



## KATHISMA 14

### Psalm 101

*Prayer of a Poor Man Who Pours Out His Supplication Before the Lord.*

**H**ear my prayer, O Lord, and let my cry come to You.  
2 Do not hide Your face from me in the day of my trouble; Incline Your ear to me; In the day that I call answer me speedily.  
3 For my days are consumed like smoke, and my bones are burned like a hearth.  
4 My heart is stricken and withered like grass, so that I forget to eat my bread.  
5 Because of the sound of my groaning, my bones cling to my skin.  
6 I am like a pelican of the wilderness; like an owl of the desert.  
7 I watch, and I am like a sparrow alone on the housetop.  
8 My enemies reproach me all day long, and they that are mad at me swear an oath against me.  
9 For I have eaten ashes like bread, and mingled my drink with weeping,  
10 Because of Your indignation and Your wrath; For You have lifted me up and cast me away.  
11 My days are like a shadow that declines, and I am withered like grass.  
12 But You, O Lord, shall endure forever, and Your remembrance to all generations.  
13 You will arise and have mercy on Zion; For the time to favor her, yes, the set time has come.

14 For Your servants take pleasure in her stones, and they shall pity her dust.

15 So the nations shall fear the name of the Lord, and all the kings of the earth Your glory.

16 When the Lord shall build up Zion; He shall appear in His glory.

17 He will regard the prayer of the destitute, and shall not despise their petition.

18 This shall be written for the generations to come, so that a people yet to be created, may praise the Lord.

19 For He looked down from the height of His sanctuary; From heaven the Lord viewed the earth,

20 To hear the groaning of the prisoner, to loose those appointed to death,

21 To proclaim the name of the Lord in Zion, and His praise in Jerusalem,

22 When the people are gathered together, and the kingdoms, to serve the Lord.

23 He weakened my strength in the way, He shortened my days. 24 And I said, "O my God, take me not away in the midst of my days; You Whose years are throughout all generations.

25 In the beginning, O Lord, You laid the foundation of the earth, and the heavens are the work of Your hands.

26 They will perish, but You will endure; All of them shall grow old like a garment; Like a vesture You will fold them, and they will be changed.

27 But You are the same, and Your years will have no end.

28 The children of Your servants will continue, and their descendants will be established forever."

## Psalm 102

*A Psalm of David.*

**B**less the Lord, O my soul; And all that is within me, bless His holy name!

2 Bless the Lord, O my soul, and forget not all His benefits:

3 Who forgives all Your iniquities, Who heals all Your diseases,

4 Who redeems your life from corruption, Who crowns you with mercy and compassion,

5 Who fills Your desire with good things, so that your youth is renewed like the eagle's.

6 The Lord executes righteousness and justice for all that are oppressed.  
7 He made known His ways to Moses, His acts to the children of Israel.  
8 The Lord is merciful and compassionate, slow to anger and abounding in mercy.  
9 He will not always be angry with us, Nor will He keep His wrath forever.  
10 He has not dealt with us according to our sins, nor rewarded us according to our iniquities.  
11 For as the heavens are high above the earth, so great is His mercy toward them that fear Him;  
12 As far as the east is from the west, so far has He removed our transgressions from us.  
13 As kind as a father is to his children, so is the Lord to those who fear Him.  
14 For He knows our frame; He remembers that we are dust.  
15 As for man, his days are like grass; As a flower of the field, so he flourishes.  
16 For the wind passes over it, and it is gone, and its place remembers it no more.  
17 But the mercy of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children,  
18 To such as keep His covenant, and to those who remember His commandments to do them.  
19 The Lord has established His throne in heaven, and His kingdom rules over all.  
20 Bless the Lord, you His angels, mighty in strength, who do His word, heeding the voice of His word.  
21 Bless the Lord, all you His powers, you ministers of His, who obey His will.  
22 Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul!

