

# Matins Propers

Fourth Sunday of the Great Fast. Our Holy Fr. John Climacus

*on the Forty-First Sunday after Pentecost*

*in the Seventh Tone with the Seventh Resurrection Gospel*

## Hexapsalmos

*The reader chants only **Psalm 37** on page 2 followed by "Glory..." on page 6.*

*Matins continues with the Litany of Peace on page 7.*

### The Lord is God (page 9)

*Tone 8*

The Lord is God and has re - vealed him - self to us; bless - ed is  
he who comes in the name of the Lord.

### Troparia (page 9)

#### **Troparion of the Resurrection – Tone 8**

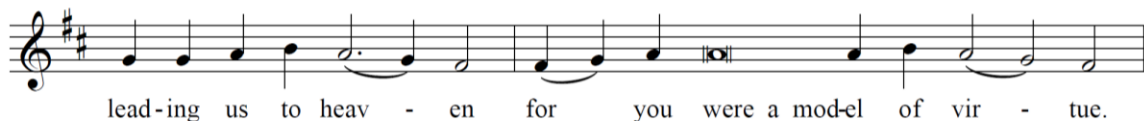
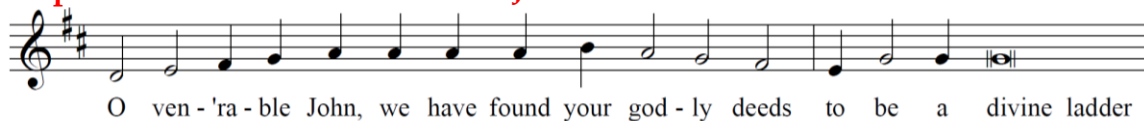
You de - scend - ed from on high, O mer - ci - ful One. You ac - cept - ed  
bur - i - al for three days to free us from our pas - sions. O Lord, our  
Res - ur - rec - tion and our Life, glo - ry to you.

*The repetition of the troparion is omitted.*

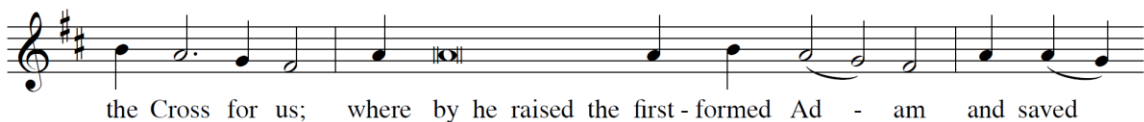
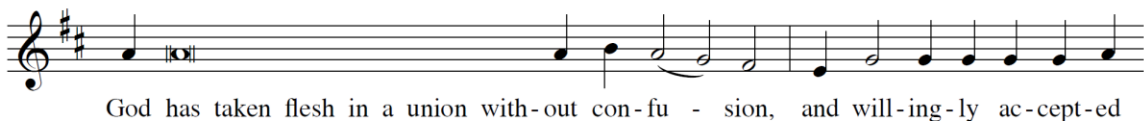
**Cantor** (*Tone 1*):



**Troparion of our Venerable Father John Climacus – Tone 4**



**Festive Theotokion – Tone 4**





our souls from death.

## Kathismata (page 10)

**People:** Lord, have mercy (*three times*)  
Glory to the Father and to the Son and to the Holy Spirit

**Reader:** Now and ever and forever. Amen.

*from the Second Kathisma:*

### Psalm 12

How long, O Lord, will you forget me? How long will you hide your face? How long must I bear grief in my soul, this sorrow in my heart day and night? How long shall my enemy prevail? Look at me; answer me, Lord my God! Give light to my eyes lest I fall asleep in death, lest my enemy say: "I have overcome him"; lest my foes rejoice to see my fall. As for me, I trust in your merciful love. Let my heart rejoice in your saving help: Let me sing to the Lord for his goodness to me, singing psalms to the name of the Lord, the Most High.

**Reader:** Glory to the Father and to the Son and to the Holy Spirit

**People:** Now and ever and forever. Amen.

Alleluia, alleluia, alleluia! Glory to you, O God! (*three times*)

*The rest of the Kathismata are omitted & Matins continues with the Small Litany on p. 10.*

## Sessional Hymn (page 11)

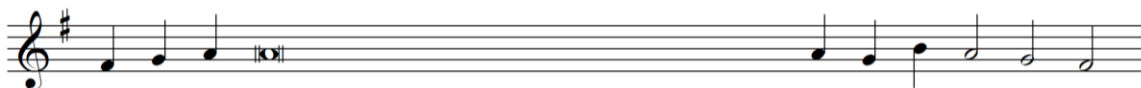
*the Theotokion of the 1<sup>st</sup> set of Sessional Hymns (Tone 8 podoben: Premudrosti):*



Let us glo - ri - fy the tabernacle and the heav-en - ly gate, the most ho - ly moun-tain



and the shin-ing cloud, the heav-en - ly ladder and the mystic-al Par - a - dise,



the de - liv - erance of Eve and the precious and great treas-ure of the u - ni - verse,

For through her, sal - va - tion came to the world and the an - cient debt was  
for - giv - en. There - fore we cry out to her: In - ter - cede  
with your Son and God to grant forgiveness of sins to those who bow  
in true worship to your most holy birth - giv - ing.

