



## KATHISMA 10

### Psalm 70

*A Psalm of David. To the Sons of Jonadab and the First that were Taken Captive.*



In You, O Lord, I put my trust; Let me never be put to shame.

2 Deliver me in Your righteousness, and cause me to escape; Incline Your ear to me and save me.

3 Be my stronghold to which I may resort continually for salvation; For You are my rock and my fortress.

4 Deliver me, O my God, out of the hand of the wicked, out of the hand of the unrighteous and cruel man.

5 For You are my hope, O Lord God; You are my trust from my youth.

6 By You I have been upheld from the womb; You are He who took me out of my mother's womb. My praise shall be continually of You.

7 I have become as a wonder to many, but You are my strong refuge.

8 Let my mouth be filled with Your praise and with Your glory all the day.

9 Cast me not off in the time of my old age; Forsake me not when my strength fails.

10 For my enemies speak against me; And those who lie in wait for my life take counsel together,

11 Saying, "God has forsaken him; Pursue and take him, for there is none to deliver him."

12 O God, do not be far from me! O my God, make haste to help me!

13 Let them be confounded and consumed who are adversaries of my life;  
Let them be covered with reproach and dishonor who seek my hurt.

14 But I will hope continually, and I will praise You yet more and more.

15 My mouth shall tell of Your righteousness and Your salvation all the day, for I do not know their limits.

16 I will go in the strength of the Lord God; I will make mention of Your righteousness, of Yours only.

17 O God, You have taught me from my youth; And to this day I declare Your wondrous works.

18 Now also when I am old and grey-headed, O God, do not forsake me, until I declare Your strength to this generation, Your power to every one who is to come.

19 Your righteousness also, O God, is very high, You who have done great things; O God, who is like You?

20 You, who have shone me great and sore troubles, shall revive me again, and bring me up again from the depths of the earth.

21 You shall increase my greatness, and comfort me on every side.

22 I will also praise You with psaltery even Your faithfulness, O my God! To You I will sing with the harp, O Holy One of Israel.

23 My lips shall greatly rejoice when I sing to You, and my soul, which You have redeemed.

24 My tongue also shall talk of Your righteousness all the day long; For they are confounded, for they are brought to shame who seek my hurt.

## Psalm 71

*A Psalm of David. To Solomon.*

**G**ive the king Your judgments, O God, and Your righteousness to the king's son.

2 He will judge Your people with righteousness, and Your poor with justice.

3 The mountains shall bring peace to the people, and the little hills will bring justice to the poor of the people.

4 He shall judge the poor of the people, He shall save the children of the needy, and shall break in pieces the oppressor.

5 They shall fear You as long as the sun and the moon endure, throughout all generations.

6 He shall come down like rain upon the mown grass, like showers that water the earth.

7 In His days shall the righteous flourish; and abundance of peace until the moon endures.

8 He shall have dominion also from sea to sea, and from the River to the ends of the earth

9 Those who dwell in the wilderness shall bow before Him, and His enemies shall lick the dust.

10 The kings of Tharshish and the isles shall bring presents; The kings of Arabs and Saba shall offer gifts.

11 Yes, all kings shall fall down before Him; All nations shall serve Him.

12 For He shall deliver the needy when he cries, the poor also, and him who has no helper.

13 He shall spare the poor and needy, and shall save the souls of the needy.

14 He shall redeem their life from deceit and violence; And precious shall be their blood in His sight.

15 And He shall live; And to Him shall be given the gold of Sheba; Prayer also shall be made for Him continually, and daily He shall be praised.

16 There shall be an abundance of corn in the earth up to the top of the mountains; Its fruit shall exceed that of Lebanon; And those of the city shall flourish like grass of the earth.

