Plagal Fourth Mode

Intonation: #26

Lord, I Have Cried

Andante ♩-♯4

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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

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.

www.stanthonyssmonastery.org/music/Vespers.htm
Verses of Psalms
140, 141, and 129

Plagal Fourth Mode

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins,

With men that work iniquity; and I will not join with their chosen.
The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.
For unto Thee, O Lord, O Lord, are mine eyes, in Thee, have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.
I will pour out before Him my supplication, mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand, and beheld, and there was none that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.
I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me, for they are stronger 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.
Bring my soul out of prison that I may confess Thy Name.

The righteous shall wait patiently for me until Thou shalt reward me.

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

Let Thine ears be attentive to the voice of my supplication.
**Slow Stichera**

*Plagal Fourth Mode*

**Verse #1**

'Εξάγαγε ἐκ φυλακῆς

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

Thy Name.

**Stichera #1**

'Εσπερινὸν ύμνον

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
Verse #2

The righteous shall wait patiently for me until Thou shalt reward me.

Stichera #2

Lord, O Lord, cast us not away from Thy presence, but be
Verse 3

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

hear_________ my_________ voice.

Stichera 3

Re-joice, O____ ho-ly Si-____ on, thou_
mother of the churches and dwelling place of God; for thou wast first to receive remission of sins, through the Resurrection.

Verse #4

Γενηθήτω τὰ ὀντα σου

Let Thine ears be attentive to the voice of my supplication.
The Word, Who, was be - got - ten of
God the Fa - ther be - fore
the ages, 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 - tion and death, and,
by the Res - ur - rec - tion, hath saved

Stichera #4

'O èk Ïou

www.stanthonymsmonastery.org/music/Vespers.htm
who was slain of old.

Verse #5

If Thou should-est mark iniquities, O Lord, O Lord, who shall stand?

For with Thee there is forgiveness.

Stichera #5

We glory Thy Resurrection from the dead, O Christ, where-by Thou didst free the race of Adam from the tyranny
of Hades; and, as God, Thou hast bestowed up on the world life.

everlasting and great mercy.

Verse #6

"Ενεκεν τοῦ ὄνοματός σου

For Thy Name’s sake have I patiently waited for Thee, O Lord;

my soul hath patiently for Thy word, my soul hath hoped in the Lord.
Glo - ry be to Thee, O Christ

Saviour, Only-begotten Son of God, Who wast nailed to the Cross and didst arise from the tomb on the third day.

Verse #7

From the morning watch until night, from the morning watch let Is -
ra - el hope in the Lord.

We glo - ri - fy Thee, O Lord, Who didst will - ing - ly en - dure the Cross for us, and we wor - ship Thee, O Om - nip - - o - tent Sav - - -

Cast us not a - way from

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

Stichera #7

Σὲ δοξάζωμεν Κύριε

www.stanthonysmonastery.org/music/Vespers.htm
For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

O praise the Lord, all ye nations; praise, Him, all ye peoples.
Verse #10

"Ὅτι ἐκραταίῳθῃ

For He hath made His mercy to prevail over us, and the truth of the Lord abideth for ever.

Plagal Fourth Mode - Slow Stichera
Glory... Both Now... 

Plagal Fourth Mode

Andante

Dóξα Πατρί

A1

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

Kai vòv

A2

Both now and ev-er, and un-to the a-ges of a-ges. Amen.
Glo - ry to the Fa - - - ther, and to the Son, and to the Ho - ly Spir - it.

Both now and ev - - - er, and un - to the a - - - ges of a - - -
ges. A - - men.
Old (Slow) Sticheraric Melodies

Plagal Fourth Mode - Glory

Both now and ever, and unto the ages.

Amen.
**Dogmatic Theotokion**

Plagal Fourth Mode

`Ο Βασιλεύς τῶν οὐρανῶν

**Andante** ♩=84

The King of the Heavens, out of love for man, hath appeared on earth and lived among men. For

He that hath taken flesh of the pure Virgin, and come
forth from her with what He hath received, is one Son, two-fold of nature, but not in hypostasis. Therefore, proclaiming Him as truly perfect God and perfect man, we confess Christ, our God. Do thou be seech Him, O Mother
who knew est not wed lock, to have
mer cy on our souls.
Slow Aposticha

Plagal Fourth Mode

Aposticha #1

Thou didst ascend the Cross, O Jesus,
Who didst descend from Heaven. Thou camest unto death, O Immortal Life. Thou camest unto those in darkness, O Thou Who art the True...
The Lord is King, He is clothed with majesty; the Lord is clothed with strength and He hath girt Himself.

Verse #2

Ὁ Κύριος ἐβασίλευσεν
Let us glorify Christ, Who is risen from the dead. For, taking upon Himself soul and body, He separated one from the other by His passion. His immaculate soul descended into Hades, which also He descended.
spoiled; and the holy Body of the Redeemer of our souls knew no corruption in the grave.

Verse #3

For He established the world which shall not be shaken.

Aposticha #3

With psalms and hymns we glorify Thy
Resurrection from the dead, O Christ, whereby Thou didst free us from the tyranny of Hades; and as God Thou didst bestow everlasting and great mercy.

