



## KATHISMA 1

### Psalm 1

*A Psalm of David without superscription among the Hebrews*

**B**lessed is the man who follows not the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of the scornful;  
2 But his delight is in the law of the Lord, and in His law he meditates day and night.  
3 And he shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; And what ever he does shall prosper.  
4 The ungodly are not so, but are like the chaff which the wind drives away.  
5 Therefore the ungodly shall not stand in the judgment, nor sinners in the assembly of the righteous.  
6 For the Lord guards the way of the just, but the way of the wicked leads to doom.

## Psalm 2

*A Psalm of David without superscription among the Hebrews*

**W**hy do the nations rage, and the people plot a vain thing?

2 The kings of the earth set themselves, and the rulers take counsel together, against the Lord and against His Anointed, saying:

3 “Let us break their bonds in pieces and cast away their cords from us.”

4 He Who sits in the heavens shall laugh; The Lord shall hold them in derision.

5 He then shall speak to them in His wrath, and distress them in His deep displeasure:

6 “Yes, I have set My King on My holy mountain of Zion.

7 I will declare the decree: The Lord has said to Me: ‘You are My Son, today, I have begotten You.

8 Ask of Me, and I will give You the nations for Your inheritance, and the ends of the earth for Your possession.

9 You shall break them with a rod of iron; You shall dash them in pieces like a potter’s vessel.”

10 Be wise now, therefore, O you kings; Be instructed, you judges of the earth.

11 Serve the Lord with fear and rejoice with trembling.

12 Accept His censure, lest the Lord be angry, and you perish from His righteous way, when His wrath is kindled but a little. Blessed are all those who put their trust in God.

## Psalm 3

*A Psalm of David when he fled from the face of Abbesalom, his son.*

**L**ord, how they have increased who trouble me! Many are they that rise up against me.

2 Many are they who say of my soul, “there is no help for him in God.”

3 But You, O Lord, are a shield for me, my glory and the One Who lifts up my head.

4 I cried to the Lord with my voice, and He heard me from His holy mountain.

5 I lay down and slept; I awoke, for the Lord sustained me.

6 I will not be afraid of ten thousands of people who have set themselves against me all around.

7 Arise, O Lord; save me, my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly.

8 O, Lord of salvation, bless your people. Alleluia!

*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 You O God (3x); 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.*

## Psalm 4

*A Psalm of David; For the Chief Musician with stringed instruments*

**W**hen I cried out, You have heard me, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer.

2 You sons of men, how long will you be hard-hearted? How long will you love vanity and seek falsehood?

3 But know that the Lord has set apart for Himself him who is godly; the Lord will hear when I call to Him.

4 Be angry and do not sin. Repent on your bed for the words of your heart.

5 Offer the sacrifices of righteousness, and put your trust in the Lord.

6 There are many who say, “who will show us any good?” Lord, lift up the light of Your countenance upon us.

7 You have put gladness in my heart, more than in the time that their corn and wine increased.

8 I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.

## Psalm 5

*A Psalm of David; For the Chief Musician with flutes.*

**G**ive ear to my words, O God, understand my plea.

2 Listen to the voice of my cry, my King and my God, for to You I will pray.

3 My voice You shall hear in the morning, O Lord; in the morning I will direct my prayer to You, and I will look up.

4 For You are not a God who takes pleasure in wickedness, neither shall evil dwell with You.

5 The foolish shall not stand in Your sight; You hate all workers of iniquity.

6 You shall destroy those who speak falsehood; The Lord will abhor the bloodthirsty and deceitful man.

7 But as for me, I will come into Your house in the multitude of Your mercy; In fear of You I will worship toward Your holy temple.

8 Lead me, O Lord, in Your righteousness because of my enemies; Make Your way straight before my face.

9 For there is no faithfulness in their mouth; Their inward part is destruction; Their throat is an open tomb; They flatter with their tongue.

10 Pronounce them guilty, O God! Let them fall by their own counsels; Cast them out in the multitude of their transgressions, for they have rebelled against You.

11 But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let also those who love Your name be joyful in You.

12 For You, O Lord, will bless the righteous; With favor You will surround him as with a shield.

## Psalm 6

*A Psalm of David; For the Chief Musician with stringed instruments.*

**O** Lord, rebuke me not in Your anger, nor chasten me in Your hot displeasure.

2 Have mercy on me, O Lord, for I am weak; O Lord, heal me, for my bones are troubled.

3 My soul also is greatly troubled; But You, O Lord, how long?

4 Return, O Lord, deliver my soul! Save me for Your mercies' sake!

5 For in death there is no remembrance of You; In the grave who shall give thanks to You?

6 I am weary with my groaning; All night I make my bed to swim; I water my couch with my tears.

7 My eye is consumed because of grief; It grows old because of all my enemies.

8 Depart from me, all you workers of iniquity; For the Lord has heard the voice of my weeping.

9 The Lord has heard my supplication; The Lord will receive my prayer.

10 Let all my enemies be ashamed and greatly troubled; Let them turn back and suddenly be ashamed.

*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 You O God (3x); 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.*

