysostom