

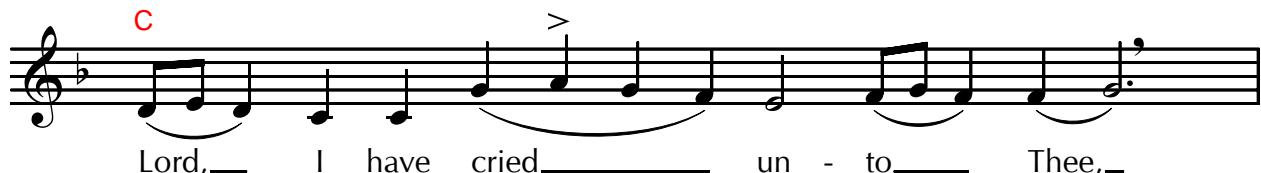
PLAGAL FOURTH MODE

Intonation: #26

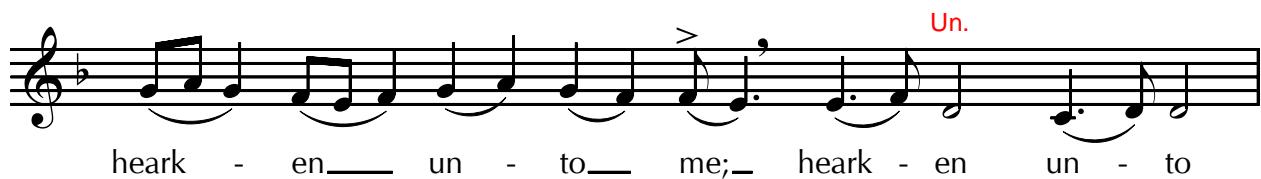
Lord, I Have Cried

Andante $\text{♩} = 84$

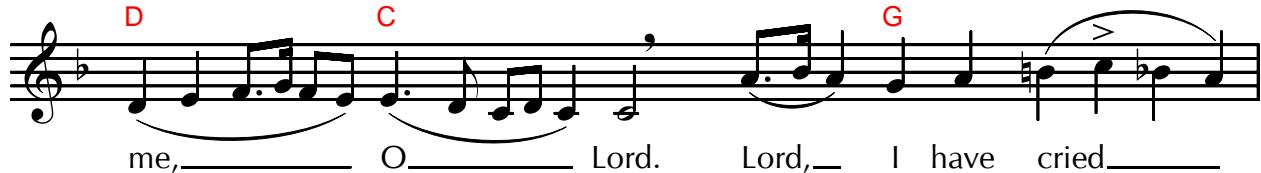
Κύριε ἐκέκραξα



 Lord, — I have cried — un - to — Thee, —



 heark - en — un - to — me; — heark - en un - to



 me, — O — Lord. — I have cried —

Soft Chromatic

un - to _____ Thee, heark - en _____ un - to _____
 me; at - tend_ to the voice _____
 of _____ my sup - pli - ca - - - - tion when I
 cry _____ un - to _____ Thee: _____ Hark - en
 un - to me, O _____ Lord.

Just as swine run to a place where
 there is mire and bees dwell where there
 are fragrances and incense, likewise demons gather
 where there are carnal songs and the grace of the Holy Spirit
 settles where there are spiritual melodies, sanctifying both mouth and soul.

-St. John Chrysostom



LET MY PRAYER

Plagal Fourth Mode

Andante ♩=84

Κατευθυνθήτω

Let my prayer— be set forth— as in -

cense be - - - fore Thee, the lift -

ing up of my hands as an

eve - ning sac - ri - fice; heark - en

un - to me, O Lord.

VERSES OF PSALMS

140, 141, AND 129

Plagal Fourth Mode

Presto $\text{J}=180$

Θοῦ Κύριε

1 C

Set, O Lord, a watch be - fore my mouth, and a door— of en -

clo - sure round a - bout my lips.

2 C

In - cline— not my heart— un - to words of e - - vil, to

make ex - cuse with— ex - cus - - es in sins,

3 C

With men that work in - iq - ui - ty; and I — will not join—

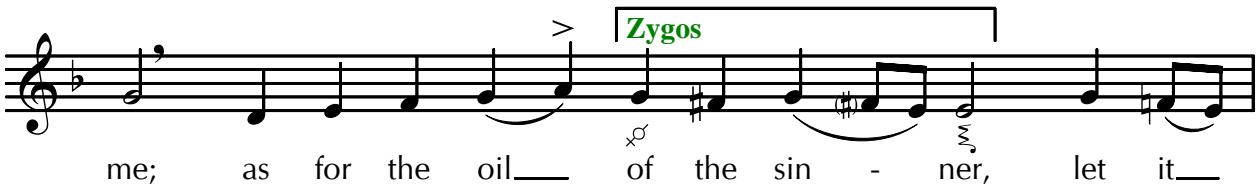
with their cho - - sen.

4

C



The right-eous man will chas-ten me with mer-cy and re-prove-



me; as for the oil of the sin-ner, let it



not a-noint my head.

5

C



For yet more is my prayer in the pres-ence of their pleas-



ures; swal-lowed up near by the rock have their judg-es been.

6

C



They shall hear my words, for they be sweet-en-ed; as a clod of



earth is bro-ken up-on the earth, so have their bones been



scat-tered nigh-un-to Ha-des.

7 C > G

For un - to Thee, O Lord, O Lord, are mine eyes, in Thee-

C

have I hoped; take not my soul a - way.

8 C >

Keep me from the snare which they have laid for me, and from the

stum - bling-blocks of them that work in - iq - ui - ty.

9 C

The sin - ners shall fall in - to their own net; I -

am a - lone un - til I pass by.

10 C

With my voice un - to the Lord have I cried, with my voice un -

to the Lord have I made my sup - pli - ca - tion.

11

C



I will pour_ out be - fore_ Him my sup - pli - ca - tion,

12

C



mine af - flic - tion be - fore Him will I de - clare.

13

C



When my spir - it was faint - ing with - in me, then Thou knew -

est my paths.

14

C



In this way where - in I have walked they hid for me a snare.

15

C



I looked up - on my right hand, and be - held, and there was none -

that did know_ me.

16

C

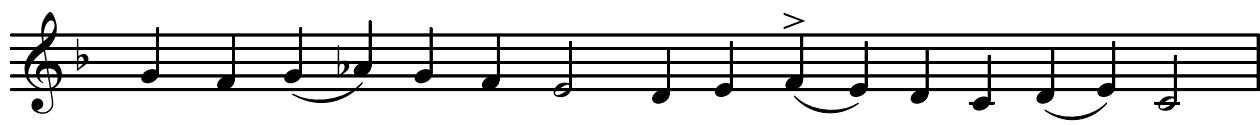


Flight hath failed_ me, and there is none that watch-eth out_ for my soul.

16



I have cried un - to Thee, O Lord; I said: Thou art my



hope, my por - tion art Thou in the land_ of the liv - ing.

17



At - tend un - to my sup - pli - ca - tion, for I am brought -



ver - y low.

18



De - liv - er me from them_ that per - se - cute__ me, for they are



strong - er than I.

*On Saturdays, continue with Slow Stichera on page 454
or with Brief Stichera on page 485.
On other days continue on following page.*

19

C



Bring my soul out of pris - on that I may con - fess Thy Name.

20

C

>



The right-eous shall wait pa - tient - ly for me un - til Thou shalt re -



ward _ me.

21

C



Out of the depths have I cried _ un - to Thee, O Lord; O



Lord, _ hear my voice.

22

C

>



Let Thine ears be at - ten - tive to the voice of my sup - pli -



ca - tion.



SLOW STICHERA

Plagal Fourth Mode

Andante L=88

Verse #1

Ἐξάγαγε ἐκ φυλακῆς

Bring my soul out of pris - on that I may con - fess _____
Thy Name.

Stichera #1

Ἐσπερινὸν ὑμνον

An eve - ning hymn and ra - - - tion - al ad - o -
ra - - - tion do we of - fer un - to____ Thee,
O__ Christ;__ for Thou_____ wast well - pleased to have

mer - - - cy ____ on____ us, _____ through the____

Res - ur - rec - - - tion.

Verse #2

'Εμὲ ὑπομενοῦσι

The right - eous shall wait pa - tient - ly for me un - - til____ Thou

shalt re - - ward____ me.

Stichera #2

Κύριε, Κύριε

Lord, O____ Lord,____ cast us____ not____ a -

way____ from Thy____ pres - - - ence, but be

well - pleased to have____ mer - - - cy____ on____

us,_____ through the____ Res - ur - - rec - - - -

tion.

Verse #3

'Εκ βαθέων

C >

Out of the depths have I cried un-to Thee, O Lord; O____ Lord,

C

hear____ my____ voice.

Stichera #3

Χαιρε Σιών ἀγία

C

D

C

Re-joice, O____ ho - ly Si - - on, thou_-'

moth - er__ of____ the church - - - - es__ and

dwell - ing - place____ of____ God; for

thou__ wast first____ to re - ceive re -

mis - - - sion of__ sins,____ through the__ Res -

ur - rec - - - tion.

Verse #4

Γενηθήτω τὰ ὁτα σου

C

Let Thine ears be at - ten - tive to the voice____ of____ my

sup - pli - ca - - - tion.

Stichera #4

'Ο ἐκ Θεοῦ

Soft Chromatic

The Word, Who. was be - got - - - ten__ of

God__ the__ Fa - - - ther__ be - fore__

the__ ag - es, and Who in these lat - ter__ times

was in - car - - - nate of her_ who knew__

not wed - - - lock, - hath, of His own__ will, en -

dured cru - ci - fix - - - ion and__ death, - and,

by the Res - ur - rec - - - tion, hath saved__ man__

who____ was____ slain____ of____ old.

Verse #5

'Εὰν ἀνομίας

If Thou should-est mark in-iq-ui - ties, O Lord, O Lord, who shall stand?

For____ with____ Thee____ there is____ for - give - - - ness.

Stichera #5

Τὴν ἐκ νεκρῶν

We glo - ri - fy Thy Res - ur - rec - - - tion from____

the____ dead, O____ Christ, where-by Thou didst free____ the____

race____ of____ Ad - - - am____ from the tyr - an - ny____

of Ha - - - des; and, as God, Thou
 hast be - stowed_ up - on the world life_
 ev - er - last - ing_ and great_ mer - - -
 cy.

Verse #6

Ἐνεκεν τοῦ ὀνόματός σου

For Thy Name's sake have I pa - tient - ly wait-ed for Thee, O Lord;
 my soul hath wait - ed pa - tient - ly for Thy word, my soul hath
 hoped in the Lord.

Stichera #6

Δόξα σοι Χριστέ

Glo - - - ry _____ be to Thee, - O _____ Christ _____

Sav - - - iour, On - ly - be - got - ten Son - of

God, - Who wast nailed to the Cross and

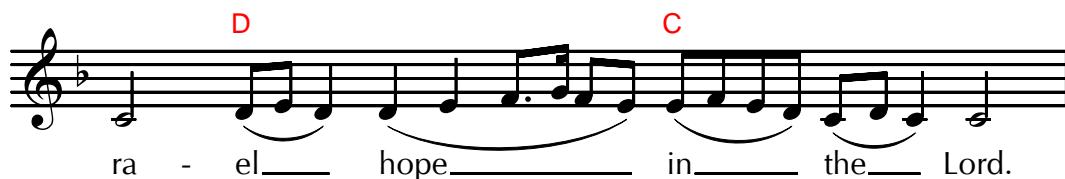
didst a - rise from the tomb

on the third day.

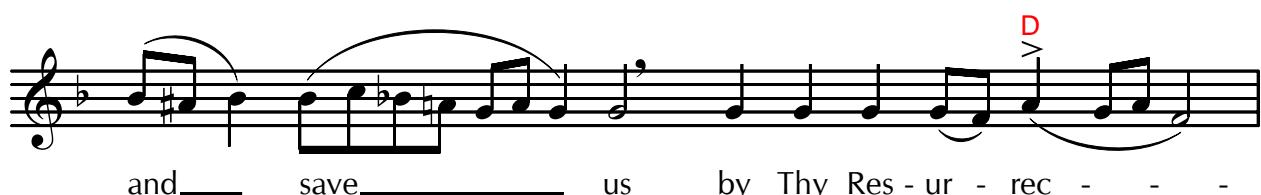
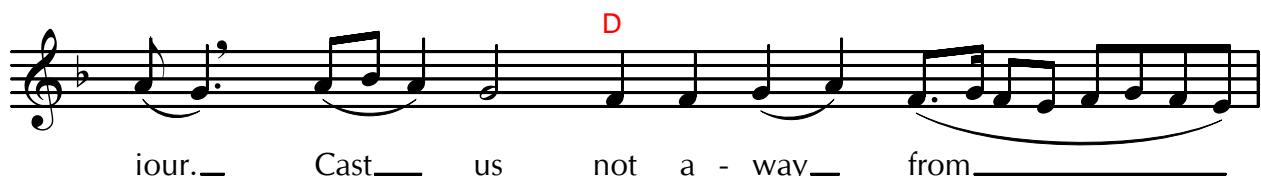
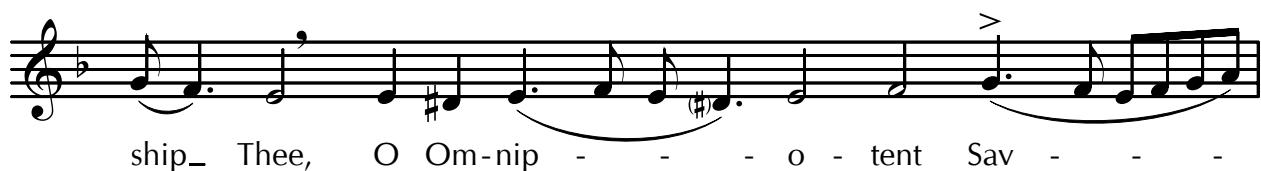
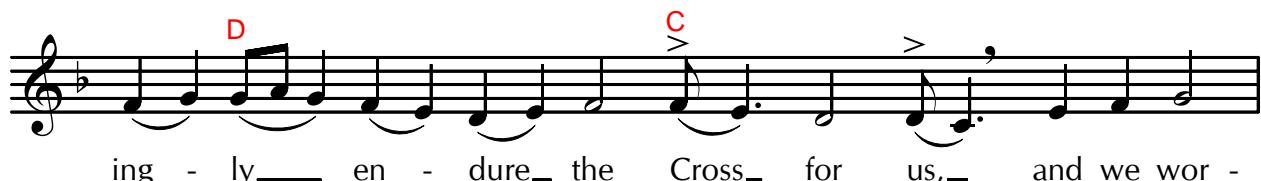
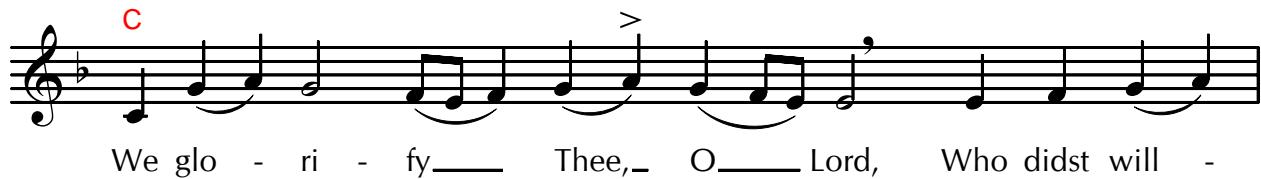
Verse #7

'Απὸ φυλακῆς πρωῖας

From the morn-ing watch un-til night, from the morn-ing watch let Is -

**Stichera #7**

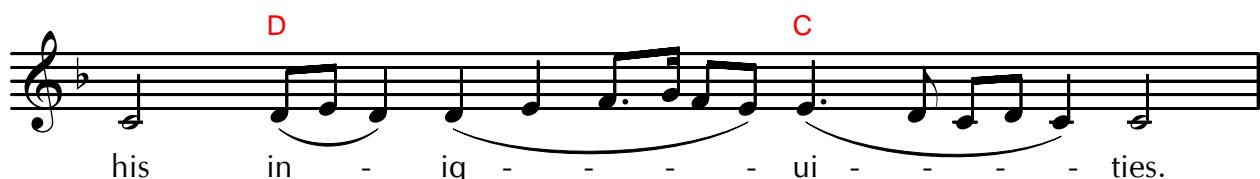
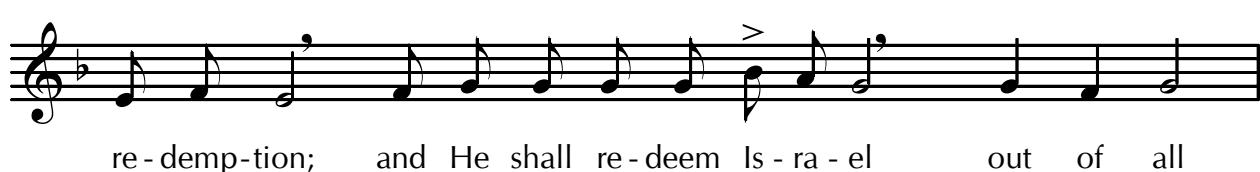
Σὲ δοξάζομεν Κύριε





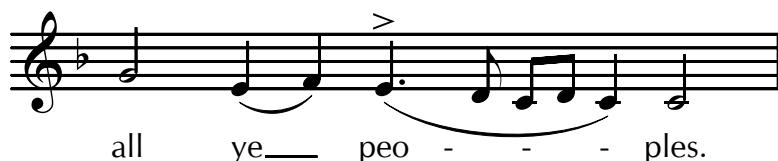
Verse #8

"Οτι παρα τω Κυριῳ



Verse #9

Αἰνεῖτε τὸν Κύριον



Verse #10

"Οτι ἐκραταιώθη

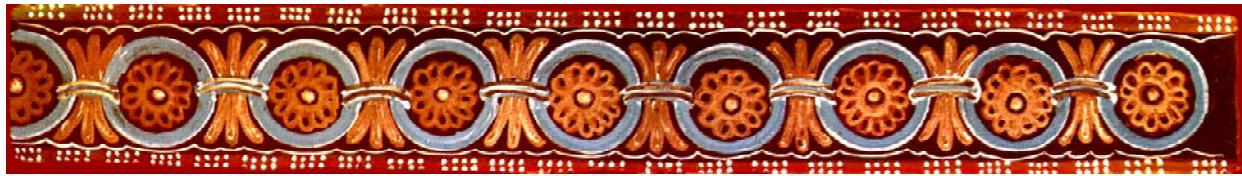
C

For He hath made His mer - cy to pre - vail o - ver us, and

the truth of the Lord— a - bid - - - eth for—

ev - - - - er.





GLORY... BOTH NOW...

Plagal Fourth Mode

Andante ♩=84

Δόξα Πατρί

A1 C

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

Kαὶ νῦν

A2 C

Both now__ and__ ev - er, and un - to the a - ges
of a - ges. A - men.

Alternate Melodies

B1

Glo - ry to the Fa - - - ther, and to

the Son, and to the Ho -

ly Spir - - - it.

B2

Both now and ev - - - er, and un - to

the a - - - ges of a - - -

ges. A - - - men.

Old (Slow) Sticheraric Melodies

C1

Glo - - - ry to the Fa - - - - ther, and

to the and to

the Son, and to the Ho - - - -

ly Spir - - - - it.

C2

Both now and ev - er, and un - to the a - - - -

ge - - - - (n)es _____ of a - - - -

ges. A - men.



DOGMAtic THEOTOKION

Plagal Fourth Mode

Andante L=84

Ο Βασιλεὺς τῶν οὐρανῶν

The King— of the Heav - - - ens,— out of—

love——— for man, hath ap - peared on earth—

and lived——— a - mong——— men.— For

He——— that hath——— tak - en—— flesh of the

pure——— Vir - - - gin,— and—— come—

forth from her with what He hath re - ceived, is one Son,
 two - fold of na - - - - ture, but not in
 hy - pos - ta - - - sis. Where - fore,
 pro - claim - ing Him as tru - ly per - - - - fect God and per - - - - fect man,
 we con - fess Christ our God. Do
 thou be - seech Him, O Moth - er

who knew - est not wed - - - lock, to have

D **G↓ rit.** **Un.**

mer - cy on our souls.





SLOW APOSTICHA

Plagal Fourth Mode

Andante ♩=88

Aposticha #1

'Ανήλθες ἐπὶ Σταυροῦ

Light.— Thou cam - est un - to the fall - - - en, O

Res - ur - rec - - - tion of all. O our -

Light and our Sav - - iour, glo - ry

be to Thee.

Verse #2

'Ο Κύριος ἐβασίλευσεν

The Lord is King, He is clothed with maj-es-ty; the Lord is

clothed with strength and He hath -

girt Him - self.

Aposticha #2

Χριστὸν δοξολογήσωμεν

C

Let us glo - - - ri - fy Christ, Who is

G

Soft Chromatic

ris - en from the dead. For, tak - ing up - on Him self soul and bod - y, He -

D

sep - a - rat - - - ed one from the oth - er

C

by His pas - - - sion. His im-mac - - -

G↓

u - late soul de-scend - ed in - to Ha - - -

C

des, which al - so He de - - -

spoiled; and the ho - ly Bod - y of the Re-deem -

er of our souls knew no cor - rup - tion

in the grave.

Verse #3

Καὶ γὰρ ἐστερέωσε

For He es - tab - lished the world which shall not

be shak - en.

Aposticha #3

Ψαλμοῖς καὶ ὕμνοις

With psalms and hymns we glo - ri - fy Thy

Hard Chromatic

Res - ur - rec - tion from the dead, O

Christ, where-by Thou didst free us from the tyr -

an - ny of Ha - - - des; and as God

Thou didst be - - stow life

ev - er - last - ing and great - mer - cy.

Verse #4

Τῷ οἴκῳ σου πρέπει

Ho - li - ness be - com - eth Thy house, O Lord, un -

to length of days.

Aposticha #4

Ω Δέσποτα τῶν ἀπάντων

C

O mas - - - ter of all, in-com-pre-hen - si - ble

G

Mak - er of heav - - en and earth, by Thy

> **Zygos**

pas - - - sion up - on the Cross Thou hast be -

D

come_ a well - spring of dis - pas - - -

C

> **Hard Chromatic**

sion for me; and by ac-cept - ing bur - - -

C

i - - - al and a - ris - - - ing in glo - ry,

> **Soft Chromatic**

Thou didst raise up Ad - - - am_ al - so

with____ Thine al - - - - might - y____ hand.

Glo - ry to Thine a - ris - ing on____ the

third____ day, where - by Thou hast grant - ed

un - to____ us life____ ev - er -

last - - - - ing and for - give - - - ness of____

Soft Chromatic

sins,____ since Thou a - lone____ art____ com -

pas - - - - sion - - - ate.



ΑΠΟΣΤΙΧΑ ΤΗΕΩΤΟΚΙΟΝ

Plagal Fourth Mode

Andante $\text{J}=84$

Ανύμφευτε Παρθένε

The musical score is composed of five staves of music in G clef, common time, and Plagal Fourth Mode. The lyrics are in Greek, with some words in English. Red letters C, D, and G are placed above specific notes to indicate pitch levels.

1. O un - wed - ded Vir - - - gin, who

2. in - ex - press - i - bly con - ceived God_____

3. in____ the____ flesh, O Moth - - - er____ of

4. the____ Most____ High____ God: Re - ceive_ the

5. pe - ti - tions of thy sup - pli - ants, O all -

Let us examine during psalmody what kind of sweetness comes to us from the demon of fornication and, on the other hand, what kind of sweetness come to us from the words of the Spirit and from the grace and power contained in them.

-St. John of the Ladder



ΑΠΟΛΥΤΙΚΙΟΝ ΟΤΗ ΡΕΣΥΡΕΚΤΙΟΝ

Plagal Fourth Mode

Allegro $\text{♩} = 160$

Ἐξ ὑψους κατῆλθες

F > D Un. F

From the heights didst Thou come down, O Com-pas - sion-ate One.

> D Un. F D

And Thou didst sub - mit to three - day bur - i - al that

C > G

from the pas - sions_ Thou might de - liv - er us. O our

> C Un. F

Life_ and Res - ur - rec - tion, O Lord, glo - ry__ be__

to__ Thee.

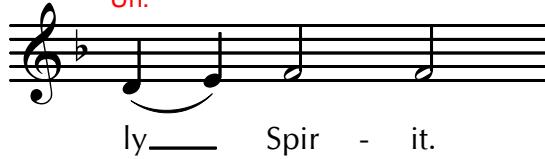
Glory...

Δόξα Πατρί



Glo - ry to the Fa - ther, and to the Son, and to the Ho -

Un.



ly — Spir - it.

Both now...

Καὶ νῦν



Both now and ev - er, and un - to the ag - es of ag -



es. A - men.

Resurrectional Theotokion

'Ο δι' ἡμᾶς γεννηθείς



O Thou Who for our sakes wast born of ____ a ____ Vir - gin,

and didst suf - fer cru - ci - fix - ion, O Good One, and

didst de - spoil death by death, and as God, didst re - veal the

Res - ur - rec - tion: Dis - dain them not which Thou hast fash -

Un. F C
ioned_ with_ Thy_ hand; show us Thy love_ for man -

F
kind, O Mer - ci - ful One; ac - cept the The - o - to - kos that

C F
gave Thee birth, who in - ter - ced - eth for us; and do Thou, our

Sav - iour, save_ a de - spair - ing peo - ple.



PLAGAL FOURTH MODE - BRIEF

Intonation: #24

Lord, I Have Cried

Allegro $\text{♩} = 160$

Κύριε ἐκέκραξα



 Lord, I have cried un - to Thee, heark - en un - to me;



 heark - en un - to me, O Lord. Lord, I have cried un - to



 Thee, heark - en un - to me; at - tend un - to the voice

of my sup - pli - ca - tion when I cry — un - to Thee:
Heark - en un - to me, — O Lord.

Let My Prayer

Κατευθυνθήτω

C
Let my prayer be set forth as in - cense be - fore Thee,
the lift - ing up of my hands as an eve - ning sac - ri -
fice; heark - en un - to me, — O Lord.

BRIEF STICHERA

Plagal Fourth Mode

Allegro $\text{♩} = 160$

Verse #1

Ἐξάγαγε ἐκ φυλακῆς

Bring my soul out of pris-on that I may_ con - fess Thy Name.

Stichera #1

Ἐσπερινὸν ὑμνον

An eve - ning hymn and ra - - tion - al ad - o - ra - - tion

do we of - fer un - to Thee, O Christ; for Thou_

wast well-pleased to have mer - cy on us, through the Res - ur -

rec - tion.

Verse #2

'Εμὲ ὑπομενοῦσι



The right-eous shall wait pa-tient-ly for me un - til Thou shalt re - ward_me.

Stichera #2

Κύριε, Κύριε



Lord, O Lord, cast us not a - way_ from Thy pres - ence,



but be well-pleased to have mer - cy on us, through the



Res - ur - rec - tion.

Verse #3

'Ἐκ βαθέων



Out of the depths have I cried un-to Thee, O Lord; O Lord,- hear my voice.

Stichera #3

Χαῖρε Σιών ἀγία

Re- joice, O ho - ly Si - on, thou moth - er

of the church - es and dwell-ing-place of God; for thou wast

first to re - ceive re - mis - sion of sins, through the Res - ur -

rec - tion.

Verse #4

Γενηθήτω τὰ ὄτα σου

Let Thine ears be at - ten - tive to the voice of my sup - pli - ca - tion.

Stichera #4

'Ο ἐκ Θεοῦ

C

The Word, Who was be - got - ten_ of God the Fa - ther be -

fore the ag - es, and Who in these lat - ter times_ was in -

car - nate of her who knew not wed - lock, hath,_ of His

own_ will, en - dured_ cru - ci - fix - ion and death, and,

by the Res - ur - rec - tion, hath saved man who was slain_ of

old.

Verse #5

'Εὰν ἀνομίας



If Thou should-est mark in - iq - ui - ties, O Lord, O Lord, who shall stand?



For with Thee there is for - give - ness.

Stichera #5

Τὴν ἐκ νεκρῶν



We glo - ri - fy Thy Res - ur - rec - tion from the dead, O Christ,



where - by _____ Thou didst free the race of Ad - am from the



tyr - an - ny of Ha - des; and, as God, Thou hast be - stowed up -



on the world life____ ev - er - last - ing and great mer - cy.

Verse #6

Ἐνεκεν τοῦ ὀνόματός σου



For Thy Name's sake have I pa-tient-ly wait-ed for Thee, O Lord; my soul



hath wait-ed pa-tient-ly for Thy word, my soul hath hoped in the Lord.

Stichera #6

Δόξα σοι Χριστέ



Glo - ry— be to Thee, O Christ Sav - iour, On - -



ly - be - got - ten Son of God, Who wast nailed— to the Cross and



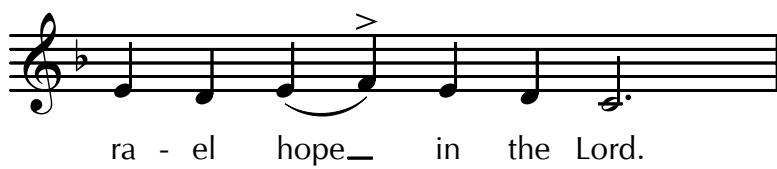
didst a - rise— from the tomb— on the third— day.

