

The Third Hour

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 34

Contend, O Lord, with those who contend with me; fight against those who fight against me! Take hold of shield and buckler, and rise for my help! Draw the spear and javelin against my pursuers! Say to my soul, "I am your deliverance!" Let them be put to shame and dishonor who seek after my life! Let them be turned back and confounded who devise evil against me! Let them be like chaff before the wind, with the angel of the Lord driving them on. Let their way be dark and slippery with the angel of the Lord pursuing them! For without cause they hid their net for me; without cause they dug a pit for my life. Let ruin come upon them unawares! And let the net which they hid ensnare them; let them fall therein to ruin! Then my soul shall rejoice in the Lord, exalting in his deliverance. All my bones shall say, "O Lord, who is like thee, thou who delivers the weak from him who is too strong for him, the weak and needy from him who despoils him?" Malicious witnesses rise up; they ask me of things that I know not. They requite me evil for good; my soul is forlorn. But I, when they were sick – I wore sackcloth, I afflicted myself with fasting. I prayed with head bowed on my bosom as though I grieved for my friend or my brother; I went about as one who laments his mother, bowed down and in mourning. But at my stumbling they gathered in glee, they gathered together against me; cripples whom I knew not slandered me without ceasing; They impiously mocked more and more, gnashing at me with their teeth. How long, O Lord, wilt thou look on? Rescue me from their ravages, my life from the lions! Then I will thank thee in the great congregation; in the mighty throng I will praise thee. Let not those rejoice over me, who are wrongfully my

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foes, and let not those wink the eye who hate me without cause. For they do not speak peace, but against those who are quiet in the land they conceive words of deceit. They open wide their mouths against me; they say "Aha, Aha! Our eyes have seen it!" Thou hast seen, O Lord; be not silent! O Lord, be not far from me! Bestir thyself, and awake for my right, for my cause, my God and my Lord! Vindicate me, O Lord, my God and let them not rejoice over me! Let them not say to themselves, "Aha, we have our heart's desire!" Let them not say "We have swallowed him up!" Let them be put to shame and confusion altogether who rejoice at my calamity! Let them be clothed with shame and dishonor who magnify themselves against me! Let those who desire my vindication shout for joy and be glad and say evermore, "Great is the Lord, who delights in the welfare of his servant!" Then my tongue shall tell of thy righteousness and of thy praise all the day long.

PSALM 108

Be not silent, O God of my praise! For the wicked and deceitful mouths are opened against me, speaking against me with lying tongues. They beset me with words of hate, and attack me without cause. In return for my love they accuse me, even as I make prayer for them so they reward me evil for good, and hatred for my love. Appoint a wicked man against him; let an accuser bring him to trial. When he is tried, let him come forth guilty; let his prayer be counted a sin! May his days be few; may another seize his goods! May his children be fatherless and his wife a widow! May his children wander about and beg; may they be driven out of the ruins they inhabit. May the creditor seize all that he has; may strangers plunder the fruits of his toil! Let there be none to extend kindness to him, nor any to pity his fatherless children! May his posterity be cut off; may his name be blotted out in the second generation! May the iniquity of his fathers be remembered before the Lord, and let not the sin of his mother be blotted out! Let them be before the Lord continually; and may his memory be cut off from the earth! For he did not remember to show kindness, but pursued the poor and needy and the

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brokenhearted to their death. He loved to curse; let curses come on him! He did not like blessing; may it be far from him! He clothed himself with cursing as his coat, may it soak into his body like water, like oil into his bones! May it be like a garment which he wraps around him, like a belt with which he daily girds himself! May this be the reward of my accusers from the Lord, of those who speak evil against my life. But thou, O God my Lord, deal on my behalf for thy name's sake; because thy steadfast love is good, deliver me. For I am poor and needy, and my heart is stricken within me, I am gone, like a shadow at evening; I am shaken off like a locust. My knees are weak through fasting; my body has become gaunt. I am an object of scorn to my accusers; when they see me they wag their heads. Help me, O Lord my God! Save me according to thy steadfast love! Let them know that this is thy hand; thou, O Lord hast done it! Let them curse, but do thou bless. Let my assailants be put to shame; may thy servant be glad! May my accusers be clothed with dishonor; may they be wrapped in their own shame as in a mantle! With my mouth I will give great thanks to the Lord; I will praise him in the midst of the throng, For he stands at the right hand of the needy, to save him from those who condemn him to death.

