



THE HOLY RIGHTEOUS MARTYR DOMETIUS

August 7

Apolytikion

Fourth Mode

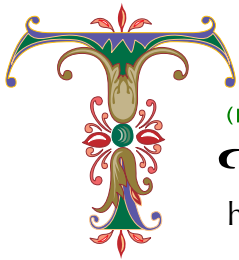
"Be quick to anticipate"

150

Intonation: #10

Ἦχος Δι

Ὁ Μάρτυς σου Κύριε


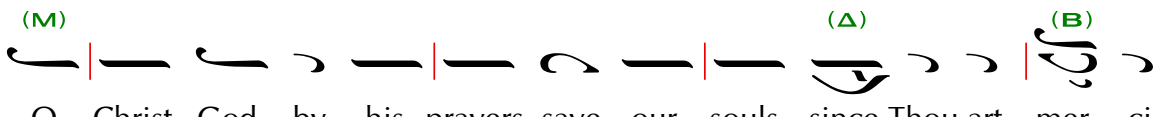


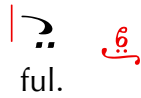
(M) (Δ) (B)
hy Mar- tyr, O Lord, in his cou- ra- geous con- test for Thee

(Δ) (M) (Δ)
re- ceived as the prize the crowns of in- cor- rup- tion and life

(B) (Δ) (M) (Δ)
from Thee, our im- mor- tal God. For since he pos- sessed Thy strength, he cast

4 (B)
down the ty- rants and whol- ly de- stroyed the de- mons' strength- less pre- sump-

tion.  



Q: Many times, when I chant, I feel myself being puffed up.

When this happens, how should I confront the thoughts?

A: When the heart becomes puffed up during psalmody, remember that it is written:

"Let not them who embitter Him be exalted in themselves." (Ps. 65:7) Embittering Him is when we sing without understanding (Ps. 47:7) and without the fear of God. If you examine yourself to see if your thoughts are wandering during psalmody, you will definitely find that they have been wandering and you are angering God.

- Sts. Barsanuphius and John