**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 103***A Psalm of David.*

**B**less the Lord, o my soul! O Lord my God, You are very great;  
You are clothed with honor and majesty,  
2 Who cover Yourself with light as with a garment, Who stretch out the  
heavens like a curtain.  
3 Who covers its upper chambers with waters, Who makes the clouds His  
chariot, Who walks on the wings of the wind,  
4 Who makes His angels spirits, and His ministers a flame of fire.  
5 You Who laid the foundations of the earth, so that it should not be  
moved forever,  
6 You covered it with the deep as with a garment; The waters stood above  
the mountains.  
7 At Your rebuke they fled; At the voice of Your thunder they hastened  
away.  
8 They go up over the mountains; They go down into the valleys, to the  
place that You have founded for them.  
9 You have set a boundary that they may not pass over, that they may not  
return to cover the earth.  
10 He sends the springs into the valleys, which flow among the hills.  
11 They give drink to every beast of the field; The wild donkeys quench  
their thirst.  
12 By them the fowls of the heavens have their habitation; They sing  
among the branches.  
13 He waters the mountains from His upper chambers; The earth is  
satisfied with the fruit of Your works.  
14 He causes the grass to grow for the cattle, and vegetation for the service  
of man, that he may bring forth food from the earth,  
15 And wine that makes glad the heart of man, oil to make his face shine,  
and bread which strengthens man's heart.  
16 The trees of the plain are full of sap, the cedars of Lebanon which He  
planted,  
17 Where the birds make their nests; As for the stork the fir trees are her  
house.  
18 The high mountains are for the wild goats; The cliffs are a refuge for  
the rock badgers.

19 He appointed the moon for seasons; The sun knows its going down.  
20 You make darkness, and it is night, in which all the beasts of the forest creep about.  
21 The young lions roar after their prey, and seek their food from God.  
22 The sun rises, they gather together and lie down in their dens.  
23 Man goes out to his work and to his labor until the evening.  
24 O Lord, how manifold are Your works! In wisdom You have made them all. The earth is full of Your creation.  
25 This great and wide sea, in which are countless creatures, both small and large beasts.  
26 There go the ships; And there is that Leviathan which You have made to play there.  
27 These all wait for You, that You may give them their food in due season.  
28 What You give them they gather; You open Your hand, they are filled with good.  
29 You hide Your face, they are troubled; You take away their breath, they die and return to their dust.  
30 You send forth Your spirit, they are created; And You renew the face of the earth.  
31 May the glory of the Lord endure forever; The Lord shall rejoice in His works.  
32 He looks on the earth and it trembles; He touches the mountains, and they smoke.  
33 I will sing to the Lord as long as I live; I will sing praise to my God while I have my being.  
34 May my meditation be sweet to Him; I will be glad in the Lord.  
35 May sinners vanish from the earth, and the wicked be no more. Bless the Lord, O my soul!