*The rest of the Sessional Hymns are omitted.  
Matins continues with Psalm 118 (p. 17) and then Hosts of Angels (p. 18).*

## Ἡρακλε (page 21)

*Tone 8*

The myrrh - bear - ing wom - en came to the tomb of the Giv - er of Life,  
seek - ing a - mong the dead the Lord, who is death - less.  
When they re - ceived the Good News from the an - gels,  
they preached to the a - pos - tles that the Lord is ris - en,  
grant - ing great mer - cy to the world.

## Stepenna (page 21)

*The Stepenna (Gradual Hymns) are omitted.*

*Matins continues with the Prokeimenon ("Let us be attentive...") on page 22.*

## Prokeimenon (page 22)

*Psalm 145: 10, 1-2*



The Lord will reign for - ev - - er; Zi-on's God from age to age.

**Deacon:** My soul, give praise to the Lord!

I will praise my God all my days. *The Prokeimenon is repeated.*

*Matins then continues with the Preparation for the Gospel ("Let us pray...") on p. 22.*

## Let everything that lives... (page 22)

*Tone 7*



Let ev - 'ry - thing that lives and that breathes give praise to the Lord.

*The Preparation for the Gospel continues with "That we may be deemed..." on page 23.*

*The Eighth Resurrection Gospel is read (John 20:11-18).*

*The Hymn of the Resurrection is sung (p. 24) and then Psalm 50 (p. 26).*

*After Psalm 50, the Penitential Stichera are sung (p. 29).*

## The Canon (page 32)

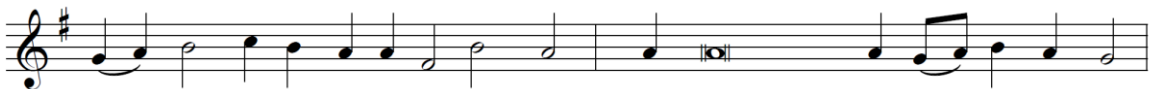
*The faithful **come forward** to venerate the Gospel Book on the tetrapod.*

*The Canons of the Resurrection, of the Theotokos, and of the Saint are omitted.*

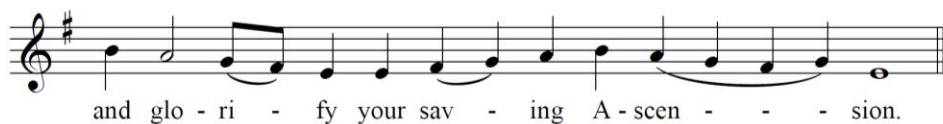
*Ode 1 of the Canon of the Triodion is omitted.*

### Ode 3

#### Irmos



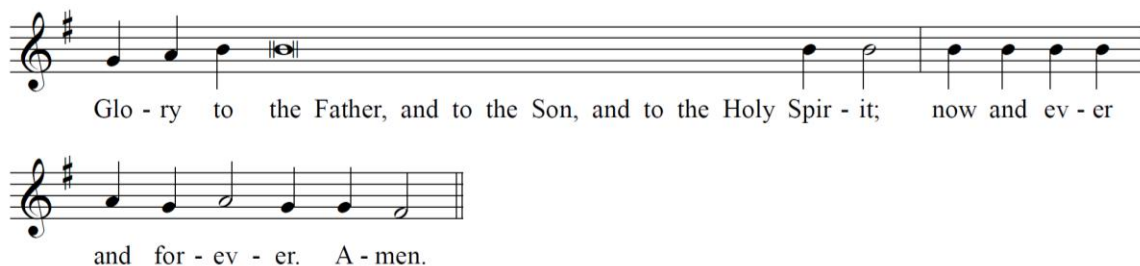
O Christ, by the pow-er of your Cross, strength-en our hearts so that we may sing



Traversing the path of this life, I have been sorely wounded by the thievery of passions; lift me up, O Christ, I beseech you. *Refrain*

My soul has been stripped by thieves; they have left me half-dead along the path, wounded by the blows of my sins; now deign to heal me, O Lord. *Refrain*

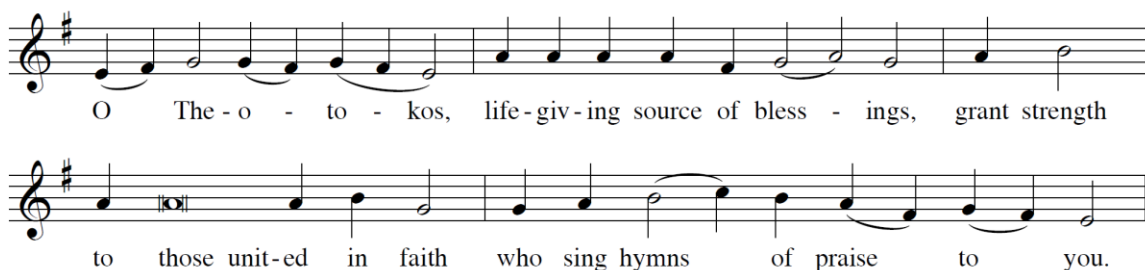
By my passions, O Christ our Savior, I have been stripped of your commandments; sensual pleasures have struck me down; pour out the oil of your love upon me.

