

# THE LENTEN OFFICE OF VESPERS

## ADAPTED READER'S SERVICE

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us. Amen. Glory to thee, our God, glory to thee.

O Heavenly King, the Comforter, the Spirit of truth, who art everywhere and fillest all things; Treasury of blessings and Giver of life: come and abide in us and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

O Most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for thy Name's sake.

Lord, have mercy. (3x)

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

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

Lord, have mercy. (12x)

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



Come, let us worship God our King. Come, let us worship and fall down before Christ, our King and our God. Come, let us worship and fall down before Christ Himself, our King and our God.

### **Psalm 103**

Bless the Lord, O my soul. O Lord my God, thou art very great. Thou art clothed with honor and majesty, who coverest thyself with light as with a garment, who hast stretched out the heavens like a tent, who hast laid the beams of thy chambers on the waters, who makest the clouds thy chariot, who ridest on the wings of the wind, who makest the winds thy messengers, fire and flame thy ministers. Thou didst set the earth on its foundations, so that it should never be shaken. Thou didst cover it with the deep as with a garment; the waters stood above the mountains. At thy rebuke they fled; at the sound of thy thunder they took to flight. The mountains rose, the valleys sank down to the place which thou didst appoint for them. Thou didst set a bound which they should not pass, so that they might not again cover the earth. Thou makest springs gush forth in the valleys; they flow between the hills, they give drink to every beast of the field; the wild asses quench their thirst. By them the birds of the air have their habitation; they sing among the branches. From thy lofty abode thou waterest the mountains; the earth is satisfied with the fruit of thy work. Thou dost cause the grass to grow for the cattle, and plants for man to cultivate, that he may bring forth food from the earth, and wine to gladden the heart of man, oil to make his face shine, and bread to strengthen man's heart. The trees of the Lord are watered abundantly, the cedars of Lebanon which he planted. In them the birds build their nests; the stork has her home in the fir trees. The high mountains are for the wild goats; the rocks are a refuge for the badgers. Thou hast made the moon to mark the seasons; the sun knows its time for setting. Thou makest darkness, and it is night, when all the beasts of the forest creep

forth. The young lions roar for their prey, seeking their food from God. When the sun rises, they get them away and lie down in their dens. Man goes forth to his work and to his labor until the evening. O Lord, how manifold are thy works. In wisdom hast thou made them all; the earth is full of thy creatures. Yonder is the sea, great and wide, which teems with things innumerable, living things both small and great. There go the ships, and Leviathan which thou didst form to sport in it. These all look to thee, to give them their food in due season. When thou givest to them, they gather it up; when thou openest thy hand, they are filled with good things. When thou hidest thy face, they are dismayed; when thou takest away their breath, they die and return to their dust. When thou sendest forth thy Spirit, they are created; and thou renewest the face of the ground. May the glory of the Lord endure for ever, may the Lord rejoice in his works, who looks on the earth and it trembles, who touches the mountains and they smoke. I will sing to the Lord as long as I live; I will sing praise to my God while I have being. May my meditation be pleasing to him, for I rejoice in the Lord. Let sinners be consumed from the earth, and let the wicked be no more. Bless the Lord, O my soul.

*And again:*

The sun knows its time for setting. Thou makest darkness, and it is night. O Lord, how manifold are thy works. In wisdom hast thou made them all. Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Alleluia, alleluia, alleluia, glory to thee, O God. (3x)

Lord, have mercy. (12x)

*An appointed reading from the Psalter.*

*When finished, continue:*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen. Alleluia, alleluia, alleluia. Glory to thee, O God. (3x)

Lord, have mercy. (12x)

Lord, I call upon thee, hear me; hear me, O Lord. Lord I call upon thee, hear me; receive the voice of my prayer, when I call upon thee. Hear me, O Lord.

Let my prayer arise in thy sight as incense, and let the lifting up of my hands be an evening sacrifice. Hear me, O Lord.

### **Psalm 140**

Set a guard over my mouth, O Lord, keep watch over the door of my lips. Incline not my heart to any evil, to busy myself with wicked deeds in company with men who work iniquity; and let me not eat of their dainties. Let a good man strike or rebuke me in kindness, but let the oil of the wicked never anoint my head; for my prayer is continually against their wicked deeds. When they are given over to those who shall condemn them, then they shall learn that the word of the Lord is true. As a rock which one cleaves and shatters on the land, so shall their bones be strewn at the mouth of Sheol. But my eyes are toward thee, O Lord God; in thee I seek refuge; leave me not defenseless. Keep me from the trap which they have laid for me, and from the snares of evildoers. Let the wicked together fall into their own nets, while I escape.