Verse #7

'Απὸ φυλακῆς πρωῖας



From the morn-ing watch un-til night, from the morn-ing watch let Is -



Stichera #7

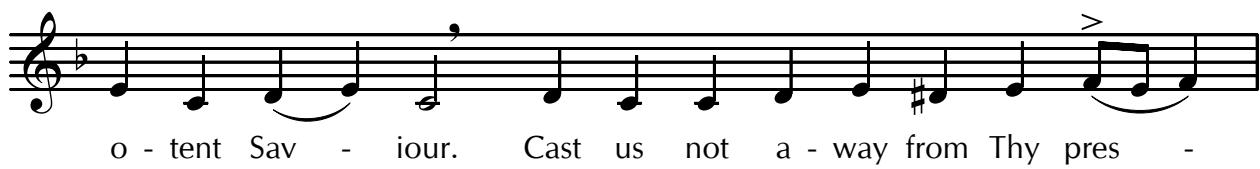
Σὲ δοξάζομεν Κύριε



We glo - ri - fy_ Thee, O Lord, Who didst will - ing - ly en -



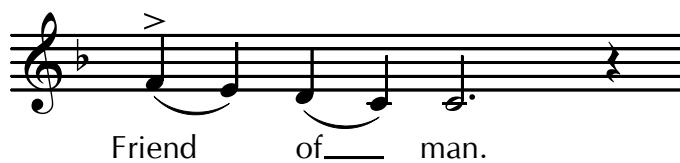
ture the Cross for us, and we wor - ship Thee, O Om - nip -



o - tent Sav - - iour. Cast us not a - way from Thy pres -



ence, but heark-en and save us by Thy Res - ur - rec - - tion, O



Verse #8

"Οτι παρα τω Κυριω



For with the Lord there is mer-cy, and with Him is plen-te-ous re-demp-tion;



and He shall re-deem Is - ra - el out of all his in - iq - ui - ties.

Verse #9

Αἰνεῖτε τὸν Κύριον



O praise the Lord, all ye na-tions; praise Him, all ye peo - ples.

Verse #10

"Οτι ἐκραταιώθη



For He hath made His mer-cy to pre-vail o-ver us, and the truth of the

Musical notation for the text "Lord a - bid - eth for ev - er." The music consists of a single melodic line in G clef, starting on a note, followed by a series of eighth notes. There are two small curved lines above the notes, one spanning "bid -" and another spanning "er.". The lyrics are written below the notes.

Glory...

Δόξα Πατρί

Musical notation for the text "Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly". The music features a single melodic line with red markings: a red 'C' over the first note, a red 'G' over the second note, a red 'C' over the fifth note, and a red 'C' over the eighth note. There are also black 'C' and 'G' markings. The lyrics are written below the notes.

Musical notation for the text "Spir - it.". It shows a single melodic line in G clef, starting on a note, followed by a series of eighth notes. A small curved line is above the notes, spanning "Spir -". The lyrics are written below the notes.

Both now...

Καὶ νῦν

Musical notation for the text "Both now and ev - er, and un - to the ag - es of". The music consists of a single melodic line in G clef, starting on a note, followed by a series of eighth notes. Red 'C' markings are placed above the first and fourth notes. There are also black 'C' and 'G' markings. The lyrics are written below the notes.

Musical notation for the text "ag - es. A - men.". It shows a single melodic line in G clef, starting on a note, followed by a series of eighth notes. A large black 'G' marking is above the first note, and a large black 'C' marking is above the fourth note. The lyrics are written below the notes.

Dogmatic Theotokion

'Ο Βασιλεὺς τῶν οὐρανῶν

The King— of the Heav-ens, out of love for man, hath ap -

peared on earth and lived— a - mong men. For He that hath

tak - en flesh— of the pure_ Vir - gin, and come forth from

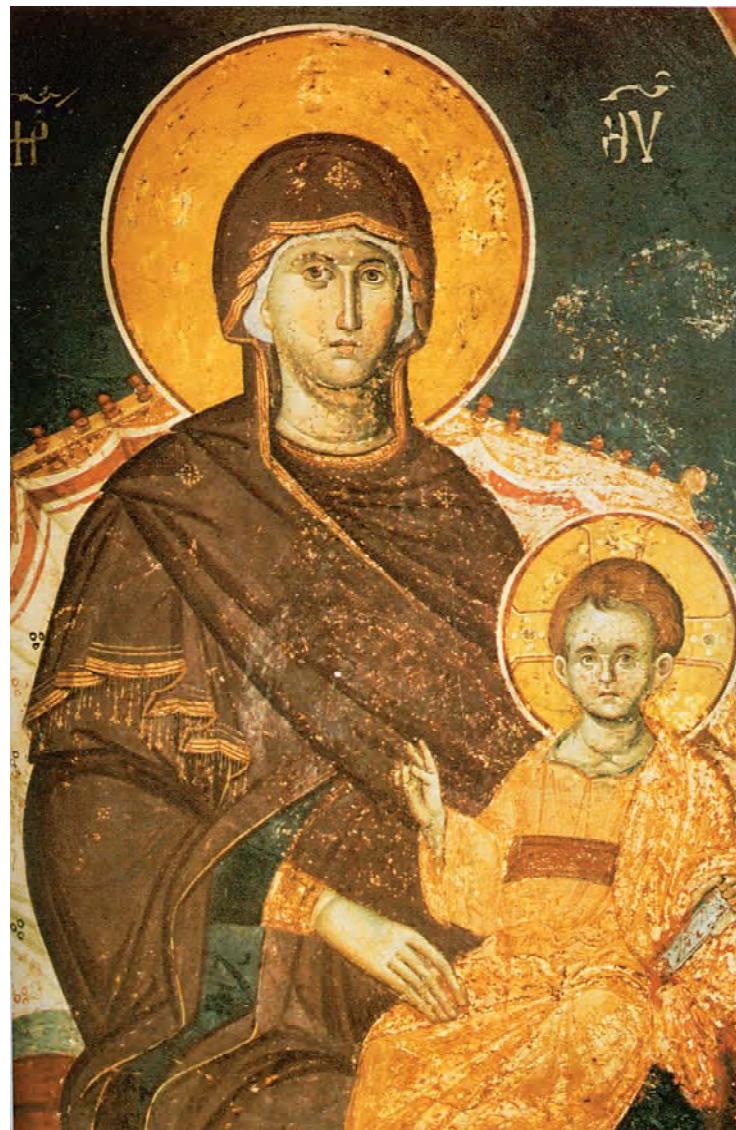
her with what He hath re-ceived, is one Son,— two - fold of