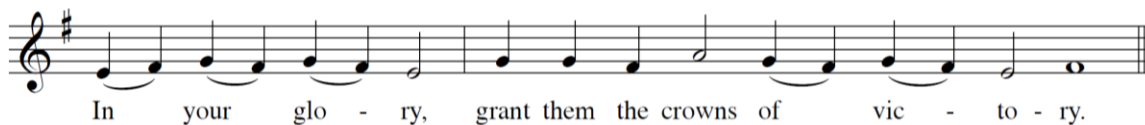


Pray constantly, O pure Virgin, to the One born of your womb, that he may save from straying, those who praise you, O holy Theotokos.

### Katavasia 3 of the Theotokos

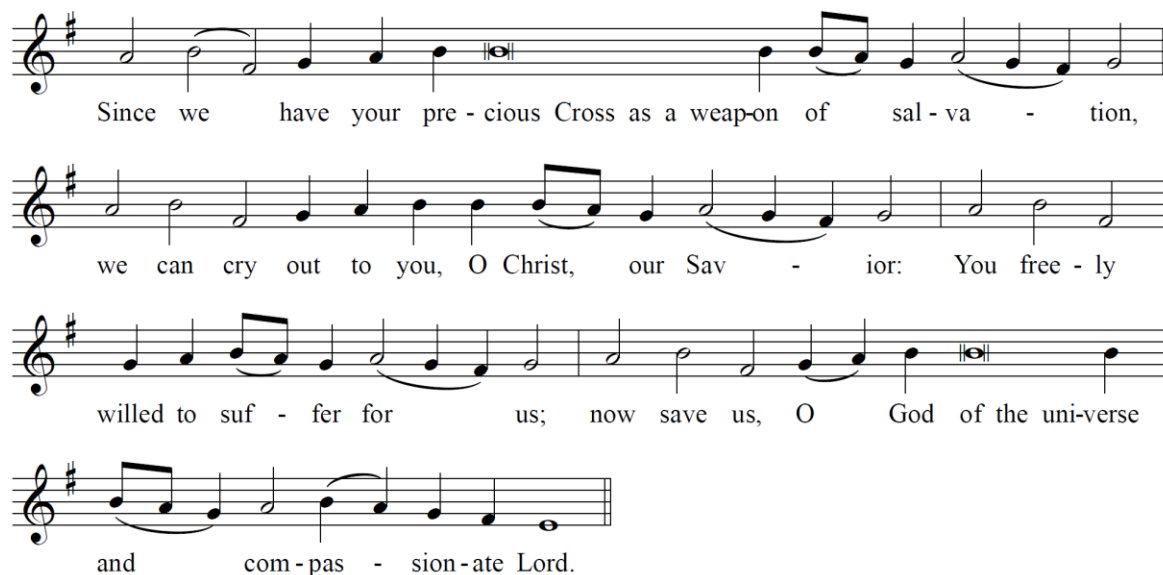
**Tone 4**



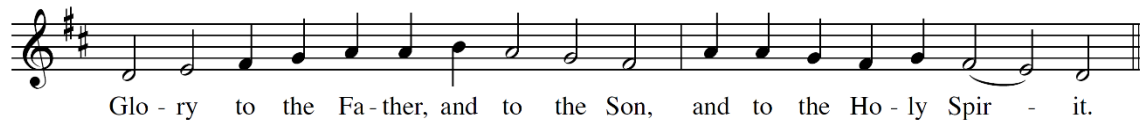


*Matins continues with the Small Litany on p. 33*

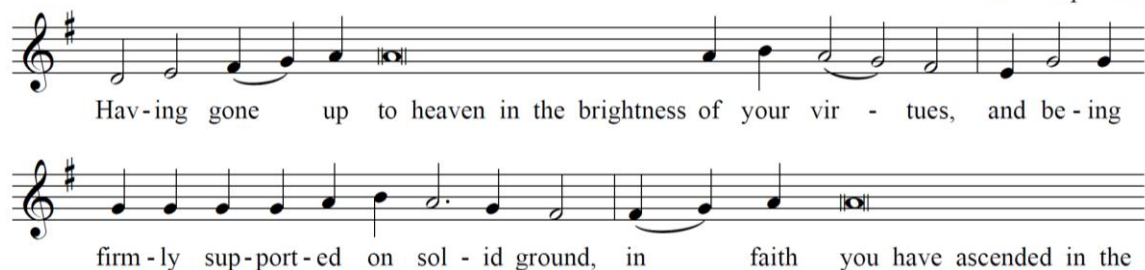
**Sessional Hymn - Tone 5 troparion**

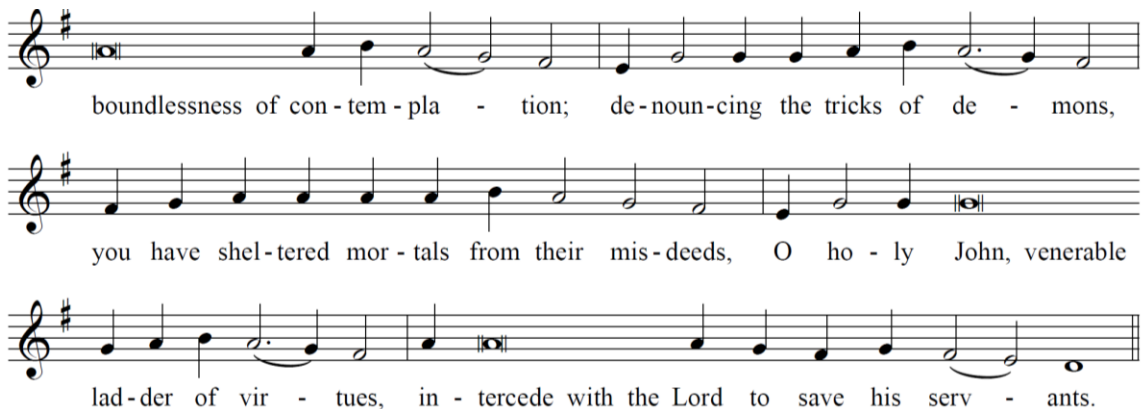


