



KATHISMA 18

Psalm 119

An Ode of Ascents.

In my distress I cried to the Lord, and He answered me.
2 Deliver my soul, O Lord, from lying lips and from a deceitful tongue.

3 What shall be given to you, or what more shall be done to you, you false tongue?

4 Sharp arrows of the mighty, with coals of the desert!

5 Woe is me that my sojourn is prolonged! That I dwell among the tents of Kedar!

6 My soul has dwelt too long with him that hates peace;

7 I am for peace; But when I speak, they are for war.

Psalm 120

An Ode of Ascents.

I will lift up my eyes to the mountains whence help shall come to me.

2 My help comes from the Lord, Who made heaven and earth.

3 He will not allow your foot to be moved; He Who keeps you will not slumber.

4 Behold, He Who keeps Israel shall neither slumber nor sleep.
5 The Lord is your keeper; the Lord is your shade at your right hand.
6 The sun shall not strike you by day, nor the moon by night.
7 The lord shall preserve you from all evil; He shall preserve your soul.
8 The Lord shall preserve your going out and your coming in from this time forth, and forevermore.

Psalm 121

An Ode of Ascents

I was glad when they said to me, “Let us go into the house of the Lord.”

2 Our feet shall stand within your gates, O Jerusalem!
3 Jerusalem was built as a city that is compact together,
4 Where the tribes go up, the tribes of the Lord, to the testimony of Israel, to give thanks to the name of the Lord.
5 For there are set thrones for judgment, the thrones of the house of David.
6 Pray for the peace of Jerusalem: “They shall prosper that love you.
7 Peace be within your walls, prosperity within your palaces.”
8 For the sake of my brethren and companions, I will now say, “Peace be within you.”
9 Because of the house of the Lord our God I will seek your good.

Psalm 122

An Ode of Ascents.

Unto You I lift up my eyes, O You Who dwell in the heavens.
2 Behold, as the eyes of servants look to the hand of their masters, as the eyes of a maid to the hand of her mistress, so our eyes wait upon the Lord our God, until He has mercy on us.
3 Have mercy on us, O Lord, have mercy on us! For we are exceedingly filled with contempt.
4 Our soul is exceedingly filled with the scorn of those who are at ease, with the contempt of the proud.

Psalm 123*An Ode of Ascents.*

If it had not been the Lord Who was on our side, let Israel now say,
2 If it had not been the Lord Who was on our side, when men rose up against us,
3 Then they would have swallowed us alive, when their wrath was kindled against us;
4 Then the waters would have overwhelmed us, the stream would have gone over our soul;
5 Then the torrents would have gone over our soul.
6 Blessed be the Lord, Who has not given us as prey to their teeth.
7 Our soul has escaped as a bird from the snare of the fowlers; The snare is broken, and we have escaped.
8 Our help is in the name of the Lord, Who made heaven and 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.

Psalm 124*An Ode of Ascents.*

Those who trust in the Lord shall be like Mount Zion, which cannot be moved, but abides forever.
2 As the mountains surround Jerusalem, so the Lord surrounds His people from this time forth and forever.
3 For the rod of wickedness shall not rest upon the lot of the righteous, lest the righteous reach out their hands to iniquity.
4 Do good, O Lord, to those who are good, and to those who are upright in their hearts.
5 As for such as turn aside to their crooked ways, The Lord shall lead them away with the workers of iniquity, but peace shall be upon Israel.

Psalm 125*An Ode of Ascents.*

When the Lord brought back the captivity of Zion, we were like them that dream.

2 Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, "The Lord has done great things for them."

3 The Lord has done great things for us, whereas we are glad.

4 Turn again our captivity, O Lord, as the stream in the south.

5 They that sow in tears shall reap in joy.

6 He that goes forth and weeps, bearing precious seed shall doubtless come again with rejoicing, bringing his sheaves with him.

Psalm 126*An Ode of Ascents.*

Unless the Lord builds the house, they labor in vain who build it; Unless the Lord guards the city, the watchman stays awake in vain.

2 It is vain for You to rise up early, to sit up late, to eat the bread of sorrows; For He provides for His beloved while they sleep.

3 Behold, children are a heritage from the Lord and the fruit of the womb is His reward.

4 Like arrows in the hand of a warrior, so are the children of the youth.

5 Happy is the man who has his quiver full of them; They shall not be ashamed, but shall speak with the enemies in the gate.

Psalm 127*An Ode of Ascents.*

Blessed is every one who fears the Lord, who walks in His ways.

2 When you eat the labor of your hands, you shall be happy, and it shall be well with you.

3 Your wife shall be like a fruitful vine by the sides of your house, your children like olive plants all around your table.

4 Behold, thus shall the man be blessed who fears the Lord.

5 The Lord bless you out of Zion, and may You see the good of Jerusalem all the days of Your life.

6 Yes, may you see your children's children and peace upon Israel!

Psalm 128

An Ode of Ascents.