PSALM 51

Have mercy on me, O God, according to thy steadfast love; according to thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against thee, thee only, have I sinned, and done that which is evil in thy sight so that thou art justified in thy sentence and blameless in thy judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which thou hast broken rejoice. Hide thy face from my sins, and blot out all my iniquities. Create in me a

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clean heart, O God, and put a new and right spirit within me. Cast me not away from thy presence and take not thy holy spirit from me. Restore to me the joy of thy salvation, and uphold me with a willing spirit. Then I will teach transgressors thy ways, and sinners will return to thee. Deliver me from bloodguiltiness, O God, thou God of my salvation, and my tongue will sing aloud of thy deliverance. O Lord, open thou my lips, and my mouth shall show forth thy praise. For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise. Do good to Zion in thy good pleasure; rebuild the walls of Jerusalem. Then wilt thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on thy altar.

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.
Alleluia, alleluia, Alleluia. Glory to Thee, O God
Alleluia, alleluia, Alleluia. Glory to Thee, O God

Lord, have mercy, Lord, have mercy, Lord, have mercy.

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

THE TROPARION may be read or sung (see appendix for music)

Troparion, Tone 6: O Lord, the life of all, / the Jews delivered Thee over to death. / Thou didst lead them through the Red Sea by Moses' rod, / yet they handed Thee over to be crucified. / Thou didst feed them with honey from the rock, and they repaid Thee with gall and vinegar, / but Thou didst willingly endure these things, / to free us from bondage to the enemy. // O Christ God, glory to Thee!

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

O Theotokos, thou art the true vine which blossomed forth the fruit of life. We pray Thee O Lady, intercede together with the Apostles and all the saints, that mercy may be granted to our souls.

*The following **STICHERA** may be read or sung (see appendix for music)*

Reader For fear of the Jews, O Lord, Thy friend and companion Peter denied Thee. In bitter grief, he cried aloud: "O compassionate Master, Turn not away in silence from my tears. I said that I would keep faith, but have failed Thee." Accept also our repentance and have mercy on us O Lord!

*Vs. Give ear to my words, O Lord: give heed to my groaning.
Hearken to the sound of my cry, my King and my God.*

Before Thy crucifixion, O Lord, As the soldiers were mocking Thee, the angels hid their faces, unable to bear the sight, for Thou who didst adorn the earth with flowers was arrayed in a crown of thorns; Thou who hast wrapped the heavens with clouds wast clothed in a robe of mockery yet all these things fulfilled Thy saving plan, by which Thy compassion was revealed to us. O Christ of great mercy, glory to thee!

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

When Thou was raised upon the cross, O Lord, Thou didst cry out to the Jews: for what deeds do you crucify me, O my people? Is it because I made your paralytics walk? Because I

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raised the dead as from sleep? Because I healed the woman with the issue of blood, and took pity on the woman of Canaan? For what deeds do you seek to kill me? You shall look upon Him whom you have pierced, upon your Messiah, O transgressors.

The Readings

Priest *Wisdom. Let us attend*

Reader The Prokeimenon is in the 4th Tone:

I am ready for scourging / and my pain is ever with me.

Vs: O Lord, rebuke me not in Thy anger, nor chasten me in Thy wrath.

Priest *Wisdom*

Reader The reading is from the Prophecy of Isaiah (50:4-11)

Thus says the Lord: The Lord God has given me the tongue of those who are taught, that I may know how to sustain with a word him that is weary. Morning by morning he wakens, he wakens my ear to hear as those who are taught. The Lord God has opened my ear, and I was not rebellious, I turned not backward. I gave my back to the smiters, and my cheeks to those who pulled out the beard; I hid not my face from shame and spitting. For the Lord God helps me; therefore I have not been confounded; therefore I have set my face like a flint and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who is my adversary? Let him come near to me. Behold, the Lord God helps me; who will declare me guilty? Behold, all of

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them will wear out like garment; the moth will eat them up. Who among you fears the lord and obeys the voice of his servant, who walks in darkness and has no light, yet trusts in the name of the Lord and relies upon his God? Behold, all you who kindle a fire, who set brands alight! Walk by the light of your fire, and by the brands which you have kindled! This shall you have from my hand; you shall lie down in torment.