**Cantor** *(Tone 4 troparion):*



*Tone 4 troparion*





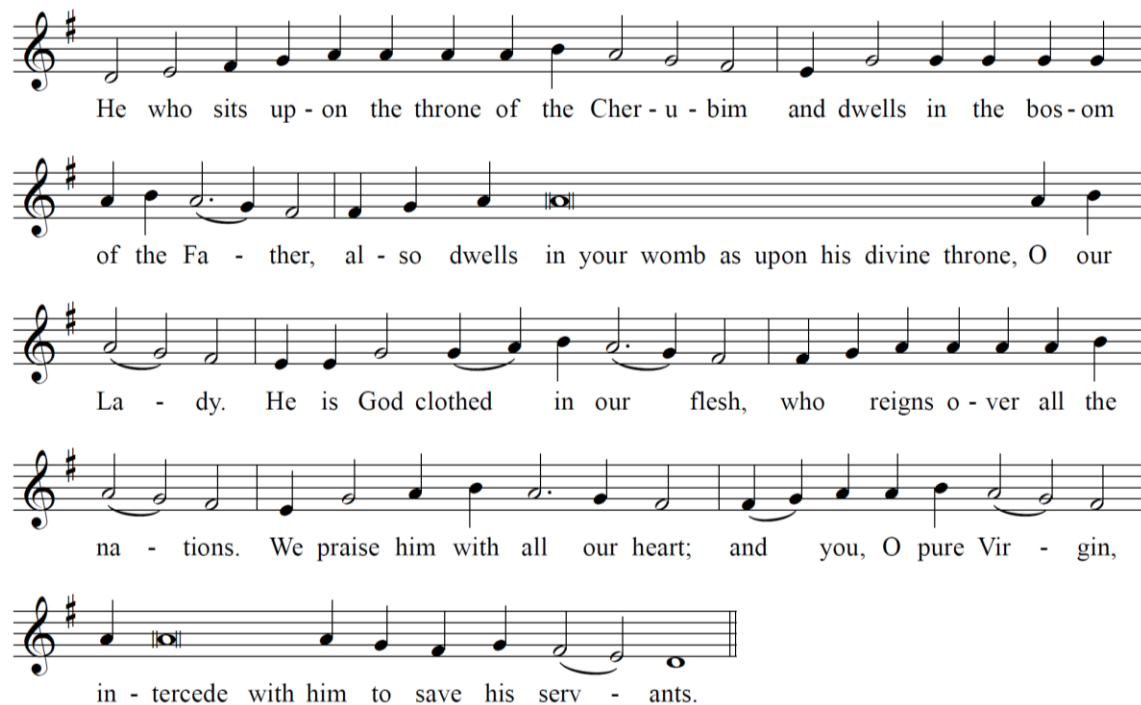
boundlessness of con - tem - pla - tion; de - noun - cing the tricks of de - mons,  
 you have shel - tered mor - tals from their mis - deeds, O ho - ly John, venerable  
 lad - der of vir - tues, in - tercede with the Lord to save his serv - ants.

**Cantor** (*Tone 4 Troparion*):



Now and ev - er and for - ev - er. A - men.