***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 104***Alleluia.*

**G**ive thanks to the Lord, call upon His name; Make known His deeds among the people.

2 Sing to Him, sing psalms to Him; Speak of all His wondrous works.

3 Glory in His holy name; Let the heart of them rejoice that seek the Lord.

4 Seek the Lord and His strength; Seek His face evermore.

5 Remember His marvelous works which He has done, His wonders, and the judgments of His mouth,

6 O seed of Abraham His servant, You children of Jacob, His chosen ones!

7 He is the Lord our God; His judgments are in all the earth.

8 He has remembered His covenant forever, and the word which He commanded, for a thousand generations,

9 The covenant which he made with Abraham, and His oath to Isaac,

10 And confirmed the same to Jacob for a law, to Israel for an everlasting covenant,

11 Saying, "To you I will give the land of Canaan as the allotment of your inheritance,"

12 When they were but few in number; Indeed very few, and strangers in it.

13 When they went from one nation to another, from one kingdom to another people,

14 He permitted no one to do them wrong; Yes, He reprov'd kings for their sakes,

15 Saying, "Touch not my anointed ones, and do my prophets no harm."

16 Moreover He called for a famine in the land; He destroyed all the provision of bread.

17 He sent a man before them, Joseph, who was sold as a slave.

18 They hurt his feet with fetters, he was laid in irons.

19 Until the time that His word came to pass, The word of the Lord tried him.

20 The king sent and released him, even the ruler of the people, and let him go free.

21 He made him lord of his house, and ruler of all his substance,

22 To bind his princes at his pleasure, and teach his elders wisdom.

23 Israel also came into Egypt, and Jacob sojourned in the land of Ham.  
24 And He increased His people greatly, and made them stronger than their enemies.  
25 He turned their heart to hate His people, to deal craftily with His servants.  
26 He sent Moses His servant, and Aaron whom He had chosen.  
27 They performed His signs among them, and wonders in the land of Ham.  
28 He sent darkness, and made it dark; And they rebelled not against His word.  
29 He turned their waters into blood, and killed their fish.  
30 Their land brought frogs in abundance, even in the chambers of their kings.  
31 He spoke, and there came swarms of flies, and lice in all their territory.  
32 He gave them hail for rain, and flaming fire in their land.  
33 He struck their vines also, and their fig trees, and splintered the trees of their territory.  
34 He spoke, and locusts came, young locusts without number,  
35 And ate up all the vegetation in their land, and devoured the fruit of their ground.  
36 He also destroyed all the firstborn in the land, the first of all their strength.  
37 He also brought them out with silver and gold, and there was none feeble among His tribes.  
38 Egypt was glad when they departed, for the fear of them had seized it.  
39 He spread a cloud for a covering, and fire to give light in the night.  
40 The people asked, and He brought quail, and satisfied them with the bread of heaven.  
41 He opened the rock and water gushed out; It ran in the dry places like a river.  
42 For He remembered His sacred promise, and Abraham His servant.  
43 He brought out His people with joy, and His chosen ones with gladness.  
44 He gave them the lands of the gentiles, and they inherited the labor of the nations.  
45 That they might observe His statutes and keep His laws.

**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 Fourteenth 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 8:*

As the sinful woman I fall down before You that I might receive forgiveness, O Christ God, bringing to You heartfelt tears instead of myrrh. O that You would be compassionate to me as You were to her and bestow cleansing of sins! For I cry out to You just as she did: Deliver me from the filth of my deeds.

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

Why do you not ponder death, O my soul? Why do you not attend to correcting yourself before the trumpet-call at the Judgment? Then there will be no time for repentance. Call to mind the sinful woman and the publican who cried out: I



have sinned against You, O Lord, have mercy on me.

Now and ever and unto ages of ages. Amen.

O ever-virgin Mother of God, we who through you have been made rich in God ceaselessly sing your praises, for by your birthing you are truly exalted above the heavenly Powers.

Lord, have mercy (40x).

We give thanks to You, O Lord God of our salvation, that all You do is beneficial for our lives. We thank You for the rest You granted us this past night and for raising us up from our beds to worship Your honorable and glorious Name. Wherefore we beseech You, O Lord: give us grace and strength that we may be vouchsafed to hymn You with understanding, to pray unceasingly, and always to behold You, O Savior and Benefactor of our souls, while working out our salvation with fear and trembling. Hear us, O deeply-merciful One, and take pity on us. Crush under Your feet unseen enemies and adversaries. Receive our thanksgiving, which we offer You according to our ability. Grant us grace and strength to open our lips, and teach us Your commandments. For we know not how to pray as we ought, unless You Yourself guide us by Your Holy Spirit. And if we have sinned at any time in word, deed or thought, whether voluntary or not, loose, remit and forgive. For if You should mark iniquity, O Lord, who could stand? But in You there is cleansing to be found; in You, deliverance. You alone are holy; You alone are the mighty Helper and Defender of our lives, and we bless You unto all ages. Amen.