Many a time they have afflicted me from my youth, may Israel now say:

2 Many a time they have afflicted me from my youth; Yet they have not prevailed against me.

3 The plowers plowed on my back; They made their furrows long.

4 The Lord is righteous; He has cut in pieces the cords of the wicked.

5 Let them all be confounded and turned back that hate Zion.

6 Let them be as the grass on the housetops, which withers before it grows up,

7 Wherewith the mower fills not his hand, nor he that binds sheaves, his bosom.

8 Neither do they which go by say, "The blessing of the Lord be upon you; We bless you in the name of the Lord!"

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 129

An Ode of Ascents.

Out of the depths I have cried to You, O Lord;

2 Lord, hear my voice! Let Your ears be attentive to the voice of my supplications.

3 If You, Lord, should mark iniquities, O Lord, who shall stand?

4 But there is forgiveness with You, that You may be feared.

5 I wait for the Lord, my soul does wait, and in His word do I hope.

6 My soul waits for the Lord, more than they that watch for the morning; Let Israel hope in the Lord more than they that watch for the morning.

7 For with the Lord is mercy, and fullness of redemption.

8 And He shall redeem Israel from all his iniquities.

Psalm 130*An Ode of Ascents.*

Lord, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too high for me.
2 Surely I have behaved and quieted my soul, as a child that is weaned by his mother; Like a weaned child is my soul within me.
3 Let Israel hope in the Lord from this time forth and forever.

Psalm 131*An Ode of Ascents.*

Lord, remember David and all his afflictions;
2 How he swore to the Lord, and vowed to the Mighty God of Jacob;
3 “I will not come into the chamber of my house, nor go up into my bed;
4 I will not give sleep to my eyes or slumber to my eyelids,
5 Until I find a place for the Lord, a habitation for the Mighty God of Jacob.”
6 Behold, we heard of it in Ephratha; We found it in the fields of the woods.
7 We will go into His tabernacle; We will worship at His footstool.
8 Arise, O Lord, to Your resting place, You and the Ark of Your strength!
9 Let Your priests be clothed with righteousness, and let Your saints shout for joy.
10 For the sake of David Your servant, do not turn away the face of Your anointed.
11 The Lord has sworn in truth to David; He will not turn from it; “Of the fruit of your body I will set upon your throne
12 If your sons will keep My covenant and My testimony which I shall teach them, their sons also shall sit upon your throne forevermore.”
13 For the Lord has chosen Zion; He has desired it for His habitation;
14 “This is My resting place forever; Here I will dwell, for I have desired it.
15 I will abundantly bless her provision; I will satisfy her poor with bread.
16 I will clothe her priests with salvation, and her saints shall shout aloud for joy.
17 There I will make the horn of David grow; I have ordained a lamp for

My Anointed.

18 His enemies I will clothe with shame, but upon Himself His crown shall flourish.”

Psalm 132

An Ode of Ascents.

Behold, how good and how pleasant it is for brethren to dwell together in unity!

2 It is like the precious ointment upon the head, running down on the beard, even Aaron’s beard, running down to the skirts of his garments.

3 It is like the dew of Hermon, as the dew that descended upon the mountains of Zion; For there the Lord commanded the blessing, even life forevermore.

Psalm 133

An Ode of Ascents.

Behold bless the Lord all you servants of the Lord, who by night stand in the house of the Lord!

2 Lift up your hands in the sanctuary and bless the Lord.

3 The Lord Who made heaven and earth blesses you from Zion!

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 Eighteenth Kathisma

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 2:

Before You judge me, O Lord, my Lord, grant me conversion and amendment of my many sins; grant tender compunction to my soul that I might cry out to You: O deeply-merciful God, O Lover of Man, save me.

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

I, the prodigal, have joined the mindless beasts because I have made myself like them. Grant me conversion, O Christ, that I may receive from You great mercy.

Now and ever and unto ages of ages. Amen.

Do not turn Your face away from me, I beg you, O sovereign Lady, but as the deeply compassionate Mother of God, hasten before the end to bestow conversion upon me, that saved by you I might hymn You, O my Lady, as my unashamed hope and salvation.

Lord, have mercy (40x).

O Lord, do not accuse me in Your wrath or punish me in Your anger. Master, Lord Jesus Christ, Son of the Living God, have mercy on me who am sinful, lowly, naked, lazy, negligent, argumentative, wretched, prodigal, adulterous,

debauched, perverted, defiled, ungrateful, unmerciful, cruel, a drunkard, scorched in conscience, lacking any boldness, lacking any defense, unworthy of Your love for mankind and worthy of every punishment, torment and Gehenna. O my Deliverer, do not subject me to abundant torments because of the great abundance of my transgressions; but have mercy on me for I am infirm in body and soul, in mind and thought; and by judgments known to You save me Your unworthy servant, by the prayers of our all pure sovereign Lady Theotokos and all the saints who have been well-pleasing to You throughout the ages: for You are blessed unto the ages of ages. Amen.