*Tone 4 troparion*



He who sits up - on the throne of the Cher - u - bim and dwells in the bos - om  
 of the Fa - ther, al - so dwells in your womb as upon his divine throne, O our  
 La - dy. He is God clothed in our flesh, who reigns o - ver all the  
 na - tions. We praise him with all our heart; and you, O pure Vir - gin,  
 in - tercede with him to save his serv - ants.



*Ode 4 - 6 are omitted & Matins continues with the Kontakion & Ikos of the Saint:*

**Kontakion & Ikos (page 34)**

**Tone 4**

John, our teach - er and fa - ther, the Lord has raised you to the heights of  
self-con-trol, to be a true guid-ing star en-light-en-ing the ends of the earth.

**Ikos:** O John, our leader and father, you have become the dwelling place of God; you shine with your virtues as the most pure gold; you are adorned with faith, hope, and love; expounding the divine precepts, you practiced asceticism and were liberated from the flesh; you acquired wisdom, courage, chastity, and humility, by which you were raised up; illuminated by constant prayer, you attained the tabernacles on high.

**Ode 7**

**Irmos**

The Most High, the Lord and God of our fa - thers, ex - tin - guished the flame  
and cov - ered the Youths with dew; and with one voice they sang:  
Bless-ed are you, O Lord God of our fa - - - thers.

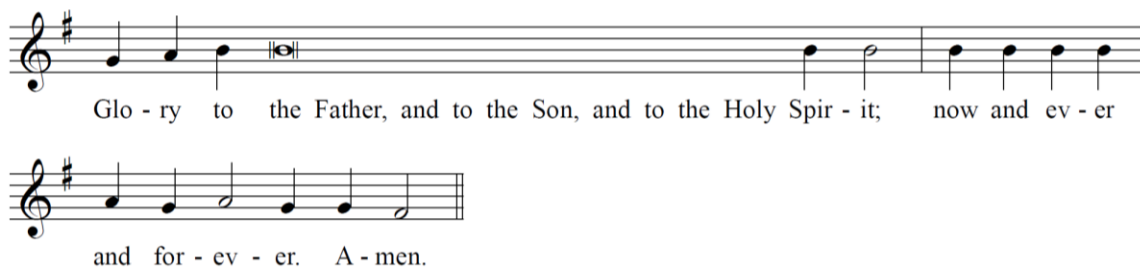
**Refrain**

Glo - ry to you, our God, glo - ry to you.

Thieves have fallen upon me for my misfortune, and their blows have left me half-dead; therefore, I pray to you: Have mercy on me, O Lord. *Refrain*

My restless thoughts have despoiled me, and the assault of my passions have left me half-dead, buffeted by my many sins; save me, O God my Savior. *Refrain*

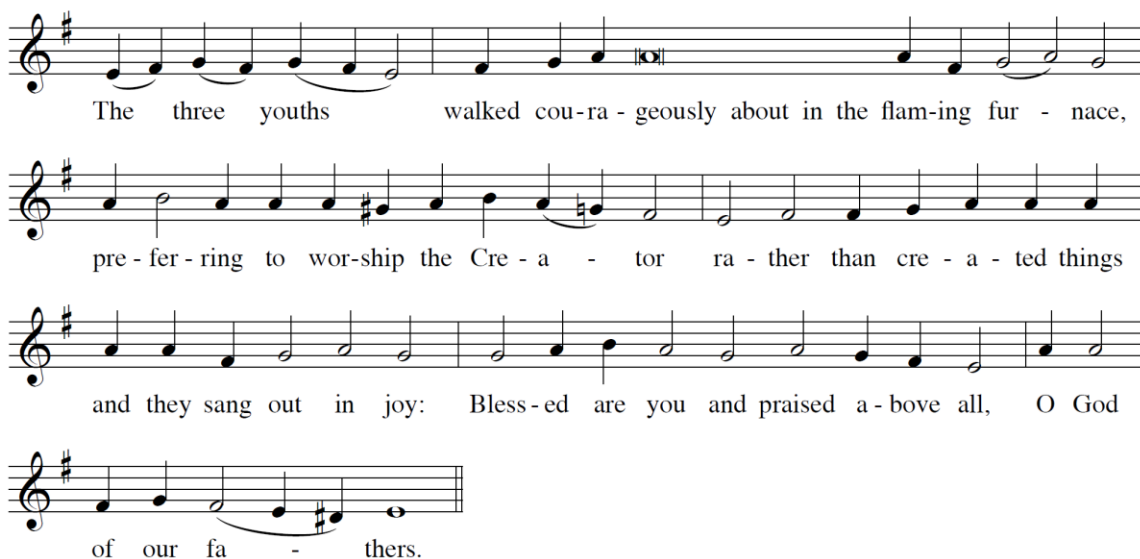
Seeing my wounds and my grief, my bruises that have no hope of healing, a Levite passed by me in disgust; but you, O Savior, attend to me and heal me.