17 His name shall endure forever; His name shall continue as long as the sun.

18 And men shall be blessed in Him; All nations shall call Him blessed.

19 Blessed be the Lord God, the God of Israel, Who only does wondrous things!

20 And blessed be His glorious name forever!

21 And let the whole earth be filled with His glory. Amen! Amen!

*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 72***A Psalm for Asaph.*

**T**ruly God is good to Israel, to such as are of a clean heart.

2 But as for me, my feet had almost stumbled; My steps had nearly slipped.

3 For I was envious of the transgressors, when I saw the prosperity of the wicked.

4 For there is no reluctance in their death, but their strength is firm.

5 They are not in trouble as other men, nor are they plagued like other men.

6 Therefore pride surrounds them as a chain; Violence covers them as a garment.

7 Their eyes stand out with abundance; They have more than heart could wish.

8 They are corrupt and speak wickedly concerning oppression; They speak loftily.

9 They set their mouth against the heavens, and their tongue walks through the earth.

10 Therefore my people approach them; And waters of a full cup are drained by them.

11 For they say, "How does God know? And is there knowledge in the Most High?"

12 Behold, these are the ungodly, who prosper in the world; They increase in riches.

13 Surely I have cleansed my heart in vain, and washed my hands in innocence.

14 For all day long I have been plagued, and chastened every morning.

15 If I say, "I will speak thus," behold, I should offend the generation of Your children.

16 When I thought to know this, it was too painful for me.

17 Until I went into the sanctuary of God; Then I understood their end.

18 Surely You set them in slippery places; You cast them down to destruction.

19 Oh, how they are brought to desolation, as in a moment! They are utterly consumed with terrors.

20 As a dream when one awakes, so, Lord, when You awake, You shall despise their image.

20 Thus my heart was grieved, and I was vexed in my reins.

21 I was so foolish and ignorant; I was like a beast before You.

22 Nevertheless I am continually with You; You hold me by my right hand.

23 You will guide me with Your counsel, and afterward receive me to glory.

24 Whom have I in heaven but You? And there is none upon earth that I desire besides You.

25 My flesh and my heart fail; But God is the strength of my heart and my portion forever.

26 For indeed, those who are far from You shall perish; You have destroyed all those who desert You for harlotry.

27 But it is good for me to draw near to God; I have put my trust in the Lord God, that I may declare all Your works.

## Psalm 73

*A Psalm of Asaph. For Instruction.*

**O** God, why have You cast us off forever? Why does Your anger smoke against the sheep of Your pasture?

2 Remember the assembly of Your people, which You have purchased of old,

3 The rod of Your inheritance, which You have redeemed; This Mount Zion where You have dwelt.

4 Lift up Your hands against the prideful, to the end, for the enemy has damaged everything in Your sanctuary.

5 Your enemies roar in the midst of Your congregation; They set up their banners for signs.

6 They seem like men who lift up axes among the thick trees.

7 And now they break down its carved work, all at once, with axes and hammers.

8 They have set fire to Your sanctuary; They have defiled the dwelling place of Your name to the ground.

9 They said in their hearts, "Let us destroy them altogether. Come, let us abolish the feasts of the Lord from the earth." They have burned up all the holy places in the land.

10 We do not see our signs; There is no longer any prophet; Nor is there any among us who knows how long.

11 O God, how long will the adversary reproach? Will the enemy blaspheme Your name forever?

12 Why do You withdraw Your hand, even Your right hand? Take it out of Your bosom.

13 For God is my King from of old, working salvation in the midst of the earth.

4 You divided the sea by Your strength; You broke the heads of dragons in the waters.

15 You broke the head of Leviathan in pieces, and gave him as meat to the people inhabiting the wilderness.

16 You split open springs and torrents; You dried up mighty rivers.

17 The day is Yours, the night also is Yours; You have prepared the light and the sun.

18 You have set all the borders of the earth; You have made summer and winter.

19 Remember this, that the enemy has reproached, O Lord, and that the foolish people has blasphemed Your name.

20 Oh, do not deliver the life of those who praise You to the multitude of the wicked! Do not forget the congregation of Your poor forever.

21 Have respect to the covenant; For the dark places of the earth are full of the habitation of cruelty.

22 Oh, do not let the oppressed return ashamed! Let the poor and needy praise Your name.

23 Arise, O God, plead Your own cause; Remember how the foolish man reproaches You daily.

24 Do not forget the voice of those who pray to You; For the tumult of those who rise up against You increases continually.

*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 74

*A Psalm of Asaph. To the Chief Musician. Do not Destroy.*

**W**e give thanks to You, O God, we give thanks! For Your wondrous works declare that Your name is near.

2 "At the appointed time, I will judge uprightly.

3 Though the earth and all its inhabitants are dissolved; It is I Who bear

up the pillars of it.

4 I said to the fools, 'Deal not foolishly,' And to the wicked, 'Do not lift up the horn.

5 Lift not up your horn on high; Speak not with a stiff neck.'"

6 For exaltation comes, neither from the east nor from the west nor from the south.

7 But God is the judge: He puts down one, and exalts another.

8 For in the hand of the Lord there is a cup, and the wine is red; It is fully mixed, and He pours it out; Surely its dregs shall all the wicked of the earth drain and drink down.

9 But I will declare forever, I will sing praises to the God of Jacob.

10 "All the horns of the wicked I will also cut off, but the horns of the righteous shall be exalted."

## Psalm 75

*A Psalm of Asaph. To The Chief Musician; For String Instruments. Ode to the Assyrians.*

**I**n Judah God is known; His name is great in Israel.

2 His tabernacle is in Jerusalem, and His dwelling place in Zion.

3 There He broke the arrows of the bow, the shield and sword of battle.

4 You shine forth wonderfully from the everlasting mountains.

5 The stouthearted are spoiled; The rich men have slept their sleep; And none of the men of might have found the use of their hands.

6 At Your rebuke, O God of Jacob, both the chariot and the horse were cast into a dead sleep.

7 You Yourself are to be feared; And who may stand in Your sight when once You are angry?

8 You caused judgment to be heard from heaven; The earth feared and was still,

9 When God arose to judgment, to deliver all the meek of the earth.

10 For the inner thought of man shall praise You; And his remembrance shall be a feast to You.

11 Make vows and pay them to the Lord your God, ; Let all who are around Him bring presents to Him Who ought to be feared.