### **Psalm 141**

I cry with my voice to the Lord, with my voice I make supplication to the Lord, I pour out my complaint before him, I tell my trouble before him. When my spirit is faint, thou knowest my way. In the path where I walk they have hidden a trap for me. I look to the right and watch, but there is none who takes notice of me; no refuge remains to me, no man cares for me. I cry to thee, O Lord; I say, thou art my refuge, my portion in the land of the living. Give heed to my cry; for I am brought very low. Deliver me from my persecutors; for they are too strong for me.

10 Bring my soul out of prison: that I may give thanks to thy Name.

9 The righteous will surround me; for thou wilt deal bountifully with me.

### Psalm 129

8 Out of the depths I cry to thee, O Lord; Lord, hear my voice.

7 Let thine ears be attentive to the voice of my supplication.

6 If thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with thee.

5 For thy Name's sake I have waited for thee, O Lord. My soul waits in thy Word; my soul hopes on the Lord.

4 From the morning watch until night, from the morning watch let Israel hope on the Lord.

3 For with the Lord there is mercy, and with him is plenteous redemption, and he will deliver Israel from all his iniquities.

### Psalm 116

2 Praise the Lord all nations, praise Him all peoples.

1 For His mercy is confirmed on us, and the truth of the Lord endures forever.

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

*Now* and ever and unto ages of ages. Amen.

Gladsome Light of the holy glory of the immortal Father, heavenly, holy, blessed: O Jesus Christ. Now that we have come to the setting of the sun, and behold the light of evening we praise God: Father, Son, and Holy Spirit. For meet it is at all times to worship thee in voices of praise, O Son of God, Giver of life. Therefore, all the world doth glorify thee.

*Here the reader may choose to read the appointed daily prokeimena and readings from Genesis and Proverbs.*

Vouchsafe, O Lord, to keep us this evening without sin. Blessed art thou, O Lord, the God of our Fathers, and praised and glorified is thy Name forever. Amen.

Let thy mercy be upon us, O Lord, even as we have set our hope on thee.

Blessed art thou, O Lord, teach me thy statutes.

Blessed art thou, O Master, make me to understand thy commandments.

Blessed art thou, O Holy One, enlighten me with thy precepts.

Thy mercy, O Lord, endures forever, despise not the works of thy hands.

To thee belongs worship, to thee belongs praise, to thee belongs glory, to

the Father, and to the Son, and to the Holy Spirit, now and ever and unto

ages of ages. Amen.

Lord, have mercy. (12x)

## **The Aposticha**



*Sunday - Thursday*

*Idiomelon of the day, from the Triodion*

To thee I lift up my eyes, O thou who art enthroned in the heavens.

Behold, as the eyes of servants look to the hand of their master, as the

eyes of a maid to the hand of her mistress, so our eyes look to the Lord our

God, till he have mercy upon us.

*Idiomelon of the day, from the Triodion*

Have mercy upon us, O Lord, have mercy upon us, for we have had more

than enough of contempt. Too long our soul has been sated with the

scorn of those who are at ease, the contempt of the proud.

*Sticheron, from the Triodion*

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

*Theotokion, from the Triodion*



*Friday*

*Sticheron*

Blessed are they whom thou hast chosen and taken, O Lord.

*Sticheron*

Their souls shall dwell with the blessed.

*Sticheron*

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

*Theotokion*

Lord, now lettest thou thy servant depart in peace, according to thy word. For my eyes have seen thy salvation, which thou hast prepared before the face of all people; a Light to enlighten the gentiles, and to be the glory of thy people, Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)

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

O Most Holy Trinity have mercy on us; Lord, cleanse us from our sins; Master, pardon our transgressions; Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy (3x)

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

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

Amen. *Rejoice*, O Virgin Theotokos, Mary Full of Grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have born the Savior of our souls. (*Prostration*)

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

*O Baptizer* of Christ, remember us all, that we may be delivered from our iniquities, for to you is given grace to intercede for us. (*Prostration*)

Now and ever and unto ages of ages. Amen.

*Intercede for us*, O Holy Apostles and all the saints, that we may be delivered from perils and sorrows, for we have acquired you as fervent intercessors before the Savior. (*Prostration*)

*Beneath* your compassion we take refuge, O Theotokos. Do not despise our supplications in adversity, but deliver us from perils, O only pure and only blessed one.

Lord, have mercy. (*12x*)

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without corruption you gave birth to God the Word: true Theotokos, we magnify you.

*O Heavenly King*, establish the Orthodox Christians, confirm the Faith, quiet the heathen, give peace to the world, place our departed fathers and brethren in the tabernacles of the righteous, and accept us sorrowers and penitents, for thou art good, and the Lover of mankind.

## The Prayer of St. Ephraim

O Lord and Master of my life, do not give to me the spirit of sloth, despair, lust of power, and idle talk. (*Prostration*)

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

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

God, cleanse me a sinner. (*12x, bowing each time*)

O Lord and Master of my life, do not give to me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art thou unto ages of ages. Amen. (*Prostration*)

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

*Biblical texts used in this service are from the Revised Standard Version.*