You were born of a Virgin to save me, O Christ; you have poured out the oil of your mercy and your compassion; therefore I glorify you, O Lord.

#### Katavasia 7 of the Theotokos

**Tone 4**

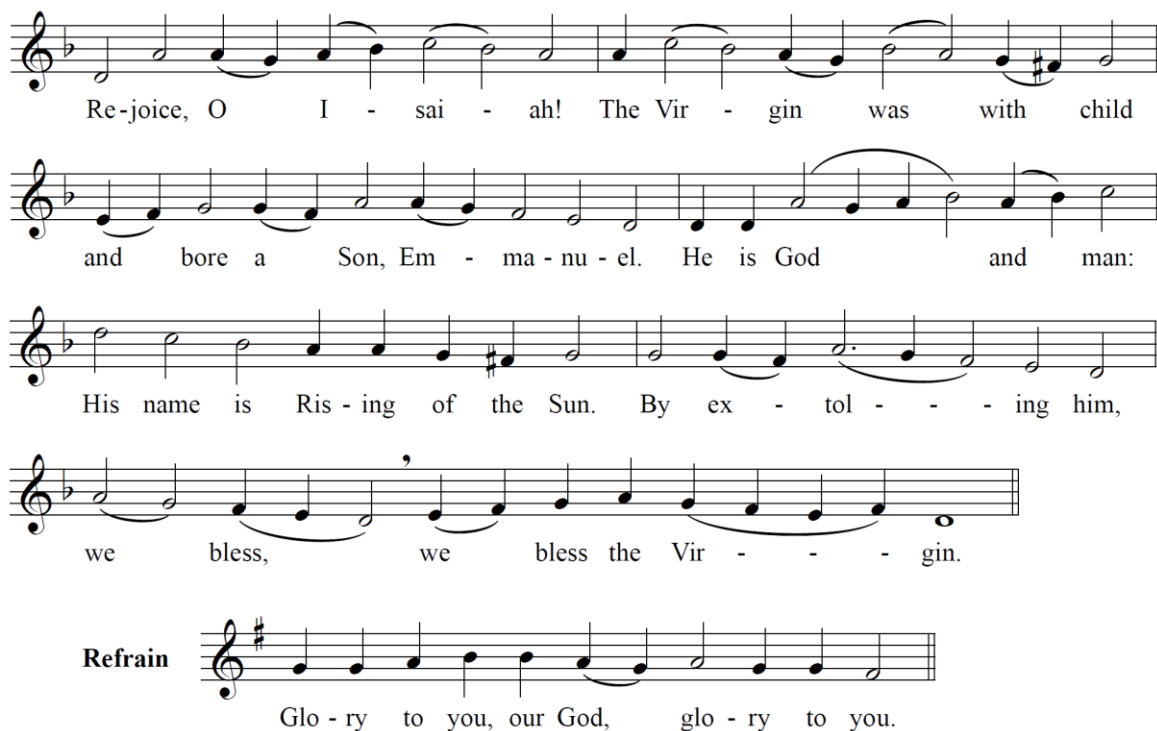


*Ode 8 is omitted*

*& Matins continues with "Let us greatly extol..." & the Canticle of the Theotokos on p. 34.*

## Ode 9

### Irmos

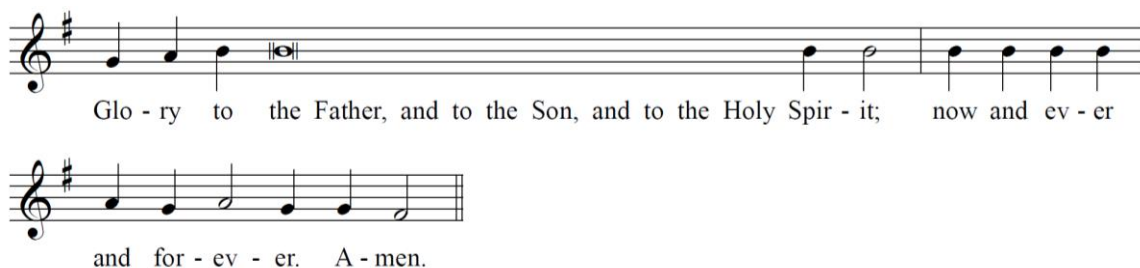


Re-joyce, O I - sai - ah! The Vir - gin was with child  
and bore a Son, Em - ma - nu - el. He is God and man:  
His name is Ris - ing of the Sun. By ex - tol - - - ing him,  
we bless, we bless the Vir - - - gin.  
**Refrain**  
Glo - ry to you, our God, glo - ry to you.

I have not observed your commandments, O Lord, but I have followed my own will, giving in to my passions and sensual pleasures; I have been stripped of grace; naked, and covered with sores, I beseech you to save me, O God and Savior. *Refrain*

Neither the priest nor the Levite could wash my wounds, but only you, O God of goodness; in your compassion, you have come to me; you poured out the oil of your love upon me, and, as a wise physician, O Christ our Savior, you have attended to me and healed me. *Refrain*

In your compassion, O Christ, full of tenderness, you have saved me when I was suffering, flailed by the lashes of the brigands; and, as the Good Samaritan who gave two silver coins, you gave your body and your blood to save me.