## Psalm 7

*A Psalm of David, which he sang to the Lord about the words of Cush.*

**O** Lord my God, in You I put my trust; Save me from all those who persecute me, and deliver me:

2 Lest they tear my soul like a lion, rending me in pieces, while there is none to deliver.

3 O Lord my God, if I have done this: if there is iniquity in my hands,

4 If I have rewarded evil to him who was at peace with me, or have plundered my enemy without cause,

5 Let the enemy persecute my soul and take it; Yes, let him trample down my life upon the earth, and lay my honor in the dust.

6 Arise, O Lord, in Your anger lift Yourself up because of the rage of my enemies, and awake, O Lord, according to the judgment You have commanded!

7 So the congregation of the peoples shall surround You; For their sakes, therefore, return on high.

8 The Lord shall judge the people; Judge me, O Lord, according to my righteousness, and according to my integrity that is in me.

9 Oh, let the wickedness of the wicked come to an end, but establish the just; For the righteous God tests the hearts and minds.

10 My defense is of God, Who saves the upright in heart.

11 God judges the righteous, and God is angry with the wicked every day.

12 If he does not turn back, He will sharpen His sword; He has bent His bow and made it ready.

13 He has also prepared for Him the instruments of death; He pointed His arrows against the persecutors.

14 Behold, the wicked works with iniquity, has conceived mischief and brought forth falsehood.

15 He made a pit and dug it out, and fell into the ditch which he made.

16 His mischief shall return upon his own head, and his violent dealing shall come down on his own crown.

17 I will praise the Lord according to His righteousness, and will sing praise to the name of the Lord Most High.

### **Psalm 8**

*A Psalm of David; For the Chief Musician when he fled from Gath.*

**O** Lord our God, how wonderful is Your name in all the earth, You Who set Your Glory above the heavens!

2 Out of the mouth of babes and sucklings You have perfected praise, because of Your enemies, that You may silence the enemy and the avenger.

3 When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained,

4 What is man that You are mindful of him, and the son of man that You visit him?

5 For You have made him a little lower than the angels, and You have crowned him with glory and honor.

6 You have made him to have dominion over the works of Your hands; You have put all things under his feet,

7 All sheep and oxen, yes— and the beasts of the field,

8 The birds of the air, the fish of the sea, and all that passes through the paths of the seas.

9 O Lord, our Lord, how wonderful is Your name in all the earth!

***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 You O God (3x); 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.*

### **Prayers after the First Kathisma:**

O Heavenly King, Comforter, Spirit of Truth, Who are present everywhere and fulfilling all things, Treasury of Blessings and Source of Life: Come abide in us, cleanse us of all stain, 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.

All Holy Trinity, have mercy on us. Lord, cleanse us of our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for the glory of Your name.

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 the evil one.

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

*And these troparia, tone 1:*

I, the prodigal, conceived in transgressions dare not lift my eyes to the height of heaven, but daring to trust in Your love for mankind, I cry out: O God, cleanse me a sinner and save me. If the righteous is just barely saved, where shall I the sinner appear? I have not borne the burden and heat of the day, but number me with those hired at the eleventh hour, O God, and save me.

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

Make haste to open to me Your Fatherly embrace, for as the prodigal I have wasted my life. Despise not my heart in its poverty, O Savior; my eyes are upon the unfailing riches of Your compassion, O Lord, and with compunction I cry out: I have sinned against heaven and before You.

Now and ever and unto ages of ages. Amen.

All-holy Virgin, hope of all Christians, who past mind and speech gave birth to God, pray unceasingly together with the Powers on high that remission of sins and correction of life be granted to all of us who ever honor you with faith and

love.

Lord have mercy (*40x*).

O Master Almighty, inscrutable One, Strength beyond understanding and Origin of Light, from Whom came forth the hypostatic Word of the Father and Your Spirit, one in power: Who for the sake of tenderhearted mercy and inexpressible goodness have not despised human nature held fast in the darkness of sin, but rather have illumined the world with the divine light of Your prophets, Law and teachings—who then deigned to shine forth to us in the flesh Your only-begotten Son and guide us to the brightness of Your Light: May Your ears receive the voice of our supplication. Grant us, O God, to spend the whole night of this present life in vigilance and sobriety of heart, awaiting the coming of Your Son and our God, the Judge of all—that we might not be lying down and asleep but alert and active in the fulfillment of Your commandments, so that we might enter together into His joy—where the voice of those who feast is never silent and there is the unspeakable delight of those who behold the ineffable beauty of Your countenance. For You are a good God and the Lover of Mankind, and to You we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