 Verse #4

Holiness becometh Thy house, O Lord, unto length of days.
O master of all, incomprehensible

Maker of heaven and earth, by Thy

passion upon the Cross Thou hast be

come a well-spring of dispassion

for me; and by accepting bur

ial and arising in glory,

Thou didst raise up Adam also

Aposticha #4

"Ω Δέσποτα τῶν ἀπάντων

Plagal Fourth Mode - Slow Aposticha

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with Thine almighty hand.

Glory to Thine arising on the third day, whereby Thou hast granted unto us life everlasting.

last ing and forgive ness of sins, since Thou alone art compassionate.
Aposticha Theotokion

Plagal Fourth Mode

Andante 84

O unwedded Virgin, who

inexpressibly conceived God

in the flesh, O Mother of

the Most High God: Receive the

petitions of thy suppliants, O all-

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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
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 Πατρί

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 δι’ ἡμᾶς γεννηθεῖς

O 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: Disdain them not which Thou hast fashioned with Thy hand; show us Thy love for mankind, O Merciful One; accept the Theotokos that

gave Thee birth, who intercedeth for us; and do Thou, our

Saviour, save a despairing people.
Plagal Fourth Mode - Brief

Intonation: #24

Lord, I Have Cried

Lord, I have cried unto Thee; hearken unto me;

hearken unto me, O Lord. Lord, I have cried unto

Thee, hearken unto me; attend to the voice

www.stanthonyssmonastery.org/music/Vespers.htm
of my supplication when I cry unto Thee:

Let my prayer be set forth as incense before Thee,
the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.
**Brief Stichera**

**Plagal Fourth Mode**

**Verse #1**

\[ \text{Allegro } \frac{4}{4} \frac{1}{160} \]

Bring my soul out of prison that I may confess Thy Name.

**Stichera #1**

\[ \text{C} \]

An evening hymn and rational adoration

do we offer unto Thee, O Christ; for Thou

wast well-pleased to have mercy on us, through the Resurrection.

www.stanthonysmonastery.org/music/Vespers.htm
The right-eous shall wait pa-tient-ly for me un-til Thou shalt re- ward me.

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.

Out of the depths have I cried un-to Thee, O Lord; O Lord, hear my voice.
Stichera #3

Rejoice, O holy Sion, thou mother of the churches and dwelling-place of God; for thou wast first to receive remission of sins, through the Resurrection.

Verse #4

Let Thine ears be attentive to the voice of my supplication.
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

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

For with Thee there is for-give-ness.

Stichera #5

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

For Thy Name's sake have I patient-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

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

From the morning watch until night, from the morning watch let Israel hope in the Lord.

Stichera #7

We glorify Thee, O Lord, Who didst willingly endure the Cross for us, and we worship Thee, O Omnipotent Saviour. Cast us not away from Thy presence, but hearken and save us by Thy Resurrection, O
For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

O praise the Lord, all ye nations; praise Him, all ye peoples.

For He hath made His mercy to prevail over us, and the truth of the
Lord abideth for ever.

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

Both now and ever, and unto the ages of ages. Amen.
The King of the Heav-ens, out of love for man, hath ap-
peared on earth and lived among men. For He that hath
tak-en flesh of the pure Virgin, 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-
flect God and per-
flect man,
we con-
fess Christ our God. Do thou be-
seek Him, O

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Moth-er who knew-est not wed-lock, to have mer-cy

on our souls.
Thou didst ascend the Cross, O Jesus, Who didst descend from Heaven. Thou camest unto death, O Immortal Life. Thou camest unto those in darkness, O Thou Who art the True Light. Thou camest unto the fallen, O Resurrection of all. O our Light and our
Saviour, glory be to Thee.

Verse #2

The Lord is King, He is clothed with majesty; the Lord is clothed with strength and He hath girt Himself.

Aposticha #2

Let us glorify Christ, Who is risen from the dead.

For, taking upon Himself soul and body, He separated one from the other by His passion.
His immaculate soul descended into Hades,

which also He despoiled; and the holy Body of the Redeemer of our souls knew no corruption in the grave.

Verse #3

Και γὰρ ἐστερέωσε

For He established the world which shall not be shaken.

Aposticha #3

Ψαλμὸς καὶ ὑμνοίς

With psalms and hymns we glorify Thy Resurrection from the
dead, O Christ, whereby Thou didst free us from the tyranny of Hades; and as God Thou didst bestow life everlasting and great mercy.

Verse #4

Τὸ ὦ ὁ ἵλικον πρέπει

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

Aposticha #4

Ο Αἰσθητικόν τῶν ἀνθρώπων

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

Plagal Fourth Mode - Brief Aposticha
hast become a well-spring of dispassion for me; and by accepting burial and arising in glory, Thou didst raise up Adam also with Thine almighty hand. Glory to Thine arising on the third day, whereby Thou hast granted unto us life everlasting and forgivingness of sins, since Thou alone art compassionate.
Glory...  
Δόξα Πατρί

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.

Aposticha Theotokion  
Άνυμφευτη Παρθένε

O unwedded Virgin, who inexpressibly conceived...
God in the flesh, O Mother of the Most High God: Receive the petitions of thy suppliants,

O all-blameless one. O thou who grantest unto all purification from offences, receive now our entreaties, and beseech that we all be 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