

SIXTH-HOUR PRAYERS

DURING THE WEEKDAYS OF LENT

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us. Amen.

O come let us worship and fall down before God our King.

O come let us worship and fall down before Christ our King and our God.

O come let us worship and fall down before Christ himself our King and our God.

Here may be read Psalm 53 and 54. Continue with Psalm 90.

PSALM 90

He that dwells in the shelter of the Most High shall abide in the shadow of the Almighty.

He will say unto the Lord, "My refuge and my fortress, my God, in whom I trust."

For he shall deliver thee from the snare of the fowler and from the deadly pestilence.

With his pinions will he overshadow thee, and under his wings shalt thou find refuge; his faithfulness is a shield and buckler.

Thou shalt not fear the terror by night, nor the arrow that flies by day,

Nor the thing that stalks in darkness, nor the mishap, nor the demon of noonday.

A thousand shall fall at thy side, ten thousand at thy
right hand, but it shall not come near thee.

Thou shalt only look with thine eyes and see the
recompense of the wicked.

Because thou, O Lord, art my hope; thou hast made the
Most High thy refuge.

No evil shall befall thee, no plague come near thy tent.
For he shall give his angels charge over thee, to keep
thee in all thy ways.

On their hands shall they bear thee up, lest thou dash
thy foot against a stone.

Thou shalt tread upon the asp and basilisk; the young
lion and the serpent shalt thou trample underfoot.

For he hath set his hope on Me, and I will deliver him;
I will shelter him because he knows my name.

He shall call upon me, and I will hear him; I will be
with him in trouble; I will rescue him and honor
him.

With long life will I satisfy him and show him my
salvation.

Glory to the Father, and to the Son, and to the Holy
Spirit: both now and ever, and unto ages of ages.
Amen.

Alleluia, Alleluia, Alleluia. Glory to thee, O God.
(*thrice*)

Lord have mercy. (*thrice*)

TROPARIA OF THE 6th HOUR IN TONE 2

Refrain: O thou, who on the sixth day and hour didst nail to the cross the sin which Adam, through presumption, committed in paradise: Tear asunder also the handwriting of our iniquities, O Christ God, and save us. (*prostration*)

Verse 1: Give ear, O God, unto my prayer and disdain not my supplication. (*Refrain*)

Verse 2: As for me, unto God, have I cried, and the Lord hearkened unto me. (*Refrain*)

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever and unto ages of ages. Amen.

Seeing that we have no boldness, because of the multitude of our sins, do thou, O Virgin Theotokos, fervently entreat him who was born of thee; for the prayer of a mother availeth much to the good will of the Master. Despise not the supplication of sinners, O all-revered one; or merciful and mighty to save is he who graciously deigned to suffer for us.

THE PROPHECY

The reading from the Prophecy of Isaiah.

Read the Prophecy appointed for the day.

Let thy compassions quickly go before us, O Lord, for we are become exceedingly poor. Help us, O God our Savior, for the sake of the glory of thy name; O Lord, deliver us, and be gracious unto our sins, for thy name's sake.

TRISAGION PRAYERS

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)

Glory to the Father, and to the Son and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord have mercy. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name: thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us. Amen.

TROPARIA

Thou hast wrought salvation in the midst of the earth, O Christ God. Thou didst stretch out thine immaculate hands upon the cross. Thou hast gathered together all the nations, who cry aloud unto thee: Glory to thee, O Lord.

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

We reverence thine immaculate icon, O good one, and ask forgiveness of our transgressions, O Christ our God; for of thine own goodwill thou wast pleased to ascend the cross in the flesh, that thou mightest deliver from bondage to the enemy those whom thou hast fashioned. Wherefore we cry aloud to thee with thanksgiving: thou hast filled all things with joy, O our Savior, for thou didst come to save the world.

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

On Monday, Tuesday, and Thursday, say:

Forasmuch as thou art a fountain of tenderness, O Theotokos, make us worthy of compassion; look upon a sinful people; manifest thy power as ever, for hoping on thee we cry aloud unto thee, *Hail!* as once did Gabriel, chief captain of the bodiless powers.

But on Wednesday and Friday, say:

Most blessed art thou, O Virgin Theotokos, and we sing thy praise. For by the cross of thy Son was hades overthrown, and death was slain, and we who were dead have risen again and have mercifully been deemed worthy of life and have received paradise which was our delight of old. For which cause, with thanksgiving we glorify Christ our God, in that he is mighty and the only most merciful One.

THE PRAYER OF THE HOURS

Lord have mercy. (*40x*)

Thou who, at all times and at every hour, both in heaven and on earth art worshipped and glorified, O Christ God, long suffering, plenteous in mercy and compassion, who lovest the just and showest mercy upon the sinner, who callest all men to salvation through the promise of blessings to come: Do thou the same Lord, receive our supplications at this present hour and direct our lives according to thy commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; and deliver us from all calamity, wrath and distress. Compass us about with thy holy angels that, guided and guarded by their hosts, we may attain unto the unity of the faith and to the knowledge of thine unapproachable glory. For blessed art thou unto ages of ages. Amen.

Lord, have mercy. (*thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever and unto ages of ages. Amen.

More honorable than the cherubim, and more glorious beyond compare than the seraphim, thou who without corruption gavest birth to God the Word, and art truly Theotokos: we magnify thee.

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us. Amen.

THE PRAYER OF ST EPHRAIM

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother: for thou art blessed unto ages of ages. Amen. (*prostration*)

Twelve metanias are made, saying each time:

O God, be gracious unto me, a sinner.

The Prayer of St Ephraim is said again with only one prostration being made at the conclusion of it.

The Trisagion Prayers may be repeated here.

Lord, have mercy. (12x)

A PRAYER OF ST BASIL THE GREAT

O God and Lord of hosts and Maker of all things created, who through the tender-hearted compassion of thine incomparable mercy didst send down thine only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by his precious cross didst destroy the handwriting of our sins and didst thereby triumph over the origin and powers of darkness: Do thou, the same Lord, who lovest mankind, receive also these thanksgivings and fervent prayers of us sinners. And deliver us from every harmful and gloomy transgression and from all enemies, both visible and invisible, who seek after us to destroy us. Nail our flesh

to the fear of thee, and incline not our hearts to words or thoughts of wickedness; but wound our souls with the love of thee, that looking ever unto thee and guided by thee in the light, beholding thee, the Light ineffable and everlasting, we may ascribe unto thee ceaseless confession and thanksgiving unto the unoriginate Father, together with thine only-begotten Son, and thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

THE DISMISSAL

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever and unto ages of ages. Amen.

Lord, have mercy. (*thrice*)

Lord Jesus Christ our God, through the intercessions of thine all-immaculate and all-blameless holy Mother; by the might of thy precious and life-giving cross, the protection of our holy community; and at the supplication of all thy saints, have mercy on us. Amen.