na - - ture, but not in hy - pos - ta - sis. Where - fore, pro -

claim-ing Him as tru - ly per - fect God and per - - fect— man,

we con - fess— Christ our God. Do thou be - seech Him, O

Musical notation for a brief stichera in Plagal Fourth Mode. The music is written in G clef, common time, and consists of two staves. The first staff ends with a fermata over the last note. The lyrics for the first staff are: "Moth - er who knew - est not wed - lock, to have mer - cy". The second staff begins with a dynamic marking "rit. G↓" above the first note. The lyrics for the second staff are: "on our souls." A red "Un." is placed above the third note of the second staff.





BRIEF APOSTICHA

Plagal Fourth Mode

Allegro $\text{♩} = 160$

Aposticha #1

Ἄνηλθες ἐπὶ Σταυροῦ

Thou_ didst as - cend the Cross, O Je - sus, Who didst de - scend from

Heav - en. Thou cam - est un - to death, O Im - mor - tal

Life. Thou cam - est un - to those in dark - ness, O Thou Who

art the True_ Light. Thou cam - est un - to the fall -

en, O Res - ur - rec - tion of all. O our Light_ and our

Sav-iour, glo - ry be__ to Thee.

Verse #2

'Ο Κύριος ἐβασίλευσεν

The Lord is King, He is clothed with maj-es-ty; the Lord is clothed with

strength and_ He_ hath girt Him - self.

Aposticha #2

Χριστὸν δοξολογήσωμεν

Let us glo - ri - fy Christ, Who is ris - en from the dead.

For, tak - - ing up - on Him - self__ soul and bod - - y, He

sep - a - rat - ed one from the oth - er by His pas - - sion.

His im - mac - u - late soul de - scend - ed in - to Ha - des,
which _ al - so He de - spoiled; and the ho - ly Bod - y of
the Re-deem - er of our souls knew_ no cor - rup - tion in -
the _____ grave.

Verse #3

Καὶ γὰρ ἐστερέωσε

For He es - tab - lished the world which shall not be shak - en.

Aposticha #3

Ψαλμοῖς καὶ ὕμνοις

With psalms and hymns we glo - ri - fy Thy Res - ur - rec-tion from the

dead, O Christ, where - by__ Thou didst free__ us from the

tyr - an - ny of Ha - des; and as God Thou didst be - stow

life__ ev - er - last - ing and great mer - cy.

Verse #4

Τῷ οἴκῳ σου πρέπει

Ho - li - ness be - com - eth Thy house, O Lord, un - to length of days.

Aposticha #4

Ω Δέσποτα τῶν ἀπάντων

O mas - - ter of all, in - com - pre - hen - si - ble Mak - - er of

heav - - en and earth, by Thy pas - sion up - on the Cross Thou

hast be - come a well-spring of dis - pas - sion for me; and
 by ac - cept - ing bur - i - al and a - ris - - ing in glo -
 ry, Thou didst raise up Ad - am al - so with_ Thine_ al-might - y
 hand. Glo - ry to Thine a - ris - ing on the third_ day,
 where - by_ Thou hast grant - ed un - to us_ life_ ev - er -
 last - ing and for - give - ness of sins, since Thou a - lone_
 art com - pas - sion - ate.

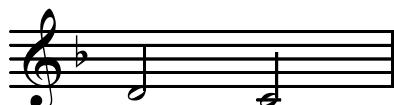
G C

Glory...

Δόξα Πατρί



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly



Spir - it.

Both now...

Καὶ νῦν



Both now and ev - er, and un - to the ag - es of



ag - es. A - men.

Aposticha Theotokion

Ἄνυμφευτε Παρθένε



O un - wed - ded Vir - gin, who in - ex - press - i - bly con - ceived -

God in the flesh, O Mother of the Most High God: Re -

ceive the pe - ti - - - tions of thy sup - pli - ants,

O all-blame-less one. O thou who grant - est un - to

all pu - ri - fi - ca - tion from of - fenc - es, re - ceive now

our en - treat - - ies, and be - seech_ that we all__ be__

rit. G↓ *Un.*

saved.

I will pray with the spirit,
 and I will pray with the understanding also:
 I will sing with the spirit, and I will sing with the understanding also.

I Cor. 14:15