Blessed is the Man
(Psalms 1-3)

Brief Version

Plagal First Mode
adapted from Hierom monk Gregory
of Simonos Petras Monastery

IHΣΩΣ ΛΩΙ ΠΑ

less-ed is the man that hath not walked in the coun-
el of

the un-god-ly, nor stood in the way of sin-
ers, nor sat____ in

the seat of the pes-ti-
lent. Al-le-lu-i-a.

But his will is rath-
er in the law____ of the Lord, and

in His law will he med-
tate day and night. Al-

Duration: 6:30
Intonation: #14

Μακάριος ἄνήρ
And he shall be like the tree which is planted by the streams of the waters. Alleluia.

Which shall bring forth its fruit in its season; and its leaf shall not fall, and all things whatsoever he may do shall prosper. Alleluia.

Not so are the ungodly, not so; but rather they are like the chaff which the wind doth hurl away from the face of the earth. Alleluia.

For this reason shall the ungodly not stand up in judgment.
For the Lord know-eth the way of the right-eous, and the way of the un-god-ly shall per-ish._ Al-le-lu-i-a.

Why have the hea-then raged, and the peo-ple med-i-ta-ted emp-ty things?_ Al-le-lu-i-a.

The kings of the earth were a-roused, and the rul-ers were as-sem-bled to-geth-er, a-gainst the Lord, and a-gainst His Christ._ Al-le-lu-i-a.
10 Let us break their bonds a-sunder, and let us cast a-way their yoke from us. Alleluia.

11 He that dwell-eth in the heav-ens shall laugh them to scorn, and the Lord shall de-ride them. Alleluia.

12 Then shall He speak un-to them in His wrath, and in His an-ger shall He trou-ble them. Alleluia.

13 But as for Me, I was es-tab-lished as king by Him, up-on Si-on, His ho-ly moun-tain, pro-claim-ing the com-mand-ment of the Lord. Alleluia.

14 The Lord said un-to Me: Thou art My Son, this day have I be-got-
15 Ask of Me, and I will give Thee the nations for Thine inheritance, and the uttermost parts of the earth for Thy possession.

16 Thou shalt herd them with a rod of iron; Thou shalt shatter them like a potter's vessels.

17 And now, O ye kings, understand; be instructed, all ye that judge the earth.

18 Serve ye the Lord with fear, and rejoice in Him with trembling.
Lay hold of instruction, lest at any time the Lord be angry, and ye perish from the righteous way. Alleluia.

When quickly His wrath be kindled, blessed are all that have put their trust in Him. Alleluia.

O Lord, why are they multiplied that afflict me? Many rise up against me. Alleluia.

Many say unto my soul: There is no salvation for him in his God. Alleluia.

But Thou, O Lord, art my help, and the
I cried unto the Lord with my voice, and He heard me out of His holy mountain. Alleluia.

I laid me down and slept; I awoke, for the Lord will help me. Alleluia.

I will not be afraid of ten thousands of people that set themselves against me round about. Alleluia.

Arise, O Lord, save me, O my God, for Thou hast smitten ten all who without cause are mine enemies; the teeth of sinners
hast Thou broken. Al-le-lu-ia.

Salvation is of the Lord, and Thy blessing is upon Thy people. Al-le-lu-ia.

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

Both now and ever, and unto the ages of ages. Amen.

Al-le-lu-ia. Al-le-lu-ia. Al-le-lu-ia._

Glory to Thee, O God.

Al-le-lu-ia. Al-le-lu-ia. Al-le-lu-ia.
Glo-ry to Thee O God, our hope O Lord, glo-ry to Thee.