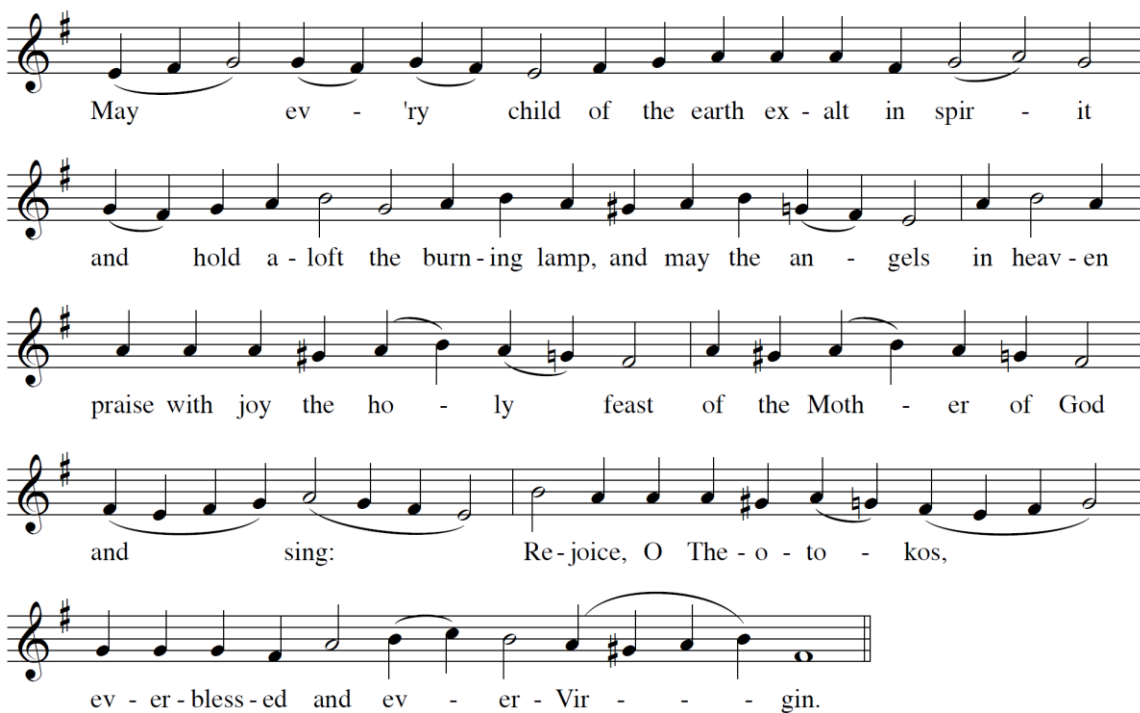


Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er  
and for - ev - er. A - men.

Wondrous was your childbearing! You conceived without seed, O Theotokos, and in virginity, you gave birth to your Son; for God himself is born, and we who glorify him, call you blessed, O Virgin.

### Katavasia 9 of the Theotokos

**Tone 4**



May ev - 'ry child of the earth ex - alt in spir - it  
and hold a - loft the burn - ing lamp, and may the an - gels in heav - en  
praise with joy the ho - ly feast of the Moth - er of God  
and sing: Re - joice, O The - o - to - kos,  
ev - er - bless - ed and ev - er - Vir - - - gin.

*Matins continues with the Small Litany on page 36.*

## Holy is the Lord our God (page 37)

*Tone 8*



## Hymn of Light (page 37)

*The Hymn of the Light corresponding to the Resurrection Gospel is omitted.*

The sensual pleasures of this world only bring disgust, and by fasting, your flesh has wasted away; but you renewed the strength of your soul, and you gained eternal glory in heaven. O venerable Father John, do not cease to intercede for us.

Glory... Now and ever...

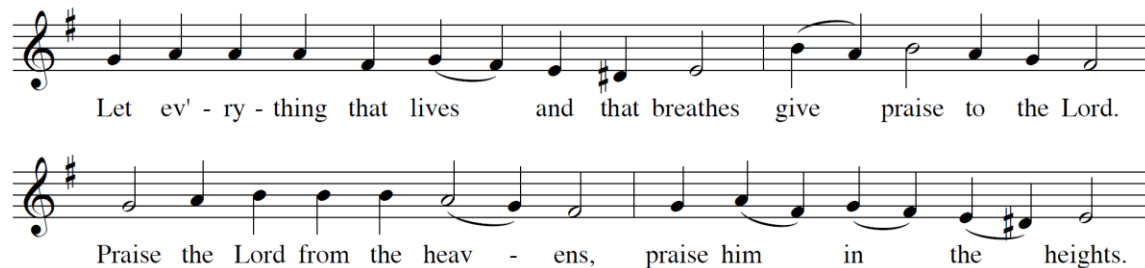
We truly recognize you as the Theotokos, for we have been saved through you; ineffably, you conceived the God who saved us from death by his Cross, drawing to himself the assembly of the saints, with whom we praise your glory, O Virgin Theotokos.