Priest Wisdom

Reader The reading is from the Epistle of the Holy Apostle Paul to
the Romans (5:6-10)

Brethren, while we were yet helpless, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man – though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

*Priest Wisdom. Let us attend. Let us listen to the Holy Gospel.
Peace be unto all.*

Choir And to Thy spirit

*Priest The reading is from the Holy Gospel according to Saint Mark
(15: 16-41)*

Choir Glory to Thy passion, O Lord.

Priest At that time the soldiers led him away inside the palace (that

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is, the praetorium); and they called together the whole battalion. And they clothed him in a purple cloak, and plaiting a crown of thorns they put it on him. And they began to salute him, "Hail, King of the Jews!" And they struck his head with a reed, and spat upon him. And when they had mocked him, they stripped him of the purple cloak, and put this own clothes on him. And they led him out to crucify him. And they compelled a passerby, Simon of Cyrene, who was coming in from the country, the father of Alexander and Rufus, to carry the cross of Jesus. And they brought him to the place called Golgotha (which means the place of the skull). And they offered him wine mingled with myrrh; but he did not take it. And they crucified him, and divided his garments among them, casting lots for them, to decide what each should take. And it was the third hour, when they crucified him. And the inscription of the charge against him read, "The King of the Jews." And with him they crucified two robbers, one on the right and one on the left that the scripture might be fulfilled, he was reckoned with the transgressors. And those who passed by deriding him, wagging their heads, and saying, "Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!" So also the chief priest mocked him to one another with the scribes, saying, "He saved others; he cannot save himself. Let the Christ, the King of Israel, come down now from the cross, that we may see and believe". Those who were crucified with him also reviled him. And when the sixth hour had come, there was a darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried with a loud voice "Eloi, Eloi, lama sabach thani?" which means, "My God, my God, why has thou forsaken me?" And some of the bystanders hearing it said "Behold, he is calling Elijah." And one ran and, filling a sponge full of vinegar, put it on a reed and gave it to him to drink,

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saying, "Wait, let us see whether Elijah will come to take him down." and Jesus uttered a loud cry, and gave up the spirit. And the curtain of the temple was torn in two, from top to bottom. And when the centurion, who stood facing him, saw that he thus breathed his last, he said, "Truly this man was the Son of God!"" There were also some women looking on from afar, among whom were Mary Magdalene, and Mary the mother of James the younger and of Joseph, and Salome, who, when he was in Galilee, followed him, and ministered to him; and also many other women who came up with him to Jerusalem.

Choir Glory to Thy long-suffering, O Lord.

Reader Blessed be the Lord God. Blessed be the Lord from day to day and may the God of our salvation prosper us, for He is our God, the God of salvation.

Let Thy face shine on Thy servant, and teach me Thy statutes.

Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glory and honor all day long.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

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

Most Holy Trinity have mercy on us, Lord cleanse us from our sins, Master, pardon our transgressions, Holy One visit and

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heal our infirmities, for Thy name's sake.

Lord have mercy, Lord have mercy, Lord have mercy.

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.

*Priest For Thine is the kingdom and the power and the glory of the
Father and of the Son and of the Holy Spirit, now and ever
and unto ages of ages.*

Reader Amen

THE KONTAKION can either be read or sung (see appendix for music)

Kontakion, Tone 8: Come, let us all sing the praises of Him Who was
crucified for us, / for Mary said when she beheld Him upon the tree, //
Thou Thou dost endure the Cross, Thou art my Son and my God.

Reader Lord have mercy (12x)

Thou who at every season and in every hour, in heaven and
on earth art worshipped and glorified, O Christ our God, who
art long-suffering, merciful and compassionate: who lovest
the just and showest mercy upon the sinner; who callest all
to salvation through the promise of blessings to come: O
Lord, in this hour receive our supplications and direct our

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lives according to Thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulations, evil and distress. Surround us with Thy holy angels, that guided and guarded by them we may attain the unity of the faith and to the knowledge of Thine unapproachable glory, for Thou art blessed unto ages of ages. Amen.

Lord have mercy, Lord have mercy, Lord have mercy

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 defilement You gave birth to God the Word: true Theotokos we magnify You.

In the name of the Lord, bless Father.

Priest *God be bountiful unto us and bless us and show us the light of His countenance, and be merciful unto us.*

Reader Amen. O God, the Master, Father Almighty, O Lord Jesus Christ, the Only-Begotten Son and Thou O Holy Spirit, one Godhead, one Power, have mercy upon me, a sinner and according to Thy divine judgments save me, Thine unworthy servant, for Thou art blessed unto ages of ages. Amen.