**Slow Stichera**  
*Plagal Second Mode*  
"Ἡχος ἁ γέρων"  

**Verse #1**  
"Ἐξάγαγέ ἐκ φυλακῆς Ἰακώβ."  

Bring my soul out of prison that I may confess

Thy Name.

**Stichera #1**  
"Νίκην ἐχόν"  

On-quering Hades, O Christ, Thou didst ascend the Cross, that with Thy self Thou might-est raise them that sat in the darkness of death,  

O Thou Who art free among the dead. Thou Who
dost pour forth life from Thine own light, O omnipotent Saviour, have mercy on us.

Verse #2

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

Stichera #2

The righteous is risen to-day, as He said, and hath granted joy unto the world; that while crying out, we all may thus chant the hymn: O Well-spring of life, O Unapproachable...
Verse #3

\textit{Ex ραθέων}

Out of the depths have I cried unto Thee, O Lord; O Lord, have mercy upon us.

Stichera #3

Σὲ Κύριε

From Thee, O Lord, Who art in all creation, whither shall we sinners flee? To Heaven? but Thou Thyself dost dwell est there. To Hades? but Thou hast trampled on
Verse #4

Γενηθήτω το ὄντα σου

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

Stichera #4

Ἐν τῷ Σταυρῷ σου

n Thy Cross, O Christ, do we boast,
and Thy Resurrection do we praise and glorify; for Thou art our God; beside Thee we know none other.

Verse #5
Έαν ἄνομίας

Verse #5
Dia pantos eulogounte

Verer blessing the Lord, we praise His Resurrection; for He endured the Cross, and by death destroyed death.
Verse #6

"Ενεκέν τοῦ όνόματός σου

For Thy Name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word, my soul hath hoped in the Lord.

Stichera #6

Δόξα τῇ δυνάμει σου

Lo-ry to Thy might, O Lord; for Thou hast destroyed him that had the dominion of death. Thou hast renewed us by Thy Cross, granting us life and incorruption.
Verse #7

\[ \text{F} \]
from the morning watch until night from the morning watch
let Israel hope in the Lord.

Stichera #7

\[ \text{ח} \]
hy burial, O Lord, rent a sun-der the bonds of Hades, and crushed them. Thy resurrection from the dead enlightened the world. Lord, glory be to Thee.
Verse #8

Οτί παρὰ τῶν Κυρίων

For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

Verse #9

Αἶνείτε τὸν Κύριον

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

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