



VERSES OF PSALMS 140, 141, AND 129

Triple Meter

Plagal Second Mode

145

adapted from Athonite melody

Duration: 5:30

Ἦχος λ Πά

Θοῦ Κύριε



et, O Lord, a watch be-fore my mouth, and a door

of en- clo-sure round a- bout my lips.

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

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

3 With men that work__ in - iq - ui - ty; and I will not

join__ with__ their cho - - - sen.

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

__ me; as for thē oil__ of the sin - - - ner, let it not a -

noint__ my head.

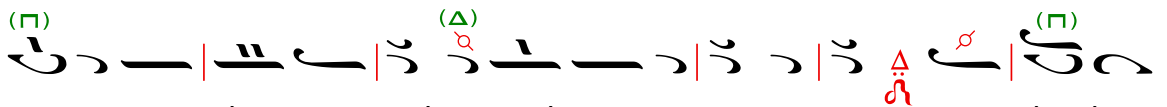
5 For yet more is my prayer in the pres - ence of their pleas - - -


ures; swal - lowed up near by__ the rock__ have their judg - es been.


6 They shall hear my words, for they__ be sweet - ened; as a


clod of earth__ is bro - - ken__ up - on thē earth, so have__

their bones__ been scat - tered nigh__ un - - to Ha - - - des.

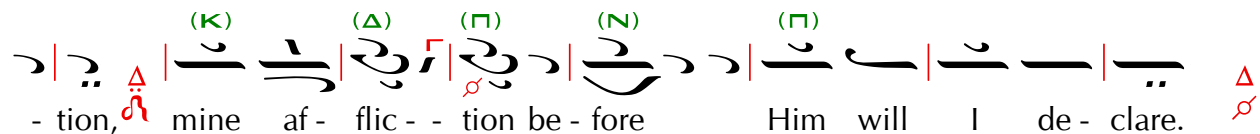
7 
 For un - to Thee, O Lord, O Lord, _____ are mine eyes, in Thee have
 I hoped; take _____ not my soul _____ a-way.

8 
 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 
 The sin - - - ners shall fall in - to their own _____ net;
 I _____ am a - lone _____ un - til _____ I pass _____ by.

10 
 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 
 I will pour _____ out be - fore _____ Him my sup - - pli - ca - -



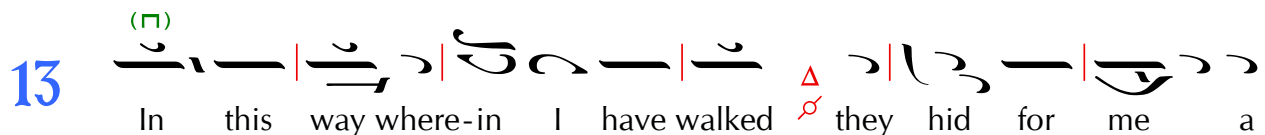
 - tion, mine af- flic - - tion be - fore ___ Him will I de - clare.

12


 When my spir - - - it was faint - ing with - in ___ me, then_



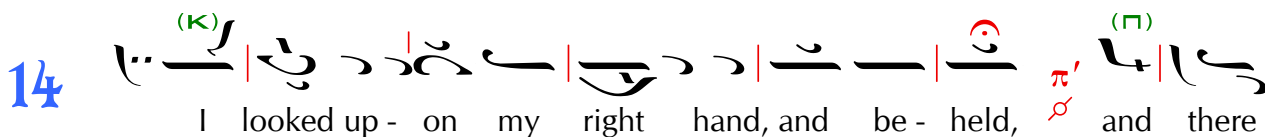
 Thou knew - est my paths.

13


 In this way where-in I have walked they hid_ for me__ a



 snare.

14


 I looked up - on my right__ hand, and be - held, and there_



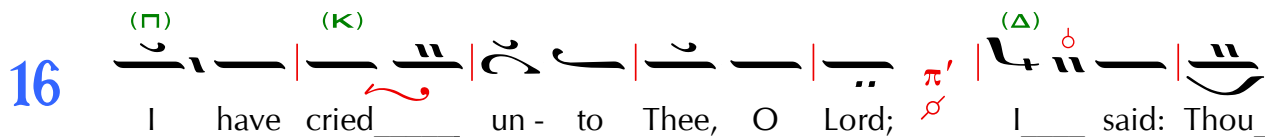
 was none ___ that ___ did know ___ me.

15


 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.

The following verses are chanted in triple meter only when there are fewer than ten troparia.

19

 Bring my soul out of pris - - - on that I___ may___ con - fess_

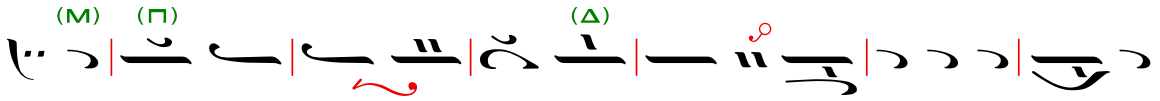
_ Thy Name.

20

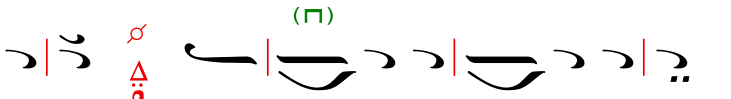
 The right - eous shall wait pa - tient - ly for me un - til___



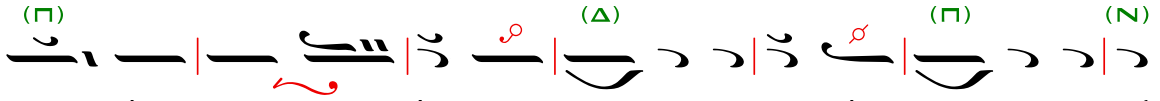
 Thou shalt_ re - ward_____ me. ⲓ

21


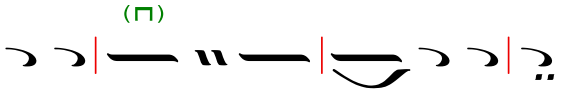
 Out of the depths_____ have I cried_____ un - - to Thee,_____



 O Lord; ⲁ O Lord,_____ hear_____ my voice. ⲓ

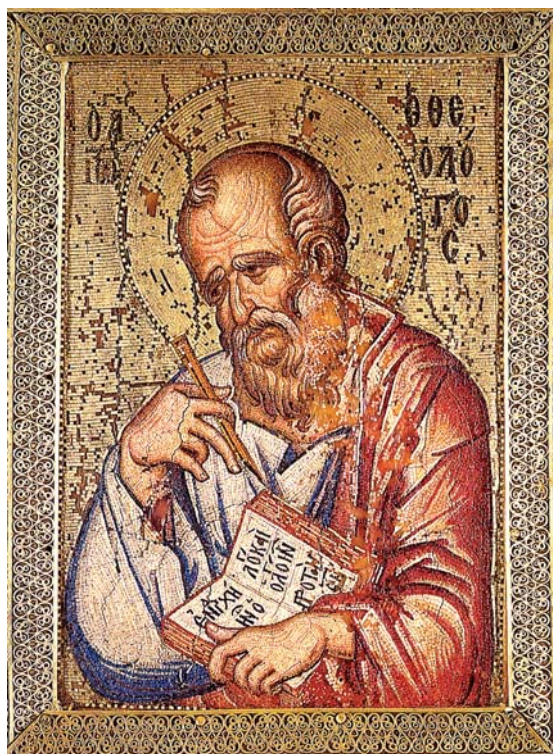
22


 Let Thine ears_____ be at - ten - - tive to the voice_____ of_



 _____ my sup - - pli - ca - - - tion. ⲓ

ST.
JOHN



THE
THEOLOGIAN