12 He shall cut off the spirit of princes; He is terrible to the kings of the earth.

**Psalm 76**

*A Psalm of Asaph. To the Chief Musician. For Idithum.*

**I** cried out to God with my voice; I cried to the Lord, and He gave ear to me.

2 In the day of my trouble I sought the Lord; I raised my hands in the night, and I was not deceived; My soul refused to be comforted.

3 I remembered God, and was troubled; I complained, and my spirit was overwhelmed.

4 You hold my eyes open; I am so troubled that I cannot speak.

5 I have considered the days of old, the years of ancient times.

6 I call to remembrance my song in the night; I meditate within my heart, and my spirit makes diligent search.

7 Will the Lord cast off forever? And will He be favorable no more?

8 Has His mercy ceased forever? Has His promise failed forevermore?

9 Has God forgotten to be gracious? Has He in anger shut up His tender mercies?

10 And I said, "This is my infirmity; But I will remember the years of the right hand of the Most High."

11 I will remember the works of the Lord; Surely I will remember Your wonders of old.

12 I will also meditate on all Your work, and talk of Your deeds.

13 Your way, O God, is in the sanctuary; Who is so great a God as our God?

14 You are the God Who does wonders; You have declared Your strength among the peoples.

15 You have with Your arm redeemed Your people, the sons of Jacob and Joseph.

16 The waters saw You, O God; The waters saw You, they were afraid; The depths also were troubled.

17 The clouds poured out water; The skies sent out a sound; Your arrows also went abroad.

18 The voice of Your thunder was in the heavens; The lightning lit up the world; The earth trembled and shook.

19 Your way was in the sea, Your path in the great waters, and Your footsteps were not known.

20 You led Your people like a flock by the hand of Moses and Aaron.



*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.*

### **Prayer after the Tenth 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 6:*

I dread the awesome day of Your Coming, O Christ. In fear of Your impartial Judgment Seat I am filled with dread and tremble, for my transgressions are many. As You are the merciful God, turn me back before the end and save me, O my Savior of many mercies.

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

When the thrones are set for judgment, O Lord, and men appear before Your Judgment Seat, the king will not be honored more than the soldier, the master will not be valued more highly than the servant; for each will either be glorified or shamed according to his deeds.

Now and ever and unto ages of ages. Amen.

You were made worthy of great gifts, O pure Virgin Mother of God, for you gave birth in the flesh to One of the Trinity- Christ the Giver of Life- for the salvation of our souls.

Lord, have mercy (*40x*).

O Lord our God, rich in mercy and inconceivably compassionate, Who alone are sinless by nature and without sin became man for us, hearken in this hour to my anguished entreaty, for I am poor and bereft of all good deeds and my heart is smitten within me. You know, O high King, Lord of heaven and earth, how I spent all my youth in sin, pursuing the lusts of my flesh; how I wholly followed the devil and became the utter laughingstock of the demons by always dragging myself through the mire of lusts. I never desired to do Your holy will, but darkened my thoughts from childhood to this very day, completely enslaving myself to the passions assaulting me. The devils mocked and scoffed, but never did I give any thought to Your unbearable anger threatening sinners, or the fire that there is in Gehenna. But now, naked and empty-handed, having deprived myself of fellowship with You, I am in despair and unable to return to my senses. Was there any kind of sin I did not commit? Was there a devilish deed I left undone? Was there anything despicable and depraved I did not carry out with arrogance and enthusiasm? I polluted my mind with fleshly remembrances; I defiled my body in all sorts of ways; I polluted my spirit by the consent I gave. I loved serving sin and made a slave of every member of my wretched body. Who will not henceforth lament for me in my misery? Who will not weep for me, the condemned? For I alone have stirred up Your wrath, O Master; I alone have inflamed Your anger against me; I alone have done evil in Your sight, surpassing and exceeding all sinners since time began, so incomparably and unforgivably have I transgressed. But since You are abundantly merciful and full of lovingkindness and ever await man's return, O Lover of Mankind, behold, even I cast myself down before Your unbearable, dread Judgment Seat, and, as if clasping Your most holy feet, I cry out to You from the depths of my soul: O Lord, cleanse; You Who work a change for good, forgive; be merciful toward my infirmity, be attentive to my quandary, attend

to my supplication, be not silent in the face of my tears. Turn back the erring one, embrace me as I turn back, receive me who repent, forgive me who pray. For You have not appointed repentance for the righteous, nor forgiveness for those who have not sinned, but You have appointed repentance for me the sinner—who have thus vexed You and stand naked and exposed before You confessing my sins, O Lord, Seer of Hearts. I cannot look up and gaze upon the height of heaven, bent down as I am by the weight of my sins. Enlighten, therefore, the eyes of my heart; grant me contrition leading to repentance, and brokenness of heart conducive to a changed life—that I might attain to the other world with good hope and firm faith, ever praising and blessing Your most holy Name, of the Father, and of the Son and of the Holy Spirit, now and ever and unto the ages of ages. Amen.