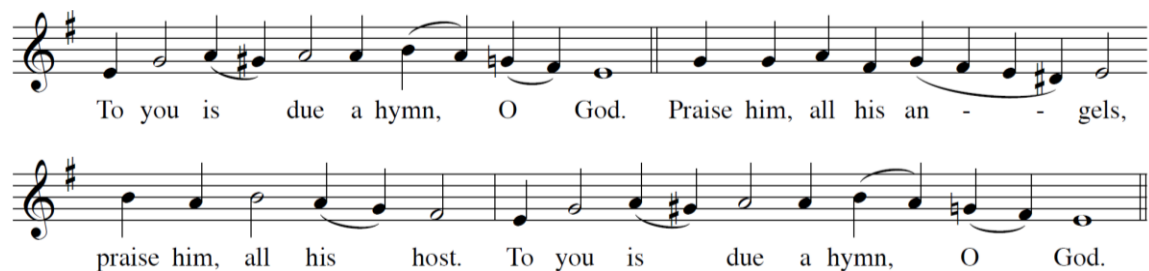
*Matins continues with the Psalms of Praise.*

## Psalms of Praise (page 38)

*Tone 8*

### Psalm 148



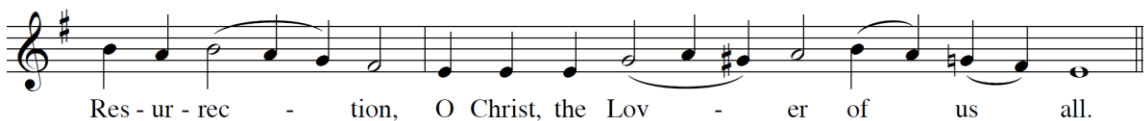
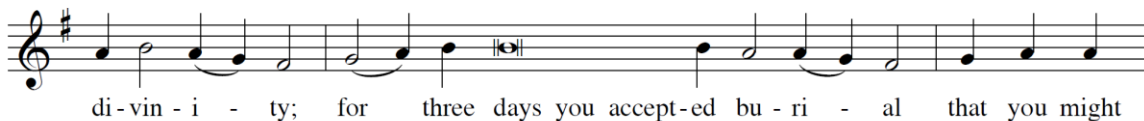
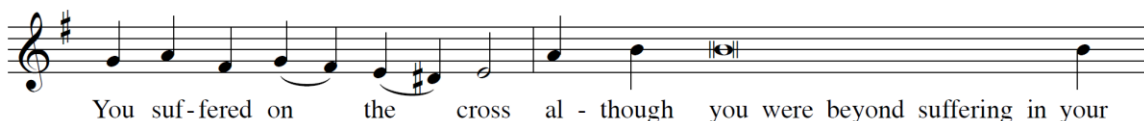
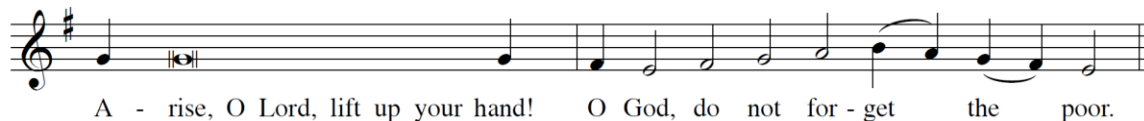


*The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.*

### Stichera (page 40)

*the 5<sup>th</sup> & 6<sup>th</sup> of the 8 Stichera of the Resurrection from the Octoechoes:*

**Cantor (Tone 8):**



**Cantor** (*Tone 8*):

I will praise you, Lord, with all my heart;

I wor - ship, glorify, and praise your Resurrection from the tomb, O Christ,

by which you released us from the bonds of Ha - des. For, as God, you grant

e - ter - nal life and great mer - cy to the world.

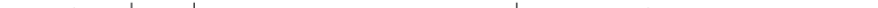
*All the rest of the Stichera from the Octoechoes are omitted.*

*Continue with the following from the Triodion.*

**Cantor** (*Tone 1 Samohlasen*):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - - - it.

### **Doxastikon - *Tone 1 samohlasen***


  
 Come, let us labor in the mystical vine - yard of the Lord, and in it,

we shall gather the fruit of con-ver - sion; for we do not work to fill our-selves

with food and drink, but to cul - tivate vir-tue through fast - ing and pray'r.

Thus, we shall please the Lord, and the Mas - ter of the vineyard will give

us the re - com - pense by re - deem - ing our souls from the debt of sin;

for he a - lone is all - good.

*Matins continues with "Now and ever..." & the Theotokion for normal Sundays on p